

Quality of Life SF36 Scores Improved using Calligraphy Meditation and Chanting Mantra – a Three years study; VI International Congress for Integrative Medicine, Integrative Medicine – Integrative Oncology, Exponor Porto Portugal, December 6-7, 2024.

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Background and objective:

It is well documented that meditation itself and also painting calligraphy can positively influence some illnesses. In authors experience, not only painting calligraphy, but even simple tracing the lines with fingers, can bring practitioner into mindfulness state, especially if it's combined with chanting mantra. Authors have aimed to study the effect of combining mindfulness practice and art therapy.

Method:

Authors studied the effect of meditating by tracing calligraphy and chanting mantras on SF-36 scores in 61 subjects with various illnesses for three years. The study was IRB approved. At beginning subjects were instructed and received an energy transmission and practiced tracing Chinese Calligraphy together with chanting mantra for 10 minutes a day at minimum and on line 30 minutes 2x week, while attending other meditation events also. The RAND Quality of Life Questionnaire SF36 was completed at the start of the study, in 1 month, in 6 months, in 1 year, in 2 years and in 3 years.

Results:

ANOVA analysis showed 7 indexes statistically significant improvement, one index improved but not significantly.

Physical Functioning: change 61.7->73. p – 0.24*;

Role Limitations due to Physical Health Problems: change 39.1->69.67 p – 0.00; Role Limitations due to Personal or Emotional Problems: change 43.8->75.96 p – 0.00;

Energy / Fatigue: change 37.9->58.77 p – 0.00;

Emotional Well-being: change 60.1->75.48 p – 0.00;

Social Functioning: change 53.5->75.48 p – 0.00;

Bodily Pain: change 53.5->75.48 p – 0.00;

General Health: change 53.5->68.93 p – 0.00;

Since conception there was continuous improvement of QoL Scores with exception of decline of general health score in 2nd year, but this was up again at 3 years. At conception, the cohort was functioning around 50% of capacity and at around 70% at the end.

Conclusions:

Our results showed that meditation with Tao calligraphy tracing and mantra chanting is effective modality that can be integrated into conventional health-care. It is easy to learn and practice. We did not observe any significant side-effects.

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