

# Tao Calligraphy Tracing Meditation with Mantra Chanting Improves Quality of Life SF 36 Scores in 6 Months; SIO 16<sup>th</sup> International Conference, October 19-21, 2019, New York USA

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## Introduction

There is currently much interest into the effect of meditation on health. Although there are different kinds of meditations, the common element among them is mindfulness, or a heightened awareness. Mindfulness is currently understood as heightened awareness of what we are currently experiencing. Mindfulness can improve our attention and focus of our mind, our memory, our productivity, our interaction with people and our wellbeing. There is a solid body of research indicating that the practice of mindfulness has a significant effect not only on the function of the brain, but also on overall health.

Because in the modern age the mind is constantly bombarded with external stimuli, the mind has gotten used to such constant activity. Consequently, many old meditative techniques are ineffective in achieving mindfulness in the modern age, as they are too difficult for people who have been used to a state of constant mind activity.

For several years, the authors have taught and studied the effect of a unique style of moving meditation where mindfulness (heightened awareness) is achieved by the combination of movement and focus on Chinese Tao Calligraphy. In this practice, the practitioners trace the lines of calligraphy with fingers and simultaneously chant the Mantra, which enables them to achieve deep concentration during wakefulness. It is believed that the Tao Calligraphy and Mantra can create a powerful energy field, and therefore the healing effect on the mind and body can be quite profound.

## Methodology

A progressive follow-up and IRB approved study investigated the effect of Tracing Calligraphy and Mantra chanting Meditation on Quality of Life Scores.

95 spiritual practitioners were enrolled and followed for 6 months. After 6 months, 48 remained (42 women, 6 man), AVG age 53 (18-78). They were practising the daily meditation of tracing Tao Calligraphy with their fingers and chanting the Mantra for 1 hour or more. At the beginning, subjects received instruction and a transmission and then continued to practice.

The Rand Standardized Quality of Life Questionnaire SF36 was filled at start of the study, in 1 month and again in 6 months. At this presentation we show the data of 6 months.

### The Practice:

- Stand or sit comfortably
- Visualize the light within unhealthy area
- Chant Mantra
- Request a light and love for healing
- Trace with both hands,
- or sit and trace with all fingers



## Results

The statistical Analysis of the results using an Anova showed that all scores exhibited statistically positive improvement:

**Physical Functioning:** change 12.72% P – 0.231;

**Role Limitations due to physical health problems:** change 18.5%, P – 0.001;

**Role Limitations due to Personal or Emotional Problems:** change 28.39%, P – 0.0002;

**Energy / Fatigue:** change 17.68%, P – 0.0058;

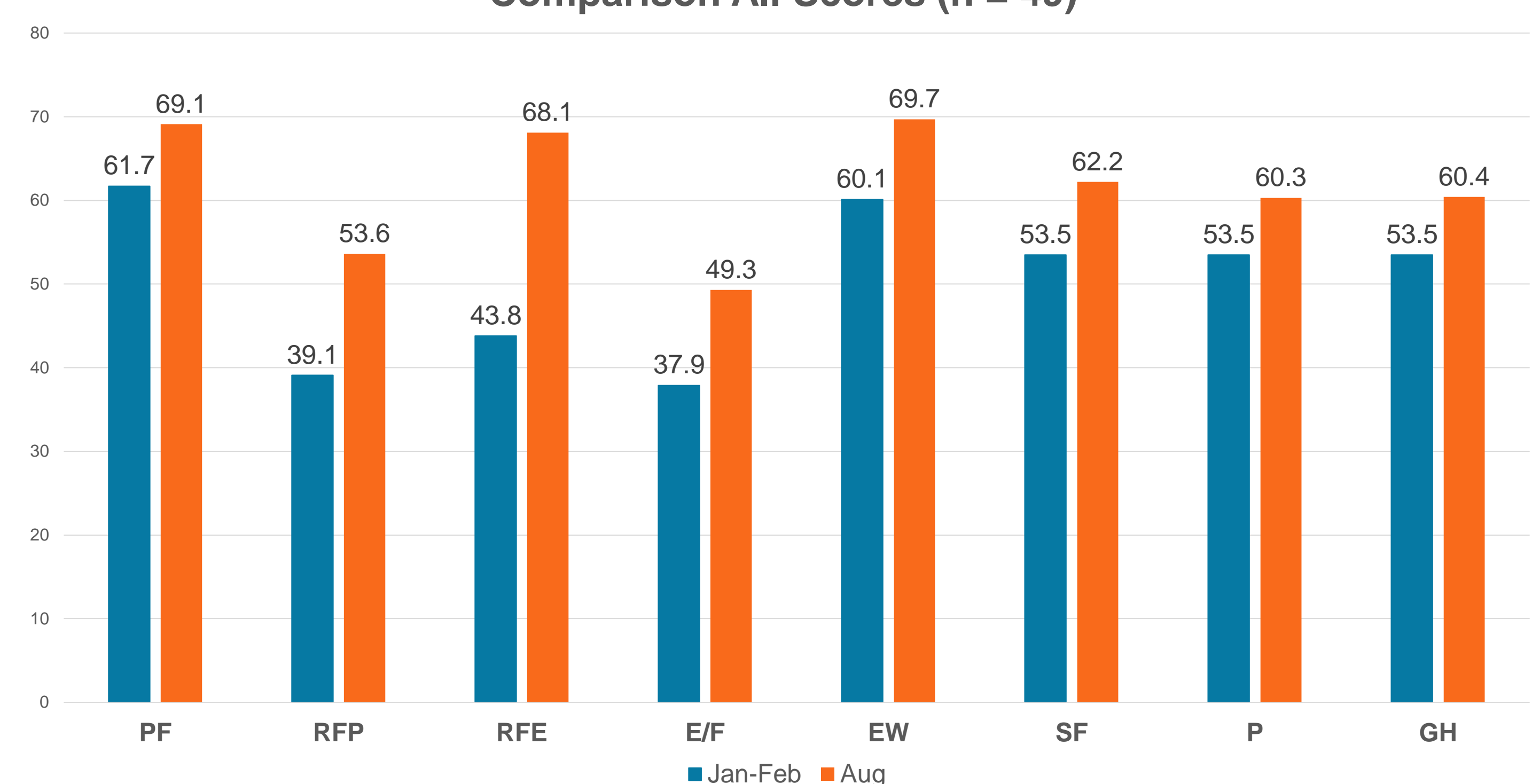
**Emotional Well-being:** change 18.40%, P – 0.0086;

**Social Functioning:** change 17.27%, P – 0.0989;

**Bodily Pain:** change 15.34%, P - 0.0501;

**General Health:** change 13.61%, P - 0.0307.

Comparison All Scores (n = 49)



## Conclusion

The results confirmed that the Tao Calligraphy Tracing Meditation and Mantra Chanting practice can improve quality of life and can be easily incorporated into any clinical settings. The practice was easy to learn, was well-tolerated by the practitioners, and no complications were observed.

## References

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