

ENLIGHTENMENT SCALE

*Peter Hudoba, MD, FRCS; Zhi Gang Sha, MD,
Sha Research Foundation, San Francisco, California, USA*

Abstract

It is known from the works of Maslow, Coleman and other researchers that, during spiritual evolution, spiritual practitioners undergo changes in their mental, emotional and spiritual composition. Successful spiritual practitioners dissolve their ego structure, develop profound empathy and compassion toward others, and wish to generously and selflessly serve humanity. This transformation is accompanied by profound inner joy and peace, by an increase of intelligence and wisdom, and by an increase in spiritual standing. Enlightenment is a state characterized by very specific changes in body, mind and soul as described in holy scriptures. Over several years, we have developed a Questionnaire to capture these changes. The sensitivity of this instrument was studied in a short double-blind randomized crossover study.

Thirty-six spiritual practitioners of various orientations (Christian, Catholic, Jewish, Buddhist, Hindu) were randomized into two groups in a blind fashion. Each group received a distance blessing from spiritual master Zhi Gang Sha in a blind fashion one week apart. All subjects completed self-assessment Questionnaires within two days before each blessing session and again one week after the second blessing session. Subjects were encouraged to continue their usual spiritual practice (e.g., prayers, meditations and so forth) through the time of the study.

Using psychometric analysis and reliability analysis of data from the study, we were able to eliminate less sensitive questions and group the remaining questions into six coherent units:

1. Body
2. Mind
3. Emotions
4. Wisdom (Intuition)
5. Heart (Compassion)
6. Soul

For each unit we obtained internal consistency of Cronbach's Alpha of more than 0.8, and as high as 0.95 for some. Detailed analysis of the data will be discussed during the presentation.

In this presentation we are not discussing the effect of the blessing or meditation on participants. Rather, we are presenting the analysis of the actual scale which we used in the study.

Over last years, researchers are increasingly turning their attention to alternative healing methods like meditation, reiki and similar. From our point of view, these techniques have much wider effects on human beings than simply the alleviation of symptoms of illness. We feel that in order to advance the field, it is necessary to use instruments that can capture not only the changes in symptoms, but changes on all levels of the body, as well as changes in the mind and the soul.

The scale of our design meets the criteria to qualify it for use as a research tool. It is user friendly and simple to administer. We consider this scale to be useful for researchers studying the effects of meditation or energy and spiritual healing methods on human beings.

The Institute of Soul Mind Body Medicine and Sha Research Foundation are co-sponsors of the study, which was conducted at San Francisco, California, USA. The study included subjects from both the USA and Canada and researchers from Sha Research Foundation, Stanford University and the University of California at San Francisco, USA.

Body Index

- Q30 I have a feeling of well-being.
- Q31 I am physically strong.
- Q34 I have sexual desire.

Mind Index

- Q20 I lose all perception while I meditate.
- Q24 My thinking is clear.
- Q25 People often comment on my intelligence.
- Q26 My thoughts are positive most of the time.

Emotion Index

- Q37 I am fearful or anxious
- Q38 I am irritable or angry
- Q39 I am worried
- Q40 I am depressed

Intuition Index

- Q6 Wisdom guides me in matters of living my life and making everyday decisions
- Q7 I am inspired when I need to resolve an issue in my relationships
- Q9 I have a feeling of openness in my chest
- Q10 I feel an inner peace.

Compassion Index

- Q3 Many people outside of my immediate family asked me for help this week
- Q4 Many people outside of my immediate family asked me for spiritual guidance this week
- Q5 Many people told me this week that I added a quality to their life

Soul Index

- Q12 I see or feel images, such as saints, angels, or others
- Q13 I see light other than when meditating or healing
- Q21 I see light while I meditate.
- Q22 I see / feel images or objects while I meditate

INDEX	CRONBACH'S ALPHA
Body Index	0.749
Mind Index	0.803
Emotion Index	0.950
Intuition Index	0.840
Compassion Index	0.853
Soul Index	0.881
Heart Index	0.814

Example of the collection Form

Sha Research Foundation Questionnaire

Please answer all questions by clicking the answer that best applies to you. In your answer, please take into consideration how you felt in that aspect over the whole last month. There are no "right" or "wrong" answers. **After completing the questions, please click the Submit button at the bottom.**

	Very Low/ Very Little	Some what Low/ Little	Neutral/ Little nor Much	Some what High/ Some what Much	Very High/ Very Much
Q1. I am selfish	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q2. I am well connected to others	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q3. Many people outside of my immediate family asked me for help this week	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q4. Many people outside of my immediate family asked me for spiritual guidance this week	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q5. Many people told me this week that I added a quality to their life	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q6. Wisdom guides me in matters of living my life and making everyday decisions	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q7. I am inspired when I need to resolve an issue in my relationships	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q8. I have a feeling of tightness and pressure in my chest	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q9. I have a feeling of openness in my chest	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q10. I feel an inner peace	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q11. I have a busy mind	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q12. I see or feel images, such as saints, angels, or others	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Q13. I see light other than when meditating or healing	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

Summary

- The principal component analysis confirmed our design
- Cronbach Alpha of the indexes are sufficient for scientific purposes.
- Retest Reliability confirmed that the scale is stable over the time.

Conclusion

- The Enlightenment scale can measure the changes in Body, Mind, Heart and Soul
- The scale is both sensitive and specific enough for scientific purposes
- The scale is a useful tool to document the effect of CAM interventions (which originated from various spiritual practices)

Contact

Dr. Zhi Gang Sha Web site: www.DrSha.com

Research Web site: www.sharesearchfoundation.org

Email: sharesearchfoundation@yahoo.ca

Tel: 604-294-3911 (need Canada code first)

Fax: 831-303-5477 (need USA code first)