



Conclusions

Our results confirm that Tao Calligraphy Tracing Meditation with mantra chanting can improve quality of life. Tao Calligraphy Tracing Meditation incorporating tracing and mantra chanting was easy to learn and well tolerated, with no complications arising. The efficacy of combining spiritual healing, Tao Calligraphy Tracing Meditation and conventional medical treatment was also confirmed. The various modalities complemented each other with no adverse effects noted. No complications whatsoever arose.

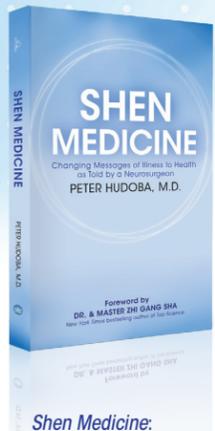
The third study described above confirmed the efficacy of combining Tao Calligraphy Tracing Meditation with conventional post-acute rehabilitation treatment in a hospital setting. Not only did patients stay in the hospital for less time and suffer less incontinence, but also fewer of them required further skilled nursing care and more were discharged directly home. Overall, patients were happier and referral intake to the hospital has increased. Due to the simplicity, ease of learning and few physical demands of practicing, we found that Tao Calligraphy tracing with chanting mantras is especially suitable for elderly patients, whose ability for sustained focus can be diminished.

References

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Peter Hudoba MD, FRCS, Greg Gerber MD, Zhi Gang Sha, MD (China)



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Research on the Effects of Tao Calligraphy Tao Chang Meditation

"As someone trained academically in the body and the mind, I have long known that an essential additional element of health and wellness is the soul. Integrating science and spirituality is key to our best health and our best lives. Shen Medicine lucidly explains this from a new perspective that is rooted in ancient wisdom."

— Joan Borysenko, Ph.D., pioneer in integrative medicine,
world-renowned expert in the mind/body connection

Introduction and Background

Chinese calligraphy is an ancient art that has been widely practiced and honored for centuries as a beautiful medium of artistic expression. It has been used as well as to receive qi (energy) and enrich life through its positive messages. Writing Chinese calligraphy is known as one of the most relaxing yet highly disciplined exercises for one's physical, mental, emotional and spiritual well-being.

Tao Calligraphy is a unique form of Chinese calligraphy developed in 2013 by Zhi Gang Sha, MD (China) and professor at the State Ethnic Academy of Painting in Beijing. It is a unique style of calligraphy that combines the flowing artistic beauty of Yi Bi Zi (a calligraphy style wherein entire characters and even phrases are written with one continuous stroke) with infusions of Tao light and energy. Tao is the Source, the ultimate Creator and the original and eternal Oneness. Therefore, Tao Calligraphy emits frequencies and vibrations that create a Hun Dun Yi Qi or Source Oneness field. The field of a Tao Calligraphy is a Tao Chang (Source field) that carries information or messages of the greatest positivity and purity.

We have observed that writing Tao Calligraphy can evoke profound meditative states in the practitioner. Moreover, simply tracing the path of a Tao Calligraphy can do the same. For example, mindfulness is understood as heightened awareness that can improve our attention, focus and other capacities of the mind. A solid body of research indicates that the practice of mindfulness can have a significant effect not only on the function of the brain, but on overall health also.

We have studied the effect of a unique style of meditation where mindfulness (heightened awareness) is achieved by combining movement and focus on Tao Calligraphy with mantra chanting. The practitioners focused on and traced the path of a Tao Calligraphy with five fingertips together and this enabled them to achieve deep meditative states, while maintaining fully alert awareness. This unique practice can be best understood as a combination of meditation and qi gong (energy practice). Therefore, the healing effects on the mind and body can be quite profound.

Methods, Design and Results

To study the effects of Tao Calligraphy with mantra chanting, we designed progressive follow-up research studies. This means that we start a study at a specific point and follow all subjects for some time. Research protocols and all study details were reviewed and approved by an ethical board, the IRB (Institutional Review Board). We designed a study to investigate the effects of meditation done by tracing Tao Calligraphy together with mantra chanting on Quality of Life scores. We used the well-verified RAND SF-36 Questionnaire that is used by researchers around the world.

We enrolled into one study ninety-five spiritual practitioners and followed them for one month. Research subjects practiced daily meditation of tracing Tao Calligraphy with their fingertips for about one hour a day. They also chanted a mantra simultaneously.

We asked research subjects to complete the Rand Standardized Quality of Life Questionnaire SF-36 upon their entry into the study and again after one month. We analyzed results using the statistical paired t-test. All Quality of Life scores exhibited statistically significant improvement:

- Physical functioning improved 6.4% (with P – 0.0018).
- The degree to which physical health problems limited physical functioning improved 18.5% (with P – 0.001).
- The degree to which personal or emotional problems limited functioning improved 21.4% (with P – 0.000).
- Levels of energy/fatigue improved 8.7% (with P – 0.001).
- Emotional well-being improved 8.7% (with P – 0.000).
- Social functioning improved 8.8% (with P – 0.001).
- Bodily pain improved 10.4% (with P - 0.009).
- General health improved 8.4% (with P - 0.001).

Another progressive follow-up, IRB-approved study investigated the efficacy of spiritual healing and meditation as a complementary treatment of various illnesses. Fifty-five spiritual practitioners were followed for three years, receiving spiritual healing and doing self-healing meditation daily. A subgroup of eleven practitioners practiced daily meditation of tracing Tao Calligraphy with fingers. The four men and seven women in this subgroup had the following medical diagnoses: metabolic, infectious, cardiovascular, psychiatric (2), neurological, musculoskeletal, gynecological (2) and malignancies (2).

Retrospective analysis of data from these eleven subjects showed that most exhibited improvement in general wellbeing, including increases in optimism and energy level, as well as improvement of their symptoms. Six subjects (55%) reported marked improvement or complete recovery, four (27%) reported moderate improvement and two (18%) reported minimal improvement. No one experienced any deterioration.

In another study, we examined the effect of the unique Tao Calligraphy tracing and moving meditation combined with chanting and/or listening to mantras in a post-acute rehabilitation hospital setting. Like the previous studies, the subjects practiced by tracing the path of Tao Calligraphy with fingertips while listening to and chanting mantras. Subjects achieved deep concentration while maintaining a fully conscious and present state.

This two-month pilot study was held in PAM Rehabilitation Hospital in Victoria, Texas, USA. Subjects were hospital patients for various conditions. During their hospitalization (average duration seven to fourteen days), the subjects traced the path of the Tao Calligraphy Da Ai (Greatest Love) with fingers and simultaneously chanted the mantra Da Ai/Greatest Love for ten minutes, twice a day. The treating physician also traced for patients 1.5 hours a day. The mantra was played in the background constantly, day and night.

Observed parameters were standard hospital statistics: ADC (average daily census), MCD (Medicare revenue), LOC (length of stay), Comm D/C (community discharge), SNF D/C (skilled nursing facility discharge), FIM (functional independence measure), Bladder FIM (bladder functional independence measure), Bowel FIM (bowel functional independence measure).

We compared hospital statistical data of all patients from March 2017 to March 2018 and from April 2017 to April 2018. The data show definite year-to-year improvement as follows:

- Average Daily Census: March 25.2% → 25.7%, April 21.9% → 23.3%
- Medicare Revenue: Increased, but details not reported
- Length of Stay: March 11.97% → 11.05%, April 11.74% → 9.82%
- Community Discharge: March 65% → 76%, April 60% → 75%
- Skilled Nursing Facility Discharge: March 32% → 15%, April 31% → 15%
- Functional Independence Measure: March 24.4% → 22.7%, April 22.9% → 23.1%
- Bowel Functional Independence Measure: March 5.52% → 4.93%, April 3.54% → 4.78%
- Bladder Functional Independence Measure: March 5.65% → 5.11%, April 3.75% → 5.28%

