

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%

