

**4<sup>th</sup> International Multidisciplinary Conference on Spirituality and Health:  
Interweaving Science, Wisdom and Compassion  
Vancouver, November 9 – 11, 2006**

**THE EFFECT OF DIVINE BLESSING OF ZHI GANG SHA ON HUMAN  
DEVELOPMENT  
DOUBLE BLIND RANDOMIZED CROSS OVER STUDY**

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A short double blind randomized cross over study was designed to investigate the role and efficacy of a divine remote blessing of spiritual master Zhi Gang Sha in affecting the change of mental and emotional state and the spiritual standing of recipients.

It is a well-known fact that during spiritual evolution, spiritual practitioners undergo a profound change in their mental, emotional and spiritual composition. This is described in various spiritual orientations as opening of the heart. Successful spiritual practitioners dissolve their ego structure, develop profound empathy and compassion towards others, and wish to generously and selflessly serve humanity. These states are accompanied by profound inner joy and peace, by an increase of intelligence and wisdom, and by an increase of spiritual standing.

Opening of the heart can be achieved both by sustained meditative and behavioral practices, and by blessings from spiritual masters. Master Zhi Gang Sha can offer a divine blessing which carries the power of divine light and love. It effects a change of the heart and a dramatic change in the spiritual standing of recipients.

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

Forty-five spiritual practitioners were randomized into three groups. Each group received a distance blessing from Master Sha at different times, one month apart, in a blind fashion. Another twenty-five students who did not receive the blessing served as an additional control group to measure social desirability.

All subjects completed self-assessment questionnaires within the two days preceding each blessing session. Additionally, subjects were assessed (blindly) during the blessing sessions by a group of six remote viewers, who appraised the changes in the souls of participants.

The analysis of data from the study shows that there was a statistically significant improvement in empathy, egotism, mental and emotional well-being, and improvement of the quality of meditative states. Some (but not all) remote viewers were able to document changes in the soul image, producing statistically significant differences between blessed and control groups. Regression analysis showed dependency on length and depths of spiritual practice of subjects. Detailed analysis of the data will be discussed during the presentation.

The results of this study document the efficacy of divine blessing on mental, emotional and spiritual well being of recipients, opening a wide range of potential application in health care.

**Biographies:**

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Research on expert-novice models of the self supported by the Character and Competence Research Program cosponsored by the Henry A. Murray Research Center at Radcliffe, the John D. and Catherine T. MacArthur Foundation, and the Institute of Human Development at the University of California, Berkeley

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