

**3rd Annual Research Symposium: Integrating CAM Research and Practice:
Focus on Outcome Measures
Calgary, Alberta, November 4-5, 2006**

An Enlightenment Scale

*** Hudoba P., MD, FRCS , Thompson L., PhD, Caire J., PhD, Chuck A., Hsu, S., RN, Sha Zhi Gang, MD (China)**

It is well-known that, during spiritual evolution, spiritual practitioners undergo profound changes in their mental, emotional and spiritual composition. These are described in the scriptures of various spiritual orientations in great detail. 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 study.

Thirty-six spiritual practitioners of various orientations (Christian, Catholic, Jewish, Buddhist, Hindu) were randomized into two groups. 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.

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 in some. Detailed analysis of the data will be discussed during the presentation.

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.

Biographies

Peter Hudoba MD, FRCS

former Assistant Professor of Neurosurgery

now in private practice in spine management, 30 years of research activity in neurosurgery, neurology and (currently) in the application of spirituality in medicine

Teaches Soul Mind Body Medicine at Britannia Community Center, Vancouver, BC, Canada

Chairman of the Board, Sha Research Foundation, California

Larry W. Thompson, PhD, MA, BA

The Goldman Family Professor of Psychology

Pacific Graduate School of Psychology, now Emeritus

Professor of Medicine, Emeritus (Research)

Stanford University School of Medicine, Division of Endocrinology, Gerontology & Metabolism

Dr. Thompson's interests include psychosocial treatments for individuals with bipolar disorder and /or other serious mental illnesses; cognitive/behavioral therapy for late-life depression; intervention research with culturally diverse individuals with depression; and psychophysiological research on stress & coping.

Jill Bond Caire, PhD

Assistant Clinical Professor of Psychiatry at the University of California, San Francisco

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

Shu Chin Hsu, RN

Former Registered Nurse, spiritual practitioner for many years

Member of the Board, Sha Research Foundation, California

Zhi Gang Sha, MD, Doctor of TCM

Well-known spiritual healer and teacher, based in San Francisco and Toronto

Founder, Institute of Soul Mind Body Medicine, Petaluma, California

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