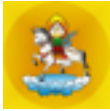


Voice of Clear Light

Volume 13, Number 4 / August 2013



Tibetan Sound Meditation Benefits Cancer Patients

Results to Be Presented at Oct. 9-10 Buddhism and Science Conference at Serenity Ridge



Research on the effects of Tibetan sound meditation on cancer patients' cognitive function and mental health was published in the May 9 issue of [*Psycho-Oncology: Journal of the Psychological, Social and Behavioral Dimensions of Cancer*](#).

This collaborative research between Ligmincha Institute and the University of Texas M.D. Anderson Cancer Center was led by Drs. Alejandro Chaoul-Reich and Lorenzo Cohen, with Tenzin Wangyal Rinpoche as consultant.



According to Chaoul-Reich, Ligmincha's director of research, "It is a real honor to be able to work in this collaborative project between Ligmincha and M.D. Anderson, bringing these ancient Bon practices into the contemporary medical environment, and see how these women with cancer feel the benefit. It brings much joy to my own practice, and I want to thank Tenzin Rinpoche for his unwavering support."

Since 1999 Tenzin Wangyal Rinpoche has been collaborating with Drs. Cohen and Chaoul-Reich in research with Bon practices for cancer patients, including Tibetan yoga (Tsa Lung Trul Khor) and more recently Tibetan sound meditation (see [Tibetan Sound Healing by Tenzin Wangyal Rinpoche](#) for more information).

The results of this study indicate that Tibetan sound meditation may be associated with short-term improvement in cognitive function, mental health, and spirituality in women with breast cancer.

The randomized control trial included 47 women with breast cancer who had completed chemotherapy between six and 60 months previously and who reported cognitive impairment. Participants were assigned randomly to either a twice-weekly session of Tibetan sound meditation or a control group. Participants in both groups were assessed for cognitive function, intrusive thoughts, depression, sleep disturbances, fatigue, and spirituality at the baseline, at the end of treatment, and one month later.

Compared to the control group, the women in the Tibetan sound meditation group performed better on the verbal memory test and processing speed task (objective testing), and reported improved cognitive function, cognitive abilities, mental health, and spirituality at the end of the treatment, but not one month later.

In addition to Alejandro Chaoul-Reich, Lorenzo Cohen and Tenzin Wangyal Rinpoche, authors of the *Psycho-Oncology* article include K. Milbury, K. Biegler, A. Spelman, C.A. Meyers, B. Arun, J.L. Palmer and J. Taylor. To the best of the authors' knowledge, this is the first meditation study aimed at improving cognitive deficits in cancer patients.

An abstract of the article is cited on Pub Med, a search engine for publications related to medicine.

A follow-up study is planned both at M.D. Anderson Cancer Center, in collaboration with Ligmincha Texas, and at Einstein Hospital in Sao Paulo, Brazil, in collaboration with Ligmincha Brazil. This study will include brain-imagery testing. Results should be available within the next two years.

Tenzin Wangyal Rinpoche will be sharing the practice of this study, and Alejandro Chaoul-Reich will be discussing the research, at a special upcoming [Conference on Buddhism and Science](#) to be held Oct. 9–10, 2013, at Ligmincha Institute at Serenity Ridge.

In addition, eight other recognized researchers from different institutions will present at the conference. Participants will explore the connection between science and spirituality, with a particular focus on how meditation and the practice of compassion can affect health and well-being. **Everyone is welcome to attend!**

As a special note, a new book is in the works based on the first annual Buddhism and Science Conference, edited by Berkeley physicist David Presti, with chapters authored by each of the conference's presenters plus Tenzin Wangyal Rinpoche. As soon as it's published we'll let everyone know here in *VOCL*.

This year's conference will be followed by the annual [Fall Retreat](#), where Rinpoche will teach together with [H.E. Menri Lopon Trinley Nyima Rinpoche](#), the principal teacher of Menri Monastery in India, on the topic of Healing in the Dzogchen Tradition.

[Learn more about the Buddhism and Science Conference](#)

[Learn more about the Fall Retreat](#)