

Re: Meditation for healing (esp: hypertension)

Source: <http://sci.tech-archive.net/Archive/sci.med/2004-08/3559.html>

From: Jeff (*kidsdoc2000_at_hotmail.com*)

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"Dr. Andrew B. Chung, MD/PhD" <andrew@heartmdphd.com> wrote in message news:4132341C.2E08@heartmdphd.com...

> *Mozz wrote:*

>>

>> *'The use of Meditation for healing is not new. Meditative techniques are the product of diverse cultures and peoples around the world. It has been rooted in the traditions of the world's great religions. In fact, practically all religious groups practice meditation in one form or another.*

>

> *Christians call it prayer.*

Is prayer and mediation the same thing? I believe they are similar, but not identical.

(...)

> *When they pray, Christians also enjoy the added benefit of God's blessings for themselves and others on top of the stress reduction that occurs with meditation. Such benefits would be expected to help folks with complications arising from either diabetes or obesity making this discussion on-topic for all NGs receiving this thread.*

This is a science group. Can you please give proof of this? Not your beliefs, but proof. So the Bible is out, unless you can demonstrate in a scientific way that the Bible in this matter is true.

Perhaps peer-reviewed articles that show that is God's intervention, rather than just belief or meditation that is doing this.

I understand there are articles that show that people who live thier lives according to their beliefs live longer (e.g., Christians going to church, giving to charity, etc.). This includes athiests who do whatever athiests are supposed to do.

Jeff

sci.med: Re: Meditation for healing (esp: hypertension)

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- > *Servant to the humblest person in the universe,*
- >
- > *Andrew*
- >
- > --
- > *Dr. Andrew B. Chung, MD/PhD*
- > *Board–Certified Cardiologist*
- > <http://www.heartmdphd.com/>
- >
- > **
- > *Who is the humblest person in the universe?*
- > <http://makeashorterlink.com/?L26062048>
- >
- > *What is all this about?*
- > <http://makeashorterlink.com/?R20632B48>
- >
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- > <http://makeashorterlink.com/?N69721867>