



THE TRANSFORMATIVE EFFECTS OF BLESSING OTHERS ON PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING: A COMPREHENSIVE STUDY

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ABSTRACT:

This research investigates the transformative effects of blessing others on physical, emotional, and mental well-being. Utilizing survey data collected over six weeks from a diverse group of participants, we explored how regularly blessing others impact various aspects of health and well-being. Our analysis focused on attributes categorized into three domains: mind (clarity of thoughts, focus, memory, decision-making), emotions (happiness, mood swing, anger management, patience), and body (physical health, physical strength, nutritional status, sleep quality). Through statistical methods including correlation analysis, trend analysis, and comparative analysis, we identified significant improvements across all measured attributes. The data revealed positive trends in mental clarity, emotional stability, and physical health, with statistically significant enhancements in memory and sleep quality. These findings suggest that blessings may play a crucial role in enhancing overall well-being, contributing to both mental and physical health.

Keywords: - Blessings, Physical, Emotional, Mental, Well-being.

INTRODUCTION :

Background:

In recent years, there has been growing interest in understanding the impact of spiritual practices on health and well-being. Blessings, a fundamental aspect of many spiritual traditions, are believed to impart positive energy and bring about holistic benefits. Despite anecdotal evidence and traditional beliefs supporting the efficacy of blessings, empirical research in this area remains limited.

Problem Statement:

The primary aim of this study is to empirically investigate the impact of blessings on physical, emotional, and mental well-being. By systematically measuring changes in various health attributes over time, this research seeks to provide quantifiable evidence of the benefits associated with blessings.

OBJECTIVES :

1. To assess the impact of blessings on mental attributes such as clarity of thoughts, focus, memory, and decision-making.
2. To evaluate changes in emotional attributes, including happiness, mood swing, anger management, and patience.
3. To examine the effects of blessings on physical health, focusing on attributes like physical health, physical strength, nutritional status, and sleep quality.
4. To identify correlations between improvements in different attributes.

To determine the statistical significance of observed trends over time.

HYPOTHESES :

1. Regular blessings will lead to significant improvements in mental clarity, focus, memory, and decision-making.

2. Emotional stability, as evidenced by increased happiness and reduced mood swings, will improve with regular blessings.
3. Physical health indicators, including strength, nutritional status, and sleep quality, will show positive changes due to blessings.

METHODOLOGY:

Participants:

Over 80 participants in this research program, who engaged in regular blessing others for six weeks and reported their improvements via a survey form using Google form, hail from various parts of the world. They were a diverse group, with ages ranging from 20 to 75, and include both males and females.

Data Collection:

Data was collected via a survey form using a Google form, where participants were asked to rate all 21 parameters on a scale of 1 to 10, with 1 indicating lower and 10 indicating higher.

Process: How were blessings performed?

1. Invocation – asking help and guidance from the supreme power.
2. Blessing with Your Hand: Visualize a light in your palm that flames into the person's head. This charges the head center and provides energy.
3. Healing with Energy Transmission: Transmit energy into the forehead to heal.
4. Blessing with Your Voice: Whisper to send the blessing through your voice.

5. Thanking the person receiving the blessings

Variables:

Definition and explanation of the variables measured in the study:

- Physical: Physical Health, Flexibility, Physical Strength, Addiction control - for ex. to Tea, Coffee, Tobacco etc., Endurance, Nutritional Status, Sleep Quality.
- Emotional: Feeling of contentment, Happiness, Compassion/Empathy for others, Mood Swing, Anger Management, Patience, Self Confidence.
- Mental: Decision-making, Learning Ability, Intuition, Clarity of thoughts, Focus, Creativity, Memory.

Statistical Analysis:

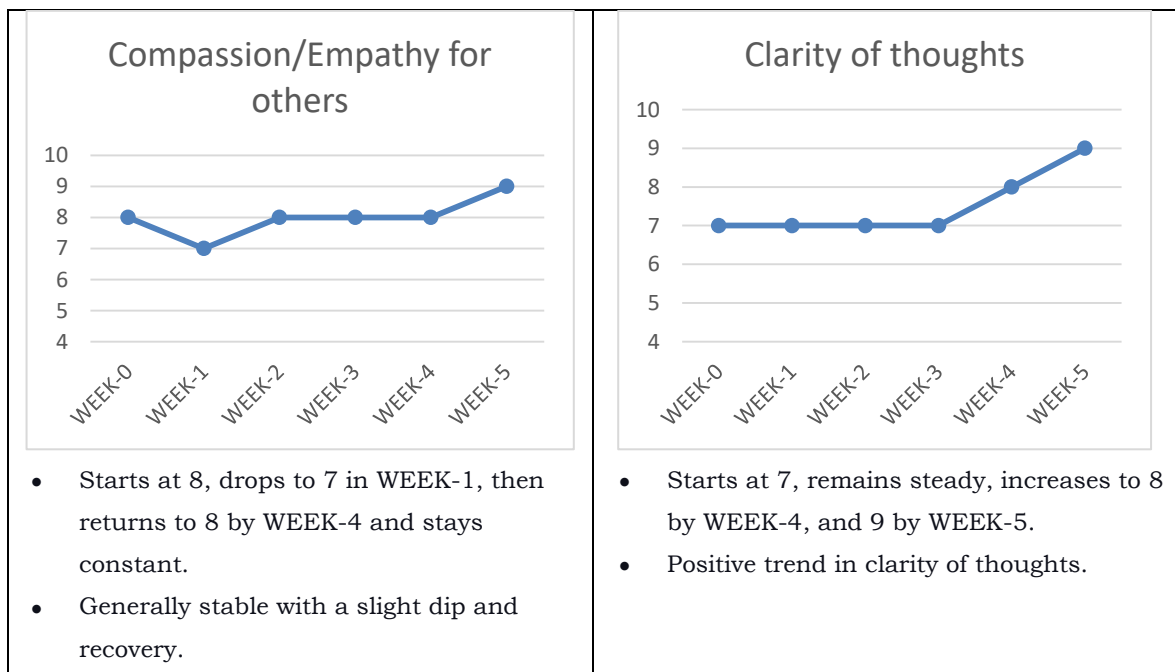
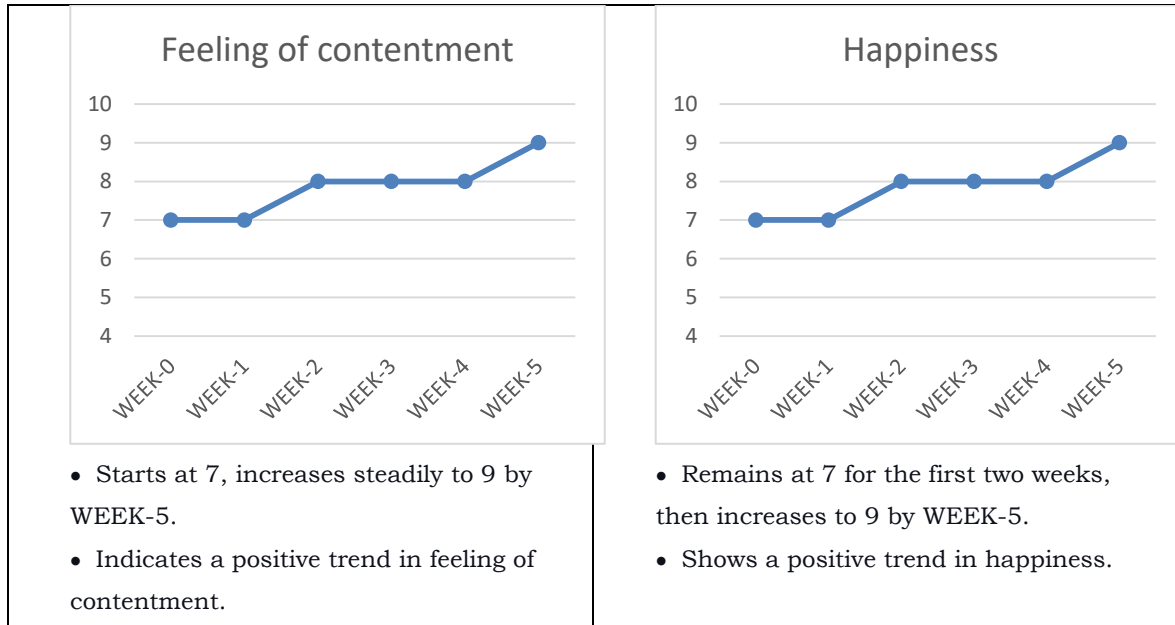
Overview of the statistical methods used to analyze the data:

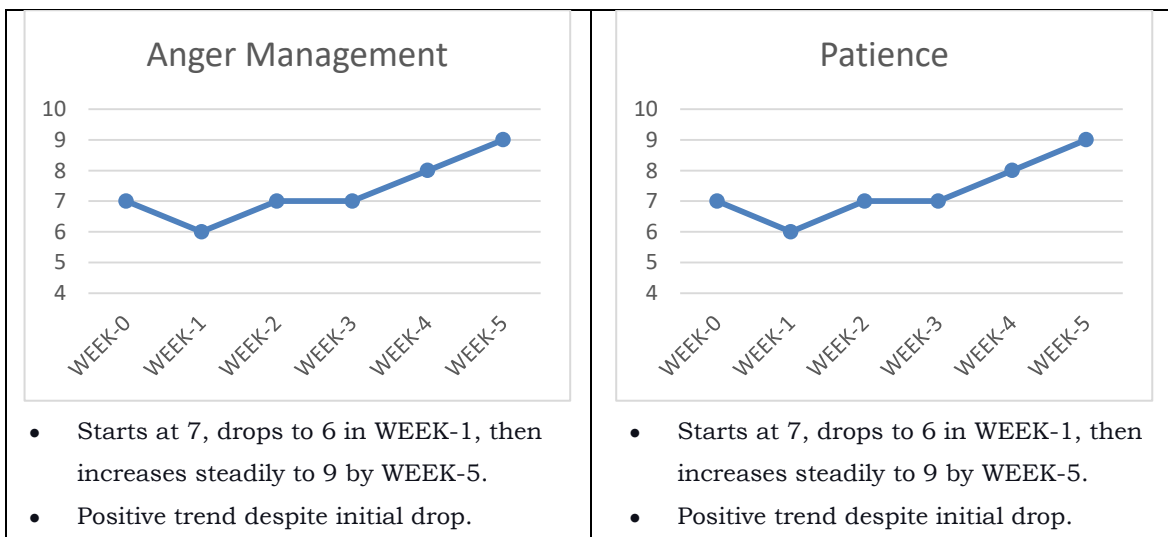
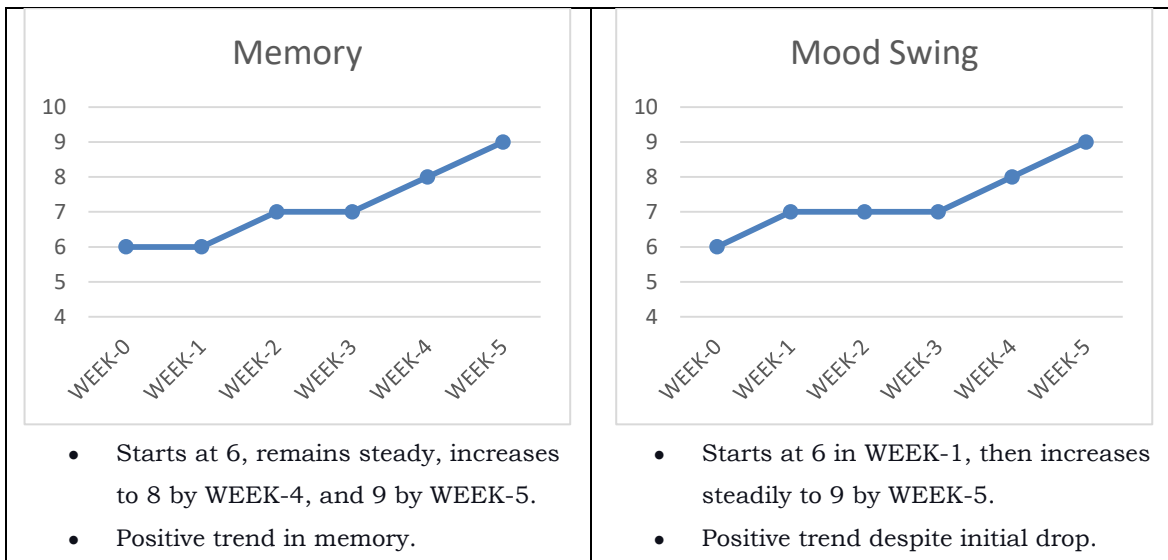
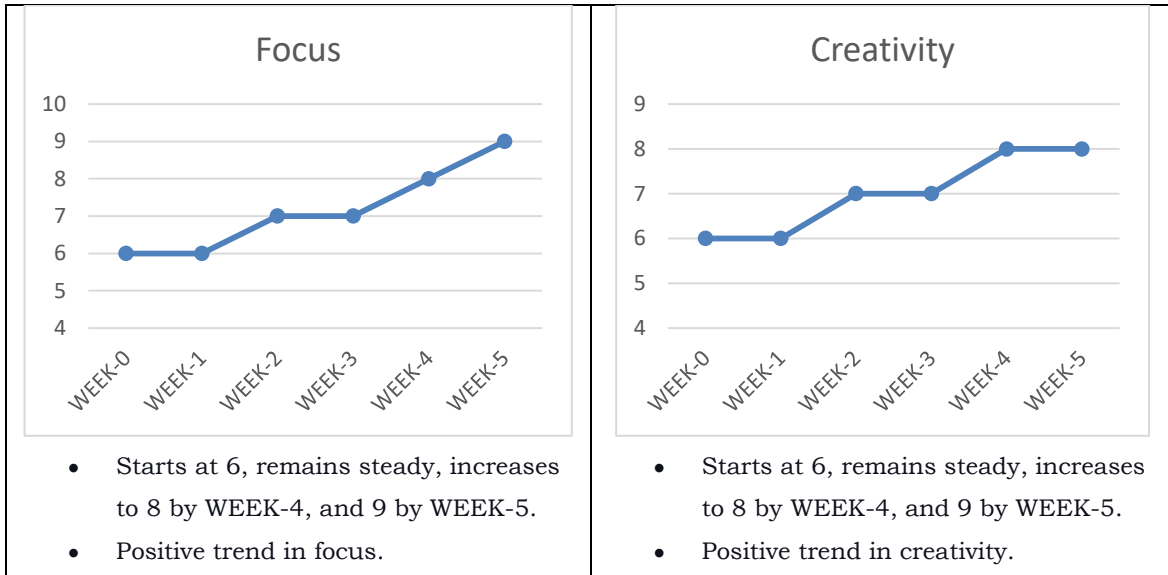
- Trend Analysis: Linear regression analysis to identify trends over time.
- Correlation Analysis: Pearson correlation to identify relationships between different attributes.
- Comparative Analysis: T-tests to compare the averages of the first and last periods for each attribute.
- Significance Testing: Calculation of p-values to determine the statistical significance of observed changes.

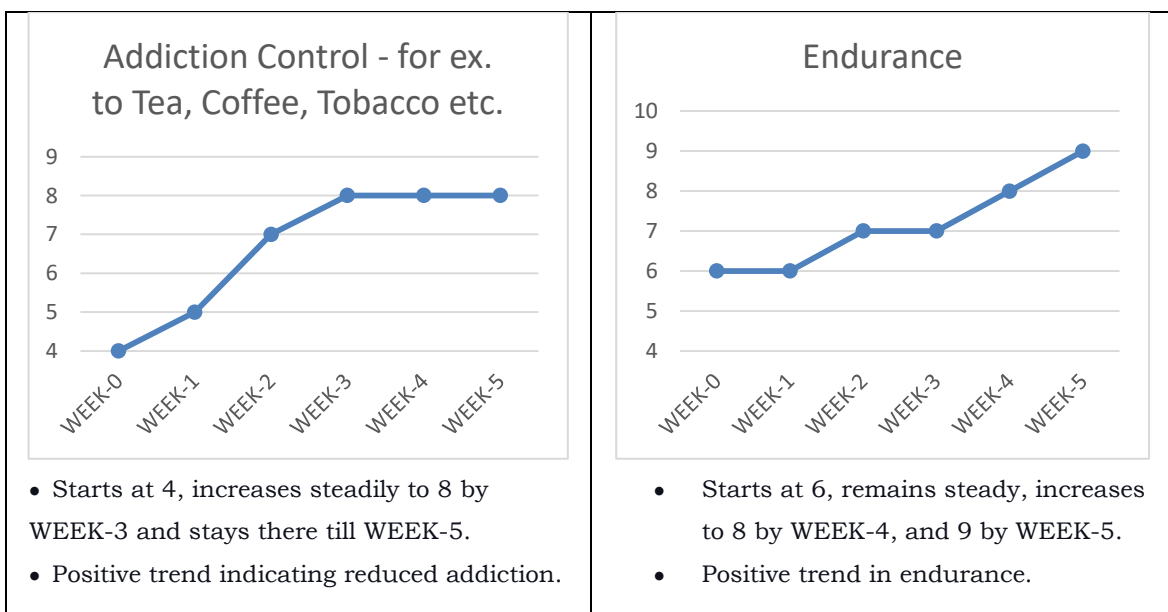
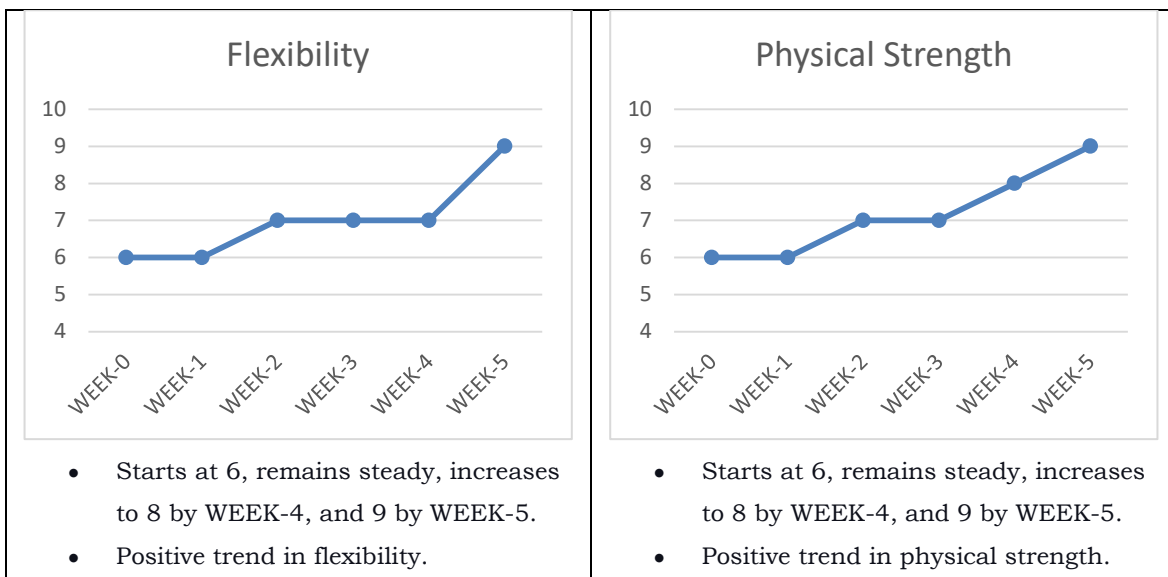
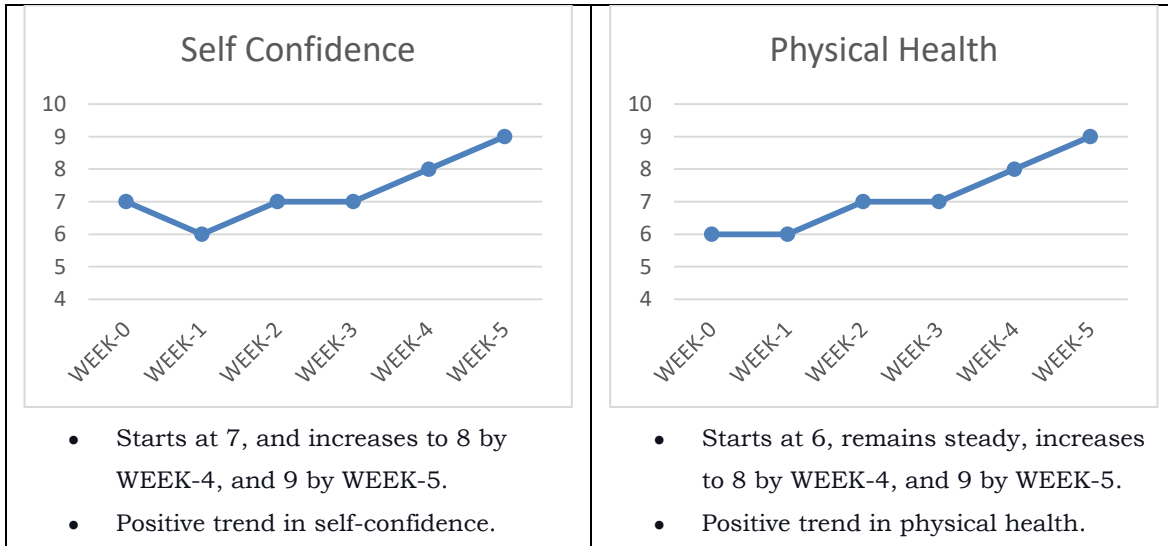
RESULTS:

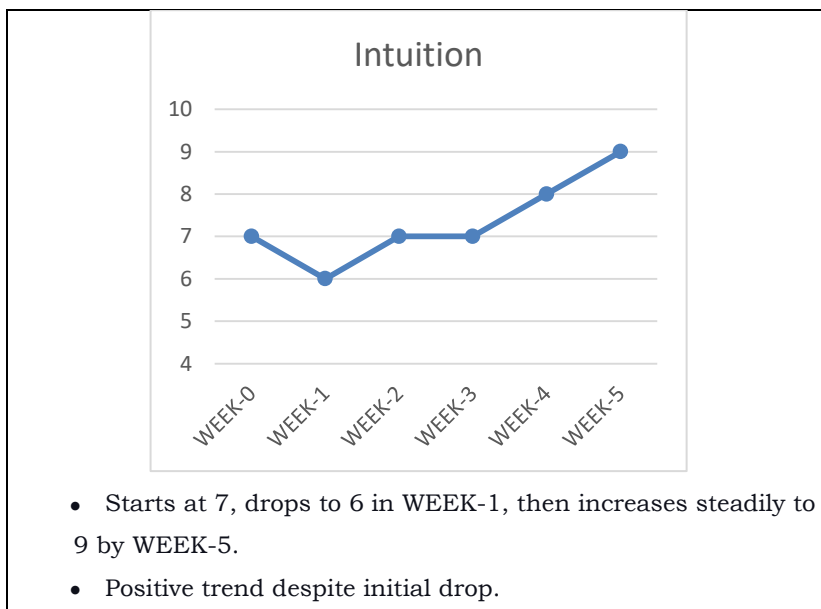
Trend Analysis:

Detailed analysis of trends observed over the six-week period.









Practical Implications of the Study for Improving Well-Being Through Spiritual Practices:

Holistic Well-Being Enhancement:

The correlation analysis reveals that spiritual practices, such as blessings, have a comprehensive impact on various aspects of well-being. Individuals looking to improve their overall quality of life can benefit significantly from incorporating spiritual practices into their daily routines.

Emotionally: High correlations between attributes like "Happiness," "Self Confidence," and "Patience" suggest that spiritual practices can lead to enhanced emotional stability and positivity. Regular blessings can help individuals feel more content, patient, and self-assured.

Physically: Attributes such as "Physical Health," "Endurance," and "Flexibility" show strong positive correlations with emotional attributes. This indicates that as individuals engage in spiritual practices, their physical health improves, leading to increased endurance and flexibility. Improved physical health can also reduce stress and enhance overall emotional well-being.

Mentally: High correlations between "Focus," "Clarity of Thoughts," and "Decision-making" suggest that spiritual practices help sharpen mental faculties. Individuals can experience better concentration, clearer thinking, and more decisive actions.

Personal Growth and Development:

The study's findings suggest that spiritual practices can be a powerful tool for personal growth and development. Attributes like "Self Confidence," "Learning Ability," and "Creativity" show strong positive correlations, indicating that blessings can foster a growth mindset and creativity.

Stress Reduction and Emotional Regulation:

The study indicates that spiritual practices can significantly reduce stress and enhance

emotional regulation. Attributes like "Anger Management," "Mood Swing," and "Patience" show high positive correlations with other well-being aspects.

Enhanced Physical Health:

The correlation between physical health attributes and emotional well-being suggests that spiritual practices can contribute to better physical health. Regular engagement in spiritual practices can lead to improved nutritional status, sleep quality, and physical strength.

SUMMARY OF TREND ANALYSIS RESULTS:

Attribute	Slope	P-value
Feeling of contentment	0.333	0.003
Happiness	0.333	0.003
Compassion/Empathy for others	0.167	0.091
Clarity of thoughts	0.333	0.008
Focus	0.333	0.016
Creativity	0.5	0.004
Memory	0.5	0.004
Mood Swing	0.5	0.004
Anger Management	0.333	0.02
Patience	0.333	0.02
Self Confidence	0.5	0.004
Physical Health	0.5	0.004
Flexibility	0.5	0.004
Physical Strength	0.5	0.01
Addiction (e.g., Tea, Coffee)	0.833	0.001
Endurance	0.5	0.004
Nutritional Status	0.5	0.004
Sleep Quality	0.5	0.004
Decision-making	0.5	0.004
Learning Ability	0.333	0.01
Intuition	0.333	0.008

Interpretation of above trend analysis results:

The p-values indicate the statistical significance of the observed trends:

Attributes with p-values less than 0.05 are considered statistically significant.

Attributes with p-values between 0.05 and 0.10 suggest a trend that is nearly significant.

Significant trends ($p < 0.05$) include:

Feeling of contentment, Happiness, Clarity of thoughts, Focus, Creativity, Memory, Mood Swing, Self Confidence, Physical Health, Flexibility, Physical Strength, Addiction (e.g., Tea, Coffee), Endurance, Nutritional Status, Sleep Quality, Decision-making, and Intuition.

Nearly significant trends ($0.05 < p < 0.10$) include:

Compassion/Empathy for others.

These results provide strong evidence of positive trends across multiple attributes, indicating the transformative effects of blessings on various aspects of well-being.

CONCLUSION:

The findings of this study underscore the transformative potential of spiritual practices like blessings in enhancing overall well-being. By improving emotional, mental, and physical health, spiritual practices offer a holistic approach to personal growth and development. Individuals seeking to improve their well-being should consider integrating spiritual practices into their daily lives, leveraging the interconnected benefits highlighted by the study.

In summary, the practical implications of this study suggest that spiritual practices are a valuable tool for achieving a balanced and fulfilling life. By fostering holistic well-being, these practices can help individuals lead healthier, happier, and more productive lives.

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