

# Meditation Based Lifestyle Modification

## Spiritually Informed Yoga and Mantra-Meditation in Mental Health Care

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### INTRODUCTION

Mental disorders can be regarded as one of the core health challenges of the 21st century. In the European Union, less than one third of all cases receive any treatment, suggesting a considerable level of unmet needs. Yoga and Meditation are accessible, self-applicable and naturalistic therapies, which have shown promising effects in the treatment of mental disorders (Klatte et al., 2016; Ospina et al., 2008).

So far, mainly the physical aspects of Yoga have been incorporated in clinical application and research. However, Yoga experts advocate that Yoga should be practiced in its entirety,

including its spiritual and ethical aspects (Varambally et al., 2016). Similarly, meditation has been reduced to more technical aspects in Western perception and research. Across some studies, spiritual meditation did show greater impact than secular forms of meditation on psychological variables, pain tolerance, and spiritual outcomes (Wachholtz et al., 2013).

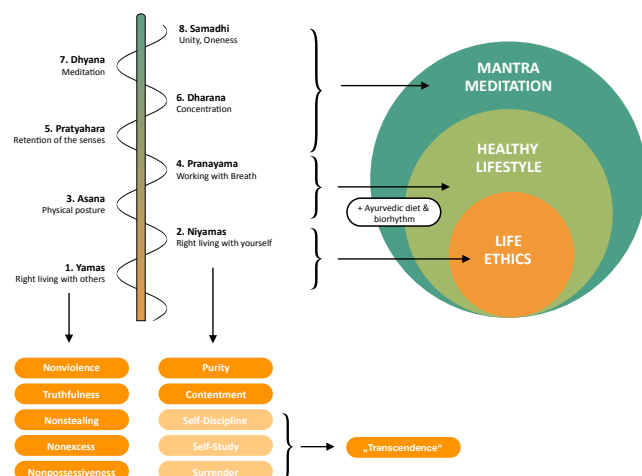
The purpose of this research project is to assess the feasibility, effectiveness and patient satisfaction of a newly developed therapy called **Meditation Based Lifestyle Modification (MBLM)** that provides an integrated ethical and spiritual context of Yoga and Meditation.

### MODELLING AND METHODS

MBLM provides a multi-dimensional and holistic framework of knowledge and exercises that is comprehensible and applicable for patients in daily life to promote physical, mental and spiritual health. Influenced by Yoga (and Ayurveda), it projects Patanjali's 8-limbed path of Yoga on to **three domains: mantra-meditation, life ethics and healthy life style**. MBLM explains processes within the body and the mind and their relation to diet, exercise, biorhythms, social conduct and meditation in an easy but profound way on an experiential level. Besides providing tools for physical, mental and emotional self-regulation, MBLM

emphasizes an eudaimonic approach of well-being. This point of view focuses on virtues, meaning in life and self-realization, and the extent to which a person fully integrates this into his or her life.

Similar to the well-known MBSR programs by John Kabat-Zinn, MBLM consists of **8 weekly modules with group- and experience-based education** of content and is deepened by daily individual training. Due to its modular structure, MBLM can be adjusted in terms of intensity, duration and weight of the components according to the specific needs and disorders.



A) The 8-limbed path of Patanjali Yoga and its relationship to MBLM domains and modules.

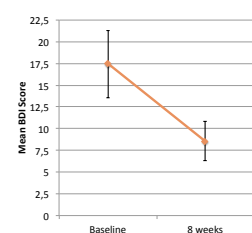
Yama & Niyamas of Yoga	10 Commandments in Christianity
Nonviolence	Thou shalt not kill
Truthfulness	Thou shalt not bear false witness against thy neighbour
Nonstealing	Thou shalt not steal
Nonexcess	Thou shalt not commit adultery
Nonpossessiveness	Thou shalt not covet
Purity	Remember the sabbath day, keep it holy
Contentment	Thou shalt not covet
Self-Discipline, Self-Study, Surrender	Thou shalt not make unto thee any graven image, Thou shalt have no other gods before me

B) Transcultural values – aspects of Yoga's ethical practices and the 10 commandments in Christianity.

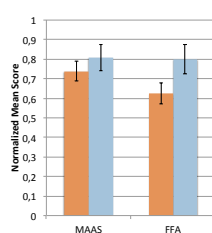
Christian	Hindu / Vedic	Buddhist
Kyrie Eleison	Om Na Ma Shi Va Ya	Om Mani Padme Hum
Lord Jesus Christ	Om Sri Ram Jay Ram Jay Jay Ram	Namo Butsaya
Ave Maria	Rama, Rama	
Muslim	Om Prema	Jewish
Bismallah Ir-rahman	Om Shanti	Baruch Atah Adonai
Ir-rahim	So Ham	Ribono Shel Olam
Allah		Shalom

C) Excerpt of Mantras proposed for meditation. Optionally, Yantras (geometric structures) can be used in combination with a mantras to focus attention.

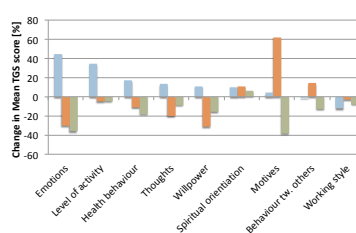
### PRELIMINARY RESULTS (case series of n=7 successively enrolled patients with depressive disorder)



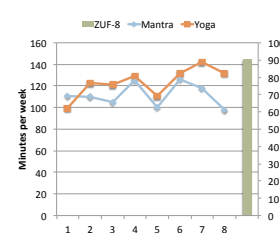
A) Change of depressive symptoms.



B) Change of mindfulness.



C) Eudaimonic well-being in terms of mental traits (Gunas).



D) Self-guided practice & client satisfaction.

### CONCLUSION & OUTLOOK

MBLM is a feasible and potentially effective treatment of depressive disorders. Changes in eudaimonic well-being occurred mostly as predicted by Yoga theory. Self-guided practice was stable and sufficient, client satisfaction was high. Scheduled trials 2018 – 2021:

- MBLM-D: Effectiveness of MBLM in depressive outpatients.
- MBLM-A: Effectiveness of MBLM in inpatients with alcohol dependency.
- MBLM-P: Effectiveness of MBLM in outpatients with chronic pain disorders.

### ACKNOWLEDGMENTS & DISCLOSURES

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