

ABSTRACT

BACKGROUND

Compassion is an inherent human capacity which influences our psychic and psychological function. Compassion is invoked by Chanting and Meditation. Arutperunjothi Maha Mantra is the mantra which intends to invoke compassion. This study has been conducted to evaluate the effect of this mantra on compassion using Questionnaires.

MATERIALS AND METHODS

In this study initially 90 people participated for Pre-test including Male and Female. Finally In Chanting group 21 subjects was taken to validate the Self Compassion, 23 subjects for ERQ and 22 for PANAS. In Meditation group 13 subjects for Self Compassion, 15 for ERQ and 13 for PANAS. The single group Pre-Post design was used to show the effect of chanting and meditation on Arutperunjothi Mantra. The Between group design was used to validate the changes between chanting and meditation group. Participants were asked to practice themselves for 48 days. For Meditation group guided audio was given for individual practice. Assessments were done 1st day prior to intervention, after immediate intervention and on the last day after intervention by using Questionnaires.

RESULTS

Chanting group showed the significant reduction in Self Judgement, Isolation Item and Over Identified Item which showed that increase in Compassion Level. It also showed that there was significant reduction in Negative mood Changes and Emotional Suppression which represented the increase in Compassion level. Meditation group showed that Self Kindness level increased significantly ($p < 0.001$) also there was significant reduction in Self judgement score. It also showed that positive mood changes increased significantly and also it showed that there was significant reduction in Negative mood changes.

CONCLUSION

Findings show that compassion level was increased in both Arutperunjothi Maha Mantra chanting and Meditation group. This shows that positive emotion was significantly improved well in shorter period of Arutperunjothi Maha Mantra Intervention. Osho mentioned Compassion is the only therapeutic because all that human ill in man is because of lack of love. Compassion was the Universal Panacea. We all try to develop our core Compassion nature to make us healthy and make our world healthy and peace.

KEYWORDS

Arutperunjothi Maha Mantra, Self Compassion, Chanting, Meditation, Emotional Regulation, Positive and Negative affect