

## SOE13: The goal of religion

**Post by “Elayne” of December 31, 2019 at 1:33 PM**

Hiram, I'll give my impressions as I go. The chanting link you gave was to a daily mail article, interviewing a Dr. Alan Watkins, but I cannot find the study on Pubmed and wonder if unpublished. The Daily Mail says his study was 5 monks and showed decreased HR/BP during chanting.

If this was a study, 5 people is not enough to make any conclusion from. No control group of non-monks. No mention of their body position during chanting compared to the rest of the day. No mention of effects outside the chanting period, which would make health effects uncertain.

I'd like to see exploration of whether the person needs to have an associated spiritual attitude or whether they can just repeat any noise (in which case this isn't a "pious practice"), or whether singing in a nonchant way is any different. Or can you cuss? I find cussing pretty satisfying sometimes, lol.

For our purposes, we'd want to know about subjective pleasure, not just HR/BP.

My other concern is that this guy is associated with the Cardiac Coherence Institute, a successor to HeartMath, widely considered to be quackery by scientists.

<https://sciencebasedmedicine.org/energy-medicin...-pseudoscience/>