

The Benefits of Meditation

Here we will look at the benefits of meditation- the real, scientifically proven benefits. Meditation has been practised for thousands of years- and studied for almost as long. Here, we will focus on individual ailments and problems and how science has shown that meditation can be of real benefit.

Many of the studies and the research we will refer to are large, taken over many years, yet some are smaller- backed up with significant anecdotal evidence. We have numerous cases where meditation has cut hospitalisation for an illness in half, but, of course, all meditative techniques have their particular methodologies. They don't all work in the same way and so will have different results for different conditions.

At FISU, we recognise the value of the science within the spirituality. We recognize 'the whole'. So, we support all properly funded and prepared research, since we are, also, always on the path to greater knowledge and understanding.

Now, we will look at individual conditions and problems. We will show the success of meditation, the scientific proof- and the unique FISU approach.

ADHD

Attention Deficit Hyperactivity Disorder is the most common mental problem diagnosed in children. As the name suggests, a child has problems paying attention and can be unruly and hyperactive. Drugs, such as Ritalin, are commonly prescribed to 'manage' the disorder, but side effects can be nasty and getting the dosage wrong can make the problem worse. Parents also suffer, indirectly, from their child's behaviour and often need calming themselves.

The Evidence

In 2008 the results of a ground-breaking study were released.

Dr Lidia Zylowska and her team found that after 8 weeks of meditation training, 78% of sufferers involved saw a reduction in their symptoms, while 30% saw a clinically-significant reduction- as in a greater than 30% decrease in their symptoms.

Since then there has been much research and many studies, all supporting Dr Zylowska's findings.

<https://www.ncbi.nlm.nih.gov/pubmed/18025249>

The FISU Solution

FISU meditation will restore essential balance to the mental and physical systems that have lost stability because of the ADHD. In our system, after the preparatory course, each person is given a mantra which reflects their own individual vibration. Rather than sedate and merely smother the symptoms, our specialist form of meditation will drain away all the overflow of mental activity. Neurotransmitters from the brain to all parts of the body will then work effectively, free from the blockages and stress of that excess mental bundle. As the central nervous system calms and starts to function normally, then intrusions from the real world become pleasures, rather than threats and challenges.

The repetition of your individually prescribed mantra can, through meditating, often offer immediate relief to sufferers of ADHD. However, on-going meditation, as a therapy, will offer the greatest benefits; with many sufferers no longer needing medication.

Since many patients requiring treatment are likely to be minors, we would look to include a parent or guardian in the meditation. This will enable them to understand their child's treatment, but also to benefit from its stress-relieving properties.

Acid Reflux

We have all experienced heartburn- that unpleasant burning sensation in the chest and throat, often caused by spicy or acidic food, or lying down too soon after a meal. However, in many cases, heartburn, acid reflux, is caused by stress. Many studies have shown that those experiencing stressful situations are far more likely to suffer from this condition. In some cases, acid reflux is a regular, repeat visitor to a stressed person. In these cases, escaping stomach gases can cause permanent damage to a sufferer's throat. Interestingly, studies show that acid reflux is more likely to occur *after* a stressful situation, rather than *during*. This has led to some misdiagnoses since the connection was not immediately apparent.

More worryingly, proton pump inhibitors - commonly prescribed to cut stomach acid production in sufferers- have been recently linked to a doubling in stomach cancer rates

The Evidence

A recent study of 9,000 people, reported in the US National Library of Medicine, found a close correlation between stress and Reflux Esophagitis- acid reflux.

The study's conclusion was very clear:

"Reflux esophagitis is significantly associated with psychosocial stress, and the severity of reflux esophagitis correlates with the degree of stress."

This pretty conclusive survey echoes earlier efforts, which demonstrated that periods of stress often presaged periods of sustained bouts of acid reflux. During stressful situations, our digestive system shuts-down, to some extent, resulting in less stomach acid being produced. As the situation eases and we relax, our system over-compensates and produces excess acid.

<https://www.ncbi.nlm.nih.gov/pubmed/23001402>

The FISU Solution

During meditation, stress points are significantly lowered. Repetition of a FISU personalised mantra, during meditation, will help the body's nervous system achieve an equilibrium, regardless of external influences or current problems. Soothing and smoothing the sharp edges of stress stops the shut-down in the body's digestive system, so acids continue to be produced, but are handled by sufficient mucus production and neutralised by effective alkali management before acid reflux can result.

Addiction

To understand addiction, it is necessary to understand a little of how the brain works; how the brain's so-called 'pleasure-pathways' are stimulated and fulfilled. Crucial to any understanding is the neurotransmitter, Dopamine. You can't get addicted to dopamine. It doesn't work like that. But, dopamine is, certainly, a leading factor in addiction. When we experience pleasure, dopamine is released into the brain. The greater the pleasure, the more dopamine is released. Indeed, the release of dopamine into the area of the brain called the nucleus accumbens is such a vital part of our experiencing of pleasure that scientists refer to this region of the brain as the brain's pleasure centre.

The other side of the coin, of course, is that with an insufficient release of dopamine, we can feel 'down', unhappy or depressed.

When dopamine is released, many areas of the brain are affected. The key area of the frontal cortex, for example, which is responsible for planning complex cognitive behaviour, personality expression, decision making, and moderating social behaviour. Others are subdued- such as the anterior cingulate cortex. This area of the brain is hugely influential in our moods and expressions. Its inhibition will feed into the 'high' experienced with dopamine release.

So, dopamine can heighten enjoyment and suppress negativity. When the dopamine release is exaggerated, the effects are multiplied. The pleasure of a new coat or pair of shoes is dwarfed by the false thrill experienced from a snort of cocaine. As the effects wear-off, then anticipation can become an end in itself- though less satisfying. As the lack of the dopamine release creates a 'negative', so each successive release becomes less of a positive. The spiral begins, tightens and, soon, accelerates. The next snort needs to be larger; more often.

Of course, where stress is already present, addiction's downward spiral already has a head-start. Returning to normality is not a neutral step. It is not a return to a rational status quo, but already a step on a downward path. Where people are experiencing stress, a drug 'high' may not result in a great thrill, but in the illusion of, at least, being able to cope; to survive for another day. Where the 'high' is amazing, the difference between the stressed individual's normal state and his drugged state is even more marked- making him a prime candidate for addiction.

As the brain reacts to each ever-increasing dopamine 'hit', each such hit becomes less-effective; the need more compelling- the quantities and frequencies increasing.

The Evidence

Stress has long been considered a significant risk factor for addiction. Self-medication can often lead to substance abuse. Not only that, but stress can also lead to the failure of treatments for addiction. A 2013 study published by Science Direct showed stress to have a causal link with opium addiction.

'Psychology Today' states, " Stress is a key risk factor in addiction initiation, maintenance, relapse, and thus treatment failure."

Studies conducted by the National Institutes for Health, along with studies published in the Cambridge Textbook for Effective Treatments in Psychiatry, all showed that meditation could be a large factor in the effective treatment of alcoholism.

There are many more. The American Journal of Psychiatry, for example, has studies documenting correlations between meditation and successful addiction rehabilitation going as far back as the 1970s.

<https://www.psychologytoday.com/blog/the-wise-open-mind/201004/mindfulness-meditation-addiction>)

The FISU Solution

FISU meditation recalibrates the nervous system and calms the area of the brain called the amygdala. The amygdala is particularly exercised during periods of stress and is the brain's 'fight or flight' centre. Relaxation, here, reduces the impact of things that might trigger emotion-based behaviours - such as reaching for a cigarette or a stiff gin.

With the repetition of the individualised FISU mantra, during meditation, the pre-frontal cortex of the brain is active. This is the area of the brain that makes us stop and think before we act. Grabbing that cigarette or stiff drink is a reflex reaction, which the active frontal cortex will make us stop and think about.

With the peace imbued with FISU meditation, the 'escape' response disappears. The present is fine. No need to observe it from the bottom of a glass. As thoughts become your own; as your control of those thoughts increases, you will make wiser choices. As healing from addiction begins, so FISU meditation will act at a spiritual level to calm and cleanse body and mind and expand your state of consciousness.

Allergies

Whether it is a mild case of hives from shellfish or the full-on throat constriction from a morsel of peanut, allergies are the blight of many people's lives. Often some every-day substance, which causes nobody else a problem elicits an extreme over-reaction in a sufferer whose immune system is compromised by its hypersensitivity. It could be an itch or hospitalisation; reactions are as varied as their causes, but when a friendly nutrient is misdiagnosed by the body as an enemy, the results are not going to be pleasant.

Studies have shown that when a substance is misperceived by the body, the immune response will occur each time that substance is eaten (or contact made, depending upon the type of allergic reaction). This situation is made considerably worse during a period of stress. Instead of a normal adaptive-immune response, which would 'examine' the substance and decide upon its toxicity, or otherwise, the immune system goes into emergency mode. The substance is, therefore, catalogued by the body as a threat and the default position becomes over-reaction.

Furthermore, over sensitivity created by stress causes many allergies.

The Evidence

Researchers from the University of Wisconsin-Madison discovered that stress could be a major cause of inflammatory conditions, such as those caused by allergies. Ohio State University scientists discovered that mental stress could increase the frequency of allergy flare-ups. In both studies, meditation was shown to decrease the frequency and severity for sufferers.

<https://www.mindbodygreen.com/0-28213/the-hidden-cause-of-your-allergies-what-to-do-about-it.html>)

The FISU Solution

FISU meditation is undertaken with one's own personally prescribed mantra. In this way, each meditation is highly-personalised and a unique experience. This will bring the immune system into equilibrium and help to balance the immune system response. The allergic response, which is triggered by neuronal programming will relax and unwind, encouraging a more natural response. In this way, existing allergies will become less-bothersome and new allergies less likely. In our experience, losing over-sensitivity will help if not eliminate the allergic response.

Anger Management

While anger can be a natural response to a threat or slight, it is often an unwelcome extreme emotional response that can be counter-productive. As a primary response, it has evolved within humanity as a 'fight or flight' reaction for both self-preservation and the protection of the family unit. It may, also, be a secondary response to feeling lonely, inadequate or, in some way, feeling not equal to a task or situation.

Physically, our heart rate will increase as our bodies shoot additional blood to the muscles required to fulfil the flight or fight response. Adrenaline and noradrenaline will flood our system as thought-through solutions become subservient to the reactive. Our bodies become more controlled by instinct, rather than thought.

If the angry state becomes a chronic condition; if it becomes a norm rather than an exception, then elevated heart rates can lead to high blood pressure. The nervous system can become over-exercised, and inappropriate aggressive behaviour can become the norm. This can cause major problems with personal and professional relationships and badly affect the health and well-being of the individual concerned. Hasty decisions, proving to be wrong, will feed the vicious downward spiral.

A build-up of unexpressed emotions is usually the cause of most people's anger.

The Evidence

A few years ago American academics published the results of a study which showed a 47% decline in depressive behaviour after sufferers had taken-up meditation. In 2016 a study of 'Consciousness and Cognition' found that meditation reduced the physical effects of anger while encouraging a more relaxed, rational response to the anger-making situation.

<https://www.theguardian.com/lifeandstyle/2010/apr/08/tanya-gold-meditation>

The FISU Solution

During FISU meditation, the body's nervous system enters a super-calm state. Rarely achieved, even when asleep, this calming promotes a complete rebalancing of all physical and mental systems. That 'fight or flight' response is subdued, and we become more able to recognise when a threat is not a threat and when over-reaction is not appropriate. As the over-reaction is ameliorated, so hostility is reduced and blood pressure falls with the heart rate.

As edginess continues to decrease, our relationships get less strained and more empathetic, and a default position of 'calm' is achieved. We are further able to express ourselves calmly and therefore no frustrations build.

Anorexia

Anorexia Nervosa is an eating disorder. A fixation with being thin characterises it. Sufferers have a fear of putting on weight, and so pursue an extreme regime of food restriction. In children and young people, weight loss may not be evident, but weight gain may be absent from, what should be, healthily growing bodies. Sufferers may induce vomiting or use laxatives to purge food from their bodies- particularly after a session of binge-eating. Many suffer body dysmorphia, which distorts their view and understanding of how they look.

The ego-self is the main problem as we have adopted an image of ourselves that is untrue. Perhaps, we want to be something we are not, and therefore, we live in conflict which makes us discontent and unhappy.

The Evidence

In Psychology Today, Greta Gleissner, the Founder of 'Eating Disorder Recovery Specialists' states, "Practicing meditation during eating disorder recovery can calm an individual's mind by eliciting a relaxation response."

(<https://www.psychologytoday.com/blog/bottoms/201610/meditation-helps-eating-disorder-recovery>)

The FISU Solution

The amygdala is the portion of the brain that controls our fear and anxiety responses. As we meditate, the amygdala calms and becomes less active. Those irrational fears of gaining weight or eating too much dissipate. A more rational, healthy outlook is encouraged, as obsessive fears calm and disappear-along with the unhealthy compulsions that these fears have triggered. This healing effect is heightened as the frontal cortex becomes more active and its rational functionality exerts greater influence.

With the repetition of the personally prescribed mantra, FISU meditation encourages the feeling of value in oneself and of gaining greater self-control. We sort out our conflicts and misunderstandings. With that value comes a re-calibration of priorities and the self-control to overcome the irrational fears of the eating disorder.

Anxiety

Anxiety is a condition that affects many. While we can all be fearful, at different times of our lives, those fears are rational and real. The fear of a speeding car, of the potential threat of a terrorist attack, of the snarling dog; fear of such things is reasonable. Anxiety is a fear of the irrational. It is a fear of something that is not real.

The principal cause of Anxiety is insecurity, and this produces fear. The main cause of stress is fear, so it is easy to get caught on this merry-go-round of emotions.

From back in the earliest days of humanity, the 'fight or flight' impulse was an automatic reaction, the default position of the human brain under threat. The area of the brain called the amygdala caused this primitive response and still conditions the response to this day. The frontal cortex is overwhelmed, and rationality takes a back seat to amygdala inspired anxiety.

In some ways, this is due to our genetic make-up being slow to catch-up with our lifestyle changes and the demands of the modern world. The almost Paleolithic behaviour of the amygdala and the anxiety it can inspire sits uneasily with the world of interplanetary exploration and the internet. When the neurotransmitters flood the nervous system in preparation for danger, it is the frontal cortex that puts things into perspective, examines the threat and acts accordingly. For those suffering from anxiety, this job is not done properly, and the red flag is raised at an accelerating rate on some barely-related issues. Apprehension and dread can be the result of the most arbitrary occurrence, and as it becomes a conditioned response, so it becomes self-feeding.

The effects are also physical.

As our entire circulatory system constricts to divert essential oxygen to our limbs- to facilitate escape- so our breathing becomes short and shallow. We hyperventilate. The resulting deficiency in CO2 can result in panic attacks and sleep problems as our faster-than-normal heart rate makes us feel out of control- reinforcing the circle. Meanwhile, lack of oxygen starves our cells of the resources vital to their functioning effectively.

With one in six Europeans now estimated to be suffering from some clinically defined anxiety disorder, it is a problem whose effects are multiplying rather than subsiding.

The Evidence

There are innumerable studies showing that meditation helps control and prevent anxiety. A study published in the 'Psychological Bulletin' combined the work of 163 such studies and found that "...meditation produced beneficial results, with a substantial improvement in areas like negative personality traits, anxiety, and stress."

<https://www.ncbi.nlm.nih.gov/pubmed/22582738>

The FISU Solution

In FISU meditation a person is given their own personal mantra, specifically suited to each individual's nervous and emotional system. It is the repetition of this, during meditation, which works at a level deeper than sleep, to calm the entire system. The overstimulation of the nervous system by the amygdala goes into reverse and the body achieves balance. As the mind enters a super-alpha state, the bundle of conditioned responses that have overwhelmed the frontal cortex are unbound, leaving it to function effectively. As the system becomes less cluttered, so clarity of purpose and perception break through the web that had created- and fed- the anxiety.

These effects are not temporary, but with practice, can form the basis for resetting the body's systems in a way that brings ongoing peace and fulfilment.

Asthma

Asthma is a very common affliction where the air channels to the lungs become inflamed, inhibiting breathing. While asthma attacks may vary in frequency and severity, the condition is a long-term issue for many people.

It has long been recognised that stress and anxiety can be a major cause of an asthma attack. Not only can they increase the likelihood of an episode, but the length and severity of attacks can also be increased. Airflow obstructions, which are present in more acute cases, are exacerbated by the automated response of the area of the brain called the amygdala when under perceived attack.

The Evidence

In 2016 the NCBI did a “comprehensive review and meta-analysis of the effectiveness of meditation on a variety of asthma outcomes.” While the quality of the studies they looked at was inconsistent, they found that the pooled results, in two disease-specific trials, “indicated a significant improvement in the quality of life in the meditation group compared to the control group.”

<https://www.ncbi.nlm.nih.gov/pubmed/28853958>

The FISU Solution

FISU meditation reduces a meditator’s sensitivity to the stress response. As systems relax and renew, asthma attacks become less frequent and less severe. As the body relaxes, so airways open, lessening the effects of any inflammation.

Of course, modern pollution can be a significant trigger or causal effect. FISU meditation helps to cleanse the body of such pollutants and toxins. With continued practice, the underlying issues, causing the problems in the first place, will also unwrap.

In the more general area of respiratory conditions, large studies have shown that the repetition of personalised mantras cut the risk of succumbing to respiratory problems by over 70%.

Atherosclerosis

Atherosclerosis is a condition whereby an excessive build-up of plaque around the walls of a blood vessel causes constriction and a reduced flow of blood; arteries become hardened and narrow. Since arteries carry blood from the heart around the body, such severe disruption can have very serious consequences.

As the body experiences a lack of blood-flow, a 'stress response' can occur. The heart rate will accelerate, forcing more blood through the restricted vessels, causing damage, which can make the condition worse. Blood pressure will rise as vessels stiffen further and blood-flow fails to rise in line with the effort being expended. As our autonomic stress response kicks-in, the clotting agents in our blood increase in number and the blood becomes even harder to pump as it becomes thicker.

The very process of pumping blood around the body damages blood vessels further.

The Evidence

The American Heart Association's journal, 'Stroke', published a report that stated that the relaxation resulting from meditation could reduce atherosclerosis and the risk of heart attack. A study from the Preventive Medicine Research Institute in Sausalito, California had similar findings.

[\(https://well.blogs.nytimes.com/2009/11/20/can-meditation-curb-heart-attacks/\)](https://well.blogs.nytimes.com/2009/11/20/can-meditation-curb-heart-attacks/)

The FISU Solution

FISU meditation can break the vicious circle whereby blood vessels continue to be damaged by the act of pumping blood. As the repetition of the personal prescribed mantra brings the nervous system into order, the heart slows and starts to pump in a more natural rhythm, giving arterial walls the opportunity to repair. The stress response is alleviated so that the body can relax.

Autism

Autism is an extremely complex neurobehavioral disorder. It can manifest itself in different ways and is now known as ASD (Autism Spectrum Disorder). Sufferers have impaired social skills, difficulty in holding normal conversations and are subject to very rigid, repetitive behaviours. Autistic people have heightened stress responses, whereby the most common of everyday occurrences can elicit extreme reactions.

The amygdala is in a permanent state of hyper-arousal, resulting in the overwhelming of the frontal cortex- along with any hope of any appropriate response to external stimuli. With the nervous system in a hyperactive state, also, little wonder that there are usually excess stress chemicals to be found in the blood-stream. Likewise, immune, digestive disorders commonly add to the alienation of sufferers from normal run-of-life relationships.

The Evidence

Several studies have concluded that meditation is an effective intervention to make in the treatment and control of autism. Clinical studies are, currently, underway. A recent paper out of Georgetown University stated, "There is a growing body of research illustrating the stress-reducing effects of meditation".

<https://gumc.georgetown.edu/magazine/2017/spring-summer/meditation-stress-biomarkers>

The FISU Solution

Repeating a personal mantra during meditation can have an exceedingly calming effect on the entire nervous system. As the over-activity of the amygdala subsides, so the frontal cortex can start to function more effectively; evaluating irrational fears and behaviour and controlling inappropriate responses.

Autoimmune Disorders

Autoimmune disorders occur when the body's immune system attacks normally functioning parts of the body and treats them as infectious; as the enemy. This immune system malfunction can have very severe consequences as the system becomes further undermined and parts of the body are damaged, with functional failure to organs and their processes. In its most extreme form, autoimmune disease can become degenerative. Multiple sclerosis and rheumatoid arthritis are examples of the disease in its extreme form.

When we experience stress, our body can over-compensate and over-activate the immune system in response. As increased immune cells are released into the body, then stress response rises, and the process becomes self-fulfilling.

The Evidence

"Meditation appears to be a useful addition along with medication for certain MS symptoms such as depression," says Dr. Barbara Giesser, professor of clinical neurology and clinical director of UCLA's David Geffen Multiple Sclerosis Program in Los Angeles.

<https://health.usnews.com/health-care/patient-advice/articles/2017-08-07/can-meditation-improve-the-quality-of-life-for-ms-patients>

The FISU Solution

FISU meditation and the repetition of one's own personal mantra helps to calm the body and bring the stress response to equilibrium. By stimulating the pre-frontal cortex, the body helps to rationalize itself and become more discerning in its threat response. The immune system relaxes and becomes less active, allowing recovery and re-balancing.

Awareness

The very pace of the modern world gives few of us any opportunity just to stop and be aware of life and our place in it. Whether it is the faux drama on film or TV or a mad panic to reach a sale on time, the internet and I-phone ensure that we are always 'connected' - but rarely to ourselves. Our mind becomes programmed to negativity, which builds over time and becomes the default position. We make poor decisions today, which re-enforce the poor choices made yesterday.

The majority of people today lack awareness. Other techniques like mindfulness deal solely with the attention to increase awareness, but this remains on a mental level.

Properly prescribed meditation as taught through FISU raises spiritual awareness which is not based on mental awareness, which as we know can falter very easily. This awareness comes from a much deeper level within us, from the spiritual source of ourselves which is inherent in all beings.

The Evidence

Trials have shown that by reducing stress and introducing calm into life, via meditation, leads participants to feel more in control and to become more self-aware. All FISU meditators report this.

(https://www.huffingtonpost.com/debbie-gisonni/meditation-tips_b_3830431.html)

The FISU Solution

After FISU meditation, we feel refreshed and rejuvenated. Our bodies have fully relaxed, and our nervous system has been re-booted and re-calibrated. We find that we are better able to communicate with others and to get our points across. This new-found empathy affects all areas of life and is a direct result of FISU's use of the personal mantra. Individual to each participant, their own personally prescribed mantra is in-tune with their nervous system and enables the meditative state to overcome the crowded mind easily. These benefits build with time enabling meditators to ignore the white-noise of the hustle and bustle of today's world and to focus on the important things.

Practising FISU meditation brings spiritual awareness, which is beyond the mind and the highest form of awareness that a person can experience.

Brain Function

Going back to Paleolithic times, the brain's primary response, that overrules all others, is that of its reaction to perceived danger. That 'Fight or Flight' response, as adrenaline is pumped into the body in preparation to defend itself. Here we are, thousands of years later, and that same 'fight or flight' will still over-rule all other responses.

Since we all experience stress at different times- some much more than others, of course- then that over-arching flight response will impact on how we behave and how we react to different situations. Basic survival takes centre-stage and use of our brain to study or create or, simply, drive a car, takes a back seat. Little wonder, then that neuroscientists estimate that we use less than 10% of our brain's total processing power. So, tens-of-billions of neurons are just sitting around in our brain in a dormant state. Meanwhile, in many cases, those that are active are not behaving in a coherent, joined-up manner. Different sectors of the brain are often acting independently of others, rather than exploiting the possibilities opened by joint-action.

Why 90% of the brain is, basically, inactive has long been a mystery, but the search to improve the brain's functionality continues.

The Evidence

An article published in Forbes outlining the benefits of meditation to the function of the brain cites studies from UCLA, Yale, Harvard and the Johns Hopkins hospital where changes in brain function were clearly seen using MRI and EEG scans.

Some of the results show reduced activity in the default mode network (DMN), so allowing our brains to have scattered thoughts when we are not actively thinking of anything specific, while increasing brain activity and cortical thickness in the hippocampus, which governs learning and memory.

<https://www.forbes.com/sites/alicegwalton/2015/02/09/7-ways-meditation-can-actually-change-the-brain/#5fb4950f1465>

The FISU Solution

When the personal prescribed mantra is recited during FISU meditation, the brain calms and falls into coherence. Disparate thoughts and mental actions become still, as our brain's processes stop competing with themselves.

As the brain's cycle slows to levels far below that of deep sleep, we build new neuronal patterns, while discarding the old and ill-used. With both hemispheres of the brain synchronising, higher cognitive functioning is enabled.

As meditation is practised regularly, so the functioning of the frontal cortex is increased. The frontal cortex is responsible for our rational thought and creative thinking. It is also the area of the brain that is

responsible for judging the appropriateness of the 'flight or flight' response and encouraging normal, rational behaviour. The increase of blood-flow to the brain encourages memory and selective, rather than instinctive, response.

We also have techniques that heighten awareness and allow us to concentrate our mental energies without the need for concentration. The various techniques increase brain functionality to allow it to be a more useful tool.

Bulimia

Bulimia Nervosa (Bulimia) is an eating disorder. Typically, sufferers will binge-eat and then look to purge their systems of the food by inducing vomiting or taking laxatives. Caused by dissatisfaction with their appearance, sufferers have some idealised image in their head of how they would like to look.

As with many disorders involving compulsion, a lack of self-esteem coupled with stress will see sufferers embark on a downward spiral of self-abuse with, often, tragic consequences. As stress over-activates the area of the brain called the amygdala, so the amygdala releases further stress hormones; exacerbating the situation.

The Evidence

Studies have shown that among people using meditation on a regular basis, the causes and symptoms of Bulimia have lessened over time. This has been found to be due to the changes that take place in the default mode network (DMN), which calms the over-activity of random thoughts in the brain, controlled by the amygdala.

(<https://eocinstitute.org/meditation/how-meditation-helps-with-eating-disorders/>)

The FISU Solution

FISU meditation helps to rebalance both the left and right brain, which also assists in rebalancing hormones that can be adversely affected by Bulimia. As we become calmer, so anxiety decreases and the over-activity of the amygdala subsides. This reduction in the feeding-frenzy of stress helps to decrease compulsive tendencies, while strengthening the activity of the frontal cortex, so promoting more rational, less-compulsive behaviour.

In fact, we are refining the ego self, and this allow us to have much more clarity about ourselves and our life with and objectivity that, before, we did not possess.

With practice, meditators will see their self-esteem increase, which will further decrease the symptoms of bulimia sufferers.

Burnout

Burnout is a very modern-day phenomenon, usually associated with work and over-stressful work situations. Whether working too hard, for long hours or under extreme pressure, burnout is an almost predictable result. As pressure increases, our work suffers; as the work suffers, so the pressure increases- and lack of self-worth enters the fray. As is so often the case with all kinds of stress, the thing becomes a self-feeding spiral.

Soon, the situation affects other areas of our lives. All our resources are devoted to resolving the work issues, with free-time and time-off compromised, and their benefits minimized. The batteries don't re-charge effectively, and illness will likely follow, as stress hormones flood the body. The incidence of heart disease increases and cognitive impairment impacts, even more, with the work-life battle.

The Evidence

A recent study in Thailand, on those with Job-burnout, has shown that regular meditation helped the brain change to problem-focused coping, rather than emotion-focused coping. In this way, sufferers recovered faster and avoided burnout before it took hold.

https://www.researchgate.net/publication/271633472_The_contributions_of_mindfulness_meditation_on_burnout_coping_strategy_and_job_satisfaction_Evidence_from_Thailand

The FISU Solution

FISU meditation transcends the nervous system to a state of 'calm' many times more than that experienced in deep sleep. At such times, the body and its systems can enter a state of deep repair. The distortions of the stressed state unwind, and we can return to normal functioning; where our priorities and life-choices are in sync with reality, rather than some imagined and over-inflated pressure situation.

Hormonal balance accompanies increased cognition, and depressive symptoms lift, relinquishing the negative and embracing more positive thoughts and values.

The appropriate work-life balance is achieved, as job satisfaction increases and work pressures fall away.

Cancer

There are few stronger candidates for the title of the 'scourge of modern life' than cancer. We all know people who have suffered this terrible disease- and hopefully, some who survived it.

The word 'cancer', of course, covers a diverse spectrum of conditions and to over-generalise is neither helpful nor accurate. However, at its most basic level, cancer is caused by the unregulated growth of tissues, which then become malignant. Whether spread throughout the body or appearing as individually isolated lumps, they are caused by the malfunctioning of the body's systems.

The Evidence

In Canada, in 2014 the world's first evidence was produced that proved that meditation does have a direct effect on Cancer Cells. In a study published in 'Cancer' magazine, the protein caps at the end of chromosomes stayed the same length in those subjects who meditated, while in those who didn't, they were shown to decrease in length. These protein caps (telomeres) are associated with cell ageing and the increased likelihood of surviving cancer.

While further studies need to be made, in the clinical trial, cancer sufferers who meditated had a much higher recovery rate than those who didn't.

<https://www.sciencealert.com/world-first-evidence-suggests-that-meditation-alters-cancer-survivors-cells>

The FISU Solution

While FISU meditation is not a cure for cancer, at a preventative level, FISU meditation helps to support the physiological systems that, when they run amok, can increase the risk of developing cancer. Likewise, in limiting the number of free radicals, meditation defends body tissues from their damaging assault.

During the treatment phase, FISU meditation can help to protect the body's systems that are subject to the major trauma of chemotherapy and radiotherapy. It can also stimulate the production and release of the body's natural pain relievers, opioids and cannabinoids- which are stronger than morphine, with significantly fewer side effects.

At any stage, the repetition of one's mantra, during meditation, can instil a level of calm from which all sufferers can benefit.

We've had great success with people living with cancer over the years, so got cured while others increased their longevity and happiness in life, despite the illness.

High Cholesterol

Of itself, cholesterol is a beneficial substance which does good service to the body and its maintenance. However, a build-up of so-called 'bad' cholesterol in the body can have highly damaging effects through hardening of the arteries, constriction of blood vessels and, ultimately, heart disease. It was long thought that the consumption of cholesterol was the prime cause of elevated levels. This has now been disproved, with saturated fat now considered the culprit.

The Evidence

A study published in the Journal of the Israeli Medical Association showed that there was a clear reduction in cholesterol in those people who practised meditation. This is most likely because cholesterol is needed by the body to repair cells that are being damaged by stress. Since meditation combats stress, so the body does not need to produce extra cholesterol.

<https://www.tandfonline.com/doi/abs/10.1080/0097840X.1979.10545991>

The FISU Solution

During FISU meditation, the body is in an intensely calm state with all systems relaxed and operating optimally. This encourages the body to repair and maximises the efficiency and efficacy of that repair. As blood vessels relax, the process of the hardening of arteries can cease, with the direction of travel now that of recovery. Not only is the effect of those fatty platelets ameliorated, but the body will produce fewer of them during the meditative state.

Chronic Fatigue Syndrome

As its name suggests, Chronic Fatigue Syndrome leaves sufferers exhausted from the most basic of life's chores. Otherwise known as ME or CFS, this condition goes far beyond feeling a bit weary after climbing a few flights of stairs or a long walk or spell of gardening. When everyday tasks become a dreaded trial on an ongoing basis, this illness is likely to be the culprit. However, the diagnosis has never been easy or consistent. Sometimes seen as a result of a viral infection, among others, it is thought of as a stress or immune system induced condition. Of course, this lack of a clear diagnosis can add, significantly, to the psychological symptoms experienced and contribute to the downward spiral effect.

The Evidence

A study conducted in 1998, over a 12 month period, by the Flowing River Institute in San Francisco and Northwestern University Medical School in Chicago, found that those using meditation to combat Chronic Fatigue Syndrome increased their chances of recovery 3-fold, compared to those who didn't.

<http://www.collinge.org/Fri.htm>

The FISU Solution

As we recite our own personal mantra and enter the meditative state with FISU meditation, all systems in our body calm down and become relaxed. Our nervous system re-sets itself, and our immune system gains strength from the enhanced recovery period that FISU enables. As imbalances are corrected, so hormone levels gain equilibrium and 'feel-good' endorphins are released into our system. Despite physical limitations, we feel more able to cope with what life throws at us. As frustration is curbed and our mood increases, so the positivity infused from FISU meditation will make us more able to deal with CFS, while the physical and mental re-charge will moderate symptoms.

Chronic Pain

Pain is one of the ways the body sends messages to us. "Stop doing this," or "Do this differently," it is saying. This can be because we are over-straining during exercise, lifting something heavy and putting pressure on our back or because we are over-exerting an injury. This is called 'acute pain', and it is relatively short-lived, and there for a reason. However, when we suffer from chronic pain, this is something quite different. The requirement is not to listen, but to alleviate.

As we know, we have pain receptors all over our bodies. They are linked to our nervous system, which passes its messages directly to the brain. Pain that has continued for over 12 weeks is classed as chronic pain. Many diverse conditions can cause it- rheumatoid arthritis, cancer and stomach ulcers are just three of many. In each case, there is no lesson to be learned from the pain, merely a need to manage it.

Stress, of course, will likely make the pain worse, which will further increase the levels of stress. The area of the brain that controls the stress response and anxiety, the amygdala, will over react and pump hormones into the body that will heighten the anxiety and cause everything to be seen as a threat. In this state, our sensitivity to pain also increases, while the reaction will also result in a decrease in the body's production of opioids- the body's natural defence to pain. So, a vicious circle is created, which self-reinforces.

The Evidence

The 'Clinical Journal of Pain' recently published an article after a study of 225 patients with Chronic Pain. The results showed that those who followed a strict programme of meditation demonstrated significant improvement in pain relief, which allowed many patients to stop taking medication for that pain relief.

https://journals.lww.com/clinicalpain/abstract/1986/02030/four_year_follow_up_of_a_meditation_based_program.4.aspx

The FISU Solution

When we practise FISU meditation, our bodies achieve a level of relaxation that is far beyond that experienced during deep sleep. During this time, our systems go calm and enter an intense mode of repair and regeneration. As the amygdala stops its over-reaction, so systems re-calibrate and regain balance. Our body's natural pain responses can perform effectively, without battling against false-negatives. Opioids are, once again, released into the body, easing pain, while the severity of that pain is moderated by the relaxing of the exaggerated stress over-response.

Clarity and Perception

As the pace of technological advancement has accelerated, so everything about our lives seems to have speeded-up. We no longer have the patience to read a whole magazine article- just reading the sub-titles will have to do. Our phones are either glued to our ears- or in front of our eyes- so that not a second is wasted in a search to be constantly plugged-in; whether walking down the street, watching TV or even out for dinner. We must always be doing at least 3 things at once- and preferably more.

This constant, over-stimulation, of course, has its consequences. With our nervous systems on a constant state of high-alert and our amygdala (the part of the brain responsible for stress response and anxiety) fired-up to repel, we make bad decisions and display muddled-thinking, informed by past errors- rather than having learnt from them. As stress mounts and that mental 'off' button seems ever further away, the adrenal cortex floods our system with stress hormones, and we go from bad to worse. Relationships suffer, as does our mental well-being.

The Evidence

A recent study published in 'Psychological Science' magazine showed that:

'For the first time that improved perception, often claimed to be a benefit of meditation practice, underlies improvements in sustained attention," said project leader Clifford Saron, associate research scientist at the UC Davis Center for Mind and Brain.

<https://medicalxpress.com/news/2010-05-visual-perception-heightened-meditation.htm>

The FISU Solution

Studies have shown that meditation alleviates stress, so enabling increased clarity and perception. As the mind is calmed and the left and right hemispheres of the brain more balanced, the clutter of our everyday lives falls away so that things are seen more clearly and with greater depth. The over-stimulation of the nervous system stops and the amygdala returns to normal operation.

So, FISU meditation takes all the competing factions away and allows the body's systems to reach an equilibrium. The production of cortisol and other stress hormones subsides. As new neural pathways are built, our decision-making processes are improved and our whole life- journey benefits.

Concentration

In the modern world, there are so many different things fighting for our attention. We can't keep track of everything that is thrusting its way into our consciousness. Whether it is the constant stream of advertising, everywhere we look, or the sounds of next-door neighbour's radio or your child watching a TV show; the assault on our senses is constant and unremitting. Even in sleep, there is no escape. We will dream of a challenge at work or missed home-work or the decision on which washing machine to buy.

In a world where diners in a restaurant will spend more time staring at their phones than talking to the person opposite, it soon becomes impossible to concentrate properly, or for any length of time. Nothing is ever still. No one is ever still.

The Evidence

In 2010 'Psychological Science' magazine published a study which noted that most people get tired after periods of concentration. However, a prior 1970s study had shown that Buddhist monks, who had meditated regularly, were substantially better in concentration tests than the norm and were less fatigued afterwards.

<http://journals.sagepub.com/doi/abs/10.1177/0956797610371339>

The FISU solution

While practising FISU meditation, the mind can become razor sharp, though in a state of stillness. There is no concentration of effort to achieve this, but rather it is a result of the extreme relaxation of all the body's senses and systems.

We have a special visual meditation practice that teaches you to concentrate without concentration. This is such a useful tool to have and is loved by thousands that practice it around the world.

As you repeat your unique FISU mantra while meditating, the neural network makes additional pathways as the brain, and all the body's systems enter a hyper-calm state. FISU meditation provides huge levels of energy restoration in the brain and the body. The unique mantra we give you will help your brain go into a high level of coherence and the visual practice will strengthen your ability to concentrate or focus the mind without effort. We become more successful in whatever we do due to this natural concentration and focus of mind that we can do without effort.

Your attention span will increase, with your perceptions, and short-term memory will improve. FISU meditation transcends mere mental states and enables a sense of spirituality which gives freedom from the ego.

Connectivity

Over days and weeks and months and years, our senses become dimmed, and our perceptions blunted. The daily assault course we all run between work and home and children and lovers becomes more a trial and less a pleasure as the time passes. Each task seems to take longer and be a little harder as our lives seem to be one endless round of chasing our tails. Friendships from the past seem to wither away, while newer friendships never seem, quite, as sincere. In reality, it's not the friendship that is the issue, but our ability to fully connect with people.

As our sleep patterns become ever-more sporadic and less satisfying, so the biggest loss in connection is with our selves.

The Evidence

In 2008 'Psychnet' published a paper that showed that, even after very small amounts of meditation, the subjects of the study were able to connect better with those around them than before. It also reported that there was much great connectivity with strangers- even among those most pre-disposed to a more solitary existence. It concluded that meditating would lead to better social connectivity and thus to less social isolation.

<https://jcompassionatehc.biomedcentral.com/articles/10.1186/s40639-014-0005-9>

The FISU Solution

As we repeat our individual FISU mantra and start our meditation, we feel the stresses of the world leave us. Entering a deeply relaxed state, our mind and bodily systems become calm and start to heal and renew. With this calm comes a new sense of awareness; self-awareness. We gain a greater sense of ourselves and feel less self-conscious, both at a physical and mental level, but also at a spiritual level. It is an awareness that is beyond just our ego; beyond just our self.

As we practise FISU meditation, over a little time, we find our senses are renewed. Things start to taste the way we remembered they used to taste in some idealised past. The sun is warmer - just like it was when we were children; summers longer and brighter. With these new physical sensations come the less tangible; a greater empathy with those we meet, a greater understanding of friends and colleagues. As our sense of ourselves increases, so does our self-worth; as does the value we place on others. Our communication skills increase- possibly because we practise those more- as the world becomes a more welcoming place.

Coronary Heart Disease

There are many 'silent' contributors to the condition of Coronary Heart Disease. Plaque build-up along the arterial wall causes it. As the blood vessels stiffen and plaque thickens the wall, so there is less space for blood to be pumped through. The problem is exacerbated since it is stress related. So, as more blood is required, during mental or physical stress, rather than dilate, the blood vessel will constrict. As the coronary artery fails to supply the heart with the oxygen and nutrients it needs for the situation, so damage is done. When the condition worsens, chest pains and even heart attacks will follow.

Elevated stress levels are a significant pointer to a later diagnosis of Coronary Heart Disease.

The Evidence

In 2014 'The Ochsner Journal' reviewed all trials, carried-out since the 1980s, into the impact of meditation on Coronary Heart Disease.

The results concluded that "Meditation is believed to be efficacious in reducing sympathetic activity, lowering cortisol levels via modulation of the hypothalamic pituitary adrenal pathway, and reducing negative behavioural activity." Which all contribute to the increased survival rate of those with CHD.

<http://www.ochsnerjournal.org/doi/full/10.1043/1524-5012-14.4.696?code=occl-site>

The FISU Solution

Many of the prime causes of Coronary Heart Disease can be limited or eradicated with FISU meditation. A primary causal link between the disease and its early stages is stress. FISU meditation takes the body to a level of calm and relaxation far beyond that experienced in even the deepest sleep. As the stress response disappears and the home of the brain's anxiety producer, the amygdala, stops its over-reaction, so blood vessel damage can cease and start to repair.

As the negative response is over-come and balance is achieved, so the causes of an attack recede. Practising FISU meditation can alleviate symptoms, of course, but it can also act as a preventative, in that contributory factors can be eliminated at an early stage.

Creative Flow - Creativity

You don't have to be a writer or a painter to be creative. Whether it is in the kitchen, working your way through a recipe and substituting a missing ingredient, or adding an extra squiggle to your signature, we all have a bit of creativity in us. Many scientists say that it is one of the things that distinguishes us from animals. However, with the pressures of modern life and more and more calls on our time, creativity can easily be suffocated. Even people who rely on their creativity to earn money can find the ever-present deadlines will see the river of their great ideas dry-up as pressure increases.

It has become a fact of life, nowadays- so many things to do, with so little time. Creativity needs space. It doesn't react well to too much pressure. Sometimes we need to leave it alone and let it get along by itself until it is ready to appear again. The results are always worth waiting for.

The Evidence

Creative Thinking comes from the Neo-cortex area of the brain. Scientific tests, using EEG, have shown that when meditating, this area of the brain is stimulated. Furthermore, the more meditation is practised, the longer this heightened activity continues.

(<https://www.sciencedaily.com/releases/2014/10/141028082355.htm>)

The FISU

Like our mind, body and nervous systems calm and relax we are no longer subject to the stresses and problems of our normal lives. It is at this time that we can access creativity at its most profound level. This is the state that FISU meditation will bring. With its repetition of our individual mantra our systems synchronise, that sees us enter the alpha-functioning state where inspiration is at its greatest 'flow'.

Our pre-frontal cortex- the seat of our creativity- becomes much more active and, with ongoing meditation, will thicken and become more easily accessible to us. So, periods of creativity will become longer and more frequent.

Meditating under FISU will get your creative juices flowing perfectly. Our meditators become dynamics, which simply means that they are using all the facets they have to their best intent. This dynamism reflects, not only in our personal lives, but aids our career path and success in all that we do.

Decision-Making

Every day we are pummelled with information. Much of it is advertising, which we try to ignore. However, some of it is useful; it is the information we need to make an informed decision on something. It could be which energy supplier to use; which restaurant to take a partner to for their birthday; or which school is best for a child. Each decision is important in its way, but some are more far-reaching, and some are life-changing. There are times when it is not just about the quantity of information we are dealing with that is the problem, sometimes it is even hard to decide which information is even relevant.

Of course, things get very much worse when the decision is elevated and becomes stressful. Then our ability to make a decision becomes more impaired- that makes it more stressful. At that point, anxiety can creep in. That makes it even more stressful and our decision-making abilities become even more impaired- which makes things even worse. And we still haven't made that decision.

The Evidence

In 2014 a paper published in 'Psychological Science' showed that as little as one 20 minute meditation session could improve decision-making in the subjects tested. As importantly, it showed that those who participated were less likely to look at the negative aspects of the past in their decision-making and were more likely to make a positive decision, based more on logic than emotion.

<http://journals.sagepub.com/doi/abs/10.1177/0956797613503853>

The FISU Solution

When we practise FISU meditation, repeating our special mantra, our stress responses and anxiety levels fall significantly. Along with losing this over-emotive over-reaction, we enter a state of deep relaxation. As all unnecessary thoughts and clutter are eliminated from our consciousness, so we can focus and make decisions based on knowledge, facts and experience, rather than be influenced by the negativity promulgated by our normally stress-full state.

The executive functions performed by the frontal cortex become ascendant and develop and improve with the continued practise of the meditation. As we become more confident in the decisions we make, so we make them with more positivity. This then becomes a positive progression of achievement, rather the downward spiral of mistakes.

Through meditation, we become more intuitive and use our powers of discrimination more effectively. This is a major aid to decision making with which most people struggle.

Depression

One of the great scourges of our age is that terrible condition- so often hidden from sight- depression. Often linked with that ever-present danger, stress, depression will affect 25% of us at some time in our lives. For some, it is not a temporary problem, but a near-permanent affliction.

According to the National Institute of Mental Health, " Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working." In other words, depression affects all areas of a sufferer's life. It imbues a feeling of negativity about everything- things that once gave pleasure become sources of sadness; sources of loss. Along with this are heavy feelings of guilt as sufferers blame themselves for their condition.

There are many explanations for the causes of depression, but at a clinical level, it is primarily due to the stress-induced reactions between physiological and hormonal responses. As increased levels of glucocorticoids are produced, so the 'happy' hormones, such as dopamine, are swamped and suppressed, resulting in more heavy secretion of glucocorticoids. The feeling of helplessness multiplies depressive effects leaving some sufferers needing their lives saved. It swiftly becomes a vicious circle that requires external intervention.

The Evidence

Two studies in 2014, one by Sara Lazar- a neuroscientist at Massachusetts General Hospital and Harvard Medical School- and one conducted by Johns Hopkins, with over 3,000 participants found that meditation could reduce the symptoms of depression as it stimulated the left hippo-campus that is directly related to emotional regulation. Ongoing meditation increased the longevity of the improvement.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361002/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361002/)

The FISU Solution

Acting at different levels, the repetition of your mantra will bring a sense of balance and a rejection of the negativity that permeates the depressive state. The frontal cortex takes over control, and the production of glucocorticoids falls back. So, the vicious circle is broken, and the direction is no longer downward.

At the same time, the amygdala is calmed. This area of the brain becomes over-active during depression and will cause us to over-react when we see something sad, whether it affects us or not. The ongoing practice of FISU meditation will see ongoing improvement and the reinforcement of the virtuous circle of recovery. Sleep patterns will return to normal, and our general mood will improve as the 'happy' hormones overcome the negative, and a sound balance is achieved.

The very act of recovery is self-reinforcing, since the sense of achievement, of victory, increases the sense of well-being.

Our ego self has much to do with depression. Please see this section for more information.

Digestion

There are very few of us who haven't experienced a digestive problem of one kind or another. Whether it is Irritable Bowel Syndrome, indigestion or a full-blown stomach ulcer, these things can range from the inconvenient to the painful to the down-right dangerous.

It is not always recognised how much energy is actually needed to perform the digestion of our latest meal. But, if you think about it, the digestive tract goes right from one end of our body to the other. It is responsible for us being alive and of having the fuel to survive- and it needs a fair bit of fuel itself. The actions of our stomach, for example, during digestion, are not just chemical. Our stomach muscles pulverise solid food into submission until it is in a state to pass through and extract all the goodness we need. Not only that, it is not a quick function; digestion takes time.

Unfortunately, when we are suffering any kind of stress, our 'fight or flight' function takes over from our normal activity. This instinct for survival over-shadows anything else that the body might be doing. Nothing else is as important. So, with lots of stress points, during the day- whether major or minor- our digestion is being continually interrupted; starting and stopping and jarring our digestive system. Digestive problems are sure to follow.

The Evidence

A study from the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital (MGH) and Beth Israel Deaconess Medical Center (BIDMC) looked at the impact of meditation on the digestive system. They found that, over an 8 week period, there was a significant improvement in digestive problems in all participants. It was thought that this was because stress has been shown to have a significant impact on the condition of the digestive organs and that meditation has been shown to improve stress levels.

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0123861>

The FISU Solution

FISU meditation can help digestive problems in some ways. By inducing deep relaxation and a calming of all the body's systems, it suppresses the automatic over-reaction to stress that impairs the digestive process. In restoring the hormonal balance, substances required for digestion have their optimal composition, not having been corrupted by the over-production of stress hormones. In restoring blood-flow to the gut area, the body's waste disposal and nutrient flow are acting in concert and acting effectively.

During the recovery phase, FISU meditation will facilitate the healing process in damaged cells and torn tissues. For the future, our digestive system will function more efficiently, eliminating many of the causes of future potential havoc. Better digestion of micro and macronutrients occurs when we are in a relaxed and receptive state, and this is a key factor in getting the maximum benefits from what we ingest.

Down Syndrome

Down Syndrome is a genetic disorder which is caused by the presence of all or part of a third copy of chromosome 21. It typically causes impaired physical growth and moderate intellectual disability.

While there have been no studies of the potential benefits of meditation on Down Syndrome sufferers, there are indications, from what we already know, that there could be advantages. FISU meditation is proven to be a major stress reliever, to enable deep levels of relaxation, to facilitate the ongoing improvement of concentration levels and to increase hormonal secretion- growth hormone being of particular relevance here. Since these are all significant issues for Down Syndrome sufferers, it would follow that the practice of FISU meditation would provide some advantage.

The FISU Solution

Provided the person can follow instructions they could easily follow our course. We would give them special attention and support.

Drinking Problems

While many doctors might say that there is no such thing as a 'healthy relationship with alcohol', the British have never been slow to grab every opportunity to have a drink- and, as a nation, we are not alone. We grasp at the straws of any and every article that promises a healthy heart. If you drink red wine; better digestion - with a drink before dinner; better digestion - with a drink after dinner; and just about any other convenient truth - while inconveniently forgetting that there was a figure '1' before the word drink.

Whether we are drinking in celebration, in commiseration, to forget- or just because everyone else is, many people drink far more alcohol than is good for them and the effects are real. It can start out with the odd hangover, but soon we can be missing the odd day's work after over-sleeping. Our health isn't suffering- except for the dry skin, acid reflux and sleeping badly. It's not an addiction- except we can't wait till opening time- or lunch-time, or for when there's a bottle of wine in the fridge. We are still functioning normally- except we seem to have a few fewer friends and argue a lot with the ones we do still have. Work is fine- until we lose our job.

Of course, as with so many problems, half the battle is admitting the existence of the problem. Then we need to decide what to do about it- and stick to it. Recognition of reality doesn't, necessarily, mean we have the strength to confront it.

The Evidence

As with any addiction, meditation can help alleviate the symptoms and the causes, while aiding the recovery.

'Psychology Today' states, " Stress is a key risk factor in addiction initiation, maintenance, relapse, and thus treatment failure."

Studies conducted by the National Institutes for Health, along with studies published in the Cambridge Textbook for Effective Treatments in Psychiatry, all showed that meditation could be a large factor in the effective treatment of alcoholism.

<https://www.psychologytoday.com/blog/the-wise-open-mind/201004/mindfulness-meditation-addiction>

The FISU Solution

As you repeat your personalised mantra in your very first FISU meditation session, already you will feel your nervous system calming. The cares of your day will seem less obvious as your body's systems relax, and all anxiety dissolves with your immediate problems. The part of your brain responsible for anxiety, the amygdala, loses ascendancy. As your frontal cortex re-exerts some control, you will feel greater self-worth and a desire to maintain improvement.

As you continue to practise with FISU, so will your health and outlook continue to benefit. The self-destructive tendencies that led you down the path of alcohol abuse, in the first place, will dissipate. As cells regenerate and associated physical pains disappear, the frontal cortex will continue to grow stronger, giving you back more control.

Dyslexia

Dyslexia is known as a reading disorder, though it can take slightly different forms. Sufferers may have trouble in reading quickly, with spelling, reading aloud or writing. It is not associated with lower intelligence or a lower desire to learn. This may suggest that the problem is more neurological and concerned with brain function.

The Evidence

One of the symptoms that have been noted with those with Dyslexia is a higher than average eye movement, which leads to a lessening of concentration span. Using meditation to calm down eye movement, leads to higher concentration and, as a result, those with Dyslexia have found they are better able to read and write with fewer errors.

<http://www.memory-key.com/research/topic/meditation>

The FISU Solution

With the practice of FISU meditation, the pre-frontal cortex thickens and becomes more active. This is the area of the brain that deals with rational thinking, so it is directly associated with cognitive functioning and learning. Likewise, the brain's processing unit, the hippocampus, increases in size and functionality. As the body relaxes and calms, so eye movement reduces.

The way that FISU meditation uses the repetition of one's mantra to reach a depth of relaxation and calm that is beyond the deepest sleep encourages the brain to act in a coordinated manner and to grow new neural pathways. This may have a profound effect on any learning difficulty and, in particular, those with dyslexia.

Elegant Ageing

For some, 'holding back the years' has become their own version of the Holy Grail. They search for the elixir of youth- and then they will waste much of their younger years, trying to evade the inevitable. In some societies, old age is venerated, but here in the west, the constant desire is to deny our age and aspire to youth. Of course, much of this is due to the conditioning of the media. The hero is always young and handsome; his love is always young and beautiful. No doubt they use that special soap for beautiful young people that is advertised by other beautiful young people. Except, of course, no one can stay a beautiful young person forever-most of us never were!

However, keeping youthful is not just about looks, it is also about our health and well-being. The healthier we are, the more we will be able to enjoy our old age and to make the most of our time. That is certainly something worth striving for. It is not an issue of competing with others, or how others see us, but making the best of ourselves and our time. Perhaps it is less about 'holding back the years' and more about making them go a little slower- and enjoying them more.

The Evidence

In 2005, 202 elderly subjects were monitored. The group which recited personal mantras during meditation saw death rates 23% less than the group that did not meditate.

In a second study, 71 people across 8 nursing homes were monitored for three years. The group using personal mantras during meditation saw no deaths, while the group not meditating saw a 38% death rate.

<https://www.theguardian.com/uk/2005/may/02/health.science>

The FISU Solution

FISU meditation, with its unique repetition of an individually chosen mantra, enables the body to regenerate and repair. While youth cannot be regained, some of its 'trappings' can be. Certainly, flexibility will be increased as our joints lose stress and tension and surrounding tendons return to a more flexible state. Likewise, as we free our minds from everyday pressures- so many unnecessary- our cognitive abilities will improve as our frontal cortex thickens and becomes more active. Improvement of memory is, perhaps, one of its most noteworthy achievements.

As we practise FISU meditation on an ongoing basis, the calm and deep relaxation we achieve spreads out to our non-meditative lives. Cell and tissue repair will continue and neuromuscular co-ordination will increase. Further, by limiting the excretion of damaging hormones, FISU will protect the adrenal glands and ensure its good work continues effectively.

While the potential to extend our lives is certainly there, FISU meditation offers much more than this. In our deepening understanding of ourselves and our own spirituality, a far greater appreciation and enjoyment of our time is offered.

Energy and Vitality

We have all experienced those mornings when we just can't force ourselves to get out of bed. The alarm is on 'snooze', but it just doesn't give us enough time. It is not that we are lazy, but we just can't summon the energy to move; there is just no fuel in the tank. Sometimes this is just a one-off; something that happens occasionally, but no more. Sometimes it can be a bit more serious.

A lack of energy and initiative is often associated with poor diet. While this may be true in some cases, exacerbated by bad sleeping patterns and inconsistent meal-times, stress is more often a causal factor.

Everyday life can seem just one long path of stressful situations, each one magnifying the last and accentuating the next. When our body is stressed, it goes into an instinctive 'fight or flight' response. At this time it releases glucose and energy stores to flood the muscles and prepare for a fight for survival. Once the crisis has passed, then the stores need replenishing- but, if the next crisis comes along before that happens, then fatigue swiftly follows.

The Evidence

In a 2013 study, researchers at Kaiser Permanente Medical Groups, led by Dr Charles Elder, looked at a school where the teachers had a high level of burnout. The teachers were taught to meditate and were monitored over a 4 month period. The study found that by using meditation as part of their daily routine, the teachers gained higher energy levels and, therefore, avoided burn out before the term's end.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951026/>)

The FISU Solution

By eliminating the over-reactive stress response, FISU meditation gets straight to the heart of the problem. As we repeat our mantra and enter the meditative state, our bodies relax to a point far below that achieved in a deep sleep. At this level of calm, all stress melts away, and our stress responses recalibrate. Our frontal cortex re-asserts rational control of the body's nervous system, and we achieve balance. Immediately, our batteries start to re-charge, and the over-depletion of the body's stores ceases.

As we continue to practise FISU meditation, so our sleeping patterns will improve and energy levels continue to increase - absent their dilution caused by the stress response. As we fall into deeper sleep, so our bodies require less oxygen and recover and recharge more quickly. 'Happy' hormone production will increase, over time, and we will feel greater vitality and a sense of purpose.

Fibromyalgia

Fibromyalgia is characterised by numerous painful areas all over the body. This musculoskeletal pain is usually accompanied by memory and mood problems, chronic fatigue and sleep issues. It is thought that Fibromyalgia affects the way the brain processes pain signals and so amplifying pain in some sensations. While, sometimes, symptoms gradually appear over time, in other instances they seem to appear after physical trauma or surgery or major psychological stress.

As yet, there is no definitive cure for Fibromyalgia, though medication can moderate its symptoms, with exercise, relaxation and stress-reduction measures recommended.

The FISU Solution

FISU meditation is unique as a means of treating Fibromyalgia, since it goes straight to the cause, rather than just aiming at managing symptoms. The brain's seat of anxiety is the amygdala. FISU meditation calms the over-activity of the amygdala, so cutting the release of the neurochemicals that cause anxiety. In this way, FISU meditation breaks through the automatic response mechanism that the stress response can build-up, which causes much of the hyperactivity associated with Fibromyalgia.

As we repeat our personal FISU mantra, our body reaches a harmonious balance in deep relaxation. As the nervous system calms and rebalances, so defects in our pain receptors seek equilibrium and repair. While this is going on, our body's production of opioids and cannabinoids increases, enabling a natural pain response.

Hay Fever

For many people, the beginning of summer is not a time of joy. For many, it is a time of torture. Sun and blossom mean just one thing – pollen. And that means Hay Fever and similar allergies - streaming noses and sore, runny eyes. For these poor people, their immune systems have mis-identified pollen as a mortal enemy. All defence systems are primed to repel this foreign, but harmless, natural invader. Unfortunately, this is not a one-off response. Our immune system will memorise the features of pollen and always treat it as a malignant force from now on. Stress can also trigger allergies (see section on Allergies).

The Evidence

A study, published in the journal *Annals of Allergy, Asthma & Immunology*, found that 39% of the participants who had more than one allergy flare-up had higher stress levels than the rest of the group. They found that using meditation to bring down stress levels also brought down the number of allergy flare-ups that participants experienced.

[\(http://www.allergyasc.com/blog/tag/meditation/\)](http://www.allergyasc.com/blog/tag/meditation/)

The FISU Solution

When we practise FISU meditation, we enter a profound level of relaxation. Our whole consciousness calms-down and our physical systems enter a state of repose. During this time our nervous system re-balances and our immune system recalibrates. The differences between pollens and poisons are re-learned, and the prefrontal cortex takes control with more rationally based immune responses. The programming that has seen innocent pollens labelled as enemies is discarded as more coherent processes hold sway. Swellings and irritations will reduce as the body's natural defences seek healing and regeneration.

Headaches

There are many different causes of headaches. Some are minor; some are very serious. However, one of the most common causes of headaches is tension. Our bodies become physically tense because of a stressful situation, and a message is sent to our brain. This message becomes a distress signal, and our brain responds by creating a headache as an 'alert' that some form of healing is required.

The Evidence

A trial carried out by Rebecca Wells MD in 2014 showed that those practising meditation for 8 weeks saw the duration and severity of their headaches were reduced.

<http://onlinelibrary.wiley.com/doi/10.1111/head.12420/abstract>

The FISU Solution

For those susceptible to tension headaches, FISU meditation can provide an immediate balm. The intense depth of relaxation and the state of 'calm' that FISU meditation delivers is an immediate antidote to the pain and tension felt. As we repeat our personalised mantra, we enter a state of relaxation far beyond the deepest sleep. The ongoing practice of FISU meditation can see a tension headache eliminated from your life. Please also see our section on Migraines.

Heart Health

Despite decades of accelerating technological advancements in the medical field, heart problems are still the number one cause of death in the western world. Coronary Heart Disease, alone, is the UK's biggest killer. One of the great pre-cursors of heart problems is, of course, stress. As the heart pumps oxygenated blood throughout the body, it will go into overdrive when a stress response is indicated. When the body's instinctive 'fight or flight' response is activated, so the heart pumps faster to deliver more oxygen to the extremities, where self-defence and self-preservation will be determined. The more often the heart's pump over-exerts itself, the more likely it will wear-out early.

When the heart pumps faster, then blood pressure will increase, putting pressure on arterial walls and causing the heart to become lop-sided as the walls of its vessels thicken to compensate for the increased thrust of returning blood flow. This is the single greatest causal factor in cardiac risk and can often lead to an irregular heartbeat, which is a significant causal factor for strokes.

The Evidence

Glenn N. Levine, M.D., chairman of the group of cardiovascular disease experts, reviewed 57 recent science studies and determined that meditation could help reduce heart disease risks and help to gain a healthier heart.

[\(https://news.heart.org/meditation-may-decrease-risk-heart-disease/\)](https://news.heart.org/meditation-may-decrease-risk-heart-disease/)

The FISU Solution

Repeating your personally prescribed mantra as you practise FISU meditation will take you to a depth of calm and relaxation beyond even the deepest sleep. In this state, stress responses are eradicated, and over-reactive anxiety hormones are stilled. The heart and its blood vessels are, therefore, able to regenerate as tissue and cell repair growth is increased. By stimulating the vagus nerve, FISU will also help to calm the heart rate, fostering increased heart health.

High Blood Pressure

It seems as though more and more people are suffering from high blood pressure. While many are taking medication to bring it down, many more are doing nothing- largely because they are not even aware that they have a problem. High blood pressure exerts a strain on the walls of blood vessels, which can lead to significant damage. As those walls fall into disrepair, so blood vessels constrict, causing blood pressure to increase further.

When our bodies respond to stress, vasopressin is released, which causes the blood vessels to constrict and the heart to pump more aggressively. The stress response not only exaggerates the problem of high blood pressure but has been shown to be a significant causal factor. The seat of the brain's anxiety hormonal response is the amygdala. In response to stress, the amygdala will often over-react and increase the stress we are experiencing by pumping-out anxiety hormones to heighten the bodies 'fight or flight' response.

The Evidence

The Results of a 2009 NCCIH-funded trial, using 300 students, found that meditation may lower the blood pressure of people at increased risk of developing high blood pressure in the future.

A scientific statement issued by The American Heart Association suggested that evidence supports the use of meditation to lower blood pressure in people at risk.

<https://nccih.nih.gov/health/meditation/overview.htm>

The FISU Solution

The practice of FISU meditation enables the nervous system to reset itself and find balance. As we repeat our mantra, our bodies reach a state of deep relaxation, breaking through the vicious circle of the stress response to create a virtuous circle of calm and healing. Our heart rate falls, and we release less vasopressin. As our blood vessels dilate, so blood pressure falls as the heart doesn't need to work as hard. During this state, the body's healing systems are at their height as cells and tissues repair.

The ongoing practice of FISU meditation will see improvement continue, even outside of the meditative state. As stressful situations have less effect, so recovery and repair will accelerate.

IBS

As any sufferer from Irritable Bowel Syndrome will tell you, stress can be a major aggravating factor in the condition. However, it can be very much more than that. In many cases, stress can be the very cause of the condition in the first place.

When we are in a stressful situation our bodies, instinctive response is to prepare for 'fight or flight'. All available resources are routed to enabling self-preservation. Digestion is a very energy-intensive pursuit, so, during a stressful situation, all stages of digestion will come to a stop as energy is re-directed toward immediate survival. So, all the waste in our large intestine will be swiftly evacuated- before it has fully had all water content filtered, conversely, the mass in our small intestine will not have been hosed with sufficient liquids, so becomes a semi-solid block. Pain and discomfort are, therefore, the result at both ends of our digestion tract.

The more stress we experience - and the more susceptible we are to that stress - then the more often digestion is interrupted. Stress directly affects our nerves and causes irritation and inflammation.

The Evidence

Harvard affiliates conducted a study where participants followed a 9 week meditation program. At the end of this, participants reported a significant reduction in the symptoms of IBS and IBD.

[\(https://news.harvard.edu/gazette/story/2015/05/meditation-may-relieve-ibs-and-ibd/\)](https://news.harvard.edu/gazette/story/2015/05/meditation-may-relieve-ibs-and-ibd/)

The FISU Solution

FISU meditation calms the nervous system and relaxes the whole body. Systems balance and the stress response stills. Digestion can continue since there are no stress reactors to interfere. With ongoing meditation, stress responses dim and the brain's frontal cortex asserts its more rational approach. As meditation practice continues, so stress episodes decrease and normal digestion behaviour becomes the norm, rather than the exception. Then sensitivity diminishes, which results in less inflammation and in many cases the digestive tract heals itself.

Immunosuppression

As with many things, stress plays a key role in immunosuppression. If we are too busy or under pressure at work, worried about an up-coming medical examination, or even a driving test, our natural stress response becomes exaggerated and reacts out of all proportion. Since we are unlikely to be at risk from a stray dinosaur, the 'fight or flight' instinct is often an over-reaction, which affects our bodily systems in many damaging ways. For the immune system, this will be an exaggerated response, at the time of the stressful period, from which it will not fully recover. After a few such periods, the immune system is compromised and so not performing correctly.

Of course, our immune system functions at many levels, and it is at the adaptive level that the immune system is most seriously compromised. The adaptive system discriminates between different kinds of threats and issues appropriate 'responses'. With the exaggerated stress response resulting in the release of large numbers of stress hormones, the messages sent between the body's systems and its immune protectorate often do not arrive.

The longer, and more often, our immune system is compromised, so the more likely we are to fall victim to an infectious disease and the longer that infection will last.

The Evidence

In a UCLA study, it was shown that meditation helped to create a positive mental environment that allowed the immune system to flourish in those with immunosuppression. It was also shown that meditation increased the electrical activity in the pre frontal cortex, which is one of the areas of the brain associated with the immune system.

<http://newsroom.ucla.edu/releases/mindfulness-meditation-slows-progression-53819>

The FISU Solution

As we repeat our own particular mantra in FISU meditation, we break the vicious circle of stress that is strangling our immune system. As we enter that deep relaxation and peace, our body can restore itself and rebalance its systems. The stress response is calmed as the brain's anxiety centre, the amygdala is over-ruled by the more rational frontal cortex. The immune system can begin to rebalance because it is no longer under any perceived assault. If we continue to practise FISU meditation, then the results will continue and improve as our bodies enter a virtuous spiral upwards and our immune system fully restores.

Impotence

Impotence and erectile dysfunction affect over 40% of men over 40 at some point. It is a type of sexual dysfunction whereby a man is unable to develop or maintain an erection of the penis during sexual activity. Often an embarrassing thing to admit to, its effects can cause stress within relationships and even marriage break-up. There are many causes of erectile dysfunction ranging from diabetes to cardiovascular problems and hormonal imbalances to pressure and lack of sleep. However, the most common cause- in over 50% of cases- is that of a reaction to over-stressful situations.

Stress impacts on male sexual activity in several ways. Initially, it can be at the 'desire' level. The man has no sexual desire; his mind is elsewhere. The worry and stress of a situation completely inhibit other emotions from progressing to sexual activity. If desire isn't the problem, then a lack of ability can play its part. The stress response releases hormones that restrict the release of other hormones that would enable a successful erection. Further, stress ensures that blood flow will be diverted to 'flight or fight' muscles, to maximise the chance of survival.

The Evidence

Only a very small study has been conducted on this condition by Gérard V. Sunnen, a physician from Bellevue Hospital and New York University. In this study 9 men were asked to meditate twice a day for 15mins. After 2 weeks, 7 of the men reported that their symptoms were gone and they no longer experienced ED, while the other 2 reported that they were unable to meditate, therefore of those that did medicate a 100% success rate was recorded.

[\(http://edguidance.com/meditation-as-a-treatment-for-erectile-dysfunction/\)](http://edguidance.com/meditation-as-a-treatment-for-erectile-dysfunction/)

The FISU Solution

Male impotence is a very personal and very sensitive condition. As you repeat your own personal mantra, you will enter a state of deep relaxation and a level of 'calm' that you have probably never felt before. Within your personal space, your nervous system will re-balance, and your anxiety will abate. Outside thoughts and intrusions will seem unimportant as they fade from your consciousness and peace envelops you. As your blood vessels relax and blood flow increases, your heart rate will fall. The stress response, which fomented your erectile problems, will no longer be present. If you continue to practise FISU meditation, then your state of relaxation and absence of stress will spread to your non-meditative hours and continued improvement will occur.

Indigestion

We have all suffered from indigestion. Whether bolting down our breakfast because we were late for work or eating that over-hot curry too soon before bed-time, indigestion is about the most common digestion complaint. Although it is rarely serious, in and of itself, if the situation becomes chronic, as in, it is often repeated and over a long period, it can be cause for concern. Stomach acid and gases released into the throat can cause significant damage, if not caught in time.

Stress can also play a major part in indigestion. When our body has a stress response, it acts instinctively. It shuts down all non-essential functions so that it can concentrate on survival. So, when this happens, normal digestion is impaired, which can result in food not being properly broken down by stomach enzymes and acids. We stop salivating, and our mouths become dry.

The Evidence

Many studies have shown that the relaxation achieved by the practise of meditation will help prevent its occurrence and alleviate its symptoms.

[\(https://universityhealthnews.com/daily/digestive-health/get-relief-indigestion-stomach-pain/\)](https://universityhealthnews.com/daily/digestive-health/get-relief-indigestion-stomach-pain/)

The FISU Solution

FISU meditation sees the body enter a state of very deep relaxation. In that state, the nervous system finds balance, and the over-reactive stress response finds itself calm. Digestion re-starts as the stomach starts to produce the required enzymes and acids and our mouth starts to, again, secrete saliva to help lubricate the whole process. As we progress and practise FISU meditation, our bodies will find an on-going balance that will help to eliminate the stress-state, which will see our nervous systems react with less volatility and our digestive functions operate with fewer interruptions.

Infertility

There are few things more heart-breaking for a couple than infertility. For the powerful desire for children to be overwhelmed by an inability to produce is too much for many relationships to withstand.

For men, the issue is generally down to deficiencies in the semen. These can present in several ways but are usually associated with low sperm count or poor quality sperm. This can be caused by hormonal imbalance, stress or anatomical problems. About 7% of men suffer from infertility. Where stress is a factor, the stress response shuts down the production of hormones necessary to successful ejaculation. This is coupled with a release of hormones that dampens necessary pituitary gland response.

For women, problems with ovulation, damage to the fallopian tubes or the cervix are common factors. Age can also be relevant. As for men, stress can be a significant factor. Luteinizing-hormone-releasing hormone (LHRH) production is limited, which limits instruction to the pituitary gland to release hormones crucial to ovulation, along with oestrogen from the ovaries. With uterine wall maturity also affected, even if an egg were properly fertilised, it would be unlikely to implant successfully.

The Evidence

In the first study of its kind, Director of reproductive epidemiology at the Ohio State University College of Medicine, Courtney Lynch, monitored the stress levels of women trying to conceive. She found that those with high-stress biomarkers had a two-fold increased risk of infertility. When these same women were introduced to meditation and then retested, it was found that their stress biomarkers had fallen, while their ability to conceive had increased.

<https://academic.oup.com/humrep/article/29/5/1067/2913997>

The FISU Solution

For both men and women, FISU meditation can alleviate the stress that may be causing or contributing to the problem. As you repeat your mantra in FISU meditation, you will enter a state of very deep relaxation. This is a level of relaxation beyond the surface levels of the mind and much deeper than even the deepest sleep. Your nervous system will find balance, and hormonal activity will calm down and revert to normal. In this way, many of the barriers to natural conception will come down. Regular practice of FISU meditation will see ongoing improvement as the relaxed, calm state becomes more ingrained and becomes the norm rather than the exception. We've had great success with fertility and our meditators over the years.

Inner Peace

For all of recorded history, and beyond, humanity has looked for the secret of attaining inner peace; for that feeling of knowing that whatever life throws at us, at our core, we will remain calm and in control. At times we may feel very happy and satisfied with our lot, but when something goes wrong, and difficulties arise our peace is shattered. True inner peace has eluded us.

Some resort to drink or drugs to still the inner 'demons', others fall into despair, most carry on with their lives. They wish for better, but that sense of deep inner calm is always just out of reach.

The Evidence

Several recent studies have shown that meditation can increase the feeling of inner peace.

<https://onlinelibrary.wiley.com/doi/full/10.1002/smi.2551>

The FISU Solution

FISU meditation allows our body's systems to 'reset' at a level of relaxation more than 30% deeper than the deepest sleep. When we repeat our special mantra and enter the meditative state with FISU, our nervous system will balance, and the tensions of our body will unwind. As we reach deeper within ourselves, we require less oxygen, and we also reach a hormonal equilibrium where production of the stress hormone, cortisol, is cut back leaving the hormones engendering more positive feelings to have free-rein and reach dominance.

As the subconscious negative triggers dissolve and the detritus of everyday life, and its clutter, is left behind us, we feel our physical, mental and spiritual selves becoming one. We feel an emotional joining with all things around us. We transcend our physical self and feel a oneness with the whole universe and beyond. At this stage, our meditative experience has gone beyond the physical and mental and is reaching the far deeper spirituality that is within.

Interviews and Presentations and Overcoming Nerves

We have all had that feeling when our palms get a little sweaty, we can't quite catch our breath, and our heart feels like it is going to burst out of our chest. We have to go and give a speech, or walk into a job interview; or make a presentation, or make the call for that first date- except it keeps getting worse. It is a downward spiral where a 'touch of nerves' has become a full-on stressful situation that kept us awake the night before and now threatens to become an embarrassing failure.

As our feelings enter that zone labelled 'stress', the anxiety centre of our brain, the amygdala, will start to emit anxiety hormones. They will swamp the positivity and rationality of the frontal cortex and see our memory's functions compromised and cognitive ability severely impaired. Then we may start to sweat and then fidget. By this stage, of course, other people in the room may have noticed our discomfort, and they will start to feel a little uncomfortable, which will make us worse- and the situation even more embarrassing.

The Evidence

In a study conducted by Dr Hoge for the 'JAMA Internal Medicine Review,' it was found that meditation helped reduce the symptoms of anxiety and nerves in a group of participants who had found that worry was hard to control and exhibited symptoms of irritability and poor sleep patterns.

<https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967>)

The FISU Solution

FISU meditation will alleviate any stressful situation. By repeating your mantra, you will enter a state of deep relaxation which will calm the body's systems and see a rebalancing of your nervous system. Production of the stress hormone, cortisol, will diminish and the amygdala will go calm. As you practise FISU meditation regularly, you will find that this central calm will remain and you are far better able to deal with stressful situations. In the case of an interview or a presentation, you find you will actually 'feed' on the situation, and gain positivity, which had, before, made you nervous. Through meditation, over time your prefrontal cortex will thicken and grow more active, and your hippocampus will enlarge, aiding increased memory and cognitive function.

Intuition

Intuition is the ability to understand something without recourse to thought or reasoning. We just 'know'. While not always taken very seriously in modern western cultures, in others the ability to intuit is well-recognised and highly valued. Plato, himself, considered intuition to be at the very heart of knowledge. However, in the 'here and now' in the west, it is a talent that has been largely lost and is un-mourned.

Certainly, the everyday clutter and intrusiveness of modern life does not lend itself to the exploration of deep consciousness. There are too many things and too many people fighting for our attention. Instinct is suborned to the necessity of wading through the morass of the irrelevant with our senses vaguely intact.

Science cannot prove the "sixth sense" we call intuition.

The FISU Solution

Reciting your powerful FISU mantra will remove all the noise and clutter that is preventing you tuning-in to yourself and your higher consciousness. Through this process our intuition comes to the fore. As you relax, you will feel all the nervous tensions ease as your nervous system regains its balance, and negative hormones are replaced with the more positive. As you continue to practise FISU meditation, you will see that your mind and nervous system fine-tunes and becomes a more accurate antenna for the intangibles that deliver greater intuition. We are awakening that sixth sense through meditating and FISU practices heighten our consciousness to encompass this.

Irregular Menstrual Cycles

Many women are plagued by irregular menstrual cycles. Aside from the inconvenience, they can also be a worry. Often this irregularity is caused by stress. The release of stress hormones into the body can disrupt the production of LHRH and when that is inhibited then all the hormones that keep the reproductive system in balance become disrupted also. If stressful situations continue, then the effects can build-up. As essential hormones are under-secreted, so the body has a deficit which can lead to lower oestrogen levels. It is, primarily, this that will cause the irregular cycles and can result in infertility if not addressed correctly.

The Evidence

In the international journal 'Obstetrics & Gynaecology', a paper was written on the study of women with irregular menstrual cycles and meditation. 180 women participated in the meditation, and the results showed a clear rebalancing of hormones in all participants, which resulted in their menstrual cycles becoming more regular and balanced.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1471-0528.2008.01749.x/full>

The FISU Solution

When you practise FISU meditation, your body will stop producing stress hormones. You will enter a state of very deep relaxation, and your nervous system will become very calm. Under these conditions, your body's systems will reach balance and anxiety will abate. With continued practice your hormone levels and production will return to normal, with more regular cycles to follow.

Jet Lag

As the world has got smaller and people travel much further and more frequently, so Jet Lag has become a very common phenomenon. There are many reasons and theories given for the condition, but the most accepted seems to be that it is a chronobiological disruption to the body's time-clock. We go to a new time zone, but it takes our body some time to adjust, so we sleep at the wrong times and wake when we should be resting.

The Evidence

Studies in 1995, done by researchers at the University of Massachusetts Medical Centre, have shown that meditation increases the Melatonin that is produced in the pineal gland. Many people use melatonin supplements when they suffer from jet lag. However, there are side effects. The increased melatonin after meditation has no adverse effects and leaves people feeling refreshed.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3328970/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3328970/)

The FISU Solution

Because FISU meditation takes the body to an extreme level of relaxation, it sees all the body's systems seek balance. Re-setting the nervous system and all hormonal output and increasing melatonin production, FISU can, not only, calm the symptoms of jet lag, but can prevent them occurring in the first place. If we practise FISU meditation during a flight, the time will seem to go much faster, and we will arrive at our destination much fresher, being fully rested. We have a very special technique that rejuvenates us when travelling, which you will learn in our course.

Lateral Thinking

As modern living becomes more and more led by technological advance, so the human side of things- and its input- is very often under-valued. As a race, we humans are becoming much more regimented. Creativity is there, of course, but it is celebrated for its rarity, not passed around and recognised as something that everyone should participate in and be a part of. There are some people, of course, who 'think outside the square' as a matter of course, but as the pressures of life and work build, so it becomes much more difficult to fulfil an expectation to be creative.

This is not just a question of always looking for the usual or the ordinary- much less striving to be either. But, nowadays, it takes a level of confidence, almost bravery, to think of a different solution, since 'different' soon becomes 'controversial'- and, do we want the hassle? However, as the world's challenges increase, so the need for new forms of solutions increases too.

The Evidence

Several studies have shown that meditation helps to balance the two sides of the brain; critical and lateral thinking. The lateral thinking side of the brain has, in our society, taken much of a back seat in preference to critical thinking. Studies have shown that by meditating regularly, the balance between the critical (time logical thinking) and the lateral (creative, intuitive thinking) is redrawn.

<https://www.psychologytoday.com/us/blog/use-your-mind-change-your-brain/201305/is-your-brain-meditation>

The FISU Solution

As we enter that deep, deep relaxation with FISU meditation, we repeat our mantra and reach a state far beyond the deepest sleep. At this time our body and its systems finds balance. The nervous system is re-set, and our hormonal output is normalised. As external influences are minimised, we connect further with our inner-self and open ourselves to the universe. We lose the regimentation and cultural 'mores' of our everyday existence and become free in our thoughts. Creativity of all kinds will stem from this; creative thinking and 'blue sky' thinking especially so.

As our pre-frontal cortex becomes more active and stronger, as we practise FISU meditation regularly, so our lateral thinking will increase. It will be ever-present, not just during meditation. Lateral thinking will become the norm, not the exception.

Low Blood Pressure

We are all aware of the issues surrounding high blood pressure, but less so about low blood pressure. Low blood pressure is defined by many doctors as being an issue when symptoms are present- such as dizziness, nausea and dehydration. With less blood being pumped around, and so less reaching the body's organs, this condition can make a sufferer more susceptible to strokes, heart attacks and kidney problems.

The Evidence

A paper published in 'Frontiers in Psychology' in 2015 showed that after 5 weeks meditation participants showed a normalising of their blood pressure, with the overall disappearance of symptoms related to the condition of Hypo-tension (low blood pressure).

(<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.00860/full>)

The FISU Solution

As we repeat our special mantra during FISU meditation, our bodies relax, and our nervous system and hormonal responses reach a balance. If we are using any medications that might be the cause the low blood pressure, then FISU meditation may relieve that necessity and free the body from its causal effect.

Low Self Esteem

Having low self-esteem is a problem that seems to be getting ever-more common. Of course, there are times when we will feel a bit down and not feel particularly good about ourselves. We could be annoyed with ourselves for splashing-out too much on that new coat or drinking too much at the office party. We may feel we should have lost more weight before the upcoming beach holiday or that we should have worked harder at the gym before that first date. These are natural expressions of ourselves and, when short-lived, are all part of the general ups-and-downs of everyday existence. However, if the low self-esteem becomes a regular, long-staying visitor, then problems can arise.

Our self-esteem is how we feel about ourselves. When self-esteem is healthy, we can deal with life's problems. When we have low self-esteem, life's problems can be overwhelming. We just don't have the confidence that we have the ability to deal with them. So, we hide ourselves away and avoid challenging situations. Then, of course, we fail to develop and grow, since overcoming problems also makes us stronger. As Chris Williams, Professor of Psychosocial Psychiatry at the University of Glasgow says,

"In the longer term, this can backfire because it reinforces your underlying doubts and fears. It teaches you the unhelpful rule that the only way to cope is by avoiding things."

The Evidence

In a study conducted in 1995, it was shown that by reducing stress and anxiety, through meditation, participants reported an increase in self-esteem and overall well being.

https://www.researchgate.net/publication/15532614_Effects_of_a_behavioral_stress-management_program_on_anxiety_mood_self-esteem_and_T-cell_count_in_HIV_positive_men

The FISU Solution

As we enter the meditative state with FISU meditation, our bodies achieve maximal relaxation. As our hormonal responses find balance, so the stress of everyday life dissipates, and we reach a state of deep calm. As our nervous system rebalances, so the negative influences in our life start to fall away. As the rational centre of our brain, the pre-frontal cortex, takes control from the anxiety-laden amygdala, so outside opinions of ourselves become less important. We are sufficient unto ourselves, and our body is flooding with positive hormones, pushing out the negative. With repeated practice of FISU meditation, this calm state can pervade our lives and bring greater self-confidence as our cognitive ability increases.

Low Sex Drive

For both men and women, stress can be the greatest passion killer and so a major cause of a low sex drive. As our trials and tribulations spill into the bedroom, men will see a decrease in their production of testosterone, which will see their desire and ability to perform greatly compromised. Likewise, for a woman, oestrogen production will fall, making her less fertile and less likely to be interested in sex in the first place. Further, as the stress response transfers to the survival-orientated 'fight or flight', our blood flow will be diverted to the outer thigh, making the more sensitive inner thigh area poorly equipped for either sex or desire.

As our tension increases, so any pressure to perform sexually will make things worse, as our emotions shut-down and the moment is lost.

The Evidence

In an article published in 2013 from the Massachusetts Medical School and Harvard Medical School on the subject of meditation and sexuality, subjects who meditated regularly were shown to have a greater sex drive and were, also, more 'novelty-seeking' in their sexual activity.

<https://www.tandfonline.com/doi/abs/10.1080/14681994.2013.773398>

The FISU Solution

FISU meditation allows our bodies to relax completely and negates the stress response and its resulting tension. As our hormonal reactions find balance, so our sex hormones are free to respond. With the relaxation comes a dilation of the blood vessels, enabling our blood to flow more freely and to be available to respond to any sexual arousal. As we become more sensitive to our feelings, so we become more tactile and responsive to touch.

Medication

It sometimes seems that every month that goes by, scientists discover some new cure for a disease. We are all living longer than ever before, but taking more medication than ever before. For so many people, their lives revolve around their next dose of pills and potions. Certainly, science has achieved some amazing feats and many diseases are no longer fatal- while some have virtually disappeared. However, in many cases, symptoms maybe being treated, but the source of the problem goes unknown and uncared about.

Of course, many medications are toxic substances, if used in other circumstances. This is why dosage can be so important. But, where trial and error can come into play, a blind faith in the efficacy of each pill prescribed by each over-worked doctor can, sometimes, be an error. In some cases side-effects can be worse than the symptoms being treated. In other cases, other parts of the body are being damaged or compromised in order to facilitate the treatment of another. Also, the ongoing ingestion of chemicals can interfere with the body's natural processes and systems, compromising health and future prospects.

The Evidence

Researchers from Johns Hopkins University in Baltimore sifted through nearly 19,000 meditation studies and found 47 trials that showed the results of using meditation to replace medication. It was found that participants who suffered from more physiological ailments were able to dramatically reduce, and in some cases stop, medication when using meditation on an ongoing daily basis. A large proportion of the participants were also able to reduce or stop using pain medication for a large array of ailments.

<https://hub.jhu.edu/2014/01/08/meditate-to-reduce-depression>

The FISU Solution

The practice of FISU meditation can unlock our own internal pharmacy, eliminating the need for many external medications. As we recite our personal mantra FISU meditation relaxes our body and mind and sees our nervous system reach balance, enabling us secrete the healing, beneficial hormones that will repair and regenerate cells and tissues. As we become less stressed, so our over-reactive stress responses will not be requiring frequent, repeated shut-downs. So, our systems gain the consistency of operation necessary to efficiency and optimal performance.

Over time, we will require less prescribed medication and so benefit from better health, without the malignant side-effects of external chemicals. Of course, any such change must be performed in consultation with medical professionals.

Memory

We keep being told that we live in the 'information age', but that's not a lot of use if we can't remember any of that information. We spend our days being bombarded with advertising messages and propaganda from all sides and all sources. We can't remember everything, and we seem not to have the time to prioritise, so we tend to remember very little. It becomes the default position; to ignore.

As the bombardment continues, regardless, we can become stressed- which makes it even harder to sift through all the facts, figures, messages and sheer junk that keeps getting thrown at us. Then our nervous system gets over-stimulated, which makes concentration more difficult, so we lose focus on what we are doing, and intrusions grow relatively stronger. As stress increases, so stress hormones prevent the growth of new brain cells in the hippocampus and memory is impaired. The more frequent the stress, the more significant the loss of memory functionality.

The Evidence

Researchers at Massachusetts General Hospital in Boston found that regular meditation causes the brain's cerebral cortex, the area of the brain controlling memory, to thicken. In the study, they compared the brains cerebral cortex of those that did no meditation with those that meditated daily and compared the results to accomplished musicians, athletes and linguists. It was found that there was thickening in the cortex in those that meditated, which was the same for the musicians, athletes and linguists.

(<https://www.health.harvard.edu/mind-and-mood/mindfulness-meditation-practice-changes-the-brain>)

The FISU Solution

During FISU meditation our stress responses calm. As hormonal activity normalises, so the hippocampus, which is primarily responsible for our memory function, will cease to shrink and be encouraged to grow. The pre-frontal cortex, which is the brain's seat of rationality and clear thought, will take control of the irrational, instinctive stress response and will, itself, thicken and grow more active. So, our memory grows, but so does our ability to access its memories.

As we continue to practise FISU meditation, the period of calm extends out into our normal lives. With a less active nervous system, the white noise of life is shut out, and we are more open to the relevant- and able to prioritise and classify it as such. New neural pathways will be built, increasing the coherence of our brain's operation and our ability to focus and concentrate on the matter at hand.

Menopause

There are few periods of a woman's life so, potentially, traumatic as going through the menopause. Undergoing such a major hormonal change with such profound physical and emotional effects is a major challenge for all. Although it is a gradual process, its effects can be dramatic. Defined as the lack of menstrual periods for 12 months, the menopause occurs when the ovaries cease to function. The transition period, which can last a matter of months or for years, as the ovaries gradually cease to produce oestrogen, is the time of greatest stress and emotional upheaval which can vary greatly from one woman to another.

During this period, women can suffer from lack of sleep, lack of energy and weight-gain; they are also more susceptible to coronary issues. This stressful time can see a downward spiral as stress feeds into a systemic overload of the body's functions, with stress response exaggerating hormonal imbalances and making the situation worse.

The Evidence

Reported in the NCCIH (National Centre for Complimentary Integrative Health), a study was conducted on the impact of meditation on the female menopause. Many of the symptoms associated with the menopause were relieved in those who meditated on a regular basis. Participants noted vast improvements in anxiety, perceived stress, self-reported sleep quality, and quality of life.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952411/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952411/)

The FISU Solution

One of the great benefits of practising FISU meditation is its ability to reset hormonal imbalances. Of course, during menopause, where hormones are running riot, this may be a tall order. However, the repetition of your own unique FISU mantra, during FISU meditation, will take you to a state of such deep relaxation that many incredible things happen. The nervous system rebalances. Stress responses normalise and negative hormone secretion decreases. In this way, the characteristic mood swings of menopause are decreased, the cardiovascular system is strengthened and stress headaches minimised. With so many of the symptoms ameliorated, stress levels will continue to fall, with continued practice, and your body will be able to concentrate on making its necessary changes without the intrusion of the extraneous.

Metabolic Syndrome

Metabolic syndrome includes some conditions; High blood pressure, high blood sugar, fat around the waist, and high cholesterol or triglyceride levels. Occurring together, they can increase the risk of heart disease, stroke and diabetes. Most sufferers have no obvious symptoms, but a large waist measurement may be an indication. The condition is most often associated with obesity; it is also linked to insulin resistance, where the body doesn't break down and process sugar correctly.

The Evidence

A study on meditation and metabolic syndrome was published in Internal Medicine in 2006. The results showed that: "Use of Meditation, for 16 weeks, improved blood pressure and insulin resistance components of the metabolic syndrome as well as cardiac autonomic nervous system tone compared with a control group receiving health education."

<http://www.ochsnerjournal.org/doi/full/10.1043/1524-5012-14.4.696?code=occl-site>

The FISU Solution

During FISU meditation the body's systems reset and we reach a state of very deep relaxation. With continued practice, symptoms of metabolic syndrome will decrease as our hormonal balance is reached and external factors become less important.

Migraines

Many people suffer from migraines, yet there is no cure and no certainty as to its cause. Some people suffer severe headaches, others suffer severe headaches and visual issues- such as dancing lights before their eyes- others have the visual issues, but no pain. There is no standard treatment for the symptoms.

It is thought that migraines are the result of abnormal brain activity. This puts the communication between nerves out of kilter and affects the chemical composition and performance of blood vessels in the brain. Some people do seem to have a genetic predisposition to getting migraines.

The Evidence

In a study conducted by Rebecca Wells from the Wake Forest School of Medicine on 'Meditation for Migraines,' it was found that those who meditated for the full 8 week duration of the study showed a marked improvement in the violence and duration of headaches, which on average was reduced by 3 hours per episode.

<http://onlinelibrary.wiley.com/doi/10.1111/head.12420/abstract>

The FISU Solution

The deep relaxation that FISU meditation brings, through its repetition of the personal, individual mantra, soothes the nervous system and sees all tension ease throughout the body. Acting at a level well below that of the deepest sleep, FISU meditation sees the restoration of hormonal balance and the calming of over-active neurons, so limiting the scope for migraines. Practising FISU meditation on an ongoing basis can see the elimination of the over-reaction to stress, which can often act as a migraine trigger, while for those who experience visual impairment before the onset of a headache, meditation can circumvent the arrival of the pain.

Mood Swings

Mood swings can be a positive thing. They can aid in problem-solving and planning. However, if they are extreme, they can become disruptive and require treatment. In certain cases, they can be indicative of bipolar disorder. Excessive mood swings are the result of a breakdown of neural communication. Instead of experiencing minor pleasure or minor disappointment, each emotion becomes more exaggerated and extreme, with the swing back to the opposite becoming more dramatic. Over time, neural communication breaks down further, as damaged cells continue to corrupt the neural pathways.

A good indication of the severity of mood swings and the likelihood of their being needful of treatment is the length of the experience. While it is normal for a good mood or a period of downtime to last for hours, even days, for those with bipolar disorder, moods can last for weeks. Unexplained euphoria or depression can be the sign that something very serious is going on.

The Evidence

A study in *Psychiatry Research* in 2011, using neuro-imaging, showed meditation led to an increase in density in the left hippocampus, which they believe may be the region of the brain that contributes to emotional regulation and so able to regulate mood swings in patients.

[http://www.psyn-journal.com/article/S0925-4927\(10\)00322-7/fulltext](http://www.psyn-journal.com/article/S0925-4927(10)00322-7/fulltext)

The FISU Solution

FISU meditation works to calm the nervous system and to still over-reactive systems. In a state of very deep relaxation, new neural pathways are created, and extreme neural activity slowed. Damaged neurons are cleared and receptors re-aligned to ensure that essential communication within the brain is effective and efficient, without the excess noise of random activity. As we recite our own personal mantra, we retune our body to a more natural state, which sees excesses and over-reaction melt away. As we reach a state of balance our systems are re-calibrated and re-aligned so, with ongoing practice of FISU meditation, we can see its benefits continue outside of the meditative state, and our daily lives reach a new level of calm.

Multiple Sclerosis

Multiple sclerosis is a disease of the brain and central nervous system. The body's immune system malfunctions and attacks the protective sheath that surrounds nerve fibres. This causes miscommunication between the brain and the rest of the body. Over time the nerves, themselves, can become damaged. Symptoms vary considerably, depending upon the level of damage already incurred and where that damage is located. Some sufferers lose the ability to walk, although others enjoy long periods of remission. While there is currently no cure for MS, there are treatments that can ease symptoms and speed the recovery rate from attacks.

The Evidence

In a study conducted at the MS Clinic of the University of Pittsburgh Medical Center, it was determined that in 83% of their flare-ups, stress was a contributing factor and that all participants had higher levels of cortisol, which is released during stressful events by the body. In those who meditated for an 8 week period, reduced levels of cortisol were recorded and significantly lower mean scores of depression, anxiety, and stress compared to the control group.

[\(https://multiplesclerosisnewstoday.com/meditation-for-ms/\)](https://multiplesclerosisnewstoday.com/meditation-for-ms/)

The FISU Solution

The practice of FISU meditation can greatly reduce the likelihood of suffering from this condition. When we recite our personalised mantra with FISU meditation, our nervous system rebalances and over-reaction to stress dissipates, while hormonal reaction normalises. Tissue and cell repair are accelerated, and the immune system recalibrates and resets. For those already suffering from MS, FISU meditation can greatly reduce the symptoms and speed recovery from episodes.

We have a number of meditators who suffer from MS find meditation to be a great help.

OCD (Obsessive Compulsive Disorder)

Obsessive-Compulsive Disorder (OCD) is a common, chronic and long-lasting condition. Sufferers feel uncontrollable compulsions to repeat behaviours and find that they become obsessive about the most mundane thoughts or actions. This is far beyond the desire to double-check that a door is locked or that the cooker is off. This may also be accompanied by verbal 'tics', such as repeatedly clearing their throats. This condition is often related to stress and represents an over-emotional attempt at a coping mechanism. The brain's emotional centre, the amygdala, becomes over-active and encourages hormonal imbalance and over-active neural activity.

The Evidence

In his new book, Dr Jeffrey Schwartz has written about the effectiveness of meditation on those with OCD. It has now been shown that it is possible to re-wire the brain (self-directed neuroplasticity) and that those who have practised meditation show significant reductions in the effects of OCD.

https://www.huffingtonpost.com/alejandro-rojas/ocd-expert-stars-in-ebook_b_4119218.html

The FISU Solution

By naturally decreasing the stimulation of the nervous system, FISU meditation calms over-excitement and neural over-activity. The amygdala returns to appropriate levels of activity and hormones achieve balance. In a state of relaxation far beyond that experienced in the deepest sleep, FISU meditation brings the body and its systems to balance. Patterns of behaviour that have become ingrained over time lose their hold as the stress response returns to rationality.

Obesity

The World Health Organisation describes obesity as, “ a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems”. If your body-weight is 20% higher than it should be, then you are clinically obese. Almost 40% of UK adults are overweight, with 13% being obese. It has become a modern-day epidemic and one of the biggest causes of ill-health and premature death.

There are many causes of over-eating, but one is, certainly, stress. This is not just regarding having a cream cake to cheer ourselves up, but because stress interferes with the body's insulin response. This means that sugar is not properly processed- a situation that can deteriorate unless it is dealt with effectively. Since most diets fail, obesity levels are rising as the number of gyms is increasing, and dietary advice becomes ever-more available.

Stress is always a major cause of obesity through comfort eating

The Evidence

A review of all the studies looking at obesity and meditation was completed in 2014, as reported in 'Science Direct'. While the studies were not done using only meditation as an intervention, results showed that meditation assisted in managing some of the causes of obesity, such as self-worth, depression and stress.

<https://www.sciencedirect.com/science/article/pii/S1550830712001280>

The FISU Solution

As we repeat our mantra with FISU meditation, we enter a relaxed state and find a state of calm at our core. Our nervous system rebalances, and our stress response ceases to over-react. This allows our insulin response to normalise and be in a fit state to respond to sugar correctly, eliminating much of the fat cell storage problem. As our bodies continue to benefit from ongoing FISU meditation, we find it easier to choose the more healthy options in our diet and a natural increase in self-esteem will see many of the causes of over-eating dissipate. With a little time, our systems will be recalibrated, and a calmer, more self-controlled being will be the result. We won't comfort eat so readily and will be in greater control of any cravings.

Osteoporosis

If you suffer from Osteoporosis, then you have a far greater risk of a broken bone, since the bone is weaker due to a decrease in bone density. Until a bone breaks, there are no symptoms of osteoporosis, although it is the most common cause for older adults to break a bone, which can occur with only minor stress. It is primarily a result of lower than normal bone mass or greater than a normal bone loss.

Stress can also be a factor in accentuating the effects of osteoporosis. Stress hormones can greatly disrupt the uptake of calcium, so necessary to the maintenance of the healthy bone structure. Along with this, stress can interfere with the dietary uptake of calcium, meaning that, even with supplementation, the calcium will end up in the wrong place.

The Evidence

The National Osteoporosis Society recommends meditation and relaxation for those who suffer from Osteoporosis as a way to manage pain from fractures. There are no studies looking at reversing the effects of Osteoporosis with meditation, however, studies have shown that people who meditate long-term are less likely to develop age-related issues, including Osteoporosis, due to the increase in the lengths of their telomere (which protect chromosomes from deterioration) and the increase in telomere activity, which is directly associated with the body's ageing.

<https://nos.org.uk/media/1605/living-with-osteoporosis-managing-persistent-pain-after-fractures-october-2014.pdf>

The FISU Solution

When we perform FISU meditation and recite our mantra, the stress response of the body decreases and the production of stress hormones falls. At this time, the disintegration of bone tissue slows, and the body's natural repair system becomes more active in repairing cells and tissue. Also, meditation helps our digestive system to function properly, ensuring that calcium is correctly absorbed for use.

PMS – PREMENSTRUAL SYNDROME

Pre Menstrual Syndrome is a regular monthly occurrence which, for many women, will bring absolute misery. Irritability, tension and that sure, certain knowledge that, once it starts, it is going to get very much worse- headaches, low energy levels and violent mood swings are not far away. With over 150 symptoms linked to PMS, it is no wonder that many women fall into a depressive state at this time of the month. Of course, this makes the whole time very stressful and as the stress builds, so the over-reactions increase as hormones run-riot.

The Evidence

A study published in the 'The International Journal of Indian Psychology' looked at the direct effect that meditation had on students with clear symptoms of PMS. This study was conducted on 40 students who were asked to meditate for 15 min per day for just one menstrual cycle. Before the study, students were asked to fill-in a Shortened Premenstrual Assessment Form (SPAF) and Calendar of Premenstrual Experiences (COPE) and to then, again, fill-in these forms during their next menstrual cycle after they had been meditating. The results, based on the Shortened Premenstrual Assessment Form (SPAF) and Calendar of Premenstrual Experiences (COPE), were conclusive. Meditation had a dramatic effect in reducing the symptoms of PMS.

https://www.researchgate.net/publication/278370288_Publication_in_the_International_Journal_of_Indian_Psychology_The_Effects_of_Classical_Music_based_Chakra_Meditation_on_the_Symptoms_of_Premenstrual_Syndrome

The FISU Solution

The profound level of relaxation achieved during FISU meditation sees the nervous system calm, and hormone levels reach a balance. At a time when hormones are raging insanely, this can offer almost immediate relief. As we repeat our mantra, stress response over-reaction will cease as will over-active neural activity. The brain's anxiety centre, the amygdala will return to normal activity as the frontal cortex re-exerts control and rational behaviour. This greatly decreases the possibility of the PMS condition heading into a depressive state. Regular FISU meditation sessions will see these results increase and become more readily repeatable with each successive month.

Many FISU meditators say that PMS no longer bothers them, whereas before, it was a major event in their lives.

PTSD

Post-traumatic stress disorder (PTSD) is a mental condition that may develop after someone is exposed to a traumatic event- this maybe sexual assault, a car accident or a life-threatening event during a warfare situation. While most such events do not result in PTSD, when they do, the effect can be debilitating. Symptoms can include nightmares, extremely disturbing thoughts and mental and physical distress.

As with many stressful situations, there will be an increase in the 'fight or flight' response, which will destabilise the body's systems and see the amygdala release increasing amounts of anxiety hormones and neurotransmitters. Sufferers will then over-react to circumstances which would, normally, be considered harmless. As things continue, over months, a downward-spiral situation is established, which will often require intervention to remedy.

The Evidence

In a study published in the journal 'Military Medicine 2016', looking at the use of meditation in military personnel suffering from PTSD, they found that meditation stimulated the parasympathetic nervous system (calming) while calming the sympathetic nervous system (flight or flight).

After one month 83.7% of the servicemen who practised meditation had either stabilised their PTSD and came completely off psychotic medication or had significantly reduced their medication. In the control group, it was 59.4%. However, it was also noted that 40% of the control group increased their intake of psychotic medication.

<https://www.sciencedaily.com/releases/2016/01/160111121344.htm>

The FISU Solution

FISU meditation, in enabling such a deep level of relaxation, takes us to a level beyond the subconscious to a place where our memories of the worst traumas dwell. As we repeat our personal mantra, our nervous system stills and reaches balance. The ongoing stress response, which has been heightened and over-reactive will calm, while the calming, rational centre of our brain, the frontal cortex, will become more active and in control. The ongoing relaxation we achieve as we continue to practice FISU meditation will see the frontal cortex thicken and grow stronger and the hippocampus- associated with memory and how we deal with memories- will enlarge.

Panic Attacks

Panic attacks are, primarily, a stress response to irrational fear. They are all-consuming and can see a sufferer hyperventilating and incapable of the flight they long to make. Once this extreme reaction to stress has become imprinted on the nervous system, a vicious circle ensues, which can result in a sufferer being unable to leave the security of their own home, through sheer terror (Agoraphobia).

The Evidence

There have been many well-controlled studies on the effects of meditation on Panic Attacks. While there has been no definitive reason found as to why meditation works on those with Panic Attacks, results show that when used in conjunction with some medication, Panic Attacks can be stopped completely with sustained meditation- often allowing for the medication to be stopped.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1994160/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1994160/)

The FISU Solution

By repeating their mantra during FISU meditation, a sufferer of panic attacks will reach a new level of relaxation. As muscle tension disappears and the over-reaction of the anxiety-producing amygdala dissipates, so the exaggerated stress response ceases and the more logical frontal cortex can regain control. As hormone levels reach a balance and hormone production re-sets, the nervous system also re-balances. While the benefits can be immediate, for ongoing care and improvement, FISU meditation should be practised regularly- then systems will heal and recalibrate on a more permanent basis.

Parenting

There are few things more stressful than being a parent. Whether the kids are little monsters of 5 or little monsters of 15, the task doesn't seem to get any easier with time. This ongoing tension and stress, of course, can get on top of any parent and lead to unfortunate outcomes. While we want to do our best and give our best to our children; that is not always easy when we are not *feeling* our best.

The Evidence

Science has shown that meditation can reduce stress and increase concentration and energy levels.

Parents who meditate are less likely to have elevated stress levels and can keep up with the high demands of raising a child. In an article in "Brainwave Research Institute", it states that parents who meditate are more likely to develop some essential parenting skills, such as increased perspective, patience, tranquillity, understanding, emotional control, compassion, empathy and their self-awareness. All essential tools needed for good parenting.

[\(https://www.ncbi.nlm.nih.gov/books/NBK215128/\)](https://www.ncbi.nlm.nih.gov/books/NBK215128/)

The FISU Solution

FISU meditation can provide the ultimate de-stress for the busy parent. As we recite our mantra and enter a state of profound relaxation, our body's systems grow calm and re-balance. The stress response, which has been over-active, will calm down and negative hormones will dissipate. The very fact of the parent being calmer and more in control will rub-off on the child. The atmosphere of the home will be more pleasant and relaxed, and the self-awareness the FISU meditation brings will make the parent more capable of the empathy needed to fully relate to their children at all stages of their lives. As the child grows, it will have less to rebel against- since the parent is more understanding and empathetic - so the household will be more harmonious and pleasurable in which to live as a harmonious household.

Parkinson's Disease

Parkinson's disease affects the production of dopamine in the brain's nerve cells. It primarily affects the motor system, with the most obvious symptoms being the slowness of moving, uncontrollable shaking muscle rigidity and speech and gait changes. As the disease develops dementia can be a factor, as can emotional problems and depression. As yet, the causes of Parkinson's disease are unknown, though stress is thought to play a significant part in its progression.

The Evidence

An article in "Science Direct Clinical Neurology and Neurosurgery" in 2013 looked at the changes in the brains of those with Parkinson's Disease after they had meditated. It showed that increased grey matter was apparent in those who meditated, with grey matter increasing in both the left and right caudate nucleus; whereas, in the control group, only a mild increase in the left nucleus of the cerebellum was seen.

<https://www.utdallas.edu/~sxv140030/Published/68.pdf>

The FISU Solution

As has been shown on MRI scans, meditation to the depth of FISU meditation activates the area of the brain that has responsibility for controlling autonomic function and brings the part of the nervous system, responsible for non-conscious activity (breathing, digestion), into balance. This enables the autonomic nervous system to operate at a maximal level. As we enter the deep relaxation of FISU meditation, our body's systems find balance. Corrupted neural pathways are cleared, and new ones are built. The stress response is normalised, and the anxiety reaction returns to balance. With the increase and sensitivity to dopamine, spirits will be lifted, again, decreasing the stress response- and the stress experienced.

People Management

Whether you are a team leader or manager at work, the coach of a local football club or the Prime Minister, managing your 'team' is one of the toughest things you can attempt. A one-on-one personal relationship is one thing; you can adapt what you say and how you say it around the person with whom you are dealing. When there are multiple persons, all with different motivations, different goals- even different levels of comprehension- then things can get very tough indeed.

The Evidence

Many companies now have CEO's who are using meditation as part of their personal development plans, as science backs up the benefits of meditation. In 2015, in the 'Harvard Business Review', a report on "How Meditation Benefits CEO's" cites the results of a scientific study that showed that meditation increases emotional intelligence- which is one of the most important skill-sets needed to relate to others and get the best out of a team.

<https://hbr.org/2015/12/how-meditation-benefits-ceos>

The FISU Solution

When we practice FISU meditation, the area of the brain that is responsible for problem-solving, the prefrontal cortex, becomes more active and, over time, thickens- so becoming even more active. Increases in both left and right brain grey matter allow managers to gain better flexibility and understanding of those reporting to them. As the body relaxes deeply, our systems calm and reset, with negativity banished and more positive hormones produced. This encourages empathetic behaviour, which will become the norm as FISU meditation is practised on an ongoing basis.

As our self-esteem increases with the normalisation of the stress response, then defensive over-reaction will decrease, and our ability to understand and communicate with others will increase and will work on a more intuitive level.

Positivity

Most people would recognise that it is better to be positive than to be negative. Positive thinking affects our lives in so many good ways. It's not just about attracting positive outcomes, but positive people and the uplift that they bring to us. Unfortunately, with the stresses and strains of modern life, it is often very hard to keep a positive attitude and hold positive thoughts. We are all bombarded with images of distress and trouble and spend so much of our lives under stress that negativity becomes the norm. We try to be positive, but in reality, it is not true positivism but a fake construct that we try with which to fool ourselves.

The Evidence

A research article published on the Regulation of the Neural Circuitry of Emotion by 'Compassion Meditation: Effects of Meditative Expertise', in 2008, looked at the MRI scans of those who meditated. It was seen that the insula was activated in those who meditated when they heard distressing sounds. This corresponded with the results they had already gathered showing that the limbic circuitry is essential in emotion-sharing and positive thinking. This limbic circuitry is seen to be activated by meditation.

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0001897>

The FISU Solution

When we enter the deeply relaxed state that FISU meditation enables, our body and its systems reach a level of profound calm. As our nervous system finds balance and our hormonal output normalises, we fall into a state that encourages positivity, rather than forcing it. With this inner harmony, having positive thoughts becomes a spontaneous reaction rather than a contrived one. Stress hormones are replaced by smile-encouraging endorphins, and our energy levels increase as our sleep patterns become more regular and satisfying. Increased understanding of others encourages a greater empathy which, in turn, will engender greater positivity in how we feel about our lives and life in general.

Mediation neutralises negatively naturally.

Postnatal Depression

Having a baby is one of the most exciting and fulfilling times of a woman's life. Unfortunately, for some parents, the feeling of the family becoming complete is overwhelmed by negative thoughts and emotions. Postnatal depression can also be called postpartum depression and is a mood disorder that comes after childbirth. Surprisingly, it can affect both sexes. The condition usually manifests itself between a week and a month after childbirth and shows symptoms that include a feeling of extreme sadness, extreme anxiety, a lack of energy, irritability and episodes of crying. Disorder in sleeping and eating patterns is not uncommon. Worryingly, the child may also be affected by the parents' behaviour.

There is no accepted cause of postnatal depression, but extreme hormonal changes and likely sleep deprivation are certainly considered prime causal links, as is stress during pregnancy.

The Evidence

In 2008, Dr Cassandra Viete from the California Medical Centre Research Institute ran a study to look at the effect of meditation on postnatal depression. This study was able to show a 20-25% reduction in the stress levels of pregnant women who meditated. Stress during pregnancy is considered to be one of the main causes of postnatal depression.

(http://www.huffingtonpost.ca/leslie-traill/meditation-and-post-partum_b_3957537.html)

The FISU Solution

At its most basic level, the depth of relaxation achieved during FISU meditation is far beyond that achieved during the deepest sleep. Our bodies unwind, and our nervous system finds repose. A sufferer's intense fatigue will be banished and figurative batteries recharged, leading to increased energy. As our hormonal responses find balance, the negatives decrease, and the positives increase. Our levels of stress go down, and stress over-responses dissipate, leaving the more logical pre-frontal cortex to take control and see rationality rule out illogical over-activity. Our self-esteem rises as our empathetic responses grow stronger and feelings of isolation ease.

We also have a special pregnancy technique given in the seventh month and special birthing techniques too.

Postnatal Stress

Postnatal stress is considered a step below postnatal depression, and so it is considered a potential staging post and should be taken seriously. It is often caused by the perception that there was a trauma during delivery and is exacerbated by lack of sleep. Sufferers will exhibit feelings of powerlessness and lack of support and may have communication issues.

The Evidence

Studies have shown that meditation reduces cortisol levels, which are directly related to stress levels. Stress during pregnancy can have a direct effect on increasing postnatal stress in mothers. A study, carried out in 2008 and published in 'Women's Mental Health', showed that meditation over the prenatal period of 8 weeks resulted in none of the control group suffering postnatal stress. Those who did not meditate, before the birth, were found to be 38% more likely to suffer from postnatal stress.

<https://www.ncbi.nlm.nih.gov/pubmed/23724462>

The FISU Solution

As we recite our mantra during FISU meditation, our bodies relax to an extent far greater than the deepest sleep. At this level of relaxation, our nervous system balances and stress levels decrease markedly. With the re-balancing of our hormone levels, our reactions normalise and sleep patterns return to their usual structure. Negativity will decrease with stress levels, and positivity will increase as our pre-frontal cortex increases activity.

Pregnancy

As more becomes known about the baby's development in the womb, the more it seems that external forces and the mother's behaviour and emotions have a profound effect on the outcome of the pregnancy and the ongoing development of the child after birth. There are certainly indications that a mother's exposure to stress can expose the baby to stress hormones, which can affect the child's immunity to disease later on. When a mother gets over-stressed, she may secrete excessive amounts of glucocorticoids. These will pass to the baby in the womb and may give it a chemical pre-disposition to expecting life to be stressful. There is also the potential for the unformed brain to prepare itself for these excesses, allowing an abundance of such stress hormones to be stored after birth.

An expectant mother's prenatal stress can see the child have higher chances of cardiovascular disease and obesity. Diabetes and under-developed genitalia may also be an issue, as can learning impairment.

The Evidence

Science has shown that meditation assists in changes in the hippocampus (which helps to balance emotions) and that there is a significant reduction in cortisol levels (which is directly related to stress levels). When pregnant women use meditation for an 8 week period before birth, their cortisol levels and the hippocampus have been shown, post-natal, to help prevent postnatal depression. This shows that stress levels, during pregnancy, are reduced when meditation is done on a regular basis.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004979/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004979/)

The FISU Solution

As FISU meditation completely calms the stress response, those symptoms and issues surrounding stress will fall away. As the mother uses her mantra with FISU meditation, she will enter a state of deep relaxation, and her body's systems will balance and re-set. The emission of damaging stress hormones will cease, and more positive hormonal secretions will replace them. The production of adrenaline and noradrenaline will fall dramatically, as the stress response falls, ensuring a more consistent flow of uterine blood.

We have both specific pregnancy techniques and birthing techniques too.

Problem Solving

The ongoing bombardment of everyday life makes problem-solving a very difficult matter. To solve a problem requires thought, judgement and focus. However, we are all so distracted by oceans of white noise that having a coherent thought is not always the easiest thing to do. Pressures, of course, are there for everyone. It is how we deal with them and move forward that separates us. In these days of 24-hour news and instant communications, we are expected to respond immediately, at an instinctive level, to all issues. However, what is required is the calm, logical progression and rational thought process that comes from the pre-frontal cortex- the rational centre of the brain.

Unfortunately, as the need for an immediate decision builds, so too does the stress response. Soon the pre-frontal cortex is overwhelmed with negativity from the amygdala, and rational thought and decision-making go out the window.

The Evidence

According to the Brain Wave Research Institute, during the process of problem-solving, high levels of the hormones cortisol and adrenaline are released. This, of itself, can lead to high-stress levels and therefore bad problem-solving. It has been shown that in those that meditate, there are much lower levels of cortisol and that adrenaline is rarely released during the process of problem-solving - which results in a clearer head and a more objective approach to the issues.

<http://test.brainwave-research-institute.com>

The FISU Solution

The natural reaction of the body when it is presented with a problem is to release cortisol and adrenaline. It is the instinctive 'fight or flight' response to pressure and danger. When we practice FISU meditation, the 'fight or flight' response is put back in its box, and the pre-frontal cortex- the seat of the brain's rational thought processes takes over. With continued practice, the rational side of our brain takes greater dominance over the amygdala, which is the brain's HQ for the anxiety response, and much of life's irrelevant detritus, which can compete for bandwidth with the more serious issues, get cast-aside; leaving us to concentrate on the real problems that need solving, rather than the white noise.

Productivity

We all feel overwhelmed at times. There are too many things competing for our time, just too much to do, which all needs completing yesterday. Making the most of our time and getting the best results possible with that time are at the root of improving our productivity. It does not matter whether it's at work or in the home, we would all like to feel that getting things done was just a bit easier and a bit more effective.

The Evidence

A study, completed by David M Levy from the Information School University of Washington, on 'Productivity and Multitasking in High-Stress Situations and Meditation', showed that within a group of HR staff, meditation made a significant difference. Those who meditated completed more tasks switched tasks less often, showed fewer signs of stress and reported having less negative thoughts than those who had not completed 8 weeks of meditation before the study.

<https://faculty.washington.edu/wobbrock/pubs/gi-12.02.pdf>

The FISU Solution

As we repeat our mantra in FISU meditation, our body's systems enter a state of balance. Stress responses are mellowed and the pre-frontal cortex, governing the rational side of our thoughts and problem-solving abilities, becomes more active. As our brain is encouraged to grow new neural pathways, so the obsolescent are discarded, and we can gain more focus and mental coherence. In this state, our executive functions improve and take priority over the mundane. With this clarity of thought comes the ability to process things more quickly and to manage time and activity more effectively. As we continue to practice FISU meditation, these increased efficiencies become ingrained and multiply.

Relationships

Our lives are full of people - and with every single one of them, we have some form of relationship. It could be our husband or wife or life-partner; it could be a son or an aunt; it could be the pizza delivery guy or the woman behind the checkout at the supermarket. Whether close or distant or personal or professional, if there is an interaction, then there is a relationship, however tentative and however short-lived. Relationships permeate our existence and are never easy. Improving relationships has been the subject of too many books to count. There have been TV shows about it- films making fun of them- but nothing that has come close to solving the conundrum that such an important thing can be so badly managed by so many people forever.

The Evidence

In an article in 'Psychology Today', Marsha Lucas PhD highlights the benefits of meditation on a person's relationships. When meditating, the production of the hormone cortisol, which is produced when a person is stressed, is reduced. This enables them to think more rationally than emotionally. The article goes on to explain that research has shown that meditation increases the size of the middle frontal cortex, which assists a person in thinking logically when faced with emotional problems.

<https://www.psychologytoday.com/blog/rewire-your-brain-love/200911/nine-ways-meditating-brain-creates-better-relationships>

The FISU Solution

The extreme depth of relaxation that we experience during FISU meditation sees the nervous system find calm and find balance and the pre-frontal cortex of the brain become more active. This is the area of the brain that controls rational response. Over-reaction of the stress response becomes still, and negative hormones are replaced with the positive and the over-active desists. As we find emotional reactions replaced with the more thoughtful when disagreements occur, tempers can be held in check and the fall-out mitigated by common sense.

As we continue the practice of FISU meditation, so new neural pathways will develop, based on our new, calmer more empathetic selves. We find we have more understanding of others and so can respond more appropriately. Relationships with the people around us will be responsive to the new-found comfort we feel in our existence.

Relaxation

Being able just to sit and relax sometimes feels like a luxury. Even when it seems that there is nothing pressing, that we can take a break for 20 minutes, there is always something niggling at the back of our mind, just under the surface, that just won't let go. Even when we are on holiday, when we should be able to switch-off and ignore everything but our relaxation and enjoyment, we will still fidget with our phone or channel surf on the TV. Our systems have got so used to being over-occupied that they find it impossible to wind-down; they are on a constant search for something to occupy and challenge them.

The Evidence

Relaxation, is a way to release the mind and body from stress, has long been recognized as a prime focus of meditation. In a Harvard study in 2014, it was shown that meditation lowered levels of the stress hormone, cortisol, in participants. An analysis of 146 studies showed that meditation was more effective than any other in calming anxiety.

<https://hms.harvard.edu/sites/default/files/assets/Harvard%20Now%20and%20Zen%20Reading%20Materials.pdf>

The FISU Solution

Reciting our mantra with FISU meditation will see our body reach a level of relaxation far beyond that achieved during the deepest sleep. Our nervous system calms to the point of natural balance and all stress over-reactions still. As muscle knots melt and our heart rate slows, we experience mental coherence as our body is bathed in the warm glow of peace.

Rheumatoid Arthritis

Rheumatoid arthritis is an autoimmune disorder that primarily affects the joints. Sufferers will have swollen, stiff and painful joints, more often than not associated with resting. The condition tends to afflict the wrist and hand joints, with both sides of the body affected- though other parts of the body may also be affected. In extreme cases, inflammation around the heart or lungs may occur, along with a lower red blood cell count.

The underlying mechanics of rheumatoid arthritis are that the immune system reacts incorrectly and attacks healthy tissue in the mistaken belief that it is a threat to the whole system.

The Evidence

In 2007, researchers with the University of Maryland School of Medicine set out to assess the effect of meditation therapy on depressive symptoms, psychological distress, general well-being, and disease activity among Rheumatoid Arthritis patients.

"The study demonstrated that for patients with Rheumatoid Arthritis under routine medical supervision, an 8-week meditation class plus a 4-month maintenance program had beneficial effects and that it was safe and appealing to participants."

<http://onlinelibrary.wiley.com/doi/10.1002/art.23010/full>

The FISU Solution

At the very least, FISU meditation will reduce the extreme stress suffered by people living with rheumatoid arthritis- stress that can aggravate the condition itself. As our nervous system calms during the repetition of our mantra, so FISU meditation encourages the immune system to recalibrate and normalise. The inflammatory response will ease, and hormonal activity will turn into a more positive outcome. The preponderance of free radicals will cease, and our calcium uptake will improve- nourishing and replenishing the very areas under direct attack.

SAD

For many years there was great controversy as to whether Seasonal Affective Disorder (SAD) even existed. That argument has been won, but few understand the reality behind the condition. It is a mood disorder where people exhibit depressive symptoms at the same time each year, most commonly in the winter, but are fine during the rest of the year. Its symptoms usually involve excessive sleeping, lack of energy and depression. Despite popular misconception, it can also affect people in the summer.

Mechanically speaking, the disorder is commonly caused by the limbic system running unchecked, because it lacks signals from the retinal cells sensitive to light intensity. Emotional responses become exaggerated during the darker winter months as the body's clock is thrown out of kilter. Stress can be a significant causal factor.

The Evidence

Dr Norman Rosenthal has researched the effects of meditation on SAD. Dr Rosenthal pioneered the use of light therapy and meditation to treat SAD and continues to research the benefits of meditation. The pineal gland and its production of sleep-inducing melatonin is increased during the hours of darkness and decreased during the day. The relationship between the pineal gland and the shortened days of winter is not understood, but stimulation of the pineal gland by meditating appears to be an effective treatment.

<https://bestofama.com/amas/4j7uc4>

The FISU Solution

In preparation for the dark days of winter, the first thing that FISU meditation can accomplish is to increase our resistance to stress and so limit the effects of SAD. By repeating our mantra during FISU meditation, we calm the area of the brain responsible for the stress response, while our nervous system will come into balance. With the stimulation of the vagus nerve, parasympathetic control of our major organs is normalised seeing hormonal reactions reset. With this, a predilection for negative thoughts and emotions dissipates and 'happy' hormones dominate.

Self Realisation

In western psychology, the term self-realisation means fulfilling your potential. Doing the very best you can, within the confines of your personality and character traits. In Eastern teaching and the world of the spiritual, it means rather more. It becomes, not so much about achievements in life, but in your attainment at a spiritual level. Delving deep inside yourself and exploring; coming to know parts of you, hitherto, hidden- but going further. Connecting to the 'more' that exists outside and beyond. Feeling the spiritual peace and understanding with the recognition of other worlds within yourself that are all part of a wider spirituality that connects all things.

The Evidence

In a paper published in 'Frontiers in Human Neuroscience' in 2012, David R Vango wrote on the "Self-awareness, self-regulation and self-transcendence (self-realisation): a framework for understanding the neurological mechanisms of meditation."

Within this paper, he discusses the impact that meditation has on participants and the changes to their self-realisation that occur. He also looks at the subsequent impact on other aspects of the participant's perceptions of the world; changing from a self-absorbed state of stress and anxiety to a wider view; in reacting to those around them and how a re-focus from associated behaviour to dis-associated behaviour occurs.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480633/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480633/)

The FISU Solution

Working at the level of the seat of our consciousness, FISU meditation can uniquely offer the profound experience of the deep sub-strata of our existence. By using our mantra to resonate deep within our beings, we can achieve a supreme state of coherence between mind and body. As our nervous system reaches balance, we enter neutrality, a place where mind and body are unexcited and unengaged so that we can glimpse, at last, fundamental reality.

We achieve self-realisation through the process of Spiritual Unfoldment. Please see this section for more details

Shift Work

There are few things that disrupt sleep patterns more than doing shift-work. Whether it's five nights-on and 3 days off or any variant or mix-up, the human body was designed to sleep during the night, when it's dark, and be awake in the day-time, when it's light. It doesn't matter how long we do it for; it never feels natural- because it isn't. Even if we get some sleep, it won't be of the same quality as that required by our body-clocks. The result is that our bodies are in a constant state of stress and fatigue with our circadian rhythms perpetually out of sync.

The Evidence

It is well recognised that meditation helps the body de-stress with the release of hormones into the system that encourages the attainment of the necessary amount of sleep at an optimum level. Once this is accomplished, many of the other symptoms associated with shift work are also alleviated.

The FISU Solution

The deep relaxation felt during FISU meditation will recharge your batteries and re-balance your systems. As your body reaches a level of relaxation deeper than the deepest sleep, your circadian rhythms will reset. Continued practice with FISU meditation will help with the symptoms felt from shift-work on an ongoing basis.

Shingles, Cold Sores

Cold sores, herpes and shingles belong to a group of ailments known as latent viruses. They are permanently in the body, but resting, until the next flare-up. Stress is very often the cause of these flare-ups. The immune system will be compromised, and they will take advantage of that and replicate, throwing the immune system into disarray until it can gather its forces. Before it does that, the virus will go dormant again, so that the immune system never, actually, gets the opportunity to deal with it properly.

The Evidence

Shingles and Cold Sores are the results of a suppressed immune system, which has been compromised by illness or brought on by stress. Meditation has been shown to reduce the stress that impacts the CD4 T cells that protect the immune system. By protecting the immune system, participants are less likely to experience the full symptoms of shingles or cold sores and experience far quicker recovery times.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4940234/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4940234/)

The FISU Solution

FISU meditation is one of the great stress-relievers and stress managers. As we chant our mantra, the body will reach a deep level of relaxation and calm. Stress responses will fall and the effects of stress dissipate. Our immune systems will rebalance and regain full potential.

Sleep

Just a century ago the average night's sleep was 9 hours. Now, it is just over 7. That is not because we need less sleep, but because we give it less of a priority and we find it harder to sleep for long enough. However, it's not just the length of time that we sleep that is the problem, but the depth of sleep that we achieve. Everyday life is so full of ongoing assaults on our consciousness, that our minds are in a constant state of overdrive. When we do, finally, lie down to sleep, our minds find it impossible to fully turn-off from the stresses and strains of the day and our sleep will be fit-full and unsatisfying.

Further, everyday stress sends the anxiety centre of the brain, the amygdala, into overdrive, pumping out anxiety hormones at a rate of knots that will inhibit sleep and ensure that 'night terrors' are frequent visitors. If we don't get the length and depth of sleep that we need, then our brains will never be fully functional.

The Evidence

A 2012 study published in 'Frontiers in Neurology' from the Department of Neurophysiology, National Institute of Mental Health and Neuroscience, Bangalore, India showed significant benefits in meditation. It was noted that those who meditated spent more time in Slow Wave Sleep (SWS). REM (Rapid Eye Movement) was enhanced, and the theta-alpha patterns were observed to be those that are associated with a higher state of consciousness. The production of Melatonin - the hormone directly related to sleep and relaxation- was also increased.

<http://www.nimhans.ac.in/neurophysiology/research>

The FISU Solution

FISU meditation will help you get to the deep, slow wave part of sleep much quicker and will keep you there for longer. This is the part of sleep which refreshes and restores our energy levels. The deep relaxation that FISU meditation enables calms down over-active neurons and allows the mind to rest as the body's systems come to balance. The cycle of poor sleep is broken, and you will be able to enjoy the full, energising sleep that you need, with all the stresses and strains of modern life cleansed from your system. The ongoing practice of FISU meditation will see your sleep deficit paid-off, and you'll find you will need less sleep in the future since the quality of sleep you will be enjoying will be so much better.

Smoking

Everyone knows that smoking is bad for them- not only bad but positively dangerous. Smoking kills. Many people still choose to smoke. Whether it is a function of anxiety, the need to be doing something with their hands or the addictive left-over of a teen rebellion; premature death and a less healthy life-style await. Smoking, of course, is known to be one of the hardest addictions to kick. Once you're hooked, then freedom can seem a long-haul that is, often, not successful. Ex-smokers often feel powerful urges to light-up after a meal or with a drink- even decades after kicking the habit.

Stress is always a great inducement to smoke, for the temporary calming effect of the nicotine- though, overall, the act of smoking causes more stress than it negates.

The Evidence

In 2013 the results of an interesting study were published in 'Proceedings of the National Academy of Sciences'. The study found that meditation can help to reduce the number of cigarettes smoked. It noted that, in those who smoked, their anterior cingulate cortex (ACC) had reduced activity in comparison to those who had no addiction. The ACC is the area of the brain that is associated with self-control. After meditating for an 8 week period, all smokers reported the reduced use of cigarettes. What was particularly interesting was that none of the participants had been aware of the purpose of the study, so the curtailment was spontaneous rather than planned.

In a review of 19 studies, 17 showed a significant decrease in the use of cigarettes, alcohol and recreational drugs in those introduced to meditation. The results continued to improve, the longer they meditated.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3752264/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3752264/)

The FISU Solution

The quickest and most obvious benefit of FISU meditation for smokers is that it will considerably alleviate stress. By repeating your special mantra in FISU meditation, you will very quickly de-stress and reach a very deep level of relaxation. During FISU meditation your stress hormone, cortisol, will drop by around one third. Likewise, the amygdala will cease pumping out anxiety hormones, so your nervous system will find repose. More than this, FISU meditation encourages the production of new cells and tissue, helping the body to repair the lungs after the ravages of smoking.

We have a specific smoking technique too!

Snoring

Snoring is caused by obstructed air movement, while breathing, during sleep. The sound is produced by the vibration of the respiratory structures. While often the butt of jokes, snorers should take their problem seriously, since it can be an early sign of obstructive sleep apnea (OSA). Aside from being a prime cause of sleep deprivation, there is some evidence that people who snore are at greater risk of heart attacks and strokes.

The Evidence

While there have been no significant studies on meditation and snoring, it is known that meditation does increase and regulate blood flow in the sleeping area of the brain, which can help to normalise sleep patterns and stop snoring.

The FISU Solution

As we repeat our mantra in FISU meditation and sink into that deep relaxation, deeper than the deepest sleep, our bodies calm and our nervous system finds balance. This restful state will help to restore the body's systems and hormonal balance enabling recharging of the batteries and recouping sleep-time lost through snoring. As we continue to practice FISU meditation, our weak respiratory systems strengthen and our breathing patterns reach a more natural rhythm.

Sports

We are taught from an early age that sporting activity equals good health. Certainly, there are great benefits in keeping our cardiovascular systems well-exercised and our musculature in good shape. We will suffer fewer injuries, endure fewer illnesses and have better control of our weight. Further, the self-discipline involved in continual sporting endeavour prepares us for application in all areas of life. What's more- it makes us feel good.

However, that release of endorphins that gives us that 'runner's high' as we overexert ourselves is not quite what it seems. These endorphins are released as a function of the body feeling stressed. They are part of the body's instinctive 'fight or flight' response. Unfortunately, other stress responses will also be triggered. Increased glucocorticoid could see osteoporosis in that athlete's future. As the nervous system conditions itself to continued stress, so reproductive hormones are limited. As with everything, moderation is the key. Too much exercise can be as bad as no exercise.

The Evidence

A study published in the journal 'Neuropsychologia' looked at the effects of meditation on muscle strength. The first group did physical exercise to increase strength; the second group did meditation focusing on increasing strength, and the control group did nothing. At the end of an 8 week period it was shown that the first group increased their strength by 53%, the control group had no increase in strength, but the group that had merely meditated had a 13% increase in strength.

The 'British Journal of Sports Medicine' found, in a recent study, that meditation led to increased scores by elite shooters.

<https://www.ncbi.nlm.nih.gov/pubmed/14998709>

The FISU Solution

FISU meditation will decrease stress and the stress response in your body, sharply reducing quantities of glucocorticoid and cortisol. While it reduces the build-up of lactic acid in muscles- a by-product of weight-training, for example- it also stimulates repair and replacement of damaged tissues and cells. Promoting deeper, more satisfying sleep will also help repair and regeneration.

FISU Meditation sees the dissipation of the irrelevant and damaged neural pathways built-up during the stresses of everyday life, so focus, and concentration are enhanced. Meditators experience improved cardiovascular efficiency, quicker reaction times, lower blood pressure and improved physiological functioning- great benefits to athletes of all levels.

Staying Youthful

Staying youthful does not mean looking young. More important, for most of us, is that we are physically and mentally strong and healthy; to avoid the ravages of old age. Lack of physical strength and poor memory can swiftly degenerate into osteoporosis and dementia. Keeping our minds and bodies active can mean the difference between a long and fulfilling life that is enjoyed to the full, and one that is pain-ridden and anxiety-full.

The more we suffer stress, the more our bodies are subjected to excess cortisol and its brain-ageing properties. Our hearts will do more work than they need to and our blood pressure will rise, causing damage that is hard to undo.

The Evidence

Many studies have shown the benefits of meditation in creating a cumulative effect of reducing stress and reducing health issues as a positive effect. Many of the ailments of old age have been shown to be ameliorated by regular meditation helping to protect and repair, both physically and mentally. A recent report from UCLA found that white matter brain cell degeneration was much lower in those who meditated.

<http://newsroom.ucla.edu/releases/forever-young-meditation-might-slow-the-age-related-loss-of-gray-matter-in-the-brain-say-ucla-researchers>)

The FISU Solution

By lowering the stress response, FISU meditation will cut the level of cortisol and other negative hormones in the system. Heart rates will slow, and blood pressure will fall. In promoting the feeling of well-being, FISU meditation directly, positively, impacts upon telomere length- the end caps of DNA, which determine longevity and health. Cell production is increased, resulting in a rise in the level of cell replacement and rejuvenation.

Stomach Ulcers

Stomach ulcers, otherwise known as peptic ulcers or gastric ulcers, occur when there is a break in the lining of the stomach. They can be painful, with the pain worsening during eating. The pain is often described as a burning or dull ache. Other symptoms can include belching, vomiting, weight loss and loss of appetite. Stress has long been recognised as one of the prime causes of stomach ulcers.

In stressful situations, our instinctive 'fight or flight' response is invoked. All available resources are rushed to our limbs for defence or escape. So, our digestive process is put into idle-mode, and our excretion of powerful stomach acids decreases. If this happens too often, then our stomach linings weaken, through lack of action. Then when our acid production returns to normal, our stomach linings are unable to cope. With stress having increased the number of free-radicals running riot in our systems and lowered our immune response, a stomach ulcer is likely to be the result.

The Evidence

Research from the Centers for Disease Control shows that people who feel stressed are more likely to get ulcers than those who do not. Meditation has been proven to reduce the levels of the stress hormone, cortisol, in the body and therefore help reduce the chances of ulcers. This has even been shown to be the case in those who take medication that is known to cause Ulcers, i.e. ibuprofen and aspirin.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3613748/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3613748/)

The FISU Solution

FISU meditation lowers the frequency and strength of episodes of stress. As the digestive process is interrupted less, so the stomach's defences will not be compromised since the strength of the stomach lining will not be affected. Likewise, there will be fewer free radicals, and the immune system will strengthen rather than weaken. Where an ulcer is already present, FISU meditation will facilitate faster, more effective healing of cell and tissue replacement speeds-up.

Many FISU mediators have been able to reduce and heal ulcers over time.

Stress

For many people, feeling stressed is almost a default position. However, the fact that it has become the norm does not make it any less damaging. There are so many ailments and illnesses that are brought on by stress or made worse by stress; it is one of the most important factors in our health and emotional well-being. Few understand exactly what is going on.

Back in prehistoric times, evolution gave humanity a 'flight or fight' response to danger. It is instinctive and happens automatically, involuntarily. When in danger, our bodies switch everything over to self-preservation. Hormones are released, our breathing quickens, our blood is rushed to our limbs, while other systems are closed-down so that all focus is on survival. Unfortunately, in the modern world, when we feel stress, this same 'fight or flight' instinct comes into play, so our bodies are constantly over-reacting, and our systems are perpetually out of kilter.

The Evidence

There have been many studies on meditation and its role in relieving stress. One of the first to bring all the anecdotal evidence together was neuro-scientist, Sara Lazar, who saw not only stress relief but beneficial physical changes to the brain brought on by meditation. The results of a stress study published in 2014 showed that those who meditated for a minimum of 8 weeks showed a clear reduction of the levels of the stress hormone, cortisol.

<https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967>)

The FISU Solution

As we repeat our mantra during FISU meditation, we reach a level of relaxation far beyond that offered by the deepest sleep. At this level our nervous systems calm and find balance. The seat of the brain's anxiety response, the amygdala, ceases to over-react and stops pumping-out negative hormones. Cortisol levels fall, and our heart rate slows, and our blood pressure falls. The vagus nerve becomes more active, having a deeply calming effect, while our pre-frontal cortex will become more active, promoting a more rational and selective response to problems and issues. As we continue to practice FISU meditation, this state will spill-out from meditation sessions and become part of our normal life.

Stroke

A stroke is caused in two ways. A blood clot can block a blood vessel in the brain, causing a part of the brain to die, or there can be a bleed in the brain, which can have the same effect. Stress can be a major factor as to whether a stroke occurs, but also in the severity of the symptoms experienced afterwards. During a stress reaction, blood-flow is diverted to our limbs to facilitate 'flight or fight'; our heart rates and blood pressure will rise. During such times fat cells are diverted to stressed artery walls and become part of plaque build-up- which can become dislodged and block blood vessels in the brain.

The very act of having a stroke can cause the stress response, which sees the body react in completely the wrong way. In diverting blood away from the brain, blockages are more able to gain traction and permanence. An over-active adrenal response can compound the problem, damaging the hippocampus, which is the seat of the brain's memory function.

The Evidence

A five-year study was done on the effects of meditation on those at high risk of heart attacks and strokes. 201 men and women participated in this study, with half asked to meditate, and the others were given just a healthy lifestyle sheet of diet and exercise to follow. The result showed a 48% reduction in risk of heart attacks and strokes in those who meditated compared with the control group.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295748/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295748/)

The FISU Solution

When we practice FISU meditation, many of the danger signals for strokes are eliminated. As we enter a state of deep relaxation, our heartbeat slows, and blood pressure falls. Fewer coagulants are floating around in our bloodstream with the potential to cause clots and plaque build-up. If a stroke does occur, a meditator will suffer less damage, since much of that damage is due to the adrenal response, which FISU meditation mediates. So, our hippocampus- and so our memory- is less affected by a stroke. Further, the increased cognitive ability that FISU meditation delivers will moderate brain damage and aid depth and speed of recovery.

Thyroid Disorder

Thyroid disease affects the function of the thyroid gland. There are four general types of varying symptoms. Hypothyroidism is caused by not having enough thyroid hormones and has common symptoms of fatigue, weight gain, sensitivity to the cold, slowed heart rate and dry skin.

Hyperthyroidism is caused by having too many thyroid hormones with common symptoms being irritability, weight loss, increased heartbeat, sensitivity to heat and enlargement of the thyroid itself. Structural abnormalities and tumour may also cause the condition.

The Evidence

A study done in 2017 by Penn State University found that those with thyroid disease did tend to, also, have weight issues. Following an 8 week meditation program, thyroid hormone levels improved as did the weight of participants.

<http://pennstatehershey.adam.com/content.aspx?productId=112&pid=10&gid=000038>

The FISU Solution

As we repeat our mantra with FISU meditation, all our systems calm and find balance. Our metabolic rate will reach equilibrium and enable all adjacent systems to operate optimally. In fostering the creation of new cells and tissue, FISU meditation will also encourage repair and regeneration of damaged thyroids.

Type 1 Diabetes

Type 1 diabetes occurs when not enough insulin is produced in the pancreas to deal with blood sugar levels. This is caused by the auto-immune system misfiring and treating immune producing beta cells as dangerous alien invaders and attacking them. Symptoms can include increased thirst, increased urination, hunger, blurred vision, fatigue and loss of weight. Sufferers require regular insulin injections to survive.

Stress can play a part in aggravating this condition since the stress response involves releasing glucose stores into the bloodstream to facilitate an increase in energy for the instinctive 'fight or flight' response.

The Evidence

Published in the NCBI in 2010, a study looked at the impact of meditation on those with type 1 diabetes. It was first noted that those with diabetes had a much higher instance of suffering from anxiety, depression, social burdens as well as the complications that naturally arrive due to the diabetes condition. The results showed that meditation had a significant impact in improving psychological symptoms and quality of life.

A randomised clinical trial on 103 patients revealed that meditation performed for 16 weeks improved blood pressure and insulin resistance.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2909138/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2909138/)

The FISU Solution

The deep level of relaxation attained during FISU meditation leads to a calming of the nervous system and a sharp decrease in the stress hormones released from the brain's anxiety centre, the amygdala. As stress responses become more proportional, so the nervous system can heal and re-balance, alleviating the risk of the damage so often seen in diabetes type 1 sufferers. Likewise, the cardiovascular system will strengthen with FISU meditation practice. Free radicals, which do such harm to long-term diabetes patients, are also decreased, and the over-release of glucose is stopped.

One of FISU's leaders, Jasmini Ananda, has been a Type 2 Diabetic since 1989.

Type 2 Diabetes

Unlike type 1 diabetes, type 2 usually occurs later in life- though the cases of childhood type 2 are increasing with average weights. Of late, it has become closely linked with the so-called obesity epidemic which is affecting the western world. It is a condition where the body is unable to utilise the insulin necessary to manage blood sugar levels properly. This may be because it doesn't produce enough or because it resists the effects of insulin.

Common symptoms are chronic thirst, hunger, blurred vision, and weight-loss. While there is no cure for type 2 diabetes, the condition can be effectively managed through careful diet, exercise and maintaining a healthy weight.

The Evidence

A randomised clinical trial on 103 patients revealed that meditation performed for 16 weeks improved blood pressure and insulin resistance.

Published in the NCBI in 2010, a study looked at the impact of meditation on those with type 1 diabetes. It was first noted that those with diabetes had a much higher instance of suffering from anxiety, depression, social burdens as well as the complications that naturally arrive due to the diabetes condition. The results showed that meditation had a significant impact in improving psychological symptoms and quality of life.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2909138/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2909138/)

The FISU Solution

FISU meditation will greatly reduce stress and the stress response. Therefore, the bloodstream will not be flooded with glucose each time there is a stress response. With hormone production calming to normal levels, our craving for sugary, unhealthy foods will abate. As the abundance of free radicals running riot decreases, health risks are diminished. This can be particularly helpful in the pre-diabetic condition, where full recovery is possible.

One of FISU's leaders, Jasmini Ananda, has been a Type 2 Diabetic since 1989.

Ulcerative Colitis

Ulcerative colitis is a condition resulting in inflammation and ulcers of the colon and rectum. The main symptoms of the disease are abdominal pain and diarrhoea. It is also common for sufferers to experience fever, anaemia and loss of weight. Attacks can be sporadic and of varying duration and extent. The condition can be brought on by stress, which will also exacerbate symptoms and duration. Since the condition also *causes* stress, the situation can quickly become a vicious circle. Ulcerative Colitis is thought to be an autoimmune disorder.

The Evidence

A report was published in the open-access journal PLOS ONE in 2015, on the impact of meditation on Ulcerative Colitis. During a 9 week meditation program, where participants were regularly monitored for inflammation and other related symptoms, it was seen that "the relaxation response reduced the expression of some genes directly linked to the key inflammatory processes".

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0123861>

The FISU Solution

When we practice FISU meditation, one of its key benefits is to the immune system, both regarding strengthening it and helping it to rebalance and perform correctly. Any inspired autoimmune disease will have a positive response to FISU. The flaws in the system will dissipate, and the body's natural responses can perform their corrective duties. As FISU meditation increases blood-flow, so healing is encouraged along with biochemical balance. Pain is also diminished as the body's natural opioids increase production.

Weight Management

Whether it is the front cover of a magazine or the half-naked bodies on the latest reality show, we seem never to be far away from some idealised form of perfection. Every week there is a new diet, every month a new food fad, yet the trajectory is always upwards. In the western world, we are getting fatter. Obesity levels are rising, and two-thirds of humanity eats too much. It is a circle that is hard to square. Of course, it is not just about appearance, maintaining a healthy weight is just that- healthy. So, why are we so bad at it?

Well, the other thing that is constantly on the rise is stress. Our lives seem to get busier all the time. We are assaulted by adverts and TV commercials, by salespeople in shops or walking through a mall; there is a constant stream of messages screaming for our attention. It's no wonder we get stressed. Unfortunately, when we get stressed, we eat more. Our body goes into its instinctive 'fight or flight' mode, and we need more food to replenish the glucose that is flooding our bloodstream in preparation for battle- or a fast retreat.

Stress can make us comfort eat, and this is another challenge to weight management.

The Evidence

An extensive review was conducted in France to look at the connection between weight and meditation. The review evaluated over 50,000 men and women and concluded that those who meditated were much less likely to have weight management issues.

[\(https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4454654/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4454654/)

The FISU Solution

As we practice FISU meditation, our over-active stress response dissipates. We don't react to each problem or issue with an instinctive 'fight or flight' response, so we do not need that huge glucose infusion into our bloodstream. As the seat of rational thought and logic, the prefrontal cortex takes over the reins, then the over-anxious amygdala loses ground and stops producing the stress hormones that have become part of the vicious downward spiral. We will see ourselves with more confidence, so our not comparing too well with a magazine cover will not see us burying ourselves in the nearest bowl of ice cream. The feelings of self-worth imbued by FISU meditation will be a worthier guide than 'Big Brother'. It's easy to manage our weight when we are not stressed and, therefore, comfort eating.