

The practice of Silent Sitting and the process of focusing your attention, on the breath, for example, will improve your physical and mental health. It reduces stress, which is extremely toxic to the body and the brain, it also reduces high blood pressure and improves your mood. The practice of Silent Sitting, need only take a few minutes of your precious time and when performed over a long period of time has cumulative benefits.

Silent Sitting produces cognitive, psychological and physical benefits that will last for many hours after it has been practiced. When you perform the Silent Sitting exercise at the beginning of a Choi Kwang Do class, it mentally and physically prepares the student for learning. When performed at the end of a class it naturally relaxes, calms and produces an overall sense of holistic well-being.



“IF YOU WANT TO SEE THE BENEFITS OF SILENT SITTING, START BY CLOSING YOUR EYES.”

The practice of Silent Sitting and focusing your attention on the breath or on something specific is known as **‘focused attention’** or **‘mindful meditation’**.

Neuroscientists have recently discovered that mindful meditation actually produces physical changes to certain structures of the brain; this proves how powerful your thoughts really are. The structures of the brain that scientists have so far found to undergo physical changes are as follows: the hippocampus, the posterior cingulate cortex, the temporo-parietal junction

and the cerebellum. However you may be wondering:

“How do changes to these structures of the brain benefit me?”

Well, the simple answer is that these brain structures are involved in learning and memory, control of emotions, increase sense of self worth and perspective taking. In other words, all-important attributes which enables one to live a more socially adjustable, balanced and productive life.

Here are a few more benefits of Silent Sitting: