

Improved Focus: Having good focus enables us to stay on a set task for longer periods of time without getting distracted. When you perform the Silent Sitting exercise you are focusing your attention; you therefore become more aware of when it drifts. Having this awareness actually improves your focus not only when you are performing the Silent Sitting exercise but more so when you are engaged in your day-to-day activities where focus and attention is required.

Better Memory: Silent Sitting has been linked to improving rapid memory recall. Researchers found that individuals who practiced Silent Sitting were able to alter the brain wave that screens out distractions and increases their productivity. This explains why individuals who practice Silent Sitting possess the ability to rapidly remember and incorporate new facts.

More 'Grey Matter': Scientists have found that Silent Sitting increases the practitioners 'Grey Matter' in the hippocampus and frontal areas of the brain. This may not sound so important at

first glance, but more grey matter can lead to increased focus during daily life, longer lasting emotional stability and more positive emotions.

Reduced Stress in Stressful

Environments: A study conducted in 2012 found that managers who practiced Silent Sitting for just eight weeks were able to perform better under pressure than those that did not. Not only did they out perform their peers they also felt less stressed when it came to being tested.

It has also been proven that Silent Sitting before a stressful situation such as an exam, can help reduce stress during the examination, thereby creating favourable conditions for exam success.

My recommendation for all Choi Kwang Do practitioners would be, if you want to see the benefits of Silent Sitting, start by closing your eyes.

For more information about Choi Kwang Do and its benefits contact Master Keith Banfield on 0208 819 3436 or please visit: www.choikwangdouk.com