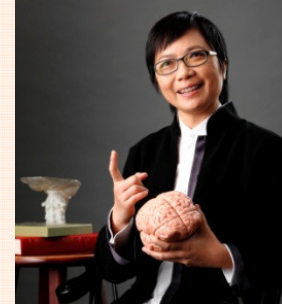


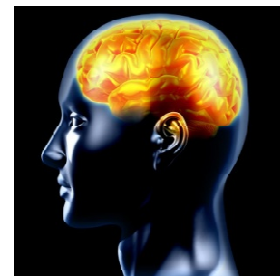
The Chinese University of Hong Kong
Department of Psychology
30th Anniversary Public Lecture Series

How to be Smarter and Happier – an Endeavor into Brain Science and *Chan*

Speaker: Prof. Agnes S. Y. Chan
Date: 19 January 2013, Saturday
Time: 11:00am – 12:30pm
Venue: Lecture Theatre,
Hong Kong Central Library
66 Causeway Road,
Causeway Bay, Hong Kong
Fee: Free of charge (Limited seats, first-come-first serve)
Language: Cantonese
Deadline: 11 January 2013, Friday



For online registration, please visit
<http://goo.gl/uWOUM>



Our brain consists of thousand millions of neurons, with dendrites extend from each neuron and connect with each others to form a neural network. The neural network is communicating with tiny electricity (about 1/1000 voltage) and very rapid speed (1/1000 second). The brain works like a symphony. In a symphony, each groups of musicians have their own specialization, but yet they have to collaborate together to form a beautiful piece of music. Similarly, various parts of the brain mediate some specific tasks, but they have to work in harmony and resonance in order to have optimal level of mental status and cognitive function. How to harmonize the neural network is my research topic for two decades: from EEG mapping, brain machine interface to recently Chinese *Chan* philosophy. The way to synchronize the neural network has begun to reveal, opening the door to the basis of wisdom and joy.

Please refer to our website <http://www.psy.cuhk.edu.hk/> for details.
For enquiry, please contact Ms Rebecca Ma at 3943 8145 or email to psy30info@psy.cuhk.edu.hk.



PSY30

香港中文大學
心理學系三十週年講座系列

如何活得聰明些，快樂些 — 腦科學及禪學的探索

講者：陳瑞燕教授

日期：2013年1月19日 (星期六)

時間：上午11時至下午12時半

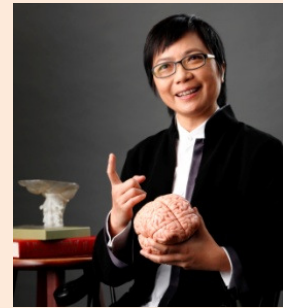
地點：香港中央圖書館演講廳

香港銅鑼灣高士威道66號

費用：免費 (座位有限，先到先得)

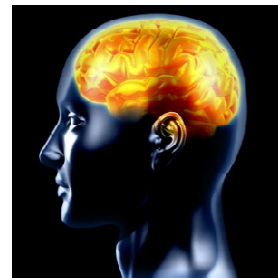
語言：廣東話

截止報名日期：2013年1月11日(星期五)



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人類腦袋內有千億個神經細胞，伸展出神經纖維，形成有數十億互連神經元的網絡。網絡以僅千分之一伏特放電，以千分之一秒速度互通訊息。我們的思考、創作、溝通、快樂、悲傷全是神經網絡的互動交流的後果。腦的運作就如一隊交響樂團 — 交響樂團成員各有其職，但又要互相協調和共鳴才可以有美妙的樂章。同樣地，腦內神經網絡如能協調和共鳴，思想和情緒便可以提昇。如何使腦內神經網絡協調和共鳴是本人二十多年研究的題目— 從腦電圖譜分析、腦電控制電腦到五年前開始研究禪武醫學，漸漸發現如能使腦之交響樂起共鳴、協調，便能改善智能及情諸。人類智慧和喜悅的始元開始呈現眼前。

詳情請瀏覽網頁 <http://www.psy.cuhk.edu.hk/>

查詢請致電3943 8145聯絡馬小姐或電郵至 psy30info@psy.cuhk.edu.hk



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如有興趣參加此講座，請填妥以下資料，然後電郵至 psy30info@psy.cuhk.edu.hk 或傳真至 2603 5019。

Interested parties please complete the below information and send back the form by email psy30info@psy.cuhk.edu.hk or via fax at 2603 5019.

姓名 Name	
電話 Tel.	
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工作機構 / 代表機構 * Working Organization / Representing Organization *	
門票數量 No. of tickets required	

* 以上收集資料只會用作香港中文大學心理學系參考及統計用途。

* The above information collected is for reference and statistical purposes of the Dept. of Psychology, CUHK, only.

截止報名日期：2013年1月11日(星期五)
Deadline of Application: 11 January 2013 (Friday)