

Mindfulness In Biz

正念事業

簡介

Mindfulness in Biz 由一群來自香港商界的正念靜觀修習者組成，當中有公司董事、高層管理人員、企業家、律師、會計師和其他專業人士。我們受益於正念靜觀的實踐，並希望分享經驗和介紹其他香港商界人士和上班一族體驗正念靜觀修習。

我們的目標是在商業圈或大機構中傳播關於靜心的信息、科學知識和實踐經驗，以支持感興趣的人士理解正念靜觀並將其融入日常工作及生活中。

我們提倡在日常通過持續的靜心練習，使修習者能建立自己的內在空間，幫助修習者在業務及工作中更能善用直覺，發揮創造力，加強對各方的聯繫和接納，從而帶來持續的成長和發展，及保持身心健康。

我們相信如大家對自身與外在因素的因果關係和相互依賴有更清晰的理解和體驗，大家都能開啟一個更平靜和快樂的生活模式。

劉銘剛(Edward)在 2013 年創辦 Mindfulness in Biz，Edward 是一位專業會計師，在各上市公司擔任董事多年，現時從事企業策略顧問的工作。在成立 Mindfulness in Biz 後，積極在各類型的機構（包括在各懲教院及戒毒所）推廣及舉辦各式的靜心推廣活動，其中包括正念靜觀課，氣功介紹，靜坐練習，斷食/辟穀介紹，斷食/辟穀營等等。



Mindfulness in Biz Company Limited (charitable institution)
正念事業有限公司 (慈善機構)

www.mindfulnessinbiz.org.hk



斷食辟穀防衰老 — 不吃不老的祕訣!

📅 24/08/2019 📍 Raymond

您的生活模式能否帶來預期的身心健康?
吃清淡、多休息、多做運動便可以健康?
為什麼斷食和辟穀真可以導致身心健康?
生酮飲食與間歇斷食是可以一起實踐嗎?

間歇斷食，是指在既定時段內進食，其他時間祇喝清水。最普遍的間歇斷食模式為 816 斷食，即 24 小時內有 8 小時進食、16 小時斷食。大量研究報告指出，斷食可為身體帶來健康改變，包括增強記憶、提高專注力、降低血壓、降低心率、減少動脈粥樣硬化、減少脂肪肝。2016 年，日籍大隅良典博士獲得了諾貝爾獎，他的獲獎研究便是一日飢餓，能帶來健康的秘密。從古到今，無數辟穀實例紀錄顯示，辟穀具有養生強身、防病治病、延年益壽的效果。

劉銘剛老師將會讓我們了解斷食的價值、好處和實踐，從而建立「吃與不吃」的健康生活模式。劉銘剛老師還會帶領我們即時練習一套簡單有效的氣功，包括站樁、服氣、吞津，適合任何年齡和身心狀態的朋友練習。


導師：劉銘剛(Edward)是一位專業會計師，在各上市公司擔任董事多年，近年積極在懲教院、戒毒所、各大軍商業和慈善團體，舉辦各式的靜心推廣活動，包括正念靜觀課，氣功介紹，靜坐練習，斷食辟穀等。

日期：9月3日

時間：晚上7:30 - 9:30



ANTI-AGING LIVING : Practical Science of Anti-Aging



Practical Science of Anti-Aging

Mitochondria is the intracellular power generator
Mitochondrial destruction is the main cause of aging
Activate Sirtuin, the master gene of aging, will keep mitochondria and cells healthy
Anti-Aging Life Style that optimise health span and performance

- Near Infrared Energy - Red light and near infrared light can enhance the function of mitochondria
- Circadian Rhythm Entrainment - Melatonin, a sleeping hormone, an important antioxidant in the body
- Exercise - Aerobic, resistance exercise and QiGong can improve the function of mitochondria
- Eating - Polyphenols are micronutrients and are packed with antioxidants and potential health benefits
- Fasting - Fasting can improve metabolic syndrome and can increase the number of stem-cells

Mindfulness In Biz



斷食/辟穀營 (抗老化生活) FASTING CAMP (ANTI-AGING LIVING)



主題：抗老化生活 (實踐科學)

ANTI-AGING LIVING (Practical Science)

主辦：Mindfulness in Biz (慈善機構)
日期：2019年10月5 - 7日
地點：石崗香港大學嘉道理研究中心
形式：可選擇清水辟穀、間歇斷食 或 非斷食
活動：氣功課、醫食學介紹、靜坐體驗、自我推拿調理、曼陀羅、和韻粉彩課及頌鉢音樂體驗
報名：WhatsApp 許小姐：6099 7391
Facebook：https://www.facebook.com/tai.ming.18062

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MINDFULLY AWARE

Mindfulness training is quickly becoming recognized as an international phenomenon for its potency to help practitioners reduce stress. Julian Hwang talks to Institute members to find out how this form of meditation benefits them

Photography by Anthony Tung

Amid a cosy room filled to the brim with folders, filing cabinets and various office essentials, Edward Lau finds inner peace and relaxation when he practices mindfulness meditation. "When I do standing meditation, I hold my arms out and bend them until they are roughly chest level," says Lau, the Founder of Mindfulness in Biz. "Whether I'm standing, sitting or even walking, meditation helps me smile and promotes happiness."

Apart from providing financial consulting and corporate strategic planning services, Lau and his non-governmental organization actively promotes the concept and integration of mindfulness to a spectrum of industries in Hong Kong such as accounting firms, investment banks and information technology firms. "Yun Kabat-Zinn, the Founder of Mindfulness-Based Stress Reduction, defines mindfulness as awareness that arises when one purposefully pays attention to someone or something, in the present moment and without judgment," Lau explains.

For Institute members like Lau, practicing mindfulness meditation has become an integral part of their daily routine, not just because it alleviates stress from life and work, but because it helps them become more aware of their body, mind and surrounding environment.

To Lau, staying in the present allows him to focus on an immediate issue without distraction. "Mindfulness is also about taking a neutral

Kenny Cheng, Financial Controller at Ovation Toys Company

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Edward Lau, Founder of Mindfulness in Biz

to Cheng, Financial Controller at Ovation Toys Company and an Institute member, mindfulness meditation is not about shutting out the world around you, but being aware of what is taking place around you in daily life. In 2007, before Cheng took up mindfulness meditation, she discovered an uncomfortable growth in

her nose. Neither western nor Chinese doctors could clarify what the growth was, and she lived with the discomfort for more than five years. A dermatologist and her family doctor even suggested it could be cancer and recommended taking a sample. Cheng thought long about the procedure, but decided to put it off. Then one day, someone

said something that made her extremely angry. "My nose got extremely swollen afterwards," she recalls. "I got really frustrated and went ahead with the operation." The test results came back negative and the question remained: "One of my friends said that the growth might have been due to stress and suggested that I try

Edward Lau, Founder of Mindfulness in Biz

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Work and life

Meditation

stance when perceiving an issue," he says. "When confronted with a mistake or problem, mindfulness allows you to consider the options available without panic or despair. Alternatively, when faced with success, you are able to avoid boasting or gloating."

Prior to establishing Mindfulness in Biz, Lau worked in various industries including advertising, real estate and information technology. During his time as the chief financial officer of a listed information technology company in Hong Kong, Lau came to the sudden realization that many workers, regardless of industry, suffered from prolonged periods of stress and pressure. As a result, he notes, the communication between people had deteriorated to become very incentive-driven. "I noticed it was becoming a problem that affected myself, too," recalls Lau. "My mind would be running all the time at night and getting good sleep was very difficult."

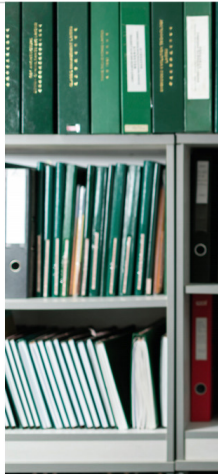
Lau sought to learn from the different types of meditation, including Buddhism, Confucianism and Taoism, and discovered the benefits of mindfulness. "The mind and body are linked," he says. "If your mind is always stressed out, your body will be too. It's one of the reasons why many people are chronically tired." Lau began

applying what he learned and found that *Andaonjin* (VRJ) in the mornings and *Vipassana* meditation (VRJ) in the evenings were to his liking. *Andaonjin* is a form of Chinese sitting meditation used for maintaining health, whereas *Vipassana* is a form of ancient seated meditation used to attain tranquility, and both are well-known for helping the practitioner to balance the body and mind throughout the day. "There's no one-size-fits-all type of meditation," he explains. "What works for one person may not work for the next, so it's important to try out the different techniques offered by the various schools of meditation to find what works for you."

Recharging the mind and body

When asked about how to maintain focus while meditating, Kenny Cheng says, "Find a tangible object like an apple and place it on a desk, then sit down and watch that object for a minute. Try and focus on it and do nothing else." Exactly one minute later, she says, "You'll notice that your mind might have wandered off or your concentration broke at some points."

Whether it's a subconscious reaction to stretch your fingers or the sudden sound of a bird chirping outside, these circumstances indicate that focus on the object is partially lost. But



"If your mind is always stressed out, your body will be too. It's one of the reasons why many people are chronically tired."

meditation," she says. At the time, she was a general manager for another toy company in Hong Kong, bearing many daily responsibilities. Not having anything to lose, Cheng attended a weekend class at an NGO meditation center during 2013 Mid-Autumn Festival holiday. "I went in thinking meditation was just about sitting still and trying not to fall asleep, but things turned out very differently than what I imagined," Cheng says. "I learned that meditation is something that can be accomplished anytime, anywhere, even when you are downcast, and not just when you are sitting on a cushion."

She learned about the concept of mindfulness and awareness, and after practising meditation for a while, she began to find balance in her life – not just in workload management, but in her overall emotions as well. "I found myself happier and not so easily stressed by the loads of paperwork that I had to do, and the growth and the accompanying swelling of my nose went away too."

A year later, Cheng left the toy company after finding a successor to replace her. With plans for retiring from work, she began to volunteer as a practising leader at the meditation centre. "But I

began to miss work after 10 months, so I also do part-time work four days a week for Ovation Toys now," she says.

Cheng enjoys starting her mornings with mindfulness meditation together with her husband, where they sit cross-legged on a cushioned mat for approximately 30 minutes per session to relax, as well as home and recognize their awareness. "A fresh and efficient day begins after meditation, and it's like recharging your mobile phone," she says. "You need to take care of your battery or else your phone's performance will not be optimized."

The good kind of distraction

To some people curious about, but not experienced with, mindfulness, Kabat-Zinn's definition can be difficult to connect with. Tony Dickel, the Country Director of the Potential Project in Hong Kong and China, expands on what Kabat-Zinn says: "It's also to be aware, moment-by-moment of our underlying motivations, preferences, goals, strengths and other resources at the same time, so that we can make a conscious adjustment in service of our 'true authentic goals'."

Dickel, an associate of the Institute of Chartered Accountants in England and Wales, strives to create a more effective and compassionate world of work through mindfulness meditation programmes specifically designed for the busy workplace. "Research shows that about 50 percent of the time, our attention is distracted involuntarily from our tasks without our awareness," he says. "Formal mindfulness meditation practices (Dickel calls this the 'mental gymnasium') change our brains so that we can reclaim some lost attention. The practice simply involves the person's body and mind simultaneously taking on three qualities. These are:

1. **Stability**, which involves the body being grounded and balanced with an upright seated posture, the back straight and the head balanced. It's best done in a self-supporting posture, not leaning on something, with the feet flat on the floor and the hands resting comfortably on the thighs.
2. A **deep level of relaxation**, working from the head down to the toes, progressively being aware of any tension, and then back up. The process should take place naturally without any effort, where Dickel describes this as "surrendering your muscles to gravity."
3. **Clarity**, also referred to as a posture of vigilance or alertness, relates to breathing management to maintain relaxation while preventing the mind from wandering. The in-breaths are dedicated to sharpening focus, while the out-breaths is where increasing relaxation occurs. The two phases transition back and forth like a "ratchet joint on a machine."

To optimize mental effectiveness, this state of being should be applied frequently, even when outside the "mental gymnasium", according to Dickel. During formal practice, and as much as possible during the day, take notice of any physical impulses, such as wanting to yawn or scratch an itch, but without reacting to it. By noticing these distractions and then bringing attention back to the breath, people can realize how their current state is either enabling or interfering with their "true authentic goals", and then determine if change is necessary. Additionally, scientific research also shows that new connections are being formed or strengthened within the brain's neural circuitry of attention, impulse control, emotional awareness and regulation. The end result allows the practitioner to follow the "two rules of mental effectiveness": focusing on what you choose and choosing your focuses carefully.

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