

Neuroscience and Buddhist Meditation



This talk explores how Buddhist meditation practices of Mindfulness and Concentration helps one to be more effective in their daily lives on a neuroscience perspective. The talk will focus on 2 key parts.

The first part of the talk will focus on the overview of the Human Brain and various parts function.

The second part will then look at the Science of Focus, and how this can affects one's effectiveness in daily life.

As a proponent attention based Emotional Intelligence, Mui Han will share his years of observation and research in management consulting, working with many mid to senior corporate professionals to enhance personal effectiveness in their corporate world.



Mui Han, have been a Buddhist since the age of 13. He started active Buddhist work in his secondary school Buddhist Society. He was the President of St. John's Institution Buddhist Society KL from 1993 – 1997. His other appointments include EDSG Director in Persatuan Buddhis UPM (PBUPM) in 1999/2000 and were a member of the first Nalanda Buddhist Society, Serdang (NBS) committee in 2003/2004, Committee member of Buddhist Missionary Society Malaysia (BMSM) Youth Section (2006-2010) and member of Aloka Foundation Management Committee (2008-2010). Mui Han also co-founded a youth group in 1998 and was later formalize to be known as **Dhammaduta Youths (D2Y)** in 2000. Professionally, Mui Han is currently a Senior Consultant for a Human Capital consulting firm. Besides providing Human Capital consulting solutions to companies, he delivers a series of management and leadership training courses.

Date : 1st MARCH 2015 (Sunday)

Time : 9:00AM – 10:45AM

Speaker : Bro Koh Mui Han

Venue : L4 Meditation Hall