

HKIE Electronics Division Activity Report

Mediation for Engineers



On 5 January 2007, the EN division organized a seminar on “Mediation for Engineers”. The guest speaker Helena Yuen, visiting Assistant Professor, Hong Kong University gave a talk on Buddhist Mediation.

The speaker opened the talk by providing an overview to the Buddhist Mediation which is a transformative approach to conflict resolution. While the mediation training aims to develop conflict resolution skills and promote self –awareness, Buddhism aims to deconstruct our sense of self and the misconception of reality which is the source of suffering.

Helena went on to discuss the relation of ‘Five Aggregates’ and The Twelve Links of Dependent-Arising in relation to the mediation model. The five aggregates are Form, Feeling, Thinking, Compositional Factor, and Consciousness while the twelve link of dependent origination are Ignorance, Karmic activities (Past), Consciousness, Mind and Matter, Six-sense doors, Contact, Sensation, Craving, Clinging, Becoming (Present), Birth, Old ages, death (Future). The essence of Buddhist Mediation is to facilitate the process of transformation from ‘self’ to ‘no self’.

The talk ended with an interactive Q&A and a souvenir is presented to Helena Yuen by Ir Alan Mok, Committee Member.

