

CURRICULUM VITAE

Venerable Hin Hung Sik

45th generation Lineage holder of Lingji School of Chan Buddhism (臨濟宗)
10th generation Lineage holder of Guiyang School of Chan Buddhism (沚仰宗)

Current Appointments in The University of Hong Kong

- Founding Fellow and Senior Fellow of the Centre of Buddhist Centre,
- Honorary Assistant Professor,
- Programme Chairman of Master of Buddhist Counselling,
- Programme Chairman of Postgraduate Diploma in Professional Practice of Buddhist Counselling (HKU SPACE),
- Head of Buddhism and Science Research Lab

Apart from being the lineage holder of two schools of Chan Buddhism, Venerable Hin Hung Sik is a pioneer and entrepreneur in the promotion of Buddhist teaching and Buddhism. He was the one who first came up with the idea of launching a Centre of Buddhist Studies in HKU and later on served as the Director of the Centre for about nine years.

His researches focus on three areas: firstly, Buddhist Funeral Ritual and societal changes in Hong Kong (a GRF funded project on the topic had been completed). Secondly, Ven. Sik headed his team in the Buddhism and Science Research Lab which has established itself as a centre of excellence internationally and published a number of high impact scientific journal papers that cover areas of Buddhist theories and practices. For example, in one of their electroencephalogram (EEG) study on mindfulness meditation revealed a correlation between brain activity and heart activity, a first objective evidence of a long-standing aphorism in spiritual practice of mind and heart connection. This ground-breaking discovery has attracted broad interest from the international community and it was reported by the popular media of Newsweek. In another study, the result from an event-related potential study (ERP) on the religious chanting of Amitabha Buddha is consistent with the Buddhism doctrine of Sallatha Sutta: pain is inevitable while suffering is optional. This series of studies have important clinical implications that religious chanting can be applied to deal with affective disorders such as depression and anxiety. The study was selected by the VP(R) to be featured on the HKU main webpage as VP(R)'s Picks. Thirdly, Ven. Sik has developed two evidence-based clinical Buddhist interventions: the Dharma Therapy and Awareness Training Program (ATP), and both interventions have been proven to be highly efficacious in enhancing clients' psychological wellbeing.

With the foundation and backing of the above said researches and correspondence publications, Ven. Sik has designed and launched the Master of Buddhist counselling programme and the Postgraduate Diploma in Professional Practice of Buddhist Counselling Programme which have proven to be very popular. More importantly, Buddhist counselling, as an indigenously developed psychosocial intervention, is now available to people in Hong Kong that need psychotherapeutic counselling.

During his tenure with the University of Hong Kong, Centre of Buddhist Studies, Ven. Sik has secured research funding of not less than HK\$24.8 million including grants from Research Grant Council General Research Fund (GRF) and National Natural Science Foundation of China (NSFC). Furthermore, he has also raised and secured donation and funding in support of the Centre of Buddhist Centre operation and scholarships of more than HK\$49.6 million including the original seed money from the Glorious Sun Group.

Academic Qualifications:

Bachelor of Science (International Business and Computer Science)

University of Oregon, USA. 1976

Master of Art (Religious Studies)

University of London, School of Oriental and African Studies. 1994

The Post-Graduate Diploma in Family Mediation

HKU School of Professional and Continuing Education,

The University of Hong Kong. 2003.

Supervision of MPhil and Ph.D. Thesis and Dissertations

- WU Wai Yan Bonnie: The Development and Evaluation of a Group-Based Mahayana Buddhist Intervention ——Awareness Training Program (ATP) (Ph.D. graduated 2019)
- Sabin Maharjan (Sumana): The Perfection of Kṣānti in Theravāda and Mahāyāna: A Critical Study (Ph.D. confirmed 2022)

Courses Currently Teaching in The University of Hong Kong:

Undergraduate courses:

- BSTC2022 The evolution of Buddhist meditation

Graduate courses:

- BSTC6002 Mahayana Buddhism
- BSTC7602 Spiritual formation through contemplative practices
- BSTC7603 Dharma therapy
- BSTC7604 Awareness training program
- BSTC7606 Buddhist homiletics: The art of presenting Buddhist teachings
- BSTC6052_BSTC8052 Study of important Buddhist meditation text

Supervision in Buddhist counselling

- 2019 – Present: Capstone Experience Supervisor, Master of Buddhist Counselling
- 2018 – Present: Capstone Experience Supervisor, Master of Buddhist Studies
- 2021 – One to one direct supervision of eight students in the Postgraduate Diploma in Professional Practice of Buddhist Counselling (HKU SPACE)

Selected Publications

1. Gao J., Fan J., Wu W.Y.B., Zhang Z., Chang C., Hung Y.S., Fung P.C.W. and Sik H.H. Entrainment of chaotic activities in brain and heart during MBSR mindfulness training, *Neuroscience Letters*, 616, 218-223, (2016) (Impact Factor 3.04)
2. Gao J, Fan J, Wu BW, Halkias GT, Chau M, Fung PC, Chang C, Zhang Z, Hung Y-S and Sik HH. Repetitive Religious Chanting Modulates the Late-Stage Brain Response to Fear- and Stress-Provoking Pictures. *Front. Psychol.* 7:2055. doi: 10.3389/fpsyg.2016.02055 (Impact Factor 2.990)
3. Gao J., Stavros S., Leung, H, Wu BW, Wu H., Chang C., and Sik H.H. Repetitive religious chanting invokes positive emotional schema to counterbalance fear: a multi-modal functional and structural MRI study, *Frontiers in Behavioral Neuroscience*.2020.11. (Impact Factor 3.104)
4. Gao, J. L., Leung, H. K., Wu, B. W. Y., Skouras, S., & Sik, H. H. (2019). The neurophysiological correlates of religious chanting. *Scientific Reports* 9, 4262 (2019). <https://doi.org/10.1038/s41598-019-40200-w> (Impact Factor 4.379)
5. Sik, H. H., Gao, J. L., Fan, J. C., Wu, B. W. Y., Leung, H. K., & Hung, Y. S. (2017). Using Wavelet Entropy to Demonstrate how Mindfulness Practice Increases Coordination between Irregular Cerebral and Cardiac Activities. *Jove-Journal of Visualized Experiments* (123). (Impact Factor 1.4)
6. HKU VP's Picks: 2019, VP(R)'s Picks: Religious Chanting May Improve Brain & Heart Well-being, <https://www.hku.hk/research/stories/19713/>
7. Sik,H.H., (2010). Dharma Therapy A Therapeutic Intervention That Builds On The Buddhist Dharma With Mindfulness Practice As One Of Its Key Components. In: Kwee, MGT (Ed.), *New horizons in Buddhist psychology: relational Buddhism for*

- collaborative practitioners, p. 353-372. Chagrin Falls, OH: Tao Institute Publications.
8. Sik, H.H., Wa, J.Y.S. (2021). Dharma Therapy: A Buddhist Counselling Approach to Acknowledging and Enhancing Perspectives, Attitudes and Values. In: Stoyanov, D., Fulford, B., Stanghellini, G., Van Staden, W., Wong, M.T. (eds) International Perspectives in Values-Based Mental Health Practice. Springer, Cham.
https://doi.org/10.1007/978-3-030-47852-0_35
 9. Bonnie Wai Yan Wu, Junling Gao, Hang Kin Leung & Hin Hung Sik. A Randomized Controlled Trial of Awareness Training Program (ATP), a Group-Based Mahayana Buddhist Intervention. *Mindfulness* 10, 1280–1293 (2019).
<https://doi.org/10.1007/s12671-018-1082-1> (Impact Factor 5.899)
 10. Newsweek 2017, Mind-Body Connection During Meditation Can Now be Tracked, Thanks to Science.
<https://www.newsweek.com/mind-body-connection-mindfulness-stress-reduction-meditation-mbsr-607067>
 11. Lion's Roar, 2017, Buddhist researchers find that religious chanting reduces stress,
<https://www.lionsroar.com/buddhist-researchers-find-that-religious-chanting-reduces-stress/>

Research Assessment Exercise 2020

- Impact Case Study (PI): The University of Hong Kong (HKU), Unit of Assessment (UoA): UoA 37 Religious Studies, Title of case study: Transforming Buddhist Education and Curriculum in Hong Kong

Books:

- *正覺的道路 香港中學會考佛學科適用課本* 香港佛教聯合會出版 2003
- *緣起生命教育 高小佛學輔助教材 正覺的道路 小四*(學生課本，作業，教師用書(光碟)) 香港佛教聯合會出版 2010
- *緣起生命教育 初中佛學輔助教材 正覺的道路 中一*(學生課本，作業，教師用書(光碟)) 香港佛教聯合會出版 2010
- *緣起生命教育 高小佛學輔助教材 正覺的道路 小五* (學生課本，作業，教師用書(光碟)) 香港佛教聯合會出版 2011
- *緣起生命教育 初中佛學輔助教材 正覺的道路 中二* (學生課本，作業，教師用書(光碟)) 香港佛教聯合會出版 2011

- *通識心要—緣起生命教育* (學生課本, 附教材光碟) 香港大學佛學研究中心 2011

Articles and Chapters in Books:

- *Neutral and Impartial*, ADR Bulletin, The monthly newsletter on dispute resolution, Lexis Nexis Butterworths, Australia. June 2002.
- *佛學、心理學與個人成長 華人文化與心理輔導模式探索* 華人文化與心理輔導模式探索 / 陳麗雲...[等]主編;香港大學-清華大學心理輔導研究中心.北京市: 民族出版社 2003
- “香港是我家” -- 《沒有硝煙的戰爭—香港醫護人員抗 SARS 感言錄》黃岐阮嘉毅主編. 香港: 明窗出版社 2003
- “*The Pearl of the Tripitaka, Two Vaggas in the Sutta-Nipata.*” in *Buddhist and Pali Studies in Honour of the Venerable Professor Kakkapalliye Anuruddha*, edited by KL; Karunadasa Khammajoti, 2009, Centre of Buddhist Studies, The University of Hong Kong, 417-28
- “*Dharma Therapy: An Intervention Program With Mindfulness As One of Its Key Components*” in *New horizons In Buddhist psychology, relational Buddhism for collaborative Practitioners* , 2010, Mautits G.T. Kwee, Tao Institute Publications, 353-373

Other publications:

- “*Orientation to Life*” *Enhancement Project and Life Education*, A Harmonious World Begins in the Mind, Collected Works of the World Buddhist Forum, Religious Culture Publishing House, 2006
- Script and text of the Multi Media Drama Production: *Hua-yen Sutra*, Present and Produced by Zuni Icosahedron, 編導: 胡恩威, 2007

Conference papers and abstracts

- Junling Gao, Ben HB Hung, Marksman Man Man, Thuan-Quoc Thach, Cheuck Wing Andrew Tang, Roger Ng, Ka-fai Chung, Ed X Wu, Hinhung Sik, Joe Shi Cheng, Mengye Lyu, Zhang-jin Zhang Transcranial Stimulation Altered Metabolism of Motor-related brain regions in Depression Patients. OHBM 2022, Glasgow.
- Junling Gao, Bonnie Wai Yan Wu, Hang Kin Leung, Jicong Fan, Thuan Quoc Thach, Wai Chi Chan, Calvin Pak Wing Cheng, Hin Hung Sik. Awareness training may modulate age-related increase of fast wave in middle-aged adults, *Neuropsychiatry*, 2022.
- Siu-man Ng, Junling Gao, Hang Kin Leung, Bonnie W.Y. Wu, Amenda M. Wang, Erin H. Li, Bobo H.P. Lau, Cecilia L.W. Chan, Hin Hung Sik. The possible neural

mechanism underlies COVID-19 event induced post-traumatic stress and growth. *Neuropsychiatry*, 2022

- Junling Gao, Rui Sun, Hang Kin Leung, Bonnie Wai Yan Wu, and Hin Hung Sik. Increased brain-heart coherence and brain connectivity during mindfulness-based stress reduction, OHBM 2021, June
- Junling Gao, Hang Kin Leung, Bonnie Wai Yan Wu, and Hin Hung Sik, Increased brain-heart connectivity during compassion meditation OHBM 2021 June.
- Gao, J., Stavros, S., Leung, H., Wu, W., Chang, C., & Sik, H. (2020). The role of brainstem in affect modulation during repetitive religious chanting. Paper presented at the The 26th Annual Meeting of the Organization for Human Brain Mapping (OHBM), Virtual Meeting, 2020.
- Gao, J., Stavros, S., Leung, H., Wu, W., Chang, C., & Sik, H. (2020). The role of brainstem in affect modulation during repetitive religious chanting. Paper presented at the The 26th Annual Meeting of the Organization for Human Brain Mapping (OHBM), Virtual Meeting, 2020.
- Gao, J., & Sik, H. (2019). The potential application of AI in categorizing and facilitating Buddhist practice. Paper presented at the Conference on Recent Trends in Buddhist Research.
- Leung, H., Gao, J., Wu, W., & Sik, H. (2018). Compassion meditation of Mahayana Buddhism induces ACC activity: an EEG component cluster analysis. Paper presented at the Annual Meeting of the Organization for Human Brain Mapping.
- Sik, H., Wu, W., Leung, H., Skouras, S., & Gao, J. (2017). Religious chanting improves psychological resilience to stress-provoking events. Paper presented at the STAR Conference 2017.
- Sik, H., Fan, J., Wu, W., Kerzin, B., Huang, B., & Gao, J. (2015). An examination of wisdom in the form of nonattachment in relation to compassion meditation. Paper presented at the Annual Meeting of the Organization for Human Brain Mapping, OHBM 2015.
- Fan, J., Gao, J., Wu, B., Tan, A., & Sik, H. (2015). The correlation between resting EEG power and nonattachment scale. Paper presented at the Annual Meeting of the Organization for Human Brain Mapping, OHBM 2015.
- Gao, J., Fan, J., Wu, W., Fung, P., & Sik, H. (2015). Both knowledge and practice are needed to build up mental health: a preliminary EEG study on the effectiveness of awareness training program (ATP). Paper presented at the Frontiers in Medical & Health Sciences Education Conference.

- Fan, J., Cheung, R., Chu, L., Fung, P., Chang, C., Sik, H. . . . Gao, J. (2014). Reduced bilateral temporal Alpha-band EEG activity during resting state in older adults. Paper presented at the International Conference on Digital Signal Processing, DSP 2014.
- Fan, J., Cheung, R., Chu, L., Fung, P. C. W., Chang, C., Sik, H., . . . Gao, J. (2014). Age-related changes of EEG and its source in resting state. Paper presented at the 2014 19th International Conference on Digital Signal Processing.
- Buddhist view on evil cult, a speech given as an expert opinion in the LegCo Panel on Home Affairs of Legislative Council of the HKSAR. Content of the speech was published in whole by the Ming Pao Daily and Wen Wei Pao (2001)
- Buddhism, Psychotherapy and Personal Growth a paper present in the “International Conference of Chinese Culture and Counseling” organized by the Centre on Behavioral Health of The University of Hong Kong (2001)
- Facing Death, a speech delivered as a special guest speaker in the forum on “Attitude Toward Death” organized by the Society for the Promotion of Hospice Care (2004)
- Dharma Therapy: A therapeutic intervention that builds on the Universal Dharma with mindfulness practice as one of its key components, a paper presented in the conference on “Cross Road between Chinese Culture and Western Counselling Models” organized by the Centre on Behavioral Health of The University of Hong Kong (2004)
- Buddhism and Society: The Mahayana Perspective a talk given in the Southern and Northern traditions of Buddhism Lecture series organized by the Centre of Buddhist Studies of The University of Hong Kong (2004)
- Can The Understanding Of Suffering End The Suffering?, a paper jointly presented with Bustan S. in the “Second Workshop On Suffering And Pain” organised by University Of Luxembourg (2011)

Educational Related Experience:

Co-setter for the subject Religious Studies (Buddhism) for the Hong Kong Certificate of Education Examination

Hong Kong Examinations and Assessment Authority (1997 -1998)

Consultant representing the Hong Kong Buddhist Association to sit on the subject committee to development the new Religious Studies (Buddhism) syllabus in the Hong Kong Certificate of Education Examination

Hong Kong Examinations and Assessment Authority (1997 -2000)

Organized and taught in a program that enabled From 6 and 7 students in Buddhist secondary schools to study the Ethics and Religious Studies syllabus for the Hong Kong AS-level examination
Hong Kong Buddhist Association (2000-2002)

Primary instructor for the series of workshops designed for preparing all teachers teaching the 2005 Religious Studies (Buddhism) Syllabus
Hong Kong Examinations and Assessment Authority and Hong Kong Buddhist Association (2003)

Founding fellow of the Centre of Buddhist Studies of the University of Hong Kong
Contributions during the period 1999-2002, including: the drafting of the initial proposal for the establishment of the Centre, soliciting donation, scouting and interviewing staffs, and drawing up the draft syllabus for the degree of Master of Buddhist Studies

Visiting Assistant Professor of the Centre of Buddhist Studies of The University of Hong Kong (Sept 2002-Sept 2005)

Supervisor of Buddhist Bright Pearl Primary School (2005)

Visiting Professor of the Holy Spirit Seminary College (aggregated to the Pontifical Urban University, Rome) (2005)

Teaching Consultant of the Centre of Buddhist Studies of The University of Hong Kong (Sept 2005-Sept 2009)

Assistant Professor of the Centre of Buddhist Studies of The University of Hong Kong (Sept 2009-June 2018)

Acting Director of the Centre of Buddhist Studies of The University of Hong Kong (Nov 2010-Aug 2012)

Director of the Centre of Buddhist Studies of The University of Hong Kong (Aug 2012-June 2018)

Senior Advisor / Visiting Assistant Professor of The Centre of Buddhist Studies of the University of Hong Kong
(Since July 2018)

Director of Buddhism and Science Research Lab
(Since 2013)

Founding Fellow and Senior Fellow of the Centre of Buddhist Centre,
Honorary Assistant Professor,
Programme Chairman of Master of Buddhist Counselling,
Programme Chairman of Postgraduate Diploma in Professional Practice of Buddhist Counselling (HKU SPACE)

Grants, Awards and Donations:

- Grant (\$1 million) (PI) for the research project “*Orientation to Life Enhancement Project*” funded by Quality Education Fund of Hong Kong Government (2004-2006)
- General Award (\$485,000) (PI) for the “*Development of the learning resource packs on new senior secondary ethics and religious studies - Section D*” funded by the Education and Manpower Bureau of Hong Kong Government (2006-2007)
- General Award (\$1 million) (PI) for the research project “*The possibility of integrating Buddhist Teaching into the NSS curriculum for Liberal Studies*” funded by Li Chong Yuet Ming Buddhist Studies Fund (2006-2009)
- General Award (\$218,500) (PI) for the research project “*Project to develop teaching packages predominantly for module 1 (personal development and interpersonal relationships) of the NSS Liberal Studies (LS) curriculum*” funded by the Education and Manpower Bureau of Hong Kong Government (2006-2009)
- General Award (\$1.8 million) (PI) for the research project “*Life Education Based on the Concept of Dependent Origination (LEDO) Project: The Development of a New Set of Teaching Materials for Buddhism Curriculum for Upper Primary and Lower Secondary*” funded by Tung Lin Kok Yuen (2008-2019)
- Donation secured for the CBS (totally \$35 million) from the Glorious Sun Group for the Glorious Sun Professorship in Buddhist Studies, Glorious Sun Group Postgraduate Scholarships in Buddhist Studies
- Donation secured for the CBS (\$3 million) in support of MaMa Charitable Foundation Postgraduate Scholarship in Buddhist Counselling (2018-2022)
- Donation secured MaMa Charitable Foundation for the CBS (3 million) in support of the new undergraduate minor programme in Buddhist Studies and other teaching activities MaMa Charitable Foundation Postgraduate Scholarship in Buddhist Counselling (2016-2018)
- General Award (\$5 million) (PI) for the research project “*Traditional Chinese Ethics and Religions Research Project*” funded by Sik Sik Yuen (2009-Present)

- Research Grant Council General Research Fund (\$250,360) (PI) for the research project “*Understanding Guangdong Buddhist Death Ritual in order to bring about a better understanding of the people in Hong Kong*” (2011-present)
- Research grant from National Natural Science Foundation of China (NSFC) (\$136,400) (PI) “Using ERP/fMRI and psychological method to study the effect of repetitive mental chanting on negative emotion regulation and its mechanism” (2018-2021)
- Donation (\$15 million) (PI) secured for the Establishment of a six year “Buddhist Chaplaincy and Counselling Research & Knowledge Exchange Project” by an anonymous donor, managed by Simon K.Y. Lee Foundation (2019-present).
- Donation (HK\$ 8.6 million) (PI) secured for the CBS for the Establishment of a “Master of Buddhist Counselling Programme” by The D. H. Chen Foundation (2018-present).