

Public Lecture: Environment, Health and Fengshui

环境、健康和风水

By Dr. Zhang Chao

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主讲：

上海中医药大学

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Biography

Dr. ZHANG Chao received his PhD from the Shanghai University of Traditional Chinese Medicine in 2012. He is currently a Lecturer at the Shanghai University of Traditional Chinese Medicine and a Visiting Scholar at the University of California, San Francisco. Dr. Zhang has designed and taught classical Chinese medical texts and acupuncture, Zhou Yi (I Ching) and Traditional Chinese Medical Thoughts at the Shanghai University of Traditional Chinese Medicine for more than a decade. Dr. Zhang also practices medicine at Shuguang Hospital in Shanghai. He is an expert on pain syndromes and digestive disorders. He is a unique rising star in traditional Chinese medicine today.

张潮于 2012 年取得上海中医药大学博士学位，现任上海中医药大学讲师，加州大学旧金山分校访问学者。他主讲针灸古代文献，周易与中医学等课程十余年。他的临床主攻病症包括痛症和消化疾病。他是中医界极具特色的新星。

Summary

What are yinyang, five elements, and eight trigrams? These are ancient Chinese philosophical concepts going back thousands of years and even predating written language. They tell us about the relations and transformations between humans and the cosmos, and are still very much alive today in everyday practices of health and wellbeing. In this lecture, Dr. Zhang will explain these concepts by looking at how they are used in fengshui (geomancy)—the art of creating an auspicious and healthy living arrangement and environment. What is the connection between health and fengshui? Which kinds of practices does fengshui encompass? How do we live more healthily by creating a healthy living space?

传统的阴阳、五行、八卦是在讲什么？这些是中国古代的哲学理念，甚至在有文字之前就开始萌芽了。它们揭示天人之间的关系和变化，和我们今天的健康仍然息息相关。张潮博士将为我们讲解这些理念是怎样运用于风水和健康的。风水和健康之间有什么联系？传统的风水学有些什么内容？现在我们怎样住得更健康？