

# LCSD launches online programme "The Light of Metempsychosis"

The free online programme "The Light of Metempsychosis" is now available on the Edutainment Channel of the Leisure and Cultural Services Department (LCSD), leading the audience to experience a mindfulness journey from the external to the internal following their senses.

"The Light of Metempsychosis" is the first cinematographic work by scenographer and singing bowl artist Tsang Man-tung. The director narrates a seeker's life journey through sound and image. By integrating images of nature and healing soundwaves, the film transcends the limits of language, bringing the audience to realise that one's mind is a mirror and one would be able to see the true face of life itself.

The cast of the film "The Light of Metempsychosis" includes Leung Tin-chak, Natalie Mak, Wan Xing, Tsang Man-tung and Alex Cheung.

The full version of "The Light of Metempsychosis" is now available on the LCSD's Edutainment Channel at [www.lcsd.gov.hk/edutainment/en/performing\\_arts/page\\_645.html](http://www.lcsd.gov.hk/edutainment/en/performing_arts/page_645.html) from today until October 3 (Sunday) while the director's edition will be available starting October 4 (Monday). For programme enquiries or more information, please call 2268 7323 or visit [www.lcsd.gov.hk/CE/CulturalService/Programme/en/multi\\_arts/programs\\_1193.html](http://www.lcsd.gov.hk/CE/CulturalService/Programme/en/multi_arts/programs_1193.html)

.