

Falun Gong Exercises

There are five simple yet powerful sets of exercises, which include four standing and one sitting position. The exercises, in combination with the refinement of one's inner nature (heart and mind nature) according to the principles of Truth, Compassion, and Tolerance, is the path for reaching excellent health and higher spiritual attainment.



1. Buddha Showing a Thousand Hands

Opens all the energy channels and mobilizes energy circulation in the body by stretching gradually and relaxing abruptly.

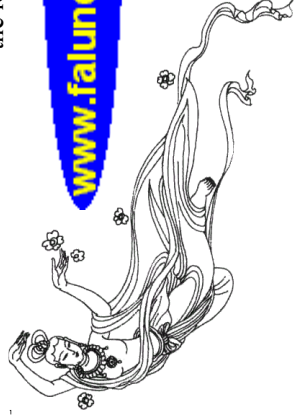
3. Penetrating the Two Cosmic Extremes

Uses smooth hand movements to purify the body by mixing and exchanging the body's energy with energy in the cosmos.



5. Strengthening Divine Powers

A tranquil sitting meditation, requiring an empty mind, that strengthens supernormal powers and energy potency. There is no requirement as to duration, but the longer the more effective.



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2. Falun Standing Stance

A standing meditation that allows the energy passages of the body to open. There is no requirement as to duration, but the longer the more effective.

4. Falun Heavenly Circulation

Rectifies all abnormal conditions of the body, returning it to its original state, by enabling energy in the body to circulate throughout the body.

