

Raising Morality and Improving Health by Cultivating Truth, Compassion, and Tolerance



At the Great Wall in China, Zenon unfolds a banner: "Falun Dafa is Good."

Falun Dafa enables millions of practitioners to experience improvements in health and moral character. It has been widely welcomed and supported in the world.

Before the Chinese government started to persecute practitioners in July 1999, it had recommended Falun Dafa to its citizens for its positive effects on physical health.

"I can stand up now."

July, 10, 1998 *China Economy Daily*

The July 10, 1998, issue of the *China Economy Daily*, reported that Xie Xuifeng, a farmer from Hebei Province, had been paralyzed for sixteen years. On top of her spinal damage and paralysis, she had suffered a dozen other illnesses including gastritis, coronary heart disease, hypertension, esophagitis, colitis, cervicitis, and anal fissure. With the help of her husband, who pushed her wheelchair, she started to go to a local Falun Dafa practice site on July 1, 1996. She followed the teachings of Master Li Hongzhi in his book *Zhuan Falun*, continued to improve her moral character and to practice the exercises. Two months later, all her illnesses were gone. She has been walking since February 3, 1998. Falun Dafa had enabled her to walk again after having been paralyzed for 16 years.



Falun Gong (Falun Dafa) is good.

I know Falun Gong is good because I have been practicing for three and a half years. The practice has enabled me to get over drinking, smoking, drug abuse and many other bad habits, which had polluted my heart, mind and body. Just before I found Falun Gong, I was going to leave my family, friends, and society to live in the mountains because I felt hopeless. Instead I began to practice Falun Gong and have been able to eliminate all my former addictions and mental confusion by aligning myself with Truthfulness-Compassion-Tolerance. When my mother saw the changes in me, she also began to practice. Her arthritis went away and she began to lose her excess weight. She also experienced a deeper sense of purpose in life.

– Zenon Dolnykyj (Canadian Practitioner)

Saves 12 Million Yuan in National Health Care Annually

In February 1999, *U.S. News and World Report* quoted a senior official from China's Sports Commission as saying, "Each Falun Gong practitioner saves the country 1,000 yuan each year. If there are 100 million people practicing, the savings in medical costs are 100 billion yuan. This amount of money can be used elsewhere (economic development) for the country."

People practicing Falun Gong can benefit significantly in their mental and physical health. As a complete self-cultivation system, Falun Gong emphasizes cultivating one's spirit by assimilating to the spirit of the universe, namely, Truth, Compassion, and Tolerance. By living a life based on these principles, they have better relationships, reduced stress, a happier life, more peaceful mind, and a naturally healthier body. Practicing cultivation also means making constant effort to give up unhealthy mental and physical attachments like smoking, drinking, and gambling. They also stop complaining, competing, showing off, or being jealous...Many are convinced that practicing Falun Gong can bring health to its practitioners at many levels.



The founder of Falun Gong, Mr. Li Hongzhi is very much respected by his students. However, there is no religious worship or idolatry involved. Practitioners follow the universal laws of Truth, Compassion, and Tolerance.

– excerpted from a report by Dr. Jingduan Yang, MD at the 8th International Conference of Anti-Aging Medicine and Technology in Dec. 2000.