

## Frequently Asked Questions About Falun Gong

**Q: What is Falun Gong or Falun Dafa?**

**A:** Falun Gong, also known as Falun Dafa, is an ancient practice for mind and body that originated in China. The practice involves some slow, gentle movements and a meditation. It is easy to learn, enjoyable to practice, and free of charge. A central component of Falun Gong practice is studying the higher principles of *truthfulness*, *compassion*, and *tolerance*.

**Q: Who practices Falun Gong, and how do they find it beneficial?**

**A:** Falun Gong is practiced by people of all ages, cultures, and backgrounds, in over 40 countries worldwide. Almost everyone who practices reports significantly improved health, reduced stress, and increased levels of energy.

**Q: I'm interested in trying it out or learning more about it — how can I get started?**

**A:** All practice sites offer free instruction, and everyone is welcome. To find a site near your home, you can call **1-877-FALUN-99**, or visit <http://www.falundafa.org> on the Internet. There are also instructional books and a video available from bookstores. All materials can be downloaded for free from the Internet.

**Q: Who is Mr. Li Hongzhi?**

**A:** Mr. Li Hongzhi introduced the practice of Falun Gong to the general public in China in 1992. He then taught the practice publicly for two years in China, after which the practice continued to grow primarily by word-of-mouth. In keeping with Chinese tradition, Mr. Li is sometimes respectfully referred to as “Master” or “Teacher.” He is not accorded special treatment, nor does he accept money or donations from students of Falun Gong. He has ensured that the practice be available to all people, and without any terms or conditions. Mr. Li has given occasional public lectures over the past few years in various countries, including Australia, Switzerland, Canada, and the USA.

**Q: Is Falun Gong a religion or a sect? Is it a cult?**

**A:** There has been some confusion about how to categorize Falun Gong, but this is easy to clarify. Falun Gong is neither a religion nor sect – it has no temples, no rituals, no clergy or priests, and no ranks. It never collects money from people, and there is no initiation or membership. Neither is Falun Gong a cult, of course. Practitioners lead normal lives and participate actively in their communities. The practice is an individual choice and is centered on the improvement of one's self. There are no obligations, and everyone is free to come and go as they choose.

**Q: Why has the Chinese government persecuted Falun Gong practitioners?**

**A:** Falun Gong has no political agenda or affiliation. The Chinese government has perceived Falun Gong as a threat, just as it has other groups that are popular or that involve principles not directly related to their Communist ideology. Starting in July, 1999, the Chinese government banned the practice of Falun Gong and started persecuting its estimated 70 million practitioners inside China. Since then tens of thousands of Falun Gong practitioners have been detained, and many of them have been beaten, forced from their jobs, homes, schools, and sent to labor camps without trial. In the past year at least 22 practitioners have died while in police custody.

**Q: How are Falun Gong practitioners responding to the Chinese government's crackdown?**

**A:** Falun Gong members have appealed to the Chinese government via the proper legal channels, but without response. Thousands continue to be arrested in China simply for asking to be allowed to practice in peace. Not a single practitioner has struck back or physically retaliated against police despite enduring beatings and torture. This kind of conduct, in the face of such torment and injustice and exhibited on such a large scale, has spoken volumes to the world about the fundamentally peaceful and compassionate nature of Falun Gong. The international community and practitioners from all around the world have been calling for an open dialogue between Falun Gong and the Chinese government. Falun Gong has received support from many international organizations, including Human Rights Watch, Amnesty International, and groups within the United Nations.

**Q: What can I do to help spread the truth about Falun Gong and the situation in China?**

**A:** You can spread the word about Falun Gong by showing the documentary videos “Falun Gong: The Real Story,” Parts 1 and 2 (available from your local Falun Gong contact person), by writing letters to your government representatives, or by helping to spread awareness about the practice and the situation in China throughout your community. For more information, visit the website: <http://www.minghui.ca/eng.html>. To help or to get involved, please contact your local Falun Gong practice group or call **1-877-FALUN-99**.