

# Falun Gong

**Truthfulness - Compassion - Forbearance**

## Introduction of Falun Gong

Falun Gong also known as Falun Dafa is a way to improve the body, mind and spirit through exercise, meditation, and teachings that are rooted in ancient Chinese culture.



The exercises, though simple and gentle, are nonetheless powerful in improving health. The teachings, which teach people how to be a better person, are the foundation of Falun Gong. At the core of the teachings are the three principles of **Truthfulness, Compassion, and Forbearance**. Practitioners of Falun Gong consider these virtues to be the most fundamental and most basic nature of the universe, and it is these that they strive to perfect in themselves.

To practice Falun Gong is to cultivate these principles in yourself, to strive to live according to them at all times, in every situation, and in every circumstance. In doing this, one gradually learns to put others first and discard selfish tendencies or "attachments." Through the practice negative thoughts and desires fade away and lose their power. Many have come to enjoy incredible health and great energy in daily life.

This is the power of living in tune with the nature of the cosmos – the power of returning to your original, true self.

## HIGHLIGHTS

- ❖ Falun Gong is not a religion, nor a sect or cult.
- ❖ Falun Gong has no membership or obligation, is taught by volunteers free of charge and is open to everyone.
- ❖ Falun Gong has no political agenda, is not affiliated with any political, religious or commercial groups.
- ❖ Falun Gong suits everyone, has no boundaries of race, culture, gender and age.
- ❖ Over 100 million people in over 50 different countries are practicing Falun Gong.

## Falun Dafa Exercises



**1<sup>st</sup> exercise**  
**Fo Zhan Qian Shou Fa**

At the core of this exercise is stretching of the body. This stretching unblocks areas where energy is congested, stimulates the energy within the body and under the skin so that it circulates vigorously, and automatically absorbs a great amount of energy from the universe. This enables all of the meridians in a practitioner's body to open at the beginning.

There are **five sets** of gentle and easy-to-learn exercises in Falun Dafa for the improvement of your body. They can be practiced anywhere and anytime with no restrictions. They are most suitable for people in the modern society.



**5<sup>th</sup> exercise**  
**Shen Tong Jia Chi Fa**

is a tranquil cultivation exercise. This exercise is above the intermediate level and was originally a secret exercise. Performing this exercise requires sitting with both legs crossed. During the exercise, the flow of energy is strong and the energy field around the body is quite large. The longer the legs are crossed, the better. It depends on one's endurance.



**2<sup>nd</sup> exercise**  
**Falun Zhang Fa**

is a tranquil standing meditation composed of four wheel-holding positions. Frequent performance of this exercise will facilitate the complete opening of the entire body. It is a comprehensive means of cultivation practice that increases wisdom, enhances gong potency, raises one's level, and strengthens divine powers.



**4<sup>th</sup> exercise**  
**Falun Zhou Tian Fa**

enables the energy of the human body to circulate over large areas -- that is, not just in one or several meridians, but from the entire yin side to the yang side of the body, back and forth continuously.



**3<sup>rd</sup> exercise**  
**Guan Tong Liang Ji Fa**

channels the cosmos' energy and mixes it with the energy inside one's body. A great amount of energy is expelled and taken in during this exercise, enabling a practitioner to purify his or her body in a very short time.

## Falun Dafa Books – Falun Gong & Zhuan Falun

*Falun Gong* is an introductory book, systematically spelling out the practice of Falun Gong in plain, accessible language. It thus serves as an ideal entry point to beginning the practice. *Zhuan Falun* is the core text of and also the guide of Falun Dafa practice. It should be read frequently by the genuine practitioners. These two books have been translated into more than a dozen languages.

You may purchase the books from your local bookstore if they are available, order the books from [www.amazon.com](http://www.amazon.com) or download them freely from [www.falundafa.org](http://www.falundafa.org)



## How to Start to Practice

There is no set way to learn Falun Gong. One can approach the practice from any one of several avenues. Should one's heart be sincere, any road into it will be fruitful. To begin, you can start from any of the following ways:

- ❖ **Learn the exercises at your local Falun Dafa practice site**
- ❖ **Learn the principles of Falun Dafa from the books above**
- ❖ **Attend a nine-session video lecture course**



## Governmental Awards and Recognition of Falun Dafa from the World

Since its public introduction in May 1992, Falun Dafa has attracted over 100 million practitioners worldwide in just nine years. Due to its contribution and benefits to people and society, Falun Dafa is gaining worldwide understanding and appreciation, especially in Asia, Australia, Europe, and North America.



**1993 Oriental Health Expo, Beijing, China**  
**Mr. Li Hongzhi of Falun Gong is honored with The Award for Advancing Boundary Science & "Qigong Master most acclaimed by the masses"**



**Governmental awards from Japan, Russia, Australia and New Zealand.**



**Part of the government bodies' awards to Falun Dafa from USA**

**Part of the government bodies' awards from Canada**

Just as Master Li Hong Zhi said in Chicago in June 1999, **"a practitioner takes worldly fame lightly. The award has no special meaning to myself; but to Falun Dafa, the meaning of the award is profound. It represents the understanding and recognition of Falun Dafa by human beings and society."** He hopes that more kindhearted people will join the path of cultivating Falun Gong.

## Worldwide Contacts (updated 31/1/2002)

Call now to join your nearest practice site to learn Falun Gong exercises for **FREE**

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