

# FALUN GONG: A BRIEF INTRODUCTION

Falun Gong is a form of what the Chinese call qigong (pronounced "chee-gong"), a system of exercises and teachings that deeply transform the mind and body. Like tai-chi, qigong is a vital part of many people's lives in Asia; almost every Chinese park is brimming at the break of dawn with people from all walks of life practicing these arts. Owing much to its effectiveness in improving health as well as its profound principles, Falun Gong has proven to be immensely popular throughout the entire world. Since being introduced to the general public in 1992 by its founder, Mr. Li Hongzhi, Falun Gong has attracted millions of people in over 30 nations.

## **The Books and the Exercises**

The practice of Falun Gong is simple, yet profound and effective. It consists primarily of two components: self-improvement through study of Mr. Li's teachings (as articulated in two English language books, China Falun Gong and Zhuan Falun) and practicing Falun Gong's five gentle exercises. The exercises, which include a powerful sitting meditation, are easy to learn, enjoyable, and at once both relaxing and energizing. Many students of Falun Gong enjoy doing the exercises together in groups, as they find themselves benefiting from one another's practice. Most major US cities and universities have several such groups. They are comprised of people from every imaginable walk of life, as Falun Gong transcends cultural boundaries.

## **The Principles of the Practice**

The benefits of practicing Falun Gong are numerous and varied, ranging from improved health and newfound energy to mental clarity, stress relief and peace of mind. However, Falun Gong differentiates itself from most other qigong practices in that it goes beyond the pursuit of health and fitness to the goal of greater wisdom and enlightenment. Key to the practice are the universal principles of truthfulness, compassion and forbearance. Through a combination of studying the books and performing the exercises, practitioners endeavor to become better people by gradually assimilating themselves to these principles.

## **Where Do I Start?**

For starters, you can visit the main webpage: [www.falundafa.org](http://www.falundafa.org), or call 1-877-FALUN-99. Millions of people over the world have chosen to make the practice of Falun Gong a part of their daily lives. Simply put, they find it a worthy and enjoyable investment in health, happiness, and meaningful living. Everyone is welcome, as Falun Gong is apolitical, informal, and completely free of charge (even its books are available for free download from the internet). We invite you to give this wonderful practice a try.

Hope to see you at our next practice!