Falun Dafa

(Falun Gong)

A powerful, ancient cultivation practice for body, mind, and spirit based on the essential nature of the universe

真 **Truthfulness**

善 **Compassion**

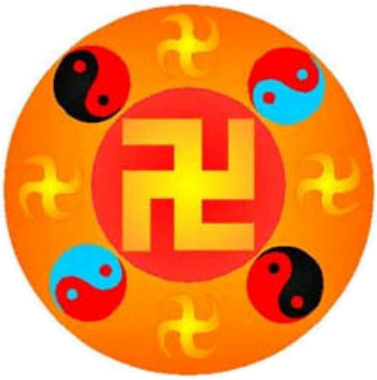
忍 **Tolerance**

Zhuan Falun Guides Cultivation

Zhuan Falun, written by Mr. Li Hongzhi, is the primary book for the study and practice of Falun Dafa (also known as **Falun Gong**). It expounds on the most profound principles of the universe—Truth, Compassion, and Tolerance—and explains how to follow these principles, the essential characteristics for all living beings, to cultivate toward becoming better and better people. The book points out that the goal of cultivation is to assimilate to these essential characteristics of the universe. It provides guidance on how to cultivate and improve heart and mind nature in daily life. *Zhuan Falun* and the introductory book, *Falun Gong*, have been translated into 17 languages and published around the world. The materials are available for free downloading from the Internet. The Web site is:

http://www.falundafa.org

The Falun emblem is the symbol of Falun Dafa. As described in *Zhuan Falun*: "The Law Wheel of the Buddha School, the Yin-Yang of the Tao School, and the ten-directional world are all reflected in the Falun [Law-Wheel]." Master Li explains, "The configuration of Falun is a miniature of the universe and has its own form of existence and process of evolution in each of the other spaces. Therefore, I call it a world."



卐 The symbol represents the Buddha School, and it has also been a symbol of good fortune in China and many other cultures. The Taiji (Yin-Yang) symbols represent the Tao School. However, Falun Dafa is not a religion and is not part of any religion such as Buddhism or Taoism.

Falun Gong Exercises

There are five simple yet powerful sets of exercises, which include four standing positions and one sitting meditation. 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

Uses gentle stretching movements to open all energy channels in the body.

2. Falun Standing Stance

A standing meditation that enhances energy and awakens wisdom.

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.

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.

5. Strengthening Divine Powers

A tranquil sitting meditation, requiring an empty mind, that strengthens supernormal powers and energy potency.

www.falundafa.org
1-877-falun99

Falun Dafa Around the World

Mr. Li Hongzhi Personally Teaches Falun Gong; "Truth, Compassion, Tolerance" Spreads All Over the World

Falun Gong's founder, Mr. Li Hongzhi, introduced the practice to the public in May 1992. Invited by Qigong organizations from each area in China, during the period from 1992 to the end of 1994, Mr. Li traveled to almost all major Chinese cities to teach the practice. In the later part of that period, there were four to five thousand people attending each seminar. Its scale was unprecedented at that time. Since 1995, Mr. Li has been teaching outside China.

Currently, over 100 million people are practicing in nearly 60 countries. Wherever Mr. Li has gone, many people have benefited from his teachings of "Truth, Compassion, Tolerance," winning Falun Gong international acclaim and much respect. Due to his outstanding contribution to humanity, Mr. Li was nominated for the 2001 Nobel Peace Prize by nearly 600 professors and government officials from 21 countries. Mr. Li was also nominated in 2001 by 28 European Parliament members for the Sakharov Prize for Freedom of Thought.

Lecture in Wuhan, China (March 1993)

Second Lecture in Guangzhou, China (October 1993)

Lecture in the UN General Assembly Hall in Geneva, Switzerland (September 1998)

Lecture in Singapore (August 1998)

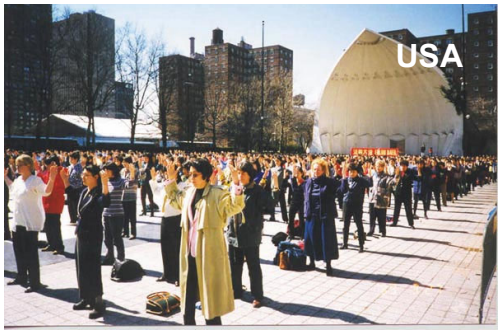
Lecture in Chicago, USA (June 1999)

Falun Dafa Around the World

Falun Gong was introduced to the Chinese public in May 1992 and to the world in 1995. Within ten years, it spread to nearly 60 countries. One hundred million people have participated in the practice. In many countries, Falun Gong practitioners can be seen practicing their exercises in parks, on plazas, and on beaches.

Russia

Germany



Falun Gong in China

Practice in an ancient temple in Beijing (1996)

Falun Gong at the Asian Sports Festival in Shenyang, northeastern China (1998)

Morning practice at the "Phoenix" in Changchun, hometown of Mr. Li Hongzhi

Left: A 93-year-old elder

Right: Young practitioners

Falun Dafa in Taiwan

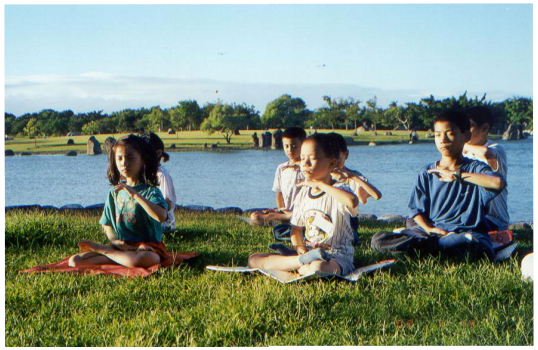
Southern Taiwan

While the brutal persecution of Falun Gong is going on in mainland China, the practice is quickly spreading in Taiwan. In just two years, the number of practitioners grew from 5,000 to a few hundred thousand. People in Taiwan warmly welcome this genuine practice. Why is Falun Gong being treated so differently in these two places that share the same Chinese tradition and culture? In Taiwan, people enjoy their right to freedom of belief, freedom of association, and freedom of speech, but in China, people are deprived of these basic human rights.

In the park

In a primary school

Yangmin Mountain park



Children practicing

Government Awards and Recognition of Falun Dafa from China and the World

Awards from the 1993 Oriental Health Expo

Mr. Li Hongzhi of Falun Gong
is honored with the
Award for Advancing Frontier Science
by the 1993 Oriental Health Expo
Committee of Specialists

Mr. Li Hongzhi
is honored with the title of
"Qigong Master Most Acclaimed by the Masses"
by the Committee of Evaluation

Falun Dafa has improved the morality of millions of people worldwide and has enabled them to become healthy and happy. It has drawn the attention and support of people from all walks of life around the world. Before July 1999, the Chinese government thought highly of Falun Dafa and recommended it to the public because of its health benefits, which helped reduce national healthcare costs. On December 27, 1993, the China People's Hero Foundation, affiliated with the Public Security Bureau, awarded Mr. Li a special honor. At the Beijing Oriental Health Expo in 1993, Mr. Li won the highest award of the Expo — "The Award for Advancing Frontier Science" — and also the "Special Golden Award." Mr. Li Hongzhi was also honored with the title of "The Qigong Master Most Acclaimed by the Masses."

Overseas, Mr. Li has received official recognition in many countries. In North America alone, Falun Dafa and Mr. Li have received over 850 proclamations. As the Mayor of Houston, Texas, wrote in his proclamation: *"Falun Dafa transcends cultural and racial boundaries. It resonates the universal truth to every corner of the earth and bridges the gap between east and west. Mr. Li has worked tirelessly to convey Falun Dafa from China to the rest of the world. Along the way, he has touched the lives of countless people in many countries, earning an acclaimed international reputation."*

Honors from New York and New England area, USA

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 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.

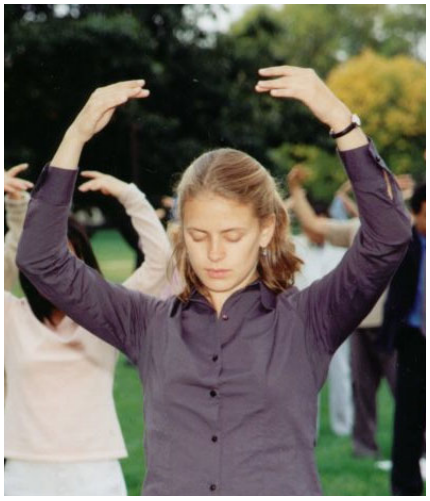
– Zenon Dolnyckyj (Canadian Practitioner)

A New Reason to Live

Robert Nappi, 46, is a resident in the metropolitan Washington, D.C., area. He was in a severe car accident in 1991 and actually died, but was revived by a doctor who witnessed the accident. Robert had to be air lifted to a hospital where he stayed for a year. He suffered brain damage and couldn't read, write, or walk as a result. He spent his days drinking alcohol, smoking pot, and taking drugs just to tolerate his lonely existence. "Then along came destiny," as Robert puts it. He was "reintroduced to a reason to live" when one day in 1998 he came upon the book *Zhuan Falun*. "When I opened the book *Zhuan Falun*, suddenly I could read. I felt as if I'd just woken up. Also I forgot all about smoking and drinking, and had no desire to do so anymore."

"I Live a Much Freer Life Now"

Emily Myers Kutolowski was a student at Swarthmore College in Pennsylvania when she first came upon Falun Gong. She used to have severe lower back problems for three years, which kept her from doing sports and many other physical activities, including going on long walks. The Qigong practice she tried before helped somewhat, but one day the pain returned, worse than ever. Since beginning to practice Falun Gong, she has been able to play sports again, go on long walks, and lift heavy objects without concern. She also experienced great relief from her allergies, for which she had to take prescription medications.



"In a short seven months since beginning to practice Dafa, not only has my health greatly improved, but also has my peace of mind. Those around me have remarked about the change. During the always-stressful final exam period at the end of last semester, a friend noticed how calm I was and said, 'Emily, you don't seem stressed out at all. What's your secret?' I guessed at the time that it was Dafa that had helped me; now, I am sure of it."

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

中国经济时报

百姓广场

我站起来了！

"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 16 years. On top of her spinal damage and paralysis, she suffered from 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 Gong practice site on July 1, 1996. She followed the teachings of Master Li Hongzhi in his book *Zhuan Falun*, and 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 Gong had enabled her to walk again after having been paralyzed for 16 years.

"It's All Uphill From Here"

Bruce Pettinari, 46, is a resident of Boston. He was very unhealthy for a long time before discovering Falun Gong. Some of the things he suffered from were severe depression and sleep apnea, as well as a foot injury that severely limited his range of motion. "Being dependent on my medical support system, supplements, and medicines was my way of life. I had worn out many of my social contacts and had not worked at a full-time job in over eight years. Feeling isolated and vulnerable, I found myself living in a very unhealthy situation. I was tired of having so many unanswered issues in my life. To stand on my own two feet without pain seemed so far away."

Six months after starting Falun Gong, Bruce's ability to stand and support himself improved significantly. His medical support group was surprised by his change. One doctor who had been following his progress for some time concluded that Falun Gong contributed to putting him back on his feet. A member of the doctor's staff was moved to tears by his progress. And Bruce himself says, "In the past couple of months, I've reflected on what good fortune I have had….I remind myself as I continue my practice: it's all uphill from here."

Practicing Falun Gong Can Benefit 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, [practitioners] 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.

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

Saves Billions of Dollars 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." (Note: There are approximately 8 yuan per dollar.)

Practitioners Share Falun Gong with Their Communities

In the library

At a senior center

In the park

Falun Gong practitioners volunteer their time to teach the exercises.

At a health expo

In a middle school

Support and Encouragement from Governments Around the World

Exercise demonstration inside European Parliament

Members of Parliament visiting a truth-clarifying photo exhibition inside European Parliament

Photo Display in the Massachusetts State House

Falun Dafa Week in New Haven, Connecticut

The Toronto government awarded two practitioners for their outstanding contribution to the community.