

Falun Gong , A Practice That Has Benefited 100 Million People in 60 Countries

Falun Gong (also known as Falun Dafa) is an ancient form of Chinese cultivation practice.

From its earliest establishment, Chinese culture has embraced the concept of the "Oneness of Heaven and Man." The way for man to achieve this oneness is cultivation practice. Chinese literature is filled with legends of people achieving the status of deities, becoming enlightened, or obtaining the Tao through cultivation, and thousands of different schools of cultivation have existed over the course of Chinese history. Cultivation, therefore, is a traditional practice of mind and body transcendence.



Falun Gong was introduced to the public in 1992 by Mr. Li Hongzhi. The practice teaches practitioners to assimilate to the essential characteristics of the universe, Truth-Benevolence-Forbearance. When practitioners are more in tune with the energy of the universe, they become healthier in body, mind, and spirit.

At the simplest level, Falun Gong is a way of life, a choice to be a good person with higher moral standards. Practitioners give up selfish and harmful thoughts. They let go of attachments to false concepts such as fame, wealth, and lust. They stop worrying about being taken advantage of. In case of conflicts, they consider others first. They search inside to find their own shortcomings, and attain inner peace. This, combined with five sets of gentle exercises of proven efficacy in health improvement, has enabled practitioners to achieve improved health, morality, and purposeful living. It is a way of life that, once experienced, few are willing to give up.

As a testament to the exceptional benefits it brings to practitioners, by 1999, just seven years after its introduction to the public, Falun Gong had become a global phenomenon of over 100 million practitioners across over 60 countries.



How Is Falun Gong Practiced ?

Falun Gong has five gentle meditation exercises, including a seated meditation, which you can learn quickly and easily at any of the group practice locations around the world. They can also be learned from videos, free to download from the Internet. All Falun Gong activities are free of charge.

The principles of the practice are explained in their entirety in the book *Zhuan Falun*, and in the beginner's text, *Falun Gong*, both written by Falun Dafa's founder, Mr. Li Hongzhi. The teachings of Falun Gong emphasize the cultivation of one's moral character with the goal of bringing one towards wisdom and enlightenment through following the characteristics of the universe:

Truth - Benevolence - Forbearance

To learn more about Falun Gong, please visit:

www.falundafa.org

Around the World



Why I Practice Falun Gong

Arleen Freeman

I am Jewish. When I was a child, relatives who had numbers tattooed on their arms came to our house. I understood that they had escaped death in concentration camps in Nazi Germany. I read extensively about the Holocaust and vowed, along with so many others, "Never again!"

In 1996 a homeless man broke into my house, tied me up, brutalized me, and while waving a large hunting knife in my face, kept threatening to kill me. After the crime, I developed Post-Traumatic Stress Disorder and constantly feared that any stranger would attack me. I had trouble concentrating on my work, difficulty sleeping, and cried a lot. I started drinking alcohol to block out the horrible memories so I could fall asleep.

One day in 1999, I read in the newspaper that Falun Gong was being persecuted in China. I already knew from reading about the Chinese Communist Party's massacre of democracy advocates in Tiananmen Square in 1989 that anything they persecuted was worthy of my interest. I checked it out, and found that, to my amazement, doing the Falun Gong

exercises once was more powerful than a month of therapy. I started practicing Falun Gong and soon stopped going to therapy.

The crime became a distant memory; I stopped being afraid; my body relaxed; I developed a deep sense of serenity; and I found that I was easily able to fall asleep at night. I had previously needed 8 or 9 hours of sleep, but found that I could jump out of bed after only 6 hours. Of course I stopped drinking alcohol. I lost around 15 lbs. and was able to focus on my work and get a lot more done. I even looked younger. People are always shocked when I tell them I am 62 years old.

I have also become a good listener. People enjoy being with me, and appreciate my caring. I am

self-employed. I don't care about how much money I make anymore, but about helping people, so in the first year after I started practicing Falun Gong, perhaps because of this change in attitude, my income went up substantially.

I read a lot about the horrible persecution of Falun Gong practitioners in China. I was shocked to learn that people who are doing the exact same thing that I freely do in the United States are tortured to death for doing it in China. I decided that the words "Never Again!" applied to the genocide that was happening there. I want to do whatever I can to help people around the world know about it. When man tortures his fellow man, so many allow it to continue, pretend it doesn't happen, look the other way, and say, "It's not my problem." Those of us who know about it share a responsibility to do what we can to stop it. It is up to us. Millions of people suffer because they speak their conscience and hold to their beliefs. I join my voice with theirs.



Arleen practicing the sitting meditation.

Why the Persecution

After Falun Gong was first introduced, it spread rapidly by word of mouth. In the early 1990s, various levels of the Chinese government recognized and commended the benefits of the Falun Gong practice, and their support facilitated the spread of Falun Gong. In fact, one third of the 60 million Communist Party members and a large number of high-ranking government officials practiced Falun Gong.

A few Party ideologues were affronted by Falun Gong's increasing popularity. They could not accept the fact that after more than 40 years of Marxist indoctrination so many people looked elsewhere for moral and spiritual guidance. From clandestine undermining in early 1994, to the orchestrated smear campaign and banning of Falun Gong books in 1996, to police harassment in 1997, they gradually escalated their hostility toward Falun Gong. On April 23, 1999, in broad daylight, armed police forces in the city of Tianjin assaulted hundreds of Falun Gong practitioners and arrested 45 of them. Two days later, on April 25, over 10,000 Falun Gong practitioners gathered quietly outside the State Council Appeal Office in Beijing to request the release of the detained practitioners. Premier Zhu Rongji met with a few of the practitioners, ordered the release of the detained practitioners, and the gathering peacefully concluded. Because of this event, Falun Gong began to receive international attention.

China's Chairman, Jiang Zemin, resented the peaceful solution. Flexing his dictatorial power, on July 20, 1999, he ordered an all-out persecution of Falun Gong. The persecution, which is not dissimilar to the persecution of early Christians two thousand years ago, has since brought atrocities to countless families. From information that has leaked through the tight control of the Chinese government, we know millions of people have suffered arbitrary incarceration, almost all under inhumane conditions; hundreds of thousands have been put into forced labor camps;



To let the government know the truth about Falun Gong, and request release of the detained practitioners, 10,000 practitioners peacefully appealed in Beijing on April 25, 1999.

thousands have been detained and severely tortured with nerve-damaging drugs in mental hospitals. Thousands have died in custody, while countless others are still unaccounted for. The scope and severity of the atrocities are difficult to fathom.

With a claimed objective of "eradicating Falun Gong," the persecution aims to force Falun Gong practitioners to renounce their belief and conform to the atheist doctrine of the authorities. Torturing practitioners to the brink of death and forcing them to choose between a physical death and a mental demise - the giving up of one's dignity, fundamental values, and conscience - has become a necessary ingredient of this persecution. The Chinese police openly tell Falun Gong practitioners: "We will make you beg for life while dying, and beg for death while living!" The only way out? To lie and say that Falun Gong has done harm to them and to society, and to thank and applaud the government for saving them from Falun Gong. Tell lies to live, or tell the truth and die.

At the same time, the Chinese propaganda machinery launched a far-reaching campaign of disinformation to deceive the public and escape world condemnation. In early 2001, the authorities attempted an outrageous stunt: a staged self-immolation of five people in Tiananmen Square. No less devious than Nero's shift of blame for the Great Fire of Rome to Christians, the Chinese government alleged that the immolators were Falun Gong practitioners in order to incite hatred towards Falun Gong.

Third-party reporters and careful observers, however, discovered numerous gaffes in the hoax. The Washington Post revealed that Ms. Liu Chunling, one of the "immolators," had never practiced Falun Gong. Other analysts pointed out that the police were mysteriously patrolling Tiananmen Square with dozens of pieces of firefighting equipment that day; Liu Siying, a 12-year-old girl "immolator," was purported to have had a tracheotomy after the incident, but



To show the peaceful nature of Falun Gong, practitioners went to Tiananmen Square to demonstrate Falun Gong exercises. However, they were met with beatings and arrest.

spoke and sang clearly to the interviewing camera, a medical impossibility; Mr. Wang Jindong was supposed to have been badly burned, but his hair and the plastic 7-UP bottle that he had "used to douse gasoline" remained miraculously intact.

These holes prompted International Education Development, a UN NGO, to state, during the 2001 session of the UN Sub-Commission on the Promotion and Protection of Human Rights: "The regime points to a supposed self-immolation incident in Tiananmen Square on January 23, 2001, as proof that Falun Gong is an 'evil cult.' However, we have obtained a video of that incident that in our view proves that this event was staged by the government." For an analysis of CCTV's own footage of the staged immolations, please visit: <http://www.faluninfo.net/tiananmen/immolation.asp>



On August 20, 2003, the police arrested and severely beat a Falun Gong practitioner with a wooden rod, even though she was six months pregnant. This photo taken of the woman (whose identity has been withheld for her protection) following her release clearly shows bruising on her body.

Facing extreme injustice, Falun Gong practitioners have exemplified what they practice. They have answered the Chinese government's violence with complete peace. They have also exemplified immense benevolence by taking great risks to tell the facts to the public to help people learn the truth about a persecution that is completely based on lies. As more and more people in China and around the world learn the facts about Falun Gong and the Chinese government's lies, the day will come when the persecution can no longer be sustained.

Photo Stories



Ms. Wang Xia was sentenced to seven years of forced labor for telling people about Falun Gong. She was forcibly injected with nerve-damaging drugs. Two years of continuous torture has reduced Ms. Wang to skins and bones; she weighed only 45 pounds and was on the verge of death before her release.



Police officer He Wanji and his wife, Zhao Xiangzhong, before they were tortured to death in Qinghai Province for their belief. The torture paralyzed Ms. Zhao from the waist down. She could not eat or drink, and died on February 22, 2003, at age 50. Mr. He was tortured to death on May 28, 2003, at age 53.

Many children have lost their parents during this persecution. Tian Ge was born on November 6, 1993, and is very mature for an eleven-year-old. Both her parents died from persecution. She was only six when her mother died. When people ask, "Where is your mother?" She answers, "Mom died," in very soft, heavy voice, "They left that morning. After they sent me to grandma's house, they left." When people ask, "Do you miss your parents?" She nods her head with eyes wide open. She is living with her aunt, Tian Hua, with the support of her relatives. She is now in the fifth grade at Yinmachi Village Elementary School.

