



法輪大法好



Falun Dafa is Great



Falun Dafa (or Falun Gong) is a traditional practice of meditation to refine the mind and body. At its core is the aspiration to embody fully the values of truthfulness, compassion, and forbearance - values considered to be Nature's deepest qualities. The practice is built around and steered by these values, and seeks to follow principles that govern the very basis of life itself.

Benefits of Practicing Falun Dafa

- 👉 Experience stress relief
- 👉 Improve physical health and immunity against viral diseases
- 👉 Enhance energy levels and vitality
- 👉 Uplift the heart and mind
- 👉 Develop wisdom and peacefulness
- 👉 Attain spiritual enlightenment

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