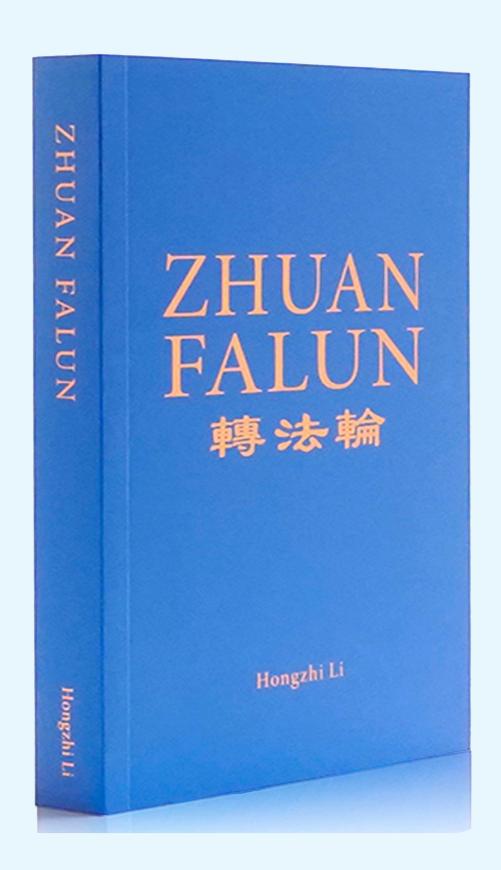
Falun Dafa is Great

Truthfulness Compassion Forbearance







ZHUAN FALUN The Teachings of Falun Dafa

This book, written by Mr. Li Hongzhi, is the most comprehensive and essential set of teachings in the practice.

Zhuan Falun and Mr. Li's other teachings have been translated into over 40 languages and are distributed worldwide.

5 Sets of Exercises

How to Learn Falun Dafa

- 1. Stop by a local practice site to learn the Falun Gong exercises. Volunteers teach the exercises free of charge in major cities in more than 100 countries around world.
- 2. Falun Dafa exercises Video instructions are also available online.
- 3. Watch the 9-session lecture given by Mr. Li Hongzhi, the founder of Falun Dafa.

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1.Buddha Stretching a Thousand Arms Creates a powerful energy field.



Stance Boosts energy levels and awakens wisdom.

2.Falun Standing



3.Penetrating the **Cosmic Extremes** Purifies the body using energy from the cosmos.



4.Falun Cosmic Orbit Rectifies abnormal conditions and circulates energy.



5.Strengthening **Supernatural Powers** Strengthens higher abilities and energy.

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