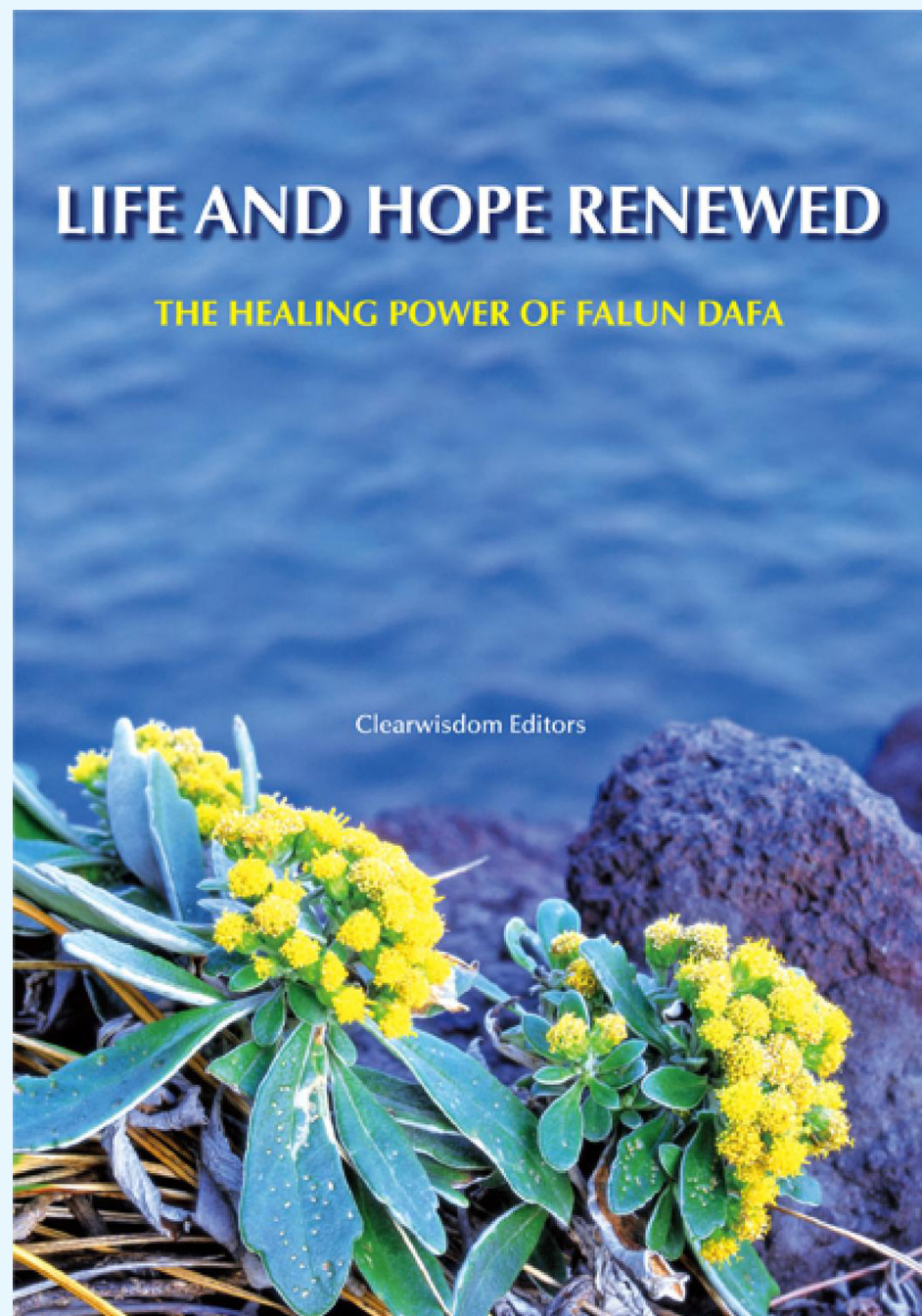


Falun Dafa's Miraculous Effects on Improving Morality and Healing Fitness



Life and Hope Renewed —The Healing Power of Falun Dafa



The amazing stories in this book are firsthand accounts of people from all walks of life who recovered from serious, or in many cases, terminal diseases through practicing Falun Dafa.

These improvements are subtle, involving such things as relief from stress, better sleep, a “lighter” and more energetic feeling, and happier moods. Many others report dramatic health improvements, including the disappearance of life-threatening diseases.

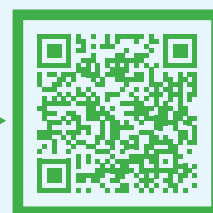
“My father, two of my fraternal uncles, my maternal grandmother and my maternal uncle were plagued with cancer. In my generation of the family, my elder sister, a fraternal cousin, and I all suffered from the same ill fate. Now everyone in my family has died, except my elder sister and I. A total of eight people in my family, including myself, suffered from cancer.”

—Connie Ji, *A Pancreatic Cancer Survivor*

- A Schoolteacher's Lymphoma Disappears
- Light Returns To A Glaucoma Sufferer's Life
- Brain Tumor And Bone Disease Disappear
- Terminal Liver Cancer Disappears
- “Out Of Fourteen Leukemia Patients, Only I Survived”
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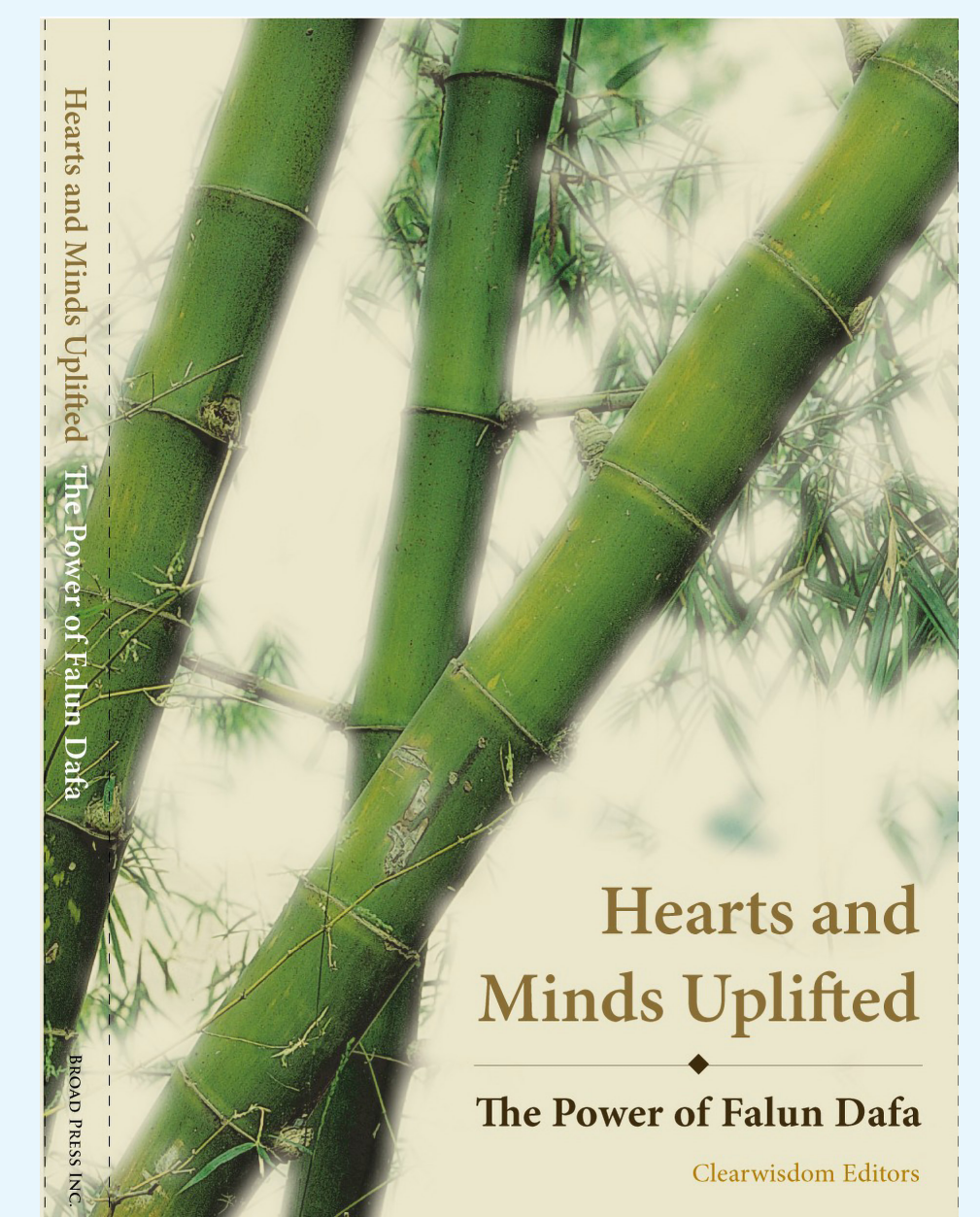


Hearts and Minds Uplifted —The Power of Falun Dafa

This book focuses on another important aspect of people's lives: the tremendous personal growth that can be achieved by cultivating one's character through practicing Falun Gong. Practice of Falun Dafa uplifted people's hearts and minds and gave them a renewed life of spiritual and physical well-being. Many practitioners have experienced that when they let go of their attachments, elevate their hearts and minds, and conduct their lives according to “Truthfulness, Compassion, and Forbearance,” problems that seem insurmountable through conventional means very often miraculously disappear.

“Since practicing Falun Gong, I have noticed that I have much more energy. Before, ... Now I sleep between 4 and 5 hours every night and do not feel tired at all. I use the extra time to do other things now.”—UK Falun Dafa practitioner

“My mental clarity and focus have improved... I know I am on the right path of spiritual enlightenment and that in itself brings me peace and serenity.”
—US Silicon Valley company vice president



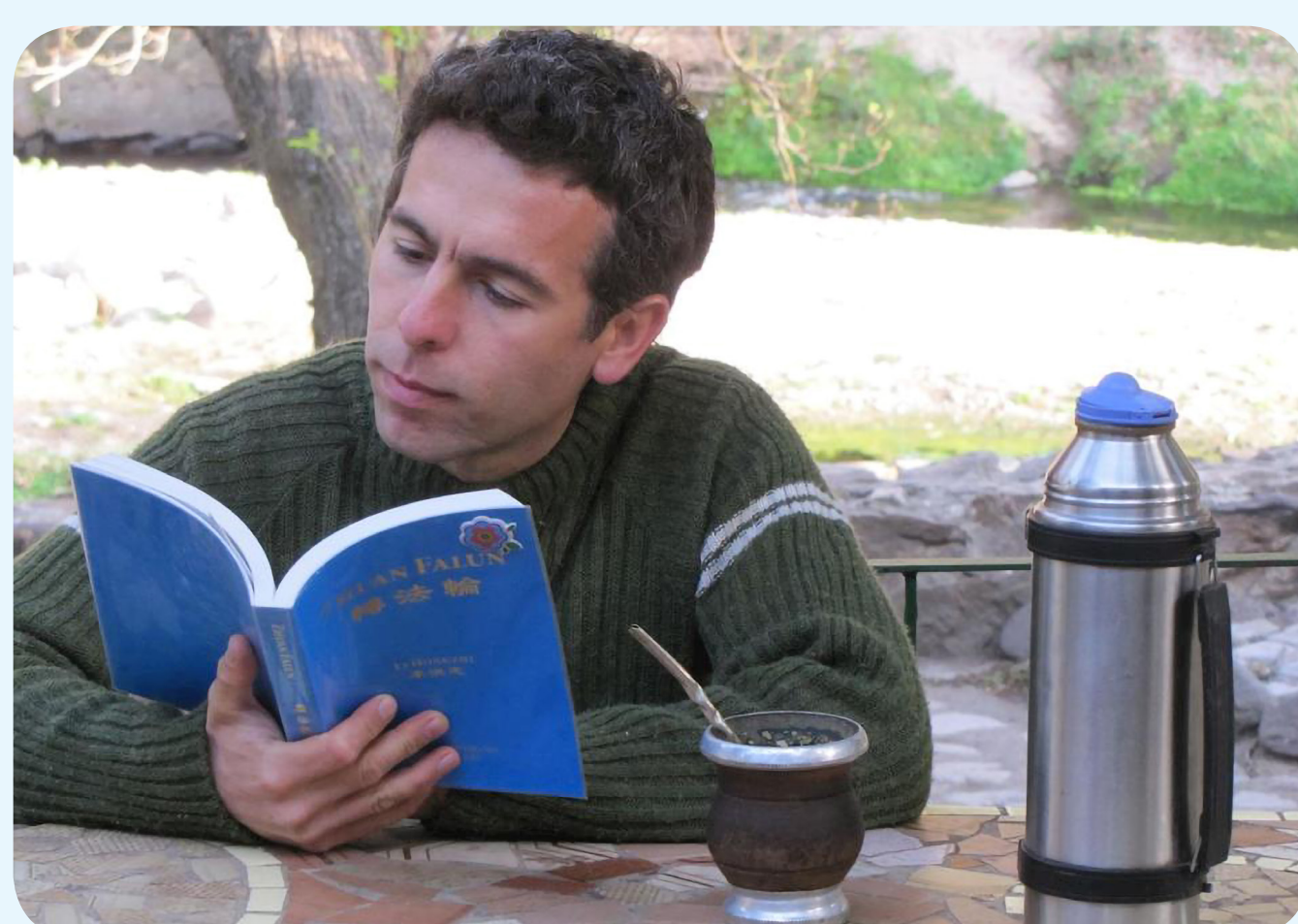
Truthfulness-Compassion-Forbearance Is What I Have Been Seeking

—Ricardo Juri, a Falun Gong practitioner in Argentina



Ricardo Juri before practicing Falun Dafa

My life was full of all kinds of stimuli, including alcohol and nightlife activities.... I started to live like a hippie. I did not bathe or care what I looked like. Once, I went two months without a shower and just swam in the river. I started to feel a crazy state growing in my heart.



Ricardo Juri reads Zhuan Falun.

Living alone in the mountains, I gradually realized that I had begun a path of spiritual exploration.

When I read Zhuan Falun, I immediately understood everything I saw in my dream and decided to end my explorations.

I immediately stopped my other forms of practice, including Buddhism, shamanism, and the thought of becoming a Catholic monk. From that moment on, my life changed forever. It was like reaching the highest point of spiritual exploration.

People who know me today cannot believe my changes. “Oh! You are like a new person,” my wife's cousin said. “Hey, Ricardo took a shower!” said one of my friend's children.

Everyone thinks that I look better, and some say I am younger. People have changed their impression because Dafa has purified me, my thoughts, and my personality. It is surprising how internal changes are reflected externally. When I become more cheerful and talk to people, my true self emerges.

— Excerpted from Minghui article



Juri teaching children to practice Falun Dafa

Falun Gong's Contribution to Health



In 1998, five medical surveys organized by the local medical community in Beijing, Wuhan, Dalian, and Guangdong, surveyed nearly 35,000 people. Results showed the total effective rate of practicing Falun Gong is as high as 98%, and the psychological and mental conditions of the participants have also greatly improved. The medical expenses they saved have created considerable economic benefits for the country and the collective.

—Excerpted from the e-book: “Biomedical Report on the Effects of Falun Dafa Practice”