

Falun Gong , A Practice That Has Benefited 100 Million People in 50 Countries

Falun Gong (also known as Falun Dafa) is an ancient form of qigong. Qigong, which translates as cultivation-exercise, is the generic term for practices of mind and body refinement through special mental and physical exercises. Throughout China's history and in some other parts of the world, numerous schools of qigong have existed, each with its own characteristics and emphasis.

Falun Gong distinguishes itself from other qigong practices by emphasizing both mind cultivation and body refinement. Mr. Li Hongzhi, the founder of Falun Gong, teaches

his students that to achieve total health one must first be a good person of high moral character. Following Falun Gong's principle of "Truth-Benevolence-Forbearance," practitioners of Falun Gong devote themselves to the cultivation of their inner selves and the improvement of their mental and moral qualities. This, combined with five sets of gentle exercises of proven efficacy in health improvement, has enabled practitioners to achieve purposeful living, morality, improved health, and inner peace.

Practitioners typically let go of their anger, and stop worrying. Officials resist temptation. Businessmen take up honest practices. Gangsters, drug addicts, prostitutes, and thieves alike have turned over a new leaf and led new lives. Countless people have thanked Falun Gong for giving them and their families a second life.

As testimony to the exceptional benefits it brings practitioners, in 1999, just seven years after its introduction to the public, Falun Gong had become a global phenomenon with over 100 million people practicing in more than 50 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 website. All of Falun Gong's 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

Practicing Around World



Why I Practice Falun Gong

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 (PTSD) and constantly feared that a stranger would suddenly attack me. I had trouble concentrating on my work, difficulty sleeping, and cried a lot. Eventually, I started drinking alcohol to block out the horrible memories that plagued me, so I could fall asleep. The State of California paid for my therapy under the Crime Victims Program.

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, as it seemed like a waste of time.

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. They confide in 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

The benefits of the Falun Gong practice to people and to society were originally recognized and commended by various levels of the Chinese government. In fact, the authorities' positive regard had facilitated the spread of Falun Gong in the early 1990s. The state-run media - including newspapers, TV, and radio stations - had covered Falun Gong activities and publicized the benefits of the practice.

The increasing popularity of Falun Gong, however, proved to be too much for a few officials within the Chinese government. On April 23, 1999, in broad daylight, armed police forces in the city of Tianjin violently assaulted hundreds of Falun Gong practitioners and arbitrarily detained 45 of them. On April 25, 1999, over 10,000 Falun Gong practitioners gathered quietly in Beijing outside the State Council Appeal Office, located next to the Chinese leadership compound, to request their release. After Premier Zhu Rongji met with a few practitioners and ordered the release of those detained in Tianjin, this peaceful gathering quietly dispersed. Because of this event, Falun Gong began to receive international attention.



10,000 practitioners' peaceful April 25 appeal in Beijing in 1999.

China's Chairman, Jiang Zemin, resenting the peaceful solution, and apparently seeking to augment his personal authority, on July 20, 1999, without due process, decided to eliminate Falun Gong. Later, in October, Jiang ordered the Chinese national legislature to pass a law to allow a tougher crackdown. The Washington Post noted in an article on November 2, 1999, that "When [China's Communist leaders] found themselves without the laws they needed to vigorously persecute a peaceful meditation society, the Party simply ordered up some new laws."

Since July 20, 1999, over 100,000 practitioners, including pregnant women, the elderly, and young children, have been sent to labor camps without trial, or illegally detained, with terms of up to 18 years, almost all under inhumane conditions. Thousands more have been severely tortured with nerve-damaging drugs in mental hospitals, or have died in custody, while countless others are unaccounted for. With China's tight blockade on information, the scope and severity of the atrocities are difficult to fathom.

A Staged Self-Immolation and the Deception of World Opinion

Jiang's regime launched a far-reaching campaign of disinformation to justify its persecution and escape world condemnation. State-run media have flooded the printing presses and airwaves with fabrications about Mr. Li Hongzhi and Falun Gong. As with all lies, the propaganda fails miserably in the details. The Chinese government made up claims that the practice of Falun Gong caused 1,400 people to die or to become insane. Even if true, for 100 million practitioners, that number is many orders of magnitude below the national

average.

In early 2001, with many Chinese still sympathetic towards Falun Gong, the Chinese government, desperate to turn public opinion against the practice, and attempted an outrageous stunt: the staged self-immolation of five people in Tiananmen Square. The state-run media then blamed it on Falun Gong, but third-party reporters and careful observers analyzed the facts and the videotape that was published by the Chinese government.

The Washington Post revealed that Ms. Liu Chunling, one of the "immolators," had never practiced Falun Gong. Other analysts pointed out that police were mysteriously patrolling Tiananmen Square with dozens of pieces of firefighting equipment that day; Liu Siying, a 12-year-old girl and the youngest immolator, was purported to have had a tracheotomy after the incident, but spoke and sang clearly in front of the 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 the CCTV footage of the staged immolations, please visit:

<http://www.faluninfo.net/tiananmen/immolation.asp>

www.faluninfo.net
www.flghrwg.net

You Can Help !

If you would like to help to stop the persecution against Falun Gong, there are many things that you can do.

1. Write to China: You can write to the different levels of the Chinese Government or directly to the perpetrators. (*find their phone numbers and addresses at www.flghrwg.net*) Let them know what you think about the persecution. It is ok if your letter is in your own language. The Chinese government has many people who can translate your letter. They are very interested in foreign communications, because they are always looking for foreign investments. Some perpetrators who have received phone calls or letters have stopped persecuting practitioners simply because they know people are aware of what they have done. The perpetrators do not want their inhumane acts exposed.

2. Contact your government representatives, and ask them to officially request the leaders of China to stop torturing their citizens.

3. Contact the media, and ask them to publicize the persecution, and give the general public more up-to-date information about the persecution.

4. Contact human rights organizations, and ask them to take whatever actions they can to stop this persecution.

5. Share this information with your friends, family and neighbors, and tell them about the persecution so we can have a unified voice.

A Mother Tortured to Skin and Bones

The police arrested Ms. Wang Xia, who is a 30-year-old woman from the Bayanzhuoer District of Linhe City, Inner Mongolia, and sentenced her to seven years of forced labor for telling people about Falun Gong. She was detained in the Huhehaote Women's Prison. Over the past two years, she conducted hunger strikes to protest her unjust detention and torture and was force-fed. The prison authorities also injected her with unknown drugs. Before she was detained, she weighed more than 120 pounds; after two years of torture, she weighs only about 45 pounds. When the prison doctor declared that she would only live another two or three more days, the "610 Office" leader advised, "We

can't allow her to die in prison. Let her family take her back as soon as possible. If she dies at home, then when her story is posted on the Internet, her death can be treated as suicide." Because her family doesn't have enough money for medical treatment, she is unable to receive hospital care. She is also showing signs of suffering from a mental disorder, and she lapses in and out of consciousness.



Ms. Wang with her son.



Ms. Wang weighing just 45 pounds.

A Last Photo

Wu Lingxia, a 37-year-old woman, went to Beijing twice to peacefully appeal for an end to the persecution of Falun Gong. As a result, the local police in Changchun City, Jilin Province arrested her. While she was in custody, they harassed her family and extorted money from them. Ms. Wu's husband could not withstand the pressure and divorced her. When she was finally released, she returned to her hometown of Shuangyashan City. The police harassed her there too. They repeatedly detained, interrogated, and extorted money from her because of her refusal to renounce Falun Gong. In May 2001, the police arrested Ms. Wu and sent her to the Xigemu Labor Center in Jiamusi City where she was severely tortured for long periods of time. Her condition continually worsened. She contracted hepatocirrhosis and ascites, but was given no medical attention.

In July 2002, she was sent home because she was on the verge of death; one year of torture had physically destroyed her. When Ms. Wu passed away on July 27, 2002, festering scars covered her body, and there was severe edema in her abdomen. She left behind a teenage son and aged parents.



Top: Ms. Wu with her son.
Bottom: Ms. Wu shortly before her death.

