



Falun Gong in the USA

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A Struggle between the Truth and Lies

This July 20 marks four years of atrocious persecution of Falun Gong in China and poisonous deceit of the world by the Chinese tyrant Jiang Zemin.

Using the most heinous torture and murder, the Chinese government unleashed an evil against 100 million peaceful Falun Gong practitioners. From information that Falun Gong practitioners, at much danger to themselves, have smuggled out of China over the past four years, we know that over one million of people have been arbitrarily arrested and tortured; over 754 deaths from police torture have been documented; over 100,000 have been enslaved in labor camps; more than 500 have been sentenced to extended jail terms; female practitioners are routinely violated sexually and sometimes even raped in public; thousands of people have been detained in mental hospitals and subjected to forced injections and psychiatric torment. Given the Chinese government's blockage of information, the actual situation is feared to be worse than any of us can imagine.

At the same time, to deceive and coerce the world to remain silent to or even collaborate in its crime, the Chinese government has carried on a campaign of disinformation. From denying the use of violence to fabricating suicide deaths of Falun Gong practitioners in police custody, from the staged immolation to sensational lies about Falun Gong practitioners mailing anthrax and spreading SARS, the Chinese propaganda machine has continually sown and spread hatred. The Chinese government has also coerced foreign governments with economic pressure. (see page 5)



Three plainclothes police gang up on and assault a female Falun Gong practitioner on Tiananmen Square, Beijing. Since July 20, 1999, millions of Falun Gong practitioners around the country have traveled to Beijing to present petitions to the Appeal Office of State Council. The Chinese government arrested those who came to the Office, and later closed the Office, forcing practitioners to stage petitions in Tiananmen Square. This picture shows how the Chinese police assault Falun Gong practitioner in broad daylight and in public.

Anti-Bill of Rights Law Should Not Be Amended But Abolished

By Li Zi

The peaceful march by half a million people in Hong Kong on July 1 forced Chief Executive Tung Chee Hwa of the Hong Kong Special Administrative Region (SAR) to delay the passage of his so-called "anti-subversion" law, Article 23, at the last minute.

While so many around the world have been encouraged by the news, we should not forget that Mr. Tung has only postponed his attempt to the end of the year. In buying time and dividing up the opposition, Mr. Tung also indicated that the SAR would consider making three amendments to Article 23. With Mr. Tung and his communist backers in Beijing pondering their next move, the temporary lull is ominous rather than assuring.

The key to Article 23 is not how it can be amended. (See page 4)



Hong Kong practitioners hold a candlelight vigil in opposition to Article 23.

Thirty-Two Death Cases of Falun Gong Practitioners Received in June

1. Ms. Liu Senle, 53 years old, lived in Group One of Guilin Village, Xindu District, Chengdu City. On April 5, 2003, she was arrested for holding an "illegal gathering." Because she refused to give up practicing Falun Gong, Ms. Liu was detained for 15 days. On the afternoon of April 22, the "610 Office" personnel sent her to the Xinjin Brainwashing Center, where she was brutally beaten and tortured. With Liu on the verge of death, (See page 3)

World Psychiatric Association Members Strongly Condemn China's Abuse of Psychiatry to Persecute Falun Gong Practitioners

On May 21, 2003, members of World Psychiatric Association (WPA) held a news conference in front of the Chinese Consulate in San Francisco to condemn the Chinese government's abuse of psychiatry and strongly urge the Chinese government to unconditionally accept the WPA's independent inspection.

Past president of the American Academy of Psychiatry and the Law and professor emeritus at New York Medical College, Dr. Abraham Halpern, spoke for the group: "This is really an historic day for Falun Gong and for supporters of human rights (See page 4)

Falun Gong on Independence Day

Rhode Island

Falun Gong practitioners from the New England area participated in the Independence Day parade in Bristol, Rhode Island, one of the oldest Independence Day parades in the country.



Minnesota

On June 28, 2003, practitioners joined local Fourth of July festivities in Blain, Minnesota.



Indiana

Practitioners attended the City of Carmel's Independence Day Parade. With the efforts of practitioners and their family members, we made the decorations of the float in very short time. Practitioners wore yellow practice suits. Some held Dafa banners, some demonstrated the peaceful exercises on the float. When the Falun Gong group passed the stage, the host introduced the worldwide flourishing of Falun Gong and its mind and body benefits. Spectators gave warm applause.



Texas



Falun Gong practitioners celebrated Independence Day on July 4 in Huntsville, Texas, a city 73 miles away from Houston. Almost all the residents of the city came out to watch.



Practitioners from Dallas participated in the Independence Day parade in Denton, Texas. Many visitors filled the streets for this festival. Many people expressed their concern about the persecution in China.

Missouri

On July 4, over 20,000 residents of O'Fallon of Missouri watched the Independence Day parade along its two-mile route. Practitioners demonstrated peaceful exercises on their decorated float. When the Falun Gong float passed the stage, the host gave a brief introduction of Falun Dafa. He also praised practitioners' dances. It was the third time Falun Gong practitioners attended the Independence Day parade.



Congressman Aiken also participated in the parade. He signalled practitioners to come over and, after shaking hands, he said, "I am very glad to see you here." Falun Gong's float won second place for "Most Outstanding Float."

California

The Independence Day parade in Alameda started at 11:00 am with 150 groups in different costumes. Practitioners were eye-catching with their colorful float, gentle and melodious music and charming dances.

Practitioners also participated in the parade in Redwood City. The announcer said: "Falun Gong's procession left us with graceful impressions last year..." To rescue Dr. Charles Li, some practitioners collected signatures. Local residents were concerned about Charles after seeing news reports about him.

Practitioners participated in the Milpitas parade. When the procession passed the podium, the Mayor waved his hand to welcome the practitioners and introduced Falun Gong to the spectators, saying loudly, "Cultivation brings peace and health." Many spectators were attracted by the graceful dance and exercise demonstration. One said, "Such a graceful practice. It is incredible that the Chinese government views it as a threat." Practitioners also won first prize.



Iowa

When practitioners participated in the Independence Day Parade in Coralville, Iowa, many townspeople requested more information and gave the Falun Dafa procession warm applause.



Allowed to Sleep Only 22 Hours during 33 Days of Brainwashing

I am a Falun Gong practitioner in Jilin City, Jilin Province. On March 7, 2002, I was arrested, sentenced to three years of forced labor, and detained at the Heizuizi Labor Camp in Jilin Province. During my detention, I was forced to undergo brainwashing, and often deprived of sleep. In order to force me to give up Falun Gong, they allowed me to sleep only 22 hours during 33 days of brainwashing. My health is deteriorating, and becoming quite serious. I cough, have a serious pain in my chest, and have difficulty breathing.

Guiyang City Court of Guizhou Province Illegally Sentenced Falun Gong Practitioners

On May 8 and May 16, 2003, the Guiyang City Court of Guizhou Province illegally tried seven Falun Gong practitioners and sentenced them to prison terms ranging from 10 to 15 years. All of the practitioners were mistreated at the detention centers, forced labor camps, and forced brainwashing centers. At the Zhongba Women's labor camp, for example, where more than 100 female Falun Gong practitioners are held, the guards not only beat and curse them; they are also force-fed a hot chili pepper solution, repeatedly slapped across the face with the soles of shoes, and forced to wear ankle shackles.

Ms. Xia Ting Injected with a Harmful Dose of a Nerve-Damaging Drug

In October 2000, Ms. Xia Ting was sentenced to one and a half years of forced labor for practicing Falun Gong. Her sentence at the Baimalong Women's Labor Camp in Zhuzhou City, Hunan Province was later extended by one year. During her detention, she was beaten, cursed, forced to stand for long periods, handcuffed in a tortuous position, and shocked with electric batons. When she went on a 42-day hunger strike to protest the torture, she was injected against her will with large doses of "Hibernation #1," a drug that causes sleeping. This caused Ms. Xia to suffer severe memory loss and loss of equilibrium. To this day, she has not recovered.

Torture at the Shibalihe Women's Labor Camp: Straitjackets Used to Break Arms, Shoulders, Elbows, and Spines and Cause Agonizing Death

Since April 22, 2003, the Shibalihe Women's Labor Camp in Henan Province has forced Falun Gong practitioners to wear straitjackets made of a special fine canvas. The sleeves are about 10 inches longer than the victims' arms. The guards tie practitioners' arms behind their backs, then pull their arms up over their shoulders to the front of their chest, tie up the practitioners' legs, and hang them up in the air from the windows. At the same time, they gag practitioners' mouths with cloth, put earphones in their ears, and continuously play messages that slander Falun Gong. These practitioners routinely sustain broken arms, torn tendons, and injuries to their shoulders, wrists, and elbows. Long-term torture causes broken spines, and the practitioners die in agonizing pain. Six female practitioners were recently tortured to death in this way. Those who don't die are often permanently disabled.

Ms. Zhang Juxian Force-Fed with Urine and Feces

Since July 1999, Ms. Zhang Juxian, 39, a resident of Jinqiao area, Dashiiao City, Liaoning Province, was detained and imprisoned many times because she practices Falun Gong. During her detention, she was beaten, cursed, shocked with electric batons, brainwashed, force-fed, and cuffed and shackled for an extended time. She was sent to a mental hospital twice. In September 2002, during her hunger strike, she was force-fed urine and feces. On December 27, 2002, she was sentenced to three years in prison.



"Force-Feeding" is commonly used by police against practitioners, and it is the number one cause of death of Falun Gong practitioners. The purpose of police force-feeding is never to nourish, but rather to punish practitioners and to cause so much pain that they will renounce the Falun Gong practice. The police have used many different means to cause excruciating pain and injury.

Death

Continued from page 1

they extorted 1,000 Yuan from her family before releasing her. On May 23, when she was picked up, she was barefoot, her whole body ached, and her head was swollen. Her chest was black and blue, her stomach was swollen, and she foamed at the mouth. She died on May 26. Later, authorities claimed she had committed suicide, and then asked the doctor to issue an autopsy report stating, "death from cerebral hemorrhage."

2. Mr. **Wang Kemin**, 38, had a college degree and was a teacher at Daqing No. 65 Middle School. On November 27, 2002,

Daqing City police arrested him when he went to another practitioner's home to deliver Falun Gong materials. The police used all sorts of torture on him for six days and nights. The deputy chief of the District Security Team stated, "If Wang Kemin goes on a hunger strike, we will kill him. If he runs away, we will shoot to kill." In the end, through the help of other practitioners, Mr. Wang successfully escaped. However, On May 7, 2003, the police captured Mr. Wang again, and tortured him to death that same night.

3. Mr. **He Huajiang**, 42, was an employee of the 6th Daqing Oil Factory and a resident of Daqing City, Heilongjiang Province. Since Mr. He would not renounce Falun

Gong, on September 16, 2002, police arrested him from his workplace. At around 10:00 a.m., Mr. He was sent to the Daqing Labor Camp.

At around 9:00 p.m., the guards tied him to an iron chair, sealed his mouth with tape, and brought him to the restroom on the first floor. They opened all the windows and started pouring cold water on Mr. He to freeze him. The weather outside was extremely cold, so they intermittently brought him outside to intensify the torture. Prisoners could hear Mr. He's moans from being tortured. At around 11:00 p.m., Mr. He was found dead in the Unit 2 bathroom. The local authorities cremated his body secretly without letting any of the mourning family members see it.

Falun Gong "Take Turns" for Two Years

LibertyTimes, June 5th

There are not that many Falun Gong practitioners in Vancouver, but in the past two years, the hundred or so practitioners have been taking turns sitting in front of the



Falun Gong practitioners demonstrate in front of the Chinese consulate in Vancouver.

Chinese consulate to demonstrate around the clock. [...]

On June 1, more than thirty Vancouver practitioners began a one-day hunger strike and Falun Gong exercises to appeal for the release of Dr. Li, a U.S citizen imprisoned in China. According to Jason, the organizer of the appeal, Li was charged with "preparing" to insert Falun Gong messages in cable TV broadcasts in China. The U.S. government is said to be trying to get him released. The hunger strike in front of the Chinese consulate yesterday was to raise world awareness and to exert pressure on the Chinese government.

They Sit in Quiet Meditation and also Mind the Posters

More than eighty percent of them came from Mainland China, the rest are from

Taiwan or westerners. According to Jason, more people participated in yesterday's hunger strike compared with only one or two practitioners sitting in ordinarily. They were here to show their indignation over China's persecution of Falun Gong, and also to safeguard the posters, lest they be removed by people from the consulate.

Jason said that he was aware that the consulate had requested the police to take action repeatedly. But since people in Canada have the right to assemble and demonstrate, no action has been taken by the police. [...]

No Plans to Leave; Plans for Long Term Stay

[...]Last week they replaced the demonstration posters with new ones. It looks like they are not leaving, but planning to stay long term.

Psychiatric Torture

Continued from page 1

throughout the world. The WPA has finally declared unambiguously and clearly a call for the admission to the PRC of an investigative mission to look into the serious allegations of abuse and misuse of psychiatry in connection with the hospitalization and other kinds of psychiatric treatment involuntarily of non-mentally ill Falun Gong practitioners and political dissidents as well. [...] Demanding the unrestricted opportunity to visit any hospital that the investigative mission would want to go to; having their own translators without relying on translators within China itself.... this is very, very good news to all of us who respect human rights." Dr. Halpern called upon the U. S. government and other world organizations that care about China's human rights to support the WPA's action.

Ohio clinical psychiatrist Galli added, "... after almost four years of persecution, the torture and killing of the practitioners continue. Over 1,000 practitioners have been involuntarily detained in mental hospitals; at least 91 hospitals have been identified for being engaged in this psychiatric abuse of the practice. Today the number of normal, healthy Falun Gong practitioners incarcerated and abused in mental hospitals way, way, way exceeds one thousand."

Dr. Jingduan Yang, a psychiatrist from Thomas Jefferson University Hospital, expressed that international organizations



Dr. Halpern read a statement that the WPA published on May 20, in which the WPA "Strongly demand the Chinese government 'unconditionally' accept WPA's 'independent inspection' regarding the misuse of psychiatry to violate human rights."

would not tolerate anyone or any country to arbitrarily misuse curing methods for political persecution, and that, although the Chinese government seemed to cooperate, it simply played the game of wording. Instead, it used various means to hinder the investigation and even refused to allow Dr. Halpern to participate in the investigation.

Not Be Amended But Abolished

Continued from page 1

The SAR has been trying hard to sell to the public the idea that Article 23 is necessary to protect Hong Kong's security. What could possibly be the biggest threat to Hong Kong, which supposedly has a capitalist system? None other than the system of communist dictatorship.

Article 23 was instigated by the Chinese government, and it has been inherently threatening to freedom and basic rights from the moment it was proposed for legislation. Can one expect that such an "anti-Bill of Rights law" could be amended to protect Hong Kong's security? One might as well try sewing the emperor's new clothes.

New York Beating (Continued from page 6)

e.g., San Francisco, Chicago, Atlanta, and Toronto, pro-Chinese government Chinese have assaulted Falun Gong practitioners.

This is the second time Liang publicly assaulted others under the direction of Chinese diplomats. On September 7, 2000, the same group of assailants assaulted eight members of the Chinese Freedom Party inside the Lincoln Center, merely for wearing pro-democracy T-shirts at a concert by a troupe from China.

One Chinese-American commented on Liang's behavior: "The Red Guard has arrived in New York." An American Falun Gong practitioner, Ms. Nadine Leichter, observed, "It's hard to imagine that in America, that because of one's belief, because one is practicing Falun Gong, someone could.

"Falun Dafa Chinese Culture Festival" Held in Seattle

On June 22, 2003, Seattle practitioners held a "Falun Dafa Chinese Culture Festival" at the Seattle Center. Practitioners offered a wonderful performance of Chinese culture to the local people.



Several practitioners played and sang songs that they had composed themselves. Their beautiful music and sincere singing amazed the audience. The dance "Lotus Flower" and the Tang Dynasty costumes performance won appreciation and admiration from the audience. Various dances and costumes demonstrated the elegant, graceful, and noble character of traditional Chinese ladies. Practitioners' martial arts performance and songs in Cantonese also received

warm response from the spectators. Practitioners also performed the five sets of Falun Gong exercises.

Falun Dafa Practitioners Participate in "Forty Acres Festival" at University of Texas

On April 26, 2003, local Falun Gong practitioners participated in the annual "Forty Acres Festival" held at the University of Texas in Austin. This celebration was organized by student groups on campus and was open to the public. Falun Gong practitioners set up a booth on campus to display



the Falun Gong photos and to introduce Falun Gong to attendees. Many students and visitors stopped at the booth to look at the photos, and many of them signed their names on a petition against the persecution. Many students at the university learned about the persecution for the first time.

Falun Gong Invited to Teach Class at Irvine Valley College

On May 5, 2003, Ms. Yolanda Gouldsmith, who teaches a class on how to reduce stress when taking exams, invited Falun Gong practitioners from Orange County to introduce Falun Dafa to her students.

A practitioner, Mr. Yang, told how practicing Falun Gong improved his mind and body. He found that he was much calmer when interacting with his colleagues under pressure. He also talked about the persecution of Falun Gong in China. Students then watched a video about the spread of Falun Gong over the last 11 years, so they would have a better understanding, after which they divided into four groups to learn the exercises.



Truth and Lies

(Continued from page 1)

Influenced by lies and coercion, the city governments of Los Angeles, San Francisco, Baltimore, Seattle, and several other metropolises have rescinded their moral support for the victims; the Icelandic government even mistreated hundreds of Falun Gong practitioners on a blacklist supplied by the Chinese government.

How will history look upon this atrocity and acquiescence? What will humanity be when evil power can buy its way to trample universal values and human rights?

For their belief, and also for humanity, Falun Gong practitioners have stood up against the evil. In contrast to the Chinese government's violence and deceit, Falun Gong practitioners have adhered to peace and truth.

Only the righteous command the moral power of non-violence. From the pillorying of Jesus Christ's disciples to Mahatma Gandhi's spinning wheel to Martin Luther King's marches to Nelson Mandela's transcending decades of incarceration, the humility and misery of the persecuted has again and again become the best embodi-

ment of their steely conviction. Their peaceful initiatives ultimately become our most treasured heritage. This, in turn, has made the world a better place.

The sacrifice of Falun Gong practitioners is not just for themselves, but also for the benefit of humanity. At great risk, Falun Gong practitioners in China inform the public the truth of Falun Gong and the persecution. From simple flyers to TV broadcasts, they clarify the facts to torturers blindly following government orders, to neighbors

who are misled by the propaganda of hatred. Many practitioners have been arrested while clarifying the facts. However, their benevolence has helped so many to wake up from the confounding lies, from being unwitting accomplices of the evil. This is the struggle between the Truth and Lies in its purest form.

This July 20 marks the beginning of the fifth year of the Chinese government's senseless aggression against Falun Gong practitioners. To put this in a historical perspective, it would take the Allies another two years to end the Nazis' aggression against humanity, but the free world was already gaining an upper hand in the struggle.

There may be one or another reason to stay on sidelines, there may be one or another consideration to ponder, and then, there are Chinese government's deceit and coercion. If we let truth touch our hearts, let courage resist the coercion; we will know the right thing to do.



On April 25, 1999, over 10,000 Falun Gong practitioners gathered in Beijing outside the State Council Appeals Office to petition for Falun Gong.

Springtime in Hong Kong

Will Chinese communism soon collapse?

From the Wall Street Journal Editorial Page

BY CLAUDIA ROSETT

Wednesday, July 9, 2003 12:01 a.m. EDT

[...]

To defend their freedoms, half a million people marched peacefully through the streets on July 1, and forced the handpicked satrap of the People's Republic of China, Chief Executive Tung Chee Hwa, to blink. At the last minute Mr. Tung indefinitely delayed passage of his "antisubversion" law, which threatens Hong Kong's liberties. [...] Before the next shoe drops--which it will--our job in the free nations of the world is to grasp the huge importance of these events, and keep faith with the message the people of Hong Kong have sent.

The government whose dictates Hong Kong's people are protesting is not, ultimately, that of the cornered Mr. Tung in Hong Kong, but that of the People's Republic in Beijing. Rest assured that the dissatisfactions in relatively idyllic Hong Kong are shared in spades by many of the 1.3 billion Chinese under the direct sway of Beijing, who for generations have suffered miseries and indignities far worse than anything Hong Kong has yet endured. [...]



The grand march participated in over 500,000 people in Hong Kong in opposition to Article 23.

The last time people inside China's borders demonstrated for freedom on such a massive scale was 1989, in the uprising named for its geographic center, Tiananmen Square...In Hong Kong right now we are unlikely to see a replay of the bloodshed with which the Beijing regime responded to Tiananmen Square. [...]



On June 28, people from across the US held a public rally in Washington DC to request the Hong Kong government to abolish Article 23 legislation, and to support freedom and human rights.

That's why it has been so important to Beijing to silence Hong Kong. That is why Hong Kong's July 1 protest has surely sent shudders through the foundations of Beijing's regime. More important, however, is that Hong Kong's defiance is not solely a cause of events now set in motion, including the public discrediting of Mr. Tung. The July 1 demonstration was also a symptom of the outrage engendered among reasonable people by the high-handed ways of the regime that rules all of China. Most Chinese--and by this I mean the 1.3 billion, in addition to Hong Kong's seven million--are, in fact, reasonable people.

What we are seeing in Hong Kong is simply the most visible piece of a crisis centered not in Hong Kong, but deep in China itself. In a crucially important article, "The Chinese Sickness," published in the current issue of Commentary, sinologist Arthur Waldron argues eloquently that for the brutal, unloved and corruption-fostering regime in Beijing, the moment of truth may be approaching sooner than we think. Especially in the nations of the free world, now banking on democracy as the road to peace, we must stand ready not only to applaud Hong Kong, but to choose, when the chips are down in China itself, which side we are on.

Ms. Rosett is a columnist for OpinionJournal.com and The Wall Street Journal Europe. Her column appears alternate Wednesdays.

New York: Pro-Chinese Government Leader Arrested and Charged with Assault

On June 26, 2003, Liang Guanjun, the president of the Unified Organization of Overseas Chinese Associations of New York, and others, were arrested and charged with assault.

On June 23, 2003, Liang and others hosted a banquet inside the Yidong Restaurant in New York Chinatown for Wang Yingfan, the departing UN ambassador from China. Several Falun Gong practitioners were distributing Falun Gong flyers outside the restaurant in the hope that the ambassador could forward their request to stop the persecution of Falun Gong practitioners in China.

At approximately 7 p.m., Liang and another man charged towards Frank Lee, a practitioner quietly holding a poster. They poked Mr. Lee's face, cursed him, grabbed the poster from him, and tore it up. Only when the security guard intervened did Liang leave.

At approximately 10 p.m., the Chinese diplomats came out from the restaurant. One female diplomat saw Falun Gong practitioners and said something to Liang. Liang then led several others in charging towards the Falun Gong practitioners, cursing: "Go to Hell! I will beat you to death!" They surrounded and beat practitioner Mr. Li Jun and others, tearing their clothing and causing injuries to their faces, hands, and abdomens, and giving one a bloody nose that caused onlookers to be sprayed with blood. When practitioner Mr. Zhu Weiyong came over and said "Stop", the assailants said: "Who are you? We beat whoever is Falun Gong" and assaulted him, injuring his face and abdomen.

Several other practitioners were assaulted and harassed. Ms. Li Li was confronted and harassed by a man. When Ms. Yan Kaixin called the police, the assailants knocked her cell phone to the ground. The practitioners all remained peaceful throughout, and filed a report with the police.

A police officer of the New York Fifth Precinct, Mr. Gregory Kelly, confirmed that Liang Guanjun had been arrested on the charge of assault. This assault was not an isolated event. In several North American cities with Chinese consulates, (see Page 5)

I Found Peace in Falun Gong

Arleen Freeman

In 1996 I was at home watching television when a homeless man broke in, tied me up, brutalized me, and waved a hunting knife around, threatening to kill me. After the crime, I sold my house, because I knew I would never feel safe there again. I developed Post-Traumatic Stress Disorder (PTSD) and had a constant fear that a stranger would suddenly attack me. I also 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 paper that Falun Gong was persecuted in China. I already knew from reading the Chinese Communist Party's lies about the Tiananmen massacre that anything they persecuted was worthy of my interest. I had to check it out. I attended a nine-day seminar held at UCSD and started doing the Falun Gong exercises. To my amazement, I found that doing the exercises once was more powerful than a month of therapy. I joined the group practice and kept coming to the exercise site regularly.

Very soon after that, I stopped going to therapy, as it seemed like a waste of time. The crime became a distant memory. I stopped being afraid. Instead, my body

relaxed and I developed a deep sense of serenity. I found that I was easily able to fall asleep at night. I had previously needed 8 or 9 hours of sleep, and I didn't want to get up in the morning. Soon, I could jump out of bed after only 6 hours of sleep. Of course I stopped drinking alcohol. I even lost around 10 lbs. My body became calm and clean. I was able to focus on my work and get a lot more done.

When I looked inside myself, sometimes I did not like what I saw. I often felt critical of others, and blamed them for their faults. I was always correcting others, either openly or in my mind. I was very blunt - so much so, in fact, that some friends of mine who do comedy were going to write a sitcom based on my personality. They were going to call it "The Blunt Family." However, practicing Falun Gong's principles of Truthfulness-Compassion-Tolerance



Arleen meditating at Lo Jolla Beach, California

changed me inside as well. I still catch myself being critical, but more often, I try to help with whatever problem I see. I have become a good listener. People enjoy being with me. They confide in me, and appreciate my caring. I am self-employed. People also sense that I can be trusted, and seem to like doing business with me. I don't care about how much money I make any more, 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.

Every day I am shocked when I read on the Internet about the brutal torture of Falun Gong practitioners in China. It is hard for me to imagine that people who do the same thing I do are tortured to death. The violence that man is capable of amazes me. I am Jewish. When I was a child, family members who came to our house had tattoos on their arms indicating they had survived the concentration camps in Nazi Germany.

The persecution of Falun Gong practitioners in China seems even worse. For whatever reason man tortures his fellow man, for whatever reason people allow it to continue, for whatever reason they pretend it doesn't happen, look the other way, and say it is not their responsibility, some of us must take responsibility for stopping the persecution. Millions of people suffer because they speak their conscience. I join my voice with theirs.

Power of the Truth

A policeman who knew the truth - "You can trust me"

By Falun Gong practitioners in China

Two policemen arrested Ms. Zheng and other Falun Gong practitioners while they were distributing truth-clarification materials. At the police station, Ms. Zheng saw a third policeman sitting at his desk, and placed her package under the desk.

When the first two policemen left the room briefly, Ms. Zheng showed some materials to the third policeman and said, "I can see you are kindhearted. I am not afraid of being detained, but please call my husband and ask him to transfer our remaining materials to a safe place. Many practitioners used their food and clothing money to make them. All we want is for people to learn the truth."

The policeman was touched and said, "I have seen many Falun Gong practitioners arrested in the past three years. I know you are

all good people. I have read many of your materials, and know the truth about Falun Gong. I have also read *Zhuan Falun*. You can trust me to do what you have asked."

With the help of this policeman, Ms. Zheng's husband moved the materials to a safe place before the police ransacked their home.

"Sorry, I almost wronged you"

By Falun Gong practitioners in China

A young girl went to a farmers' market to distribute materials clarifying the truth about Falun Gong. Many people surrounded her and asked questions. A man in his fifties, however, grabbed her and wanted to take her to police station. She said to him, "I will not run away, but please take your time, read the material, and let me finish distributing the rest." The man sat down and started to read. After he finished reading, he stood up, held her hand tightly and said, "Sorry, I almost wronged you."

Pictorial History

On August 25, 1993, the Ministry of Public Security and the Ministry Propaganda cosponsored the Third Conference of the National Foundation for Heroes, which was held in Beijing. Thanks to the support of Secretary General Jian Zhang, deputy Secretary General Qian Guan, and Director Dequan Fei of the China

Qigong Research Society, the Foundation invited Mr. Li Hongzhi, the founder of Falun Gong, and his students, to give free treatment to those who were injured or disabled in the line of duty, while fighting crime. The results were remarkable, with many achieving complete recovery. Everyone genuinely appreciated this arrangement for treatment, and saw the event as a tangible benefit that the Foundation offered. The Foundation, in response to such appreciation, sent special thank-you letters to the China Qigong Research Society, Fengtai District branch of the Beijing Public Security Bureau, and to Mr. Li Hongzhi.



In 1993, the People's Public Security News, published by the Ministry of Public Security of the People's Republic of China, carried a report on Mr. Li Hongzhi and Falun Gong.



Awards to Mr. Li Hongzhi and Falun Dafa in the 1992 & 1993 Oriental Health Expos in Beijing.

To help promote Qigong and alternative healing, Mr. Li and his students participated in the 1992 & 1993 Oriental Health Expos in Beijing. In both events, Falun Gong was overwhelmingly received and awarded many prizes from the organizing committees:

Certificate of Honour to Mr. Li Hongzhi for Outstanding Contribution at the 1992 Oriental Health Expo

Certificate of Honour to Mr. Li Hongzhi for Outstanding Contribution at the 1993 Oriental Health Expo

Award of Achievement in Alternative Sciences to Mr. Li Hongzhi at the 1993 Oriental Health Expo

Award of "Most Popular Qigong Master" awarded to Mr. Li Hongzhi at the 1993 Oriental Health Expo

"Gold Award", presented to Mr. Li Hongzhi at the 1993 Oriental Health Expo.

Falun Gong in the USA
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