



### A peaceful practice was declared "Enemy of the State"

In 1992, Falun Dafa was introduced to the public in Northeastern China by teacher Li Hongzhi. The Chinese Ministry of Health started to strongly endorse the free-of-charge practice after discovering its powerful effects. By the end of the 1990s, **over 70 million** people from all social classes had started to practice Falun Dafa. [www.falundafa.org](http://www.falundafa.org)

Practitioners believe in "truthfulness, compassion and forbearance" and have no political agenda. However, the practice is part of traditional Chinese culture. As the number of practitioners exceeded that of Communist Party members, president Jiang Zemin started to consider such cultural renaissance as a "threat" to the Party's ideology. Falun Dafa was banned in July 1999. The Party launched a multi-billion dollar campaign of persecution and propaganda in all of Mainland China. **The persecution is still going on. Chinese embassies around the world try to suppress efforts to raise awareness of the Party's crimes.** [www.faluninfo.net](http://www.faluninfo.net)



Learning and practicing Falun Dafa is always free of charge. It has no membership, organization or obligations. All learning materials are available on the Internet. Thousands of peaceful Chinese have lost their lives in the persecution, and tens of millions have been deprived of basic rights.

## As Falun Dafa became immensely popular in China, the Communist Party launched a persecution



**1** Hundreds of thousands of innocent people have been imprisoned in labor camps without trials.



**2** The Chinese authorities brainwash, torture and kill Falun Dafa practitioners to "eradicate" the practice.



**3** Reputable researchers have found evidence of live organ harvesting from Falun Dafa practitioners.

[organharvestinvestigation.net](http://organharvestinvestigation.net)



**4** Countless ordinary citizens have escaped China and sought asylum from the United Nations.



**5** Amnesty International is campaigning for the human rights of Chinese Falun Dafa practitioners.

# SOS!

Help us stop the **violence, state terrorism and propaganda** – spread awareness of the persecution.

A Free and Effective Cultivation Practice for Improvement of Mind and Body

# FALUN DAFA

(Falun Gong)

## 真 善 忍

Truthfulness · Compassion · Forbearance



[WWW.FALUNDAFA.ORG](http://WWW.FALUNDAFA.ORG)

## Healthy body and a peaceful mind

Falun Dafa, also known as Falun Gong, is a traditional Chinese "cultivation practice" that was introduced to the public in 1992. It consists of **five sets of gentle exercises, books and lectures** that discuss the inseparability of mind and body, improvement of one's moral character towards "truthfulness, compassion and forbearance", as well as the relationship of humans and the universe.



*Falun Dafa was researched extensively and received widespread support from the authorities, who endorsed it as the most advanced qigong practice of mind and body.*

In traditional Chinese culture, different practices combining spiritual and physical elements have a history of thousands of years. Traditional Chinese medicine and its various forms of treatment have often evolved side by side with these methods. Today, they are becoming increasingly more popular in the Western countries.

According to estimates by the Chinese state, around 70-100 million people had taken up the practice by the end of the 1990s. Falun Dafa won several awards and was officially certified by the authorities. In a few short years, Falun Dafa had grown to become **the most popular qigong practice in China.**

[WWW.FALUNDAFA.ORG](http://WWW.FALUNDAFA.ORG)

## Guided teaching or learning on your own

- Teaching and practice is **free of charge**
- **No organization, membership or obligations**
- **All learning materials available on the Internet**
- **Translations published in dozens of languages**
- **Public practice sites in over 100 countries**
- **Positive effects can be quickly perceived**
- **Find contact persons at [www.falundafa.org](http://www.falundafa.org)**

An easy way to **learn the Falun Dafa exercises** is coming to a group practice site (a park, for instance), where you will get one-on-one teaching. Later you can go through the exercises at home with the help of easily available learning materials and video.

The **most important books** in Falun Dafa are Falun Gong (1992) and Zhuan Falun (1994). They are based on Mr. Li Hongzhi's lecture series in China. Translations are available on **[www.falundafa.org](http://www.falundafa.org)**

*"Through practicing Falun Dafa, my body feels very light and comfortable. With the help of the spiritual teachings, I have also learned to prioritize things in my life. I used to be depressed and anxious, and I experienced a lot of stress over trivial matters. Nowadays I feel a lot fresher, and my mind is more tranquil. I have become physically and mentally balanced, and I have the energy to keep a positive outlook, even when I am faced with challenges in my work. I feel that I've found true happiness."*

— Anna (Helsinki)  
M.A., musician



## The Falun Dafa exercises (instructions available on [www.falundafa.org](http://www.falundafa.org))



### First exercise

The arms are stretched into eight directions, and simultaneously the whole body is stretched vertically. The exercise opens up all of the body's meridians (energy channels). It is done three times.



### Second exercise

Throughout most of this exercise, the arms form an open circle. They are held up in four positions: at the level of the eyebrows, in front of the lower abdomen, above the head, and lastly at both sides of the head.



### Third exercise

The hands move up and down nine times in front of the body - first into opposing directions, then both hands in parallel. Lastly, the hands are rotated four times in front of the lower abdomen. The third exercise is done three times.



### Fourth exercise

The hands go around the whole body nine times following a certain trajectory, and finally they are held in an overlapping position in front of the lower abdomen. The fourth exercise is also done three times.



### Fifth exercise

The fifth exercise of Falun Gong is a sitting meditation. It starts with a series of hand movements, followed by three different positions where arms are held still. In the concluding meditation, the hands are resting on one's lap.