

## INTRODUCTION OF FALUN GONG



*FaLun* (fah-lun): Law Wheel;

*Dafa* (dah-fah): "Great law" or principles.

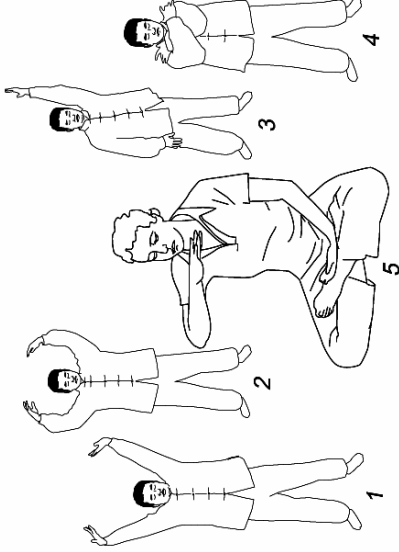
*Gong*: Practice, Energy

Falun Gong, also known as Falun Dafa, is an ancient practice of **Mind, Body and Spirit**, which is deeply rooted in traditional Chinese culture. The practice is guided by the principles of **Truthfulness, Compassion, Tolerance**. It aims at self-improvement and cultivating one's true self. Since it was first made public in China by Mr. Li Hongzhi in May of 1992, it has quickly spread all over the world by word of mouth. Falun Dafa has brought physical and mental health, moral improvement and spiritual growth to over 100 million people from all walks of life, different age groups and cultural backgrounds in **over 60 countries** around the world. The main book of Falun Dafa, **Zhuan Falun**, has been translated into over 25 languages.

Falun Dafa has been highly recognized, and has received over 1000 awards and proclamations worldwide, including from New York City and China.

## The Five Sets of Falun Gong Exercises

The five sets of Falun Gong exercises help quickly open up one's energy channels, enable the energy to circulate the body smoothly, purify the body, connect one's mind, body and spirit, and obtain stress relief, inner peace and strength. The movements are simple, effective, easy to learn, and suitable for people of all ages and levels of fitness. It is designed to adapt to modern people's busy lifestyle. There is no requirement for frequency, length of time, or place of practice. One can practice either individually or with a group at anytime and anywhere.



## The Teachings of Falun Gong

**Falun Gong** — An introductory book with illustrations of the exercises and explanation of the principles.

**Zhuan Falun (Revolving the Law Wheel)**— The comprehensive and systematic guide of Falun Gong.

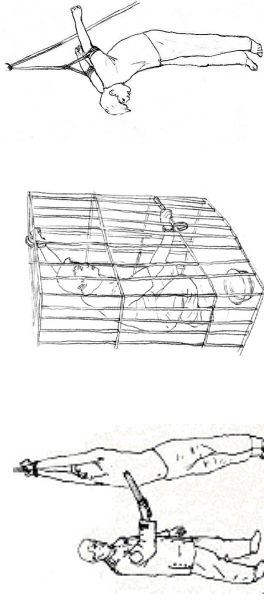
All Falun Dafa books are freely accessed from the Falun Dafa web site: [www.falundafa.org](http://www.falundafa.org).

## Imagine Being Persecuted



## For Doing This

Dictator Jiang Zemin launched the persecution against Falun Gong in July of 1999. Jiang's regime tries to eradicate Falun Gong with the means of state-run terrorism: **brainwashing, physical torture, psychiatric abuse, and killing**. Hundreds of thousands of innocent Falun Gong practitioners have been forced into labor camps and jails. Over 1,000 Falun Gong practitioners were tortured to death for refusing to give up their belief in Truthfulness, Compassion, and Tolerance.



Facing this persecution, Falun Gong practitioners have demonstrated unprecedented **spirit of peace**, great compassion and tolerance. Since 2001, **Jiang** and his followers are being **sued for Genocide, Torture and Crimes Against Humanity** in 15 countries around the world.

**Bring Jiang to Justice**

[www.flgjustice.org](http://www.flgjustice.org)

## Q & A

### How does Falun Gong differ from Tai-chi or Yoga?

The movements of Falun Gong exercises are simpler and easier to learn. Most people find the energy field stronger when they practice this, and results come much more quickly. Also, Falun Gong requires practitioners to follow the principles of Truthfulness, Compassion, and Tolerance to cultivate their inner selves, and to improve their state of mind and spirit.

### Why is Falun Gong being persecuted in China?

The former head of the Chinese Communist Party -- Jiang Zemin, ordered this persecution due to his jealousy of Falun Gong's popularity, and personal fear of losing control over people's minds. The number of Falun Gong practitioners outnumbered the Communist party members, and the teachings of Falun Gong are based on universal principles and traditional Chinese culture, which go beyond the confines of the communist ideology - atheism.

### What You Can Do To Help

- ❖ Let others to know about the persecution.
- ❖ Send a message to President Bush and your congressional representative to pressure China to stop the persecution. White House public line: 202-456-6213.



## AMERICAN CITIZEN

## JAILED

## & TORTURED in CHINA!



Dr. Charles Li has been jailed in China since January of 2003 for intending to expose human rights violations suffered by people who practice Falun Gong in China. Charles was beaten, interrogated for days, deprived of sleep, subjected to brainwashing sessions, tied to a metal bed frame and forced into slave labor.

***Let 's Bring Charles Home!!!***

[www.rescuecharles.org](http://www.rescuecharles.org)

### Contacts in New York Area

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Brooklyn		Clearline	(718) 230-5626
Long Island		Sue	(631) 581-8580
Staten Island		Jerry	(646) 321-5133

**Practice site and Schedule:** you may also visit

<http://falun-ny.net>

# FALUN GONG

(Falun Dafa)

An Ancient Practice for the

Mind, Body, and Spirit

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Truthfulness

善

Compassion

忍

Tolerance



**Free Instruction**

<http://www.falundafa.org>

<http://faluninfo.net/>