

## **1. What is Falun Gong?**

Falun Gong (also known as Falun Dafa) is a spiritual practice that includes gentle, slow-moving exercises and meditation. Practitioners are taught to follow the principles of Truthfulness, Compassion, and Forbearance in their daily lives. The exercises and meditation are for improving practitioners' health.

Falun Gong has no religious forms such as temples, rituals, clergy, and initiation rites, nor are there any membership lists or fees. Practicing Falun Gong involves reading its books and doing the exercises, either at home or with a group as much or as little as one likes. What's important is that practitioners measure their thoughts and behavior by the standards of Truthfulness, Compassion, and Forbearance. Thus, Falun Gong differs from other physical exercises in that it emphasizes refining and elevating one's character.

Practitioners of Falun Gong are found in all walks of life: from doctors, lawyers, scientists, and police officers to housewives and students. They come from a broad cross-section of modern society that ranges from young to old. Falun Gong teachings stress that practitioners be responsible to their families, their communities, and to society, and always think of others before themselves. As a result of following this path, practitioners often find that they become more selfless and caring, and their relationships, both in their families and workplaces, substantially improve. Many people have quit drinking, smoking and taking drugs through the practice.

Most people who practice Falun Gong find that it brings them better health, reduced stress and inner peace, and it's not at all uncommon for serious diseases to disappear after a person begins to practice.

Mr. Li Hongzhi started teaching Falun Gong in China in 1992 and it quickly spread by word of mouth throughout China and then beyond. Today, Falun Gong is practiced by over 100 million people in more than 80 countries. The practice and Mr. Li have been honored with over 800 proclamations by officials in North America, and Mr. Li was nominated twice for the Nobel Peace Prize.

Falun Gong: [www.falundafa.org](http://www.falundafa.org)

## **2. The persecution of Falun Gong**

The Chinese Communist Party (CCP) always tries to control people's minds. It promotes atheism and persecutes all spiritual groups. Realizing Falun Gong was the largest and most rapidly growing spiritual group in China, the then-president Jiang Zemin and CCP started persecuting it in July 1999.

Since then, over 3,000 deaths through police abuse and torture have been confirmed. Manfred Nowak, the United Nations Special Rapporteur on Torture, recently indicated that two thirds of the victims of torture and ill-treatment in China are Falun Gong practitioners. The U.S. State Department's report in 2007 stated that foreign observers estimated that Falun Gong adherents constitute at least half of the 250,000 officially recorded inmates in forced labor camps. Practitioners are expelled from school, fired from their jobs, and often have their families broken up if they remain steadfast in their belief.

The CCP has also extended its persecution to foreign countries. Some practitioners' houses have been broken into and others had their cars damaged. Protesters have been beaten in front of Chinese embassies and consulates, and some people have received threatening phone calls. Media organizations that report on the violation of Falun Gong practitioners' human rights have also been targeted for vandalism and various kinds of harassment by the CCP.

More on the persecution: [www.faluninfo.net](http://www.faluninfo.net), [www.clearwisdom.net](http://www.clearwisdom.net)