

Clearwisdom Review

An Update on Falun Dafa Worldwide

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Ms. Cai Rong Recounts Brutal Persecution

(Clearwisdom.net) Falun Gong practitioner Ms. Cai Rong, 44 years old, from Jiamusi City, Heilongjiang Province, has been persecuted many times over the past ten years. She was grossly abused in the Jiamusi Forced Labor Camp during two terms there. The following is her personal account:

Officers from the Jiamusi Police Station broke into our home in 2002. Two officers dragged me away and shoved me into a police vehicle. I didn't even have time to put on my shoes. They took me to the suburban police station.

I did not cooperate when the police demanded to know the source of the informational materials that we hand out to people to explain the facts about Falun Gong. They tied me to a metal chair and kicked my legs hard. The pain was unbearable. That same afternoon I was taken to the Jiamusi Detention Center. I went on an 11-day hunger strike to protest the persecution. On the 12th day I was admitted to the Jiamusi Xigemu Labor Camp for a two-year sentence.

The guards at the labor camp aggressively abused Falun Gong practitioners. Zhu Tiehong slammed my head against a wall. I was dizzy and saw stars. Guards Li Xiujin and Jiang Jianan slapped my face and kicked me ferociously. I was beaten black and blue. Even after several months, I was still covered with bruises.

They handcuffed several of us with our arms behind our backs to a bed, forcing us to sit on the cold cement floor in a painful position all day and evening. I was forbidden to use the restroom. Later, several practitioners



Torture re-enactment



Torture re-enactment
(small stool)

and I were again handcuffed with our arms behind us to a bed. We were forced to sit on the ground like this for several days and nights after we protested the persecution.

All practitioners were assembled on the camp's fourth floor and forced to sit on small stools. No movement was allowed. We had to look straight ahead and watch videos that slandered Falun Gong. Some had to sit for several months, from 5:00 a.m. to after midnight, or 2:00 a.m. Their buttocks developed sores from this torture.

Once, several practitioners and I were detained in a small dark room. The windows were covered with newspapers. I was handcuffed with my arms behind my back to a metal bed, sitting on the cold ground, with my legs straight out. Ten days later guard Yu Wenbin pinched my hands while yelling at me. My hands were severely bruised and swollen. This excruciating torture lasted 25 days. Even now, I still struggle with pain every day.

Introduction to Falun Dafa

Falun Dafa, also known as Falun Gong, is a practice for benefiting physical health and elevating the mind. Introduced by Mr. Li Hongzhi in China, the practice consists of five gentle exercises including meditation, and diligent effort on the part of practitioners to follow the universal principles of Truthfulness-Compassion-Forbearance in daily life. Falun Gong is not only beneficial to one's own health and well-being, it also benefits others. Although the practice originated in China, today it is practiced throughout the world by people of all races and walks of life. In the face of the most brutal and vicious persecution perpetrated on them by the Chinese Communist Party, Falun Gong practitioners have found the spiritual strength to resist peacefully and tirelessly by upholding the principles of Truthfulness-Compassion-Forbearance.



About Clearwisdom

Clearwisdom.net is the most authoritative source of information about the practice of Falun Gong and about the persecution of Falun Gong in China, reporting timely news and events happening inside China as well as from the more than 100 countries around the world where Falun Gong is practiced. Clearwisdom responsibly publishes the experiences and understandings of practitioners themselves, who submit the majority of the articles.

Australia: Sydney Supports 88 Million Chinese People Who Have Quit the CCP and Its Affiliated Organizations



Many passersby stopped to learn about the growing movement to quit the Chinese Communist Party

(Clearwisdom.net) The Quit the Chinese Communist Party Service Center in Sydney, Australia held a series of activities on the morning of January 23, 2011 in front of the Golden Water Mouth in Sydney's Chinatown. The activities supported the 88 million courageous Chinese people who have resigned from the Chinese Communist Party (CCP) and its affiliated organizations. The activities were well attended, with streams of people stopping by.

The event aimed to celebrate Chinese people's spiritual awakening and at the same time, encourage more Chinese people to quit the CCP and its affiliated organizations.

The Effects of Falun Gong on Improving Health

(Clearwisdom.net) Two Oriental Health Expos were held in Beijing, one in 1992 and one in 1993. Falun Gong was represented at both Expos. Although the practice had only recently been introduced to the public, many people were impressed by the outstanding effects of Falun Gong on improving health. After witnessing these cases of improved health, many people began practicing Falun Gong. Below are several examples that I, and others, have experienced.

1) Upon waking up one day in 1994, I found that one side of my face, including my eye and mouth, could not move. Diagnosis showed that it was wind-induced facial nerve paralysis (Bell's palsy). I tried Chinese medicine, Western medicine, qigong, acupuncture, and electro-therapy, but nothing worked. Finally, I was fortunate enough to attend the 10-day Falun Gong classes held by Mr. Li Hongzhi. During the class, I was very interested in the lecture and forgot about my facial paralysis. On the third day, my mouth was able to move, which previously had not moved even with electric shocks during electro-therapy. When the 10-day class was over, my face had basically recovered. Two months later, everything was back to normal.

2) My mother had poor health prior to practicing Falun Gong. Among other problems, she had coronary heart disease and she had to take Chinese medicine all year long. When attending Master Li's class, she needed help from other people to walk. During the first class, Master Li asked everyone to stand up and stamp their feet on the floor to adjust their physical body. As Master Li was waving his hand, my mother felt a subtle change in her heart, making her feel very comfortable. After the first lecture was over, she was able to walk by herself. By the time the 10-day class was over, all her illnesses were gone.

3) There was a 60-year-old woman in Jilin Province who had rheumatoid arthritis. The illness was so severe that she could not get out of bed for six months, and she was unable to take care of herself. Due to side effects of the medicines she had to take, she had severe hair loss. Within one year after she started practicing Falun Gong, this lady was able to walk to the practice site by herself to do the exercises. Her hair also grew back.

4) A farmer surnamed Zhao in Yitong County, Jilin Province fractured his leg in a car accident. Because of mistakes made during surgery, the bones were improperly set. As a result, his legs were different lengths. Zhao's condition deteriorated, and it led to femoral head necrosis and then spinal disease. He sought treatment everywhere and spent huge sums of money on medical bills. But even after he had spent all his money, the illness did not improve. Both his family and doctors thought that Mr. Zhao would not live long. As he was in despair, a doctor recommended Falun Gong to him. Within one year after Mr. Zhao began practicing Falun Gong, all his illnesses were gone. Even the improperly set bones in his broken leg grew to the same length as those in the healthy leg. As a result, he was able to walk without crutches, and he could even climb up on the roof to do repair work.

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To learn more about Falun Dafa as a practice, please visit www.falundafa.org