

## **Using Reason, Wisdom and Benevolence While Standing Up For The Fa**

**By a Western Practitioner in Sweden**

An American experience-sharing article on Clearwisdom.net inspired me so much that I had to write down my own experiences for the first time. Since we were going to have a meeting on the theme "Validate the Fa [law and universal principle] with reason, clarify the truth with wisdom, spread the Fa and offer people salvation with benevolence" in the beginning of December, I took the opportunity to share my experiences on this subject.

The article I had read was called "Giving Up Everything is Gaining Everything". Those words reminded me about what I had been forced to do many times in my life without the knowledge that the consequence of giving up everything is gaining everything. I was afraid to loose something that felt secure and safe within me. Not knowing what I would get in return I didn't go along with the process of giving up. But letting go of everything is the whole point, the foundation to stand upon. It's like stripping off all the identities you wear and the only thing that remains is your true self.

Master Li says in Serious Teachings: "Instead of [just] studying the Fa a veteran Dafa disciple today should truly regard himself as a particle of Dafa--while studying the Fa, he should at the same time play the role of a Dafa particle. Doing something for Dafa is the same as doing something for himself. This is the true state, at this time, of disciples who have come through this tribulation."

What does this mean to me? These words explain two courses of events that I have gone through. During the Falun Gong Summer Camp 2000 in Sweden, the Fa filled the whole of me, my heart and my mind, with strength. It was so overwhelming that I couldn't find words to explain. I started to experience what the Fa was. These words by the Teacher also gave me an understanding about the cleansing process that I've had during this autumn, which I shall mention later.

Dafa is now rectifying everything; making everything righteous and true, and eliminating everything that doesn't hold these qualities. I think we really can take this opportunity if we dare to let go of our attachments. On the other hand we are also getting into a lot of trials if we resist this change. I think that it is tremendously important now to have inner determination in order to be able to keep the heart and mind righteous, and in that way even more able to be in harmony with Dafa.

Master also says in Serious Teachings: "This is different from the state of mind of veteran disciples prior to April 25, 1999, when how to study the Fa well and how to obtain the Fa [were key]. That time was about studying and obtaining the Fa; now, in addition to studying the Fa, it's about playing a Fa-validating role when evil persecutes the Fa. He who comes through with determination is a member, a particle of Dafa, and is one who has taken part in the Fa-

rectification. He should know how to handle things, and he shines with pure radiance no matter what environment he's in."

I experience that it's not just a question of the evil outside us, but also the evil we all carry within; our selfishness, our fears, our evilness, our negative set of values and emotions, our criticism and judging of others and so on. When I gradually get rid of these thoughts and behaviour, I begin to shine no matter what environment I'm in. Others will see the goodness within me and will be drawn to the Fa and not to my human self.

It's within the Fa that I should lay my foundation, not within my human self. In that way, I could act from the perspective of my true self, have a righteous heart, mind, and be a particle within Dafa. When we are standing in the Fa, each one of us will find his own truth about how to validate the Fa with reason, how to clarify the truth with wisdom and how to spread the Fa and offer people salvation with benevolence.

I have come to understand that the more I let go of the attachments within me, the more benevolence I have for others because my security doesn't lie within my human side but in Dafa. I let go of the result when I'm working for Dafa and just do it in the best way I know from the level of that truth and wisdom I belong to just now. For me it's important to spread the Fa without attachments and conceptions of my human mind, i.e. without any expectations of the outcome, and not letting the human side rule, but just being in the power of the Fa.

I believe those who should come will come to get the Fa. What I can do to help them; I think, is to explain the Fa with words that the person in front of me can understand (different words for different people, but coming from my heart), to have mercy with her/his shortcomings (which is a difficult task since it means to suffer and endure yourself and your own reactions), to be there as a support and giving reflections, to tell them we do like this, we think like this, I understand it this way, what our Teacher says and read the book and to give information but not too much at one time.

When I leave my human side and give it all up, the wisdom is coming to me by itself. Wisdom and a pure, serene and righteous heart and mind follow each other, something in harmony with the Fa, something very pure.

To validate Dafa to me is to follow Zhen-Shan-Ren [Truthfulness, Benevolence, Forbearance]; to confirm the qualities of the universe within me and be firm with that, to expose to the world about the evil deeds done to the Falun Gong practitioners in China.

This was really difficult for me to stand up to validate the Fa in the beginning. All my fears awakened just by the thought of stepping forward. It was really easy before to cultivate in private but now I should step forward and become visible. I had this trauma for a very long time, I can say I'm born with it; I've tried in so many ways and for so many years to overcome it. This trauma came up to the surface again and made itself clear again.

It was one step forward and two steps backward and in between leaps of going through it all, liberating it and giving it all up. It seems like I'm finally through this. It's calm and tranquil

within me, this tone of fear that has sung within me and whispered words of annihilation, death and obliteration has become quiet and instead there are silent words of serenity, calmness and confidence. To follow my destiny, completely accept my destiny, stand and walk within the Fa and validate the Fa with a serene heart, I'm very grateful.

Now I am a particle in Dafa and when I see me like that, I get access to the boundless power of Dafa. Nothing can hold me back from what I experience within the Fa, nothing can hold me back from standing up for the Fa, which I do with reason, wisdom and benevolence.

Another Particle of Dafa from Sweden

December 6, 2000