



Falun Gong is, in my judgment, the greatest single spiritual movement in Asia today. There is nothing that begins to compare with it in courage and importance.

Mark Palmer, former U.S. Ambassador to Hungary and Vice Chairman of Freedom House

## Millions Wrongly Persecuted in China Even Today

- 100 million people were practicing Falun Dafa when the persecution began in 1999.
- Millions of Chinese people have since been abducted, imprisoned, tortured, fired from jobs, expelled from school, or forced into homelessness because they practice Falun Dafa.
- Over 80,000 cases of torture have been recorded.
- Thousands have been killed.

### Two Easy Things You Can Do to Help:

- Give this flyer to someone you know.
- Sign a petition at [fofg.org](http://fofg.org).

An ancient practice, for a modern age.

## What Practicing Falun Dafa Means to Me



*Falun Dafa gives me the knowledge and wisdom to be a better son, husband and friend. It allows me to make the right choices even in difficult circumstances.*

*Nick, Phoenix*



*Falun Dafa lifted my depression dramatically.*

*Tysan, New York*



*I used to suffer from chronic angina and gastroenteritis, but they completely disappeared once I started practicing Falun Dafa.*

*Connie, London*



*Pretty much everyone in Beijing knew somebody who had tried it and benefitted, physically or psychologically.*

*Zhao Ming, former Beijing resident*



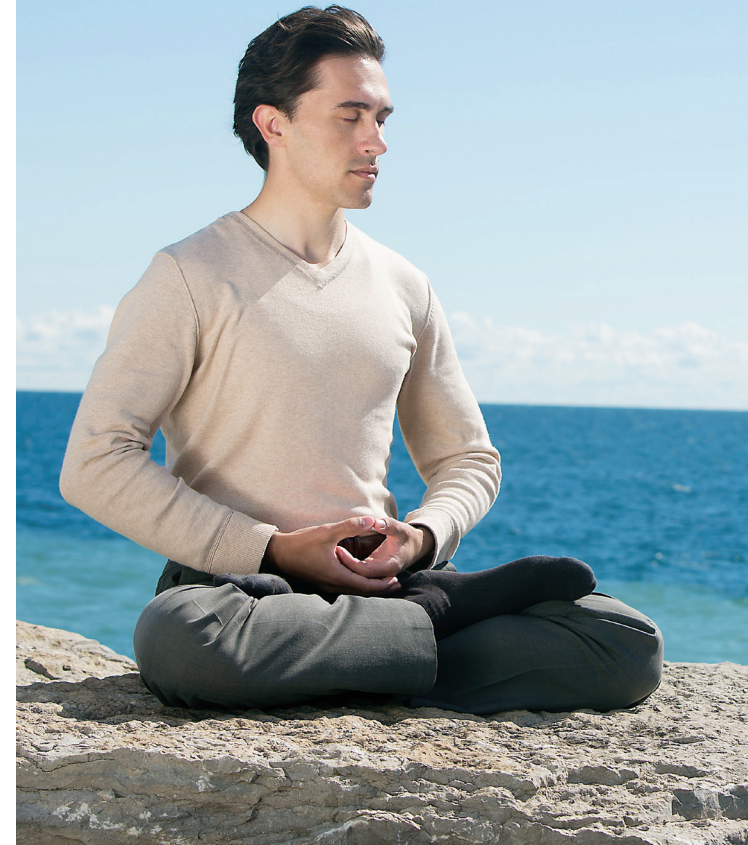
True health comes from cultivating both mind and body.

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# Falun Dafa

## 法輪大法

Truthfulness  
Compassion  
Forbearance



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

Falun Dafa is also known as Falun Gong.  
Falun Dafa is taught free of charge  
and welcomes people of all ages and from all walks of life.



## Two Simple Ways to Learn

1. Attending a free Falun Dafa Workshop is the most effective and systematic way to begin. This series of lectures and exercise instructions consists of 2-hour sessions on each of nine consecutive days.
2. Read the book *Zhuan Falun* and stop by a local practice site to learn the Falun Dafa exercises. The exercises are taught free of charge and the book can be purchased or read free online.



## The Falun Dafa Exercises

1



### Buddha Showing a Thousand Hands

Using gentle stretching movements, the first exercise opens all of the body's energy channels, creating a powerful energy field.

2



### Falun Standing Stance

Comprised of four still positions that can be held for several minutes each, the second exercise boosts energy levels and awakens wisdom.

3



### Penetrating the Two Extremes

With its gentle hand-gliding movements, the third exercise purifies the body using energy from the cosmos.

4



### Falun Cosmic Circuit

By gently tracing the hands over the body, front and back, the fourth exercise rectifies abnormal conditions in the body and circulates energy.

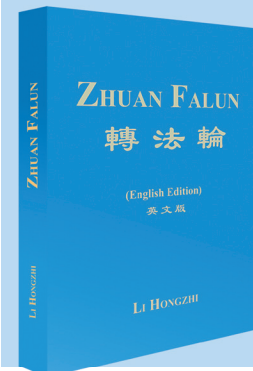
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### Strengthening Higher Powers

A meditation that incorporates special mudra and hand positions to refine body and mind, the fifth exercise strengthens higher abilities and energy.

## The Falun Dafa Teachings



The most comprehensive and essential teachings of the practice are presented in the book *Zhuan Falun (Revolving the Law Wheel)* by Mr. Li Hongzhi.

The book *Falun Gong* is an introductory text recommended for beginners. The Falun Dafa teachings have been translated into thirty-eight languages.

Mr. Li's books and writings, as well as exercise music and instruction videos, can be downloaded free at:  
[www.FalunDafa.org](http://www.FalunDafa.org)



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