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FALUN DAFA

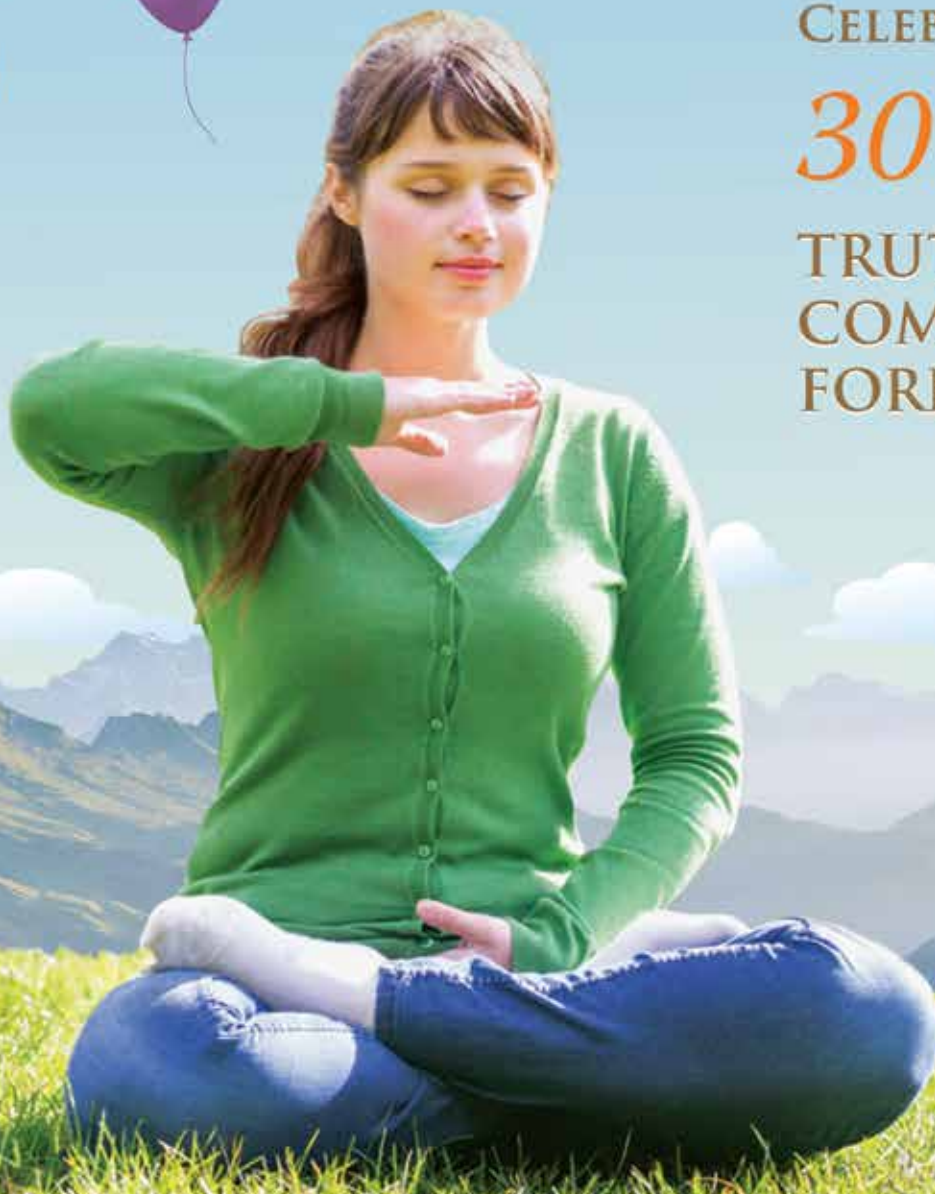
Uplifting
Hearts & Minds
of Millions



CELEBRATING

30 YEARS OF FALUN DAFA
IN THE WORLD

TRUTHFULNESS
COMPASSION
FORBEARANCE



A Cause for Celebration

Thirty years ago, the Falun Dafa meditation system and its profound principles of Truthfulness, Compassion, and Forbearance were first taught to the public. More than 100 million people have since taken up the practice and gained better health and a brighter outlook on life as a result. While those in China face brutal persecution for their faith, practitioners around the world hold firm to their belief that good will ultimately triumph over evil.



What is Falun Dafa?

Falun Dafa, also known as Falun Gong, is an ancient self-cultivation way based on the principles of Truthfulness, Compassion, and Forbearance. Practitioners strive to improve themselves physically and mentally. The moral teachings in the main book *Zhuan Falun* are supplemented by a set of gentle, meditative exercises.



Health and Well-Being

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FALUN DAFA
is also
known as
FALUN GONG

Falun Dafa

Truthfulness, Compassion, Forbearance

BENEFITS OF PRACTICING FALUN DAFA

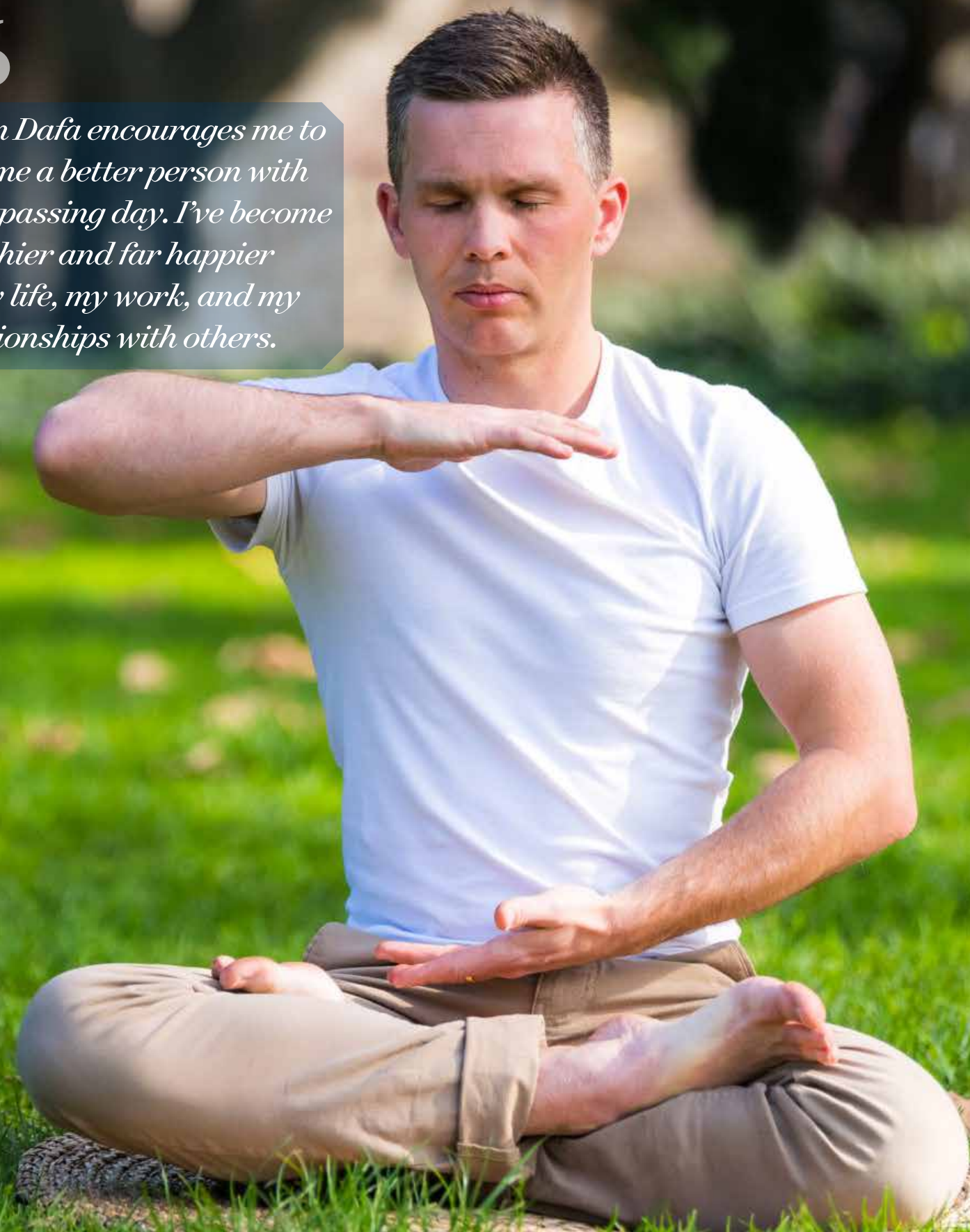
Spiritual growth
and physical
health

Relieves stress
and anxiety

Increases
energy and
vitality

“

Falun Dafa encourages me to become a better person with each passing day. I've become healthier and far happier in my life, my work, and my relationships with others.





Early Days in China

TENS OF THOUSANDS FIND IMPROVED HEALTH

Mr. Li Hongzhi first began teaching Falun Dafa in Changchun in May 1992. Each lecture series drew hundreds of people, then thousands as they told their friends and family about the improved health and well-being they experienced after taking up Falun Dafa.

One attendee said, "After one lecture, it felt like I was floating home. I felt as full of energy as a young person, happy and comfortable. Therefore I introduced Falun Dafa to everyone I knew when I got home. More than 20 people in my family soon began practicing."

GAINING A NEW LEASE ON LIFE, TREATING OTHERS KINDLY

A woman who was dying of stomach cancer ran into Falun Dafa practitioners who were exercising on a waterfront. After watching Mr. Li's recorded lectures over the course of a few days, she could eat different types of food again. She later had the opportunity to attend Mr. Li's last lecture series in Guangzhou. She recalled, "On my way to Guangzhou, two people had to assist me, but on our way back, I was helping the others carry their stuff!"

"After I learned Falun Dafa, I let go of my resentment for my abusive step-mother. When she could not look af-

ter herself, I brought her to my home to care for her. I gave her showers twice a day when it was hot. I played Dafa lectures for her to listen to. Three months later, she walked away healthy and happy. Many of my friends and relatives learned Falun Dafa after they witnessed this," she said.

Though it may seem difficult to believe, this kind of fundamental shift is common to learners of Falun Dafa. Another attendee said, "My outlook on life completely changed. I tried to always look inward for shortcomings, think of others first and treat people with kindness."

TRANQUIL MORNINGS IN THE PARK

As more people took up Falun Dafa, group exercise sites began popping up all over China, from city squares to rural villages. By 1998, there were over a thousand exercise sites in Beijing alone.

One practitioner recalled, "As the music started early in the morning, practitioners lined up immediately and did the exercises in groups by following Master's recorded voice. The result was stunning. Before leaving for home, they cleaned up the field and even picked up garbage left by other people, like cigarette butts. The site was left very tidy, which surprised

the sanitation workers. Quite a few of them started to practice Falun Gong themselves, too."

P6: Children do the Falun Dafa exercises at the Beijing Culture Palace during an international experience-sharing conference held in 1998.

Below: A local group of practitioners do the Falun Dafa exercises in a park in Chengdu, Sichuan Province, China.

CULTIVATING MIND & BODY

The ancients believed that through disciplined spiritual practice, a human being is capable of transcending ordinary existence. They sought a higher state of being, free from the suffering and illusions of the ordinary world.

Attaining this state required moral rectitude, letting go of earthly desires, and the use of meditation and other techniques to improve mind and body.

Numerous schools of upright cultivation practice arose, each offering a principled path to spiritual growth. These traditions were quietly passed down over the ages from masters to disciples. Falun Gong is one such practice and is now available to everyone.



HOW AN ATHEIST BEGAN PRACTICING FALUN DAFA



Above: Liu Feixue expresses her gratitude to the founder of Falun Dafa.

"T here's no such thing as a god," Liu Feixue's teacher told her in elementary

school. Educated in a system that tolerates only an atheistic worldview, she naturally accepted that ideology.

After graduating from university with a degree in finance, Feixue found herself unemployed. For half a year, she spent her time at home playing games, watching movies, and taking on the occasional odd job. Each stint quickly ended as she would either get into a fight with her boss or find the job unsatisfactory.

During this time, Liu Feixue's mother began to practice Falun Dafa. "Before that, my mother's nickname was 'Prickly Plum,'" Feixue recalled. "She had so many ailments, including headaches and chest pains, that her medication completely filled the space under our windowsill.

"Besides doing my homework every day, I would massage her back or scalp so she could fall asleep. I also went with her to massage parlors and hospitals for her check-ups and medication.

"One day, I suddenly realized my mother had stopped asking me for massages. I also noticed her health and temper had both gotten better by leaps and bounds.

"Not long after, she advised me to recite, 'Falun Dafa is good; Truthfulness-Compassion-Forbearance is good.' She told me these two phrases would keep me safe from danger. I dismissed the idea that reciting something

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For an atheist, this was an earth-shaking realization.

would solve all my problems. The idea was so ridiculous I refused to listen.

"My poor diet in college left me with severe gastric pain that only worsened after I graduated. While suffering an attack one day, I suddenly remembered my mother's words. I decided there was no harm in giving it a try and began to recite them silently," Feixue said.

"Within 20 seconds, my stomach miraculously stopped hurting! Amazed, yet suspicious, I started to doubt these two phrases were responsible for my sudden cure. Soon after, my stomachache returned with such severity that I almost fainted from the pain. I immediately recited the phrases again, and the pain again disappeared within a minute.

"I knew this was no coincidence and I'd encountered a true miracle. For an atheist, this was an earth-shaking realization. This incident made me determined to read *Zhuan Falun* and understand more about Falun Dafa. I started practicing Dafa in earnest in November 2011."

After reading *Zhuan Falun*, Feixue realized that Falun Dafa taught people how to be a better, more honest person, in contrast to the false depictions of the practice in Chinese state-run media. "Cultivation practice improved my bad temper and made me more consider-

ate of others. I didn't pick fights with my father anymore, and our family became harmonious," Feixue said.

"In addition to healing my gastric pain, Dafa also restored my health. I used to suffer from severe colds at least twice a year, severe insomnia, and appendicitis attacks so painful I would be bedridden. Within just three months, all my medical problems vanished without a trace.

"From Dafa, I now know why people suffer from illnesses, the origin of life, and the reason we live. Dafa answered questions that had puzzled me since childhood. I now live a very contented life. The happiness is indescribable," she said.

A month after she began practicing, Feixue landed a stable job at a state-owned company. During an exam, her colleagues cheated and plagiarized their answers. Following the principles of Dafa, however, Feixue refused to do so. When the results were announced, she had made a perfect score and was in first place. "Everyone was surprised and asked if the scores had been tampered with," she said. "My job did not expose me to that aspect of technology, but my scores on both the theoretical and practical exams were higher than people who did actual work in that area. Once again, I witnessed the power of Dafa."

THREE PRINCIPLES
OF FALUN DAFA

TRUTHFULNESS

真

ZHEN

COMPASSION

善

SHAN

FORBEARANCE

忍

REN

Growing Popularity in China and Abroad

A RISING STAR AT HEALTH EXPOS

Falun Dafa's healing effects caught people's attention at two Oriental Health Expos in Beijing in 1992 and 1993.

Professor Jiang Xuegui, head advisor of the 1992 expo, said, "I have personally seen many miracles created by Teacher Li Hongzhi for the expo, and Falun Gong is worthy of the title 'star qigong.' As the head advisor of the expo, I would recommend Falun Gong to everyone."

Below: Mr. Li delivers the second Falun Dafa lecture series in Guangzhou, China in 1993.

ZHUAN FALUN BECOMES A BESTSELLER

After holding 56 lecture series throughout China between 1992 and 1994, Mr. Li Hongzhi published *Zhuan Falun*, the principal text of the Falun Dafa practice, in January 1995. Within two years, it was on the list of bestsellers in Beijing. The book has since been translated into more than 40 languages.

A Falun Dafa practitioner in Sydney, Australia, said, "After I read *Zhuan Falun* I understood the meaning of life. Reading the book helps point out my attachments and negative thoughts, and I work on eliminating them. I've become healthy and happy."



INTRODUCING FALUN DAFA OUTSIDE OF CHINA

In March 1995, the Chinese Embassy in France invited Mr. Li Hongzhi to give a lecture in Paris. This was Mr. Li's first lecture given outside of China, marking the introduction of Falun Dafa to the West.

One attendee recalled, "On the first day, as I stretched my arms I could feel myself floating. My whole body felt light. The energy around me was very strong."

From that week on, the gentle melodies of Falun Dafa exercise music could be heard every morning at Luxembourg Gardens in Paris.

Mr. Li later gave talks in Sweden and the United States. More people started practicing Falun Dafa and offering free instructional classes. Though the internet was still in its early days, many people found information about the practice online and came to group exercise sites to learn.

Upper Right: Mr. Li Hongzhi corrects the exercise movements of a new Falun Dafa practitioner in Sweden.

Right: Around 2,700 people attend a Falun Dafa experience-sharing conference held in Sydney, Australia, in May 1999.





Health Benefits

Many people experience life-changing improvements in their physical and mental health by practicing Falun Gong, including more restful sleep, less stress, increased energy, reduced irritability, and more.

Many report complete recovery from chronic illnesses including cancer, diabetes, hepatitis, and heart disease. Others lose the urge to smoke and let go of tobacco and other addictions, as if overnight.

Medical professionals in China conducted five surveys on the ef-

fects of Falun Gong in 1998. Out of 35,000 participants, 98% reported improved health after practicing Falun Gong. They also reported significant improvement in their mental health and mindset.

THE LINK BETWEEN MIND AND BODY

Both traditional Chinese medicine and modern science hold that one's

mental state can directly affect one's physical health. Kind and altruistic thoughts can improve one's well-being, while toxic emotions like anger, stress, and distrust can have the opposite effect.

While the Falun Dafa exercises cultivate a healthier body, the principles of Truthfulness, Compassion, and Forbearance—along with the teachings in *Zhuan Falun*—help to cultivate a healthier mind. This mind-body practice lays a foundation that enables one to reach higher levels of understanding about life and the universe.



FIVE EXERCISES OF FALUN Dafa

Easy to learn for people of all ages.
Taught free of charge by volunteers around the world.

1

Buddha Stretching A Thousand Arms

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



2

Falun Standing Stance

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



3

Penetrating the Cosmic Extremes

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



4

Falun Cosmic Orbit

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



5

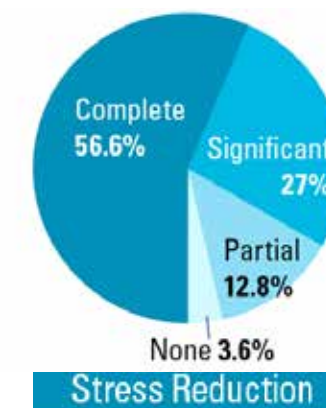
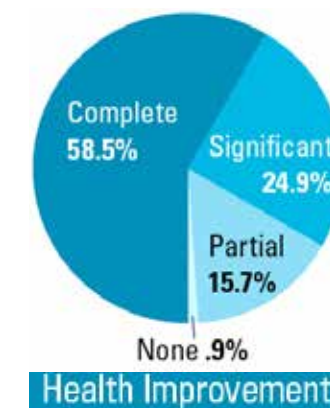
Strengthening Supernatural Powers

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



Falun Gong Health Survey

Based on nearly 12,000 responses



Get your copy of *Zhuan Falun* today!

Visit TiantiBooks.org

Dafa's Early Popularity
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1999-Today

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Persecuted for Their Beliefs

WINDS OF CHANGE

Despite the positive changes people experienced from practicing Falun Gong, top Chinese Communist Party (CCP) officials saw Falun Gong's spiritual belief in Truthfulness, Compassion, and Forbearance as incompatible with the Party's atheist ideology.

In 1996, Chinese state-controlled media began to attack Falun Gong in coordinated campaigns. The Ministry of Public Security was ordered to investigate "illegal religious activities" related to Falun Gong, but it found no such evidence. The Ministry then sent agents and plainclothes police officers to monitor Falun Gong exercise sites, but it again found no evidence of wrongdoing.

In 1998, several senior officials conducted another detailed investigation and concluded that practicing Falun Gong led to only benefits and no harm.

Nevertheless, allies of CCP leader Jiang Zemin continued to harass and defame practitioners through the media.

PEACEFUL APPEAL LABELED A "SIEGE"

In response to the CCP's propaganda campaign to create fear and hatred against Falun Gong, individual practitioners reached out to the media personnel involved to inform them of the facts and dissuade them from misleading the public.

In April 1999, after CCP leader Jiang Zemin's regime published yet another article slandering Falun Gong, some practitioners gathered outside the publisher's office to discuss errors in the piece, only to be assaulted and arrested. Officials told other practitioners seeking their release to appeal to the central government in Beijing.

On April 25, an estimated 10,000 practitioners gathered quietly outside the national appeals office. They stood in orderly rows; some meditated, while others read or chatted quietly. It was the most peaceful protest of its size in modern Chinese history.



Falun Dafa practitioners stand quietly outside the national appeals office in Beijing to petition for the release of 45 practitioners who had been illegally arrested earlier in Tianjin and to seek confirmation of their lawful right to practice their faith.

TIMELINE

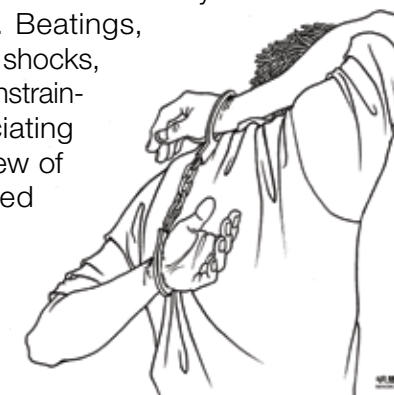
NATIONWIDE PERSECUTION BEGINS

On June 10, 1999, CCP leader Jiang Zemin established the 610 Office, a Gestapo-like extrajudicial agency with special authority over all levels of law enforcement, government, and the courts, to spearhead the persecution of Falun Gong.

On July 20, 1999, the police conducted sweeping arrests of coordinators of Falun Gong exercise sites. The practice was banned, and an all-out media blitz was launched.

ARRESTED, TORTURED, AND KILLED

All across China, Falun Gong practitioners have been held in prisons, brainwashing centers, forced labor camps, mental hospitals, and other detention facilities, where they are tortured until they renounce their faith. Beatings, force-feeding, electric shocks, sexual assault, and constraining victims in excruciating positions are just a few of the over one hundred torture methods that have been documented.



ATROCITIES CONTINUE TODAY

Over 4,700 Falun Gong practitioners have been confirmed dead as a result of the persecution, with many times that number killed for organ transplants. Countless families have been torn apart as Party officials coerce family members to turn against their loved ones who practice Falun Gong.

In 2021 alone:

5,886 practitioners were arrested in China for their faith

1,184 were sentenced to prison terms

131 died as a result of the persecution

- **1992** – Falun Gong first taught to the public in Changchun, China
- **1992-1994** – Over 60,000 people throughout China attend Falun Gong lecture series
- **1996** – Communist Party bans Falun Gong books
- **1996-1998** – Sporadic harassment and repression begin, anti-Falun Gong propaganda spreads
- **MAY 1998** – Investigation by government sports agency reports Falun Gong improves health & fitness in 98% of cases surveyed
- **JULY 1998** – Communist Party agents in several provinces begin to harass practitioners at their morning practice sites
- **OCTOBER 1998** – Lead investigator for government sports agency reaffirms Falun Gong's health benefits and its positive influence in communities
- **JULY 1999** – One tenth of people in China practice Falun Gong and read Falun Gong books
- **MARCH 1999** – FalunDafa.org website established
- **APRIL 1999** – 10,000 peacefully appeal for justice for Falun Gong near the Central Office of Letters and Visits in Beijing
- **JUNE 10, 1999** – 610 Office established by Jiang Zemin and Luo Gan to persecute Falun Gong
- **JUNE 25, 1999** – Minghui.org website established
- **JULY 1999** – China-wide persecution officially begins, dictator Jiang pledges to "wipe out" Falun Gong
- **JANUARY 2001** – Communist Party orchestrates self-immolation propaganda stunt on Tiananmen Square to turn public opinion against Falun Gong
- **2006** – Organ harvesting atrocities disclosed
- **2011** – Falun Gong books legal again, but policy kept quiet and no books published in public eye
- **2013** – Labor camps close but imprisonments rise
- **2015** – Criminal complaints against dictator Jiang Zemin in China exceed 250,000 according to Minghui.org
- **2020** – *Minghui Report: The 20-Year Persecution of Falun Gong in China* is published, serving as a comprehensive documentation of the persecution
- **2022** – The list of perpetrators in the persecution reported by Minghui.org exceeds 114,300. Falun Gong practitioners submit list of perpetrators to governments of 37 countries, seeking sanctions on human rights abusers
- **TODAY** – Falun Gong practiced in 80+ countries
– Falun Gong books available in 40 languages
– 390+ million Chinese have renounced the CCP
– Persecution continues



Resilience and Courage

When Chinese Communist Party leader Jiang Zemin started the persecution, he vowed to “defeat” Falun Dafa in three months and unleashed a coordinated campaign that included three devastating directives: Defame their reputations, bankrupt them financially, and destroy them physically. Many people in China have come to hate or fear Falun Dafa due to the CCP’s propaganda, while rewards and incentives have led many to report Dafa practitioners to the authorities.

Yet, more than twenty years later, practitioners in China and around the world hold firm to their faith and continue to tell people how they have benefited from Dafa.

Overcoming Prejudice

To get the truth out about Dafa and the brutality of the persecution, prac-

tioners in China hand out flyers, talk to people face to face, write letters to officials, put up posters, and give out calendars and keepsakes with information about Falun Dafa. They produce these materials at home using their own savings.

Through these efforts, many Chinese citizens have come to understand Falun Dafa and the injustice of the persecution. Many have openly expressed their sympathy and support for Dafa practitioners, and are happy to receive the latest information about Falun Dafa and the persecution.

Kindness Moves Perpetrators

Because the teachings of Falun Dafa emphasize kindness and compassion, Dafa practitioners have never retaliated against their persecutors. Despite being tortured in prisons and labor camps, many

practitioners have forgiven their persecutors. “They are also victims in the persecution,” one practitioner reflected. He patiently explained to a police officer why he should not continue to harm practitioners despite orders from above. Once he understood, the officer thanked him and said, “I respect your faith.”

After being released from detention, some practitioners have even returned to visit the guards. “We do not hate you,” said a woman when she brought a gift to a labor camp guard who had persecuted her. That labor camp was eventually decommissioned, and many practitioners were released.

Deterrence from Overseas

Phone calls from practitioners outside of China have also had a major influence on perpetrators of the persecution. Many police officers and

prison guards who have learned the facts about Falun Dafa through practitioners’ phone calls have made the decision to no longer torture and abuse practitioners, and a number have even requested transfers to positions where they are not compelled to take part in the persecution.

RAISING AWARENESS

Outside China, Falun Dafa practitioners have held rallies, marches, signature drives, art exhibitions, film screenings, and other community events to help raise awareness of the persecution still taking place in China today.

< P16: Falun Dafa practitioners hold a rally in front of the United Nations headquarters in New York City on December 10, 2014, Human Rights Day.



Top: People wait in line to sign a petition condemning the CCP’s killing of Falun Gong practitioners for organs. Photo taken in Madrid, Spain on October 4, 2014.

Bottom: Practitioners in China pass out Minghui publications to the public and call to bring Jiang Zemin, the former CCP leader who started the persecution, to justice.





Voices of Support Worldwide

ELECTED OFFICIALS CONDEMN PERSECUTION IN CHINA

In July 2020, 606 lawmakers from 30 countries signed a joint statement condemning the “systematic and brutal” persecution of Falun Gong in China and called on the Chinese regime to stop it.

Despite pressure from the CCP to stay silent, many national, pro-

vincial, and local legislators have spoken at Falun Gong practitioners’ rallies and sent videos and letters of support to encourage practitioners to continue their peaceful efforts to end the persecution.

In addition to dozens of U.S. and Canadian officials, parliament

members in France, Germany, Australia, New Zealand, Japan, and other countries have spoken out against the persecution. They cautioned that democratic countries should not yield to vicious regimes like the CCP because of trade or economic interests.

HUMAN RIGHTS VIOLATORS FACE U.S. SANCTIONS



In December 2020, U.S. Secretary of State Mike Pompeo announced sanctions against Huang Yuanxiong, a police chief in China’s Fujian Province, for committing human rights violations against Falun Gong practitioners. Because Chinese officials often store their assets and send their families abroad, the denial of visas and freezing of assets provided by these sanctions could deter other officials in China from committing similar offenses.

In May 2021, the U.S. State Department sanctioned another CCP official, Yu Hui, a former director of the 610 Office in Chengdu, China. Secretary of State Antony J. Blinken noted Yu’s “gross violations of human rights, namely the arbitrary detention of Falun Gong practitioners for their spiritual beliefs.”

Upper Left: In December 2020, U.S. Secretary of State Mike Pompeo announced sanctions against a police chief in China for human rights violations.

Upper Right: U.S. Secretary of State Antony Blinken speaks at a press conference on May 12, 2021, announcing the decision to sanction CCP official Yu Hui.

Bottom: Parliament Hill, Ottawa, Canada



ADVOCACY BY NON-GOVERNMENTAL ORGANIZATIONS

Numerous human rights organizations have called for the release of Falun Gong practitioners detained in China for their faith, including Amnesty International and Freedom House.

A joint report released in May 2020 by the Canadian Coalition on Human Rights in China and Amnesty International Canada documented many incidents in Canada where Falun Gong practitioners, dissidents, and democracy advocates were harassed as “part of a longstanding pattern of persecution by Chinese state authorities.”

WORLD CONDEMNS CCP’S FORCED ORGAN HARVESTING

Since it was first reported in 2006 that Falun Gong practitioners were being killed for organs in civilian and military hospitals in China, some legislatures have passed laws and resolutions to curb the state-sanctioned crime.

In 2013, the European Parliament passed a resolution expressing “deep concern over the persistent and credible reports of systematic, state-sanctioned organ harvesting from non-consenting prisoners of conscience in the People’s Republic of China, including from large num-



bers of Falun Gong practitioners imprisoned for their religious beliefs.”

The U.S. House of Representatives unanimously passed a similar resolution, H.Res.343, in 2016. Many state and local legislatures have followed suit, citing the need to keep residents and doctors from becoming complicit in the crime.

In recent years, a number of countries have strengthened their organ trafficking laws to prevent citizens from traveling abroad, including to China, to receive illegal organ trans-

plants. They include Israel, Spain, Italy, Taiwan, Croatia, the Czech Republic, and Belgium.

Above: Chaired by Sir Geoffrey Nice, QC, who led the prosecution at the International Criminal Tribunal for the former Yugoslavia, the China Tribunal declared the CCP’s campaign of forced organ harvesting one of the world’s “worst atrocities committed” in recent times.

Dafa's Early Popularity
1992-1998

Countering the Persecution
1999-Today

Uplifting Society
Now and in the Future

Enriching Communities the World Over



Top: Cocieri, Moldova Bottom: Buenos Aires, Argentina



India



Yeouido, South Korea



Bhutan



Seoul, South Korea



San Francisco, USA



Top: New York, USA

Bottom: Seattle, USA



Dafa's Early Popularity
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Sharing Gratitude for Dafa

ON VERGE OF DEATH, GERMAN WOMAN RECOVERS FROM COVID

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The virus made me extremely weak. I had never had such a high fever before—41°C (106°F)—and my cough was worse than my husband and son's.

These are the words of Silke Wagner, referring to the time she was sick with the Delta variant of Covid in November 2021. Her husband suggested that she recite the phrases "Falun Dafa is good" and "Truthfulness-Compassion-Forbearance is good." Silke didn't believe this could cure her, but after her remarkable recovery, she turned to Falun Dafa like her husband, Rainer.



of bed and practice the Falun Dafa exercises. He fully recovered in a few days. Marcel also got well soon. Silke took care of them during those days.

Three Family Members Infected

Silke and Rainer live in Bavaria in southeastern Germany and work in transportation. They have three sons. Rainer had practiced Falun Dafa for over ten years. Their youngest son, Marcel, began to practice two years ago. When 18-year-old Marcel had a PCR test at school on November 10, he tested positive for the Delta variant. His parents soon tested positive too.

Rainer showed symptoms first, followed by Marcel. Both of them stayed home in bed for five days due to fever, headache, and sore throat. On the third day, Rainer was able to get out

As Helpless As an Infant

A week later, Silke collapsed. Rainer took her to the hospital, which was crowded. She was asked to return home to quarantine. "My husband had gotten much better, so he helped me with eating, drinking, and changing," she said.

Lying in bed, Silke found herself very weak and unable to get up. "When I tried, I felt my cardiovascular system could not catch up—I either ended up falling or needed help from Rainer. I could not move on my own," she said. "With a fever of 41°C, I was as helpless as a baby and on the verge of death."

"What should I do?" she asked her husband in despair. Rainer mentioned Falun Dafa, a meditation system he knows well that teaches people to improve themselves both physically and mentally.

"There are many examples of people being blessed by sincerely reciting *Falun Dafa hao* (Falun Dafa is good) and *Zhen-Shan-Ren hao* (Truthfulness-Compassion-Forbearance is good). Do you want to try it?" asked Rainer.

Silke agreed. "I could feel my condition improve as I recited those words," she said. "My mind was always busy thinking about all kinds of things. This time, I could tell my mind was cleared up and, more importantly, I could sleep well."

Rainer later told her that she was still mumbling the two phrases even when she was feverish and only half-awake.

“

My mind was cleared up and, more importantly, I could sleep well.

Compassion Beyond Words

Silke recalled that, as she continued repeating the two phrases, one night she saw Master Li Hongzhi, the founder of Falun Dafa. "It was only a moment, and he was smiling at me. After a while, he disappeared," she said. Silke was very surprised. She

added that Master Li was sitting on a lotus throne. "His compassion is beyond words, and there was bright light surrounding him," she said.

Silke continued reciting the two phrases and asked if Rainer could read the book *Zhuan Falun* to her because she wanted to explore more.

This was not the first time Silke became interested in Falun Dafa. When Rainer started to practice more than a decade ago, she also read *Zhuan Falun*, but she stopped on the second of the nine lectures. She also tried doing the exercises, though only briefly.

It was different this time, though she could not explain why. "Seeing Master, I was deeply touched," she said. "It was very personal, as if Master is there taking care of us—my heart was filled with warmth and assurance." She then asked Rainer to teach her the exercises. It was like an unsettled heart had finally found home, she said.

Faith in Being Good

Born in Dresden in the former East Germany, Silke grew up as an atheist. Her grandfather had many relatives in Bavaria, so the family applied to visit their loved ones in West Germany. After being denied many times, they were eventually approved in 1984, when Silke was 11.

Moving to West Germany did not change her worldview, but seeing her husband become kinder by practicing Falun Dafa, she embraced it. "My husband is a good person. I trust him and what he believes," she said.

Her Covid experience made her look at things in a different light. When she was able to sit up, she asked Rainer for a copy of *Zhuan Falun*. They read together with their son Marcel every day.

Gradually, she stopped coughing and her fever subsided. But she was still a little weak and could not jog as she used to do. After doing the Falun



"Danke, dass du über uns wachst und uns durch die schweren Zeiten begleitet hast. Danke für deinen Segen, für deinen Schutz und für deine Allgegenwärtigkeit"

A greeting card from Silke and Marcel to Master Li Hongzhi, founder of Falun Dafa

Dafa exercises twice with Rainer and Marcel, however, Silke regained all her strength. She could then return to work.

Deep Appreciation

Silke said reading *Zhuan Falun* brings her inner peace. "My experience tells me that everything described in the book is true," she said.

Marcel's symptoms were mild, and he recovered quickly. In the past, he occasionally did the Falun Dafa exercises and read the books with his father. Seeing his mother's miraculous recovery this time, Marcel was

impressed and started to read *Zhuan Falun* with his parents every day.

The three of them often talk about how to apply the principles of Truthfulness-Compassion-Forbearance in their daily lives. Each of them could identify areas for improvement. "It was not like this in the past—the conflicts could get quite intense," Silke said, relieved. This is why the Wagner family is very grateful to Master Li. "Thank you for watching over us during the difficult times," wrote Silke and Marcel in a New Year's greeting. "Thank you for your blessings and support."

VIETNAMESE MARTIAL ARTS COACH SAYS FALUN GONG SAVED HIS LIFE

After years of arduous training, Mr. Quynh Xuyen Nguyen became a martial arts coach at a military academy at the age of 22. Both he and his students went on to win prestigious awards.

After decades of success, however, he was diagnosed with mitral insufficiency, which caused high blood pressure. He felt weak and short of breath, and he often had chest pain. He tried a series of treatments, but they had no effect.

That summer, Quynh Xuyen's wife learned Falun Gong. Soon after she finished reading *Zhuan Falun*, her arthritis, stomach disease, and high blood pressure went away. She suggested that he try it too, but he was skeptical. Nevertheless, Quynh Xuyen



started learning the exercises. Within a week, he said, "I felt light while walking and climbing the stairs. My chest pain went away. I felt so relaxed!"

Quynh Xuyen found that his char-

acter had improved, too. "It's a common practice in Vietnam to give red envelopes with money to those who help you find a job," he said. "I used to think this was reasonable, but self-cultivation has given me a higher standard. One time, my student gave me a red envelope and asked me to help him find a job. I returned the envelope and told him that Falun Gong taught me to help others unconditionally. The student and his parents were so impressed that they started practicing Falun Gong themselves."

After resuming his job, Quynh Xuyen shared his experience with his colleagues and told them how he had regained his health. Many people he worked with started practicing Falun Gong too.

OUTDOOR EXERCISES BRING RESIDENTS HOPE

Alex Joseph works as a social media manager. "I found Falun Dafa on the Internet in 2012. I was looking for a cultivation way that included meditation. To my amazement, my wish came true," he said.

"By reading the teachings and doing the exercises, within a short period of time, all my anxieties, depressing thoughts, and self-doubt disappeared. I became more confident and at peace because I let go of my selfish attachments. Now, I treat people around me with more kindness."

Joseph has been doing the exercises on the beach in Frankston, a coastal suburb of Melbourne, for nearly two years. "Some residents said they felt encouraged by our



actions," he said. "Melbourne was put under one of the strictest lockdowns in the world. At one point,

we were not allowed to go outside at night, and only two people could go outdoors to do the exercises at any one time. Yet we never stopped doing our exercises outside. People said they felt encouraged by our unwavering spirit.

"In the cold winter, when nearby residents leave their homes to go to the beach for a breath of fresh air, they can see us. They sit down to listen to the exercise music. A man once said he felt uplifted after listening to our music. A woman said she found hope watching us do the exercises."

"I am thankful for the opportunity to practice Falun Dafa. I wish Master Li a happy Chinese New Year," said Alex.

NEW PRACTITIONER FINDS A BETTER CAREER AND A BETTER LIFE

Rudy Blalock used to suffer from Tourette syndrome. The uncontrollable tics made him miserable, and he relied on daily medication and smoking to cope.

But all this changed on May 13, 2020, when he was on vacation in an Airbnb rental property. "The owners of the house were very nice. They told me that May 13 was Falun Dafa Day and also the birthday of Mr. Li Hongzhi, the founder of Falun Dafa. They gave me a piece of tiramisu cake," Blalock recalled.

The owners also brought him a copy of *Zhuan Falun*. "I started reading it and was immediately drawn to it," he said. "The contents are very profound, and they answered all my questions about life."



Blalock decided to practice following the book. He was very glad when his tics and anxiety started to disappear in a short time. In fact, he no longer needed medication or smoking.

The changes were so dramatic that Blalock felt as if he'd been reborn. In the past, he was introverted and insecure. When his anxiety got really bad, he couldn't even go to the grocery store. "But since I started to practice Falun Dafa over a year ago, I have gained more and more confidence," he added. "My life is filled with hope and I know where I am heading."

Blalock now has a steady job and a happy marriage. "I am no longer frustrated or stressed out, because there is no need to find ways to make myself successful or happy. As a Falun Dafa practitioner, I've discovered that life is filled with blessings."

"Thank you, Master Li," he said, "for allowing me and others to benefit so much from Dafa."

PUERTO RICANS GIVE THANKS FOR RENEWED HEALTH AND MEANING IN LIFE

After celebrating World Falun Dafa Day, practitioners in San Juan, Puerto Rico shared why they were thankful to the founder of Falun Dafa.

"I am over 85 and have had two operations on my legs," one of them said. "I have arthritis and back problems, but since I started to practice Falun Dafa, I've felt younger and moved with such lightness that others my age can't believe it."

Another said, "I am a new person, no longer impulsive and combative. I feel wiser and I smile more."

A different practitioner shared after the celebration, "My head was full of chaos and self-destructive negativity. After less than a year they are gone, thanks to the book *Zhuan Falun*."





Hope for the Future

Even though Falun Dafa practitioners have endured more than two decades of persecution, they hold ever firm to their faith and values. Rather than developing hatred for those carrying out the atrocities in China, they still strive to treat everyone kindly, improve themselves, and inspire others around them to become better people. This is the power of Truthfulness, Compassion, and Forbearance.

Although it might sound easy, to truly live by these principles, one must constantly look inward and improve one's moral character. By uplifting and improving ourselves, we

can elevate the world around us, enrich our families and societies, and come to a greater understanding of the meaning of life. And only by doing so can humanity truly find hope.

Below: An art exhibition hosted by the Falun Gong Club at National Sun Yat-sen University, Kaohsiung, Taiwan

P27: Compassion Prevails. Chinese painting by Hong Fan, an artist persecuted in China for her belief in Falun Dafa

P28-29: Spreading the Word and Quitting the CCP. The painting depicts villagers publicly renouncing their memberships in the Chinese Communist Party after learning of the crimes it has committed

P30 Top: Group meditation on weekends

P30 Bottom: Young audience learning about Falun Gong at a parade in Grand Island, Nebraska, USA





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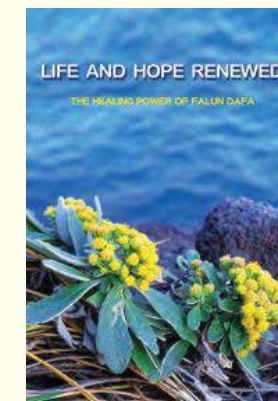
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Hearts and Minds Uplifted

48 curated stories of Falun Dafa practitioners who were inspired to become better people and consider others before themselves.



Life and Hope Renewed

Firsthand accounts of people who recovered from serious, or in many cases terminal, diseases through practicing Falun Dafa.



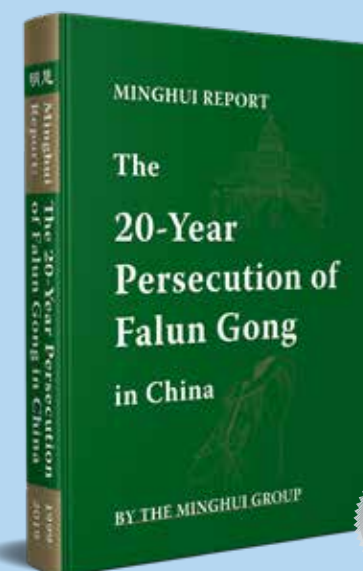
How George Became A Good Student

George didn't know how to do any schoolwork and never paid attention in class. How did he become a good student? Did his parents send him to a military camp? Or was he inspired by a higher power?



Dandan's Fever Goes Away

Dandan is five years old. Since she was born, she's had many mysterious things happen to her—things that some would call magical. What stories does she have, and why did her cousin start meditating with her?



Minghui Report:

The 20-Year Persecution of Falun Gong in China

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This book ... should be in every library and parliamentary office in Australia.

—Peter Westmore, *News Weekly*

Based on firsthand accounts not found anywhere else, this milestone work covers both the brutality faced by Falun Dafa practitioners in China and the CCP's extension of the persecution globally through economic pressure and intimidation of political, civic, and business leaders around the world.



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