



Practitioners around the globe gather to speak out against the crackdown on Falun Gong in China
Coverage on page 2

Human Rights Update

The Crackdown Against Falun Gong in China

You may have heard about the brutal crackdown against Falun Gong, launched by Chinese President Jiang Zemin in China.

Since July 1999, the Chinese government has detained and harassed tens of thousands of Falun Gong practitioners who simply made peaceful, legal appeals for their right to practice their faith.

Practitioners have been forced from their homes, sentenced to harsh jail terms, sent to forced labor camps without trials, beaten, and subjected to torture in mental hospitals and detention centers.

In the last fifteen months, at least 70 Falun Gong practitioners have died as a result of torture suffered while in police custody. For example, on April 20th, 2000, a front-page article in the *Wall Street Journal* reported on the case of Chen Zixiu who, according to the article, was tortured and beaten to death in a detention center.

Although President Jiang Zemin's crackdown on Falun Gong has destroyed the lives of millions of Chinese citizens, there are ways that each of us can help. Concerned U.S. citizens can voice their support by participating in the following suggested activities.

What can you do to help?

The best way you can help is to let people around you know the truth about Falun Gong. You can also let people know what is happening to Falun Dafa practitioners in China. The most insidious weapon used against all spiritual practices is to label them "cults." The derogatory connotations of that word alone are enough to put people on the defensive, and in the case of Falun Gong, it is a label that is completely inaccurate.

Falun Gong is more accurately thought of as a "cultivation practice," which is a concept that may be somewhat new to us in the West. Many other self-cultivation practices similar to Falun Gong have been practiced in China for many centuries, as they have provided health, wisdom, and peace of mind to countless

Continued on page 3



East Meets West

Falun Dafa - A science for life

by Jingduan Yang, MD, LicAc, with John Nania

Falun Dafa, also called Falun Gong, is a powerful mind/body cultivation system originating in prehistoric China. Surveys strongly attest to Falun Dafa's efficacy as a way of healing those who practice it, in many cases resolving conditions that other forms of healing could not. Here we look at three major healing traditions, each with its own scientific paradigms.

A science for disease

Western medicine is created and developed by people like you and me. It is based on what we can see and touch. Therefore, a patient has to be sick enough to be diagnosed and treated. If biochemical means or imaging techniques or pathological methods cannot

detect any abnormality, Western doctors do not know what to do. They watch and wait.

Unfortunately, all fatal diseases develop long before we can detect them with current technology. Oftentimes, it is too late to treat when we are able to detect a sign of abnormality. Consequently, despite fancy medical technological development, the mortality and morbidity of many diseases have not changed much. The quality of medical care today is far below our expectations. Let's look at some of the figures.

Every year in the United States, 400,000 to 500,000 people die of Coronary Artery Disease (CAD). One million

Continued on page 4

Why This Newsletter?

The Falun Dafa Reader comes to you from practitioners of Falun Dafa (Falun Gong) around the world. Practitioners are people who actually do the exercises, work on improving their inner selves, and gladly introduce this beneficial practice to other people. You will find in these pages the stories and observations of people telling you their personal experiences with Falun Dafa, as well as some articles from other sources reporting about practitioners.

Falun Dafa is a powerful practice that can and does transform people in positive ways. This practice enhances the lives of people from all walks of life. Practitioners have consciously chosen a path of self-improvement in their minds and bodies, and they may live or work near you. They are everyday people who have chosen an extraordinary path, and we invite you to listen to their stories.

Falun Dafa: A Brief Introduction

Falun Dafa is a form of what the Chinese call qigong (pronounced "chee-gong"), a system of exercises and teachings that deeply transform the mind and body. Like tai-chi, qigong is a vital part of many people's lives in Asia; almost every Chinese park is brimming by the break of dawn with

people from all walks of life practicing these arts.

Owing much to its effectiveness in improving health and its profound principles, Falun Gong has proved immensely popular throughout the entire world. Since being introduced to the general public in 1992 by its founder, Mr. Li Hongzhi, Falun Dafa has attracted millions of people in over 40 nations.

The Books and the Exercises

The practice of Falun Dafa is simple, yet profound and effective. It consists primarily of two components: self-improvement through study of the principles of Truthfulness, Compassion, and Forbearance (Zhen-Shan-Ren), and of Mr. Li's teachings (as articulated in two books, *Falun Gong* and *Zhuan Falun*, both translated into English) and doing Falun Dafa's five gentle exercises. The exercises, which include a sitting meditation, are easy to learn, enjoyable, and at the same time both relaxing and energizing.

Many students of Falun Gong enjoy practicing in groups, as they find themselves benefiting from one another's practice. Most major US cities and universities have such groups. They are comprised of people from all walks of life, as Falun Dafa transcends cultural boundaries.

Continued on page 3

Practitioners' Stories

Here is a collection of experiences, written by practitioners, describing how they were first introduced to Falun Dafa, and what benefits they have gained from this ancient spiritual practice

From a practitioner in Barrie Canada:

When my sister and I came across the Falun Dafa booth at a health show in Barrie in August 1998, I could feel that there was something unique and special about this group. The practitioners looked so healthy and peaceful.

I remember seeing the practitioners sitting on the lawn outside the building where the health show was taking place, reading blue books. Just by their appearance, I felt these people had found something very valuable in this practice. The practitioners at the health show told us that they planned to begin a practice group in Barrie on Sunday mornings and that they would come from Toronto to show us the exercises and introduce the teachings to us.

My sister and I began to attend the weekly practice site. I quickly found that the practice of Falun Dafa was quite different from the practices I had tried before. I realized that this system was very virtuous and upright. I felt the exercises left me calm yet with an energetic feeling at the same time, and the people were so kind. Although this practice was obviously something quite good, there was no charge to learn it and these people had driven over an hour just to share it with us, with no ulterior motives and without asking anything from us.

As my practice continued I began to appreciate more how fortunate I was for having come across such a good practice. The book, *Zhuan Falun* contained

Continued on page 3



Meditating in Westchester, New York, USA, September, 2000

Falun Gong Making Headlines Around the World

The summer and autumn of 2000 were a turning point in the struggle for a peaceful resolution of the crackdown on Falun Dafa in China. Here are some media reports covering these last few pivotal months.



Practitioners in front of the United Nations, New York City, September, 2000

Newsday: Falun Gong Makes Point With Silence

09/07/2000

At times, nothing is louder than silence. More than 1,000 demonstrators decrying the persecution of Falun Gong practitioners in China marched solemnly to the United Nations yesterday and meditated across the street from where world leaders, including Chinese President, were gathered for a week-long international summit. The silence of the Falun Gong demonstrators, who packed 47th Street from First to Second Avenues, was in sharp contrast to the shouts of protestors in nearby police pens calling for the downfall of Iraqi President Saddam Hussein.

Dressed mainly in bright yellow T-shirts bearing the message "China: Stop persecuting Falun Gong," the supporters of the spiritual discipline walked from the Chinese Mission on 35th Street to the United Nations with the accompaniment of Chinese folk music. Their numbers were enough to stop passersby who remarked at the peacefulness and discipline the demonstrators showed, lining up in rows and keeping their formation throughout the march.

Though the demonstrators said little, the message was clear: The support for Falun Gong in China and around the world is a force with which the Chinese government must contend. "We practitioners of Falun Gong gather today from across the globe... to express our indignation over China's continued persecution of Falun Gong," said Gail Rachlin, a practitioner in Manhattan as she read a statement from the group. "As [Chinese] President meets this week with world leaders, we remind China that it too must be held to the same human rights standards as all UN member states."

The protestors, who convened from as far as Australia, carried white flowers in remembrance of the nearly 50 people who have allegedly died in Chinese police custody over the last year after being arrested for practicing Falun Gong.

San Francisco Examiner: Falun Gong shows its quiet strength in City

10/21/00

They walked silently down Market Street wearing bright yellow T-shirts and carrying bright yellow banners. They spoke no words as they sat Indian-style for rows and rows on the red brick surface of Justin Herman Plaza. All around them were signs declaring "truthfulness, benevolence and forbearance."

And yet their counterparts practicing these same three principles of Falun Gong in China were being jailed, beaten, sometimes killed.

"This is just exercise," said Chun Yang, 35, of Denver, describing Falun Gong, which he has been practicing for three years. Yang joined about 300 other followers of Falun Gong for a meditative walk Friday in San Francisco from the Civic Center to Justin Herman Plaza as a way to raise awareness about the practice as well as shed light on the alleged human rights violations in China.



Exercise demonstration, Chiang Kai-shek Memorial Park, Taipei, Taiwan



Exercise demonstration, Sydney, Australia



Practitioners in front of City Hall, San Francisco, California, October, 2000

Inside Falun Dafa: Some personal views on the practice

A New York Yankees fan tells why he chooses to practice Falun Dafa

By Levi Browde

To begin with, let me introduce myself. My name is Jonathan (Levi) Browde. I am an American, born and raised in the southwestern United States. Currently, I live in Manhattan. I work on Wall Street in the computer software industry and have a fairly wide circle of friends. I am a New York Yankees fan, have musical interests ranging from Bob Marley to Bach, and am a sucker for deep pan Pizza. And, of course, I am a Falun Dafa practitioner.

So, why was I attracted to Falun Dafa and what has it done for me?

Falun Dafa incorporates five "exercises" that span from slow-moving standing postures and stretches to sitting in meditation. On the surface, yes, it may look similar to Tai Chi or Yoga, but it is actually much different. The system of movements

is very easy to learn and doesn't involve any breathing techniques, mental exercises, strenuous motion or complex postures. It makes me feel better than anything else I've ever tried.

"To me, the books explain the principles of life, science and the human condition more clearly and in-depth than anything else I have ever read"

I'm sure most Americans are familiar with the feeling you get after a "really good work-out." The body feels good; the mind is clear, etc. After practicing the Falun Dafa exercises, the body feels light, healthy and strong. The mind is clear, calm and focused.

I was always an active athlete in school and continued a regular workout schedule, combining stair-master exercise, free weights, nautilus machines, etc. However, my physical health and mental clarity never even came close to the level I have achieved from practicing Falun Dafa. The exercises of Falun Dafa have made me far more fit than any workout regi-

men I have ever tried. After all, Falun Dafa has very ancient roots and is based on principles that are quite profound. Consequently, it is not so surprising that it has the power to cleanse and uplift one's body to such an extent. I have met many other practitioners who have also experienced this effect.

So, is Falun Dafa primarily a set of exercises?

I view the set of exercises as merely one component of Falun Dafa.

Mr. Li Hongzhi (pronounced Lee-Hong-Jer), the man who first brought Falun Dafa to the public, has written a book called *Zhuan Falun*, which is the most complete work of Falun Dafa, laying out the principles and foundations of Falun Dafa. He has also written a second book called *Falun Gong*, which is more of an introduction to the principles and practice of Falun Dafa as well as a demonstration of the exercises.

Continued on Page 4

All content in this newsletter represents practitioners' personal experiences or related media reports. By no means can it represent the original teachings of Falun Dafa. To truly understand Falun Dafa's teaching of "Truthfulness, Benevolence, and Forbearance," please read one of Mr. Li Hongzhi's books about the practice: *Zhuan Falun*, or the introductory text, *Falun Gong*.

Practitioners' Stories

Continued from Page 1

answers to so many questions I'd had - or to questions I didn't even know I'd had. In addition, the changes I felt in my physical body were beyond comparison to what I'd experienced before and are not easily put into words.

Since practicing Falun Dafa, I don't need as much sleep as before, I have more energy and I don't tire easily, I don't feel moody as I often did before and I find myself gradually becoming more peaceful and happier. I feel I am a much kinder person than before and now I get compliments from others like "I've never met anyone so kind" or "I've never met anyone this calm". I know that all these improvements in me are because of the strength of Falun Dafa -- I really feel it's magical.

A Practitioner from New York City

In 1998, I was introduced to Falun Dafa while I was taking an early morning walk in the park. I saw a group of people practicing and a pamphlet was handed to me by one of the practitioners. The next day I called the contact person and she explained to me that Falun Dafa is an advanced cultivation practice of mind and body that improves both your health and well-being. She also mentioned that it would not cost me any money.

Before Falun Dafa I was quite cynical about a lot of these spiritual things due to the fact that I spent thousands of dollars on people who were putting a price on spirituality and universal matters. So I was surprised when she mentioned it would not cost me any money. The next day I went to the practice site to learn the exercises. There are five movements to the exercise and they were very easy to learn.

After the practice I began to ask more questions. The practitioner, seeing that I was interested, offered me the book *Zhuan Falun* by Li Hongzhi. She said the book could explain more in detail about Falun Dafa. I began reading the book later that day.

The more I read, the more I was drawn into the book. I felt I was in the presence of something very unique and immense. There are no words to describe the feeling that came over me. I knew that I had found the ultimate truth. I began going to the park every morning to practice and read *Zhuan Falun*. Within a month, my eight-year drug, alcohol, and cigarette addiction had completely disappeared. I couldn't believe this was happening.

"Within a month, my eight-year drug, alcohol and cigarette addiction had completely disappeared. I couldn't believe this was happening"

A Practitioner from London, England

I came across Falun Gong on the Internet in March 1996. I downloaded the materials and started reading them with my wife. We were both very impressed by the philosophy and the exercises made an immediate impact. Everything made sense to us and there was nothing that we could not accept. We both had an immense feeling of happiness because we had finally found what we had been looking for.

One week later I went to Sweden to attend a Falun Gong conference. I spent six days in Sweden and met many practitioners. I was very impressed by the friendliness and kindness of the practitioners and enjoyed my time there enormously. At the end of the six days, I knew that Falun Gong was something that was very good and also that it was something that I could practice well.

Since that time I have completely changed in every way. At work my performance has increased enormously. I am a management consultant and my job involves advising companies on how to manage their

employees. Before practicing Falun Gong I was very focused on my career and was determined to reach the top of my company as quickly as possible. When I did not receive the promotion that I was expecting I would become very upset. Since practicing Falun Gong, I have not thought about promotions at all. I try to do the best for my clients and really listen to what they want to achieve without worrying about the profit that I will make on the project. If someone else can help the

client more than I can, I will tell the client to work with that person rather than try to get the project for myself. In fact, I price my projects very reasonably now because I do not want to treat any client unfairly. In the last two years I have been promoted twice and I am selling four times as much business for my company than I did before. I am sure that this would not have happened if I had not practiced Falun Gong.

Before I practiced Falun Gong there were several occasions when I would not be able to sleep at night because I would worry about my work. Since I have been practicing Falun Gong, I have slept very soundly even though the pressure in my job has increased. This is because I am not attached to my job or my position in the company. I always try to do the best that I can. If I make a mistake, I correct it as quickly as possible and carry on. I never try to hide my mistakes.

Human Rights Update

The Crackdown Against Falun Gong in China

Continued from page 1

generations. As these arts become more familiar in the West, our vocabulary for them will expand.

Practitioners lead normal lives and participate actively in their communities. The practice is an individual choice and is centered on the improvement of one's self. Falun Gong activities are run by volunteers and are always free of charge. There are no obligations, and everyone is free to come and go as they choose.

We invite you to visit: <http://faluninfo.net/>. Here you will find a list of ways to become informed and get involved to help the situation in China, including writing letters to local, state and federal government officials, and by subscribing to a weekly bulletin of news and information about the crack-



A young Chinese practitioner holds up a sign saying "Give Me Back My Freedom of Belief" in New York City's Chinatown, August, 2000

down. You will also find flyers, hand-outs, video tapes, etc. that you can download to help educate people in your community on this issue.

Falun Dafa: A Brief Introduction

Continued from Page 1

The Principles of the Practice

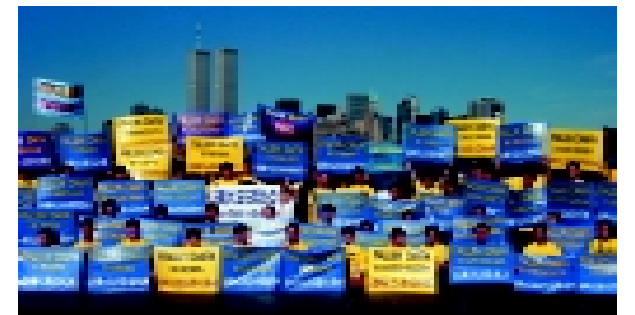
The benefits of practicing Falun Dafa are numerous and varied, ranging from improved health and newfound energy to mental clarity, stress relief and peace of mind.

However, Falun Dafa differentiates itself from most other Qigong practices in that it goes beyond the pursuit of health and fitness to the goal of greater wisdom and enlightenment. Key to the practice are the universal principles of truthfulness, compassion and forbearance. Through a combination of studying the books and performing the exercises, practitioners endeavor to become better people by gradually assimilating themselves to these principles.

Where do I Start?

Millions of people all over the world have chosen to make the practice of Falun Dafa a part of their daily lives. Simply put, they find it a worthy and enjoyable investment in health, happiness, and meaningful living. Everyone is welcome, as Falun Dafa is apolitical, informal, and completely free of charge (even its books are available for free download from the internet).

We invite you to give this wonderful practice a try. For starters, you can visit the main webpage: www.falundafa.org, or call 1-877-FALUN-99. Hope to see you at our next practice!



Practitioners from around the world, Liberty Island, New York City, September, 2000

Voices of Support

Mr. T. Kumar, Amnesty International

"It's time the Chinese government opened up, take this as an issue that is fundamental to their country at large, and move forward with dignity. In that sense, as a human rights organization, we are demanding and urging the Chinese government to release all the prisoners who are imprisoned for the practice of Falun Gong."

Mr. Mark Palmer, Vice-chairman of Freedom House

"I want to say in all seriousness that I believe your movement, the Falun Gong, is the movement which will define our time, at the beginning of the 21st century. I think that when people look back, they will say: "Oh yes, there was Gandhi, there was the American Civil Rights movement, there was Solidarity, and then there was the Falun Gong. There was a movement that came out China that defined its era, and ultimately it was successful."

Rabbi David Saperstein, Former Chair of US Commission on International Religious Freedom

"Instead of strengthening China, in the long run this crackdown fatally weakens China, complicates its foreign relations, and undermines its standing amongst ordinary Chinese citizens. If China wishes for the world's respect, then it must respect the heartfelt beliefs of its own citizens."



Inside Falun Dafa: Some personal views on the practice

Continued from Page 2

To me, the books explain the principles of life, science and the human condition more clearly and in-depth than anything else I have ever read, studied, or come across. Additionally, these books have done something quite remarkable - they actually play a guiding role for me on a daily basis, which is something that no other book, be it spiritual, religious, philosophical, self-help, etc. has been able to do before.

I have read many great books before, which I felt changed my life or opened my eyes to new vistas (from Jack Kerouac to Shakespeare and from Stephen King to Lao-Tzu). Yet, did they really change me? Did they really provide me with a way to fundamentally become a better, healthier person - to truly rise above the fears, anxieties, self-doubt, selfishness, etc. associated with daily life? Not really. Zhuan Falun, however, has played such a role; studying the principles laid out in the book has helped me to rise above these things again and again, constantly moving to higher levels. What is more, the books are free to download over the Internet (www.falundafa.org; although they can also be purchased from the major bookstores if you prefer to have a real book in your hands while reading).

So, that's it? Practicing the exercises and reading from the book?

Well, yes, that is primarily what we do as practitioners. Additionally, you can do these things in your own way and according to your own schedule.

Some practitioners do the exercises and read by themselves in the privacy of their own homes. Others do so in a group setting. Some do the exercises in the morning, others in the evening, and still others whenever they have time to fit it into their busy schedules. I know practitioners who are busy pursuing Ph.D. degrees, while others are performance artists - they come from all walks of life and every strata of society. However you choose to practice is really up to you.



Falun Dafa is enjoyed by people of all ages and nationalities

East Meets West

Continued from Page 1

suffer an Acute Myocardial Infarction (AMI). There are 170,000 new cases of lung cancer diagnosed each year in the United States, with about 150,000 deaths. Most lung cancers occur among smokers. There are an estimated 140,000 new cases of colorectal cancer diagnosed each year, with about 55,000 deaths. About 12 percent of women will develop breast cancer and 3.5 percent will die from it.

There are about 10 million Type II diabetes cases. There are an estimated eight to 12 million cases of sexually transmitted disease (STDs) each year. And let's not even mention drug abuse, alcoholism, depression, and hundreds of other illnesses people are suffering and dying from.

We do not know the causes of most of these illnesses, but recognize that lifestyle (poor diet, drinking, sexual conduct, stress, and lack of exercise) contributes to a lot of health problems. As a society, we teach little about harm reduction or prevention. And the cost of treatments in modern medicine is expensive. Patients totally depend on external help: Doctors, medical instruments, drugs. Thus, we will call modern medicine only a "science for disease."

A science for health

Chinese medicine can do better in diagnosing and treating illnesses at their early stages if we follow the traditional principles. Chinese medicine is based on a system we cannot see-an energetic network connecting all parts of the body, called meridians. With knowledge of this system, any illness can manifest as symptoms or signs and be treated through its points on the body's surface. Chinese medicine emphasizes prevention. It believes that the best physicians are those who treat people when they are not ill. It can effectively treat many illnesses, particularly when there are no pathological changes that can be detected by biomedicine.

The cost of treatment in traditional Chinese medicine is substantially lower than that of Western medicine, with fewer side effects and often greater effectiveness. But ultimately, patients have to take responsibility for a healthier lifestyle. So we call Chinese medicine a "science for health."

Chinese medicine particularly tells people that emotional distress is the key factor that causes internal dysfunction in the body and consequently, makes the body vulnerable to external pathogens. Therefore, it says that the Heart (the organ that is believed to house the mind) is an emperor, and if the emperor is not wise, it jeopardizes the other 12 organs. And to live a long and healthy life, you have to have "a clean heart and few desires."



Before studying Falun Dafa, it was hard for me to understand this statement. I thought people were living only for the fulfillment of their desires at all levels - biological, psychological, and social. Even if we truly wanted to have "a clean heart and few desires," how do we do it?

Falun Dafa answered all these questions.

A science for life

First, Falun Gong's founder, Mr. Li Hongzhi, tells us that Chinese medicine is from a prehistoric culture, and the meridians are a system existing in another dimension of our body. My understanding is that many diseases start from deeper dimensions that can be naturally reflected through the meridian system, which is why acupuncture can treat the early dysfunction of the body.

Second, Mr. Li tells us the ultimate purpose of our life is to go back to our true original self. Therefore, to get rid of attachments to this earthly world is the only way to upgrade our lives. Desires are not only attachments but are the causes of bad energy that can transform into all kinds of illnesses. It explains why today there are so many intractable diseases existing in this world, a world that indulges in desires. Modern technology is fighting diseases, but not fighting for our lives. How can technology change a person's life if this person himself does not change?

Third, Mr. Li points out that the cultivation of our xinxing (Heart nature, moral character) is the most important way to upgrade our lives. He also points out that the spirit and body is a unified system. When xinxing improves, one's energy potency increases. And one's body is healthier. I began to understand why people should have a "clean heart" to live a long and healthy life.

As Mr. Li points out, Falun Dafa is not to be used for treating the illnesses of others. It is to enlighten people to treasure their lives and to cultivate themselves. As Mr. Li told Time Magazine, if one does not want to have an ordinary person's disease, the only way to prevent it is to become a non-ordinary person.

By practicing Falun Dafa, people are not approaching illness and death, they are approaching their true life. Thus, we call Falun Dafa a "science for life."

Jingduan Yang, formerly a teacher and practitioner of Chinese medicine at the Minnesota Institute of Acupuncture and Herbal Studies (MIAHS), Currently is a psychiatry resident at Thomas Jefferson University Hospital.

John Nania is a Minneapolis writer and technology consultant.

"Falun Dafa is not to be used for treating the illnesses of others. It is to enlighten people to treasure their lives and to cultivate themselves."

Contact Us

Do you have a story or experience you would like to have printed in the Falun Dafa Reader? Please send all submissions, including images, to:

submissions@newsreader.fldf.net

Send letters, errors and omissions to:

editor@newsreader.fldf.net

Please note that we cannot return or reply to all letters or e-mails.

Learn Falun Dafa

Falun Dafa is practiced in over 40 countries around the world, and in every major city and many small towns in the US and Canada alone. All Falun Dafa activities are open to the public, and free of charge. To find a practice location near you, call the number or visit the website below:

1 (877) FALUN99 (toll free)

<http://www.falundafa.org>