

Falun Gong

An ancient tradition for mind, body and spirit

Relieves stress • Increases energy • Brings health and serenity • Easy to learn • Always free

THE BASICS

Falun Gong, also known as Falun Dafa, is an ancient Chinese spiritual discipline. It consists of moral teachings and five gentle exercises that offer an effective and rewarding way to improve one's health and energy levels. The belief system of Falun Gong teaches one to let go of unhealthy habits as one strives to attune one's life with the universal principles of Truthfulness, Compassion and Tolerance, which are the core tenets of the practice.

THE TEACHINGS

Zhuan Falun is the main book of Falun Gong containing the complete teachings of the practice. It expounds upon profound principles, including the long-forgotten term "cultivation," the origins of illnesses, karma, the role of moral character on a path to spiritual perfection, etc. The book was a national bestseller in China in the 1990s. It is now translated into over 40 languages. All Falun Gong books are free to download at: FalunDafa.org.



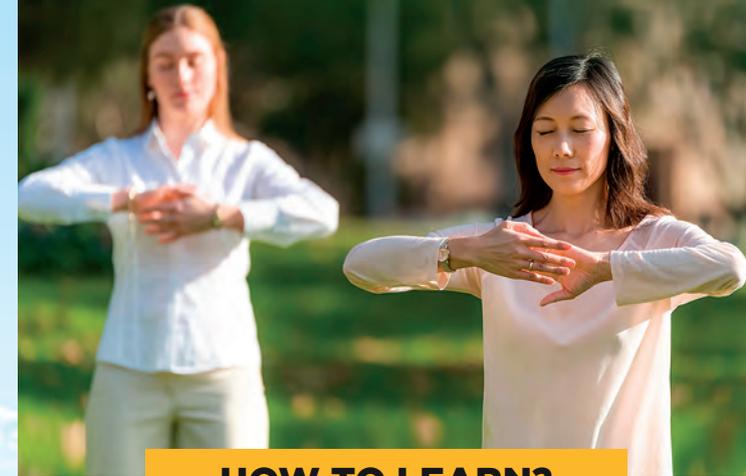
THE 5 EXERCISES

Falun Gong includes gentle, slow-moving exercises as well as a sitting meditation that help to open energy channels, boost energy levels and harmonise the body. They are easy to learn for people of all ages. You can practice alone or outdoors in a park with others. There are practice sites in hundreds of cities around the world.

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“Falun Gong is an entirely peaceful belief system which encourages the highest standards of moral behaviour.”

– Lord Averbury, House of Lords, UK



HOW TO LEARN?

To learn the exercises and read the books online, or find a practice group near you, visit:

FalunDafa.org

Or register for a free online class at

LearnFalunGong.org.au

Learning Falun Gong is **always free of charge.**



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 of suffering and the illusions of the mundane world. Attaining such a state required moral rectitude, letting go of earthly desires, and the use of meditation practices to improve mind and body. Numerous disciplines arose, offering paths for spiritual growth. Many were quietly passed down over the ages from masters to disciples...

Falun Gong arises out of this lineage and is adapted for a modern lifestyle. Introduced to the public in 1992, Falun Gong became an instant sensation in China. Soon, 100 million people were learning the practice.

Today Falun Gong is practised in over 100 countries worldwide.



The lotus flower, rising above the muddy world to emerge untainted, is a symbol of purity and spiritual elevation in Asian culture.



Amnesty International helped Ms Jin call for her mother's release. She was imprisoned in China for 8 years simply for practising Falun Gong.

The Violent Suppression of 100 Million People

Fearful that Falun Gong's widespread popularity posed a threat to the atheist Chinese regime's control over people's hearts and minds, in July 1999, the Chinese Communist Party launched a violent, nationwide campaign to "eliminate" Falun Gong.

Over the past 25 years, millions of people in China have been illegally detained, wrongfully imprisoned, tortured or killed simply because they practise Falun Gong. Countless families have been torn apart. After a year-long investigation, in 2020, a London-based tribunal found that Falun Gong practitioners in China have been, and continue to be, killed "on a significant scale" so their vital organs could be sold for profit. This persecution continues today in what human rights lawyers call a genocide.

Help Stop Persecution Now!

Read the Falun Gong story, watch award-winning documentaries, and take action. Visit: faluninfo.net



Sign the petition to help stop persecution: <https://supportdafa.net>

Falun Gong

A traditional practice to improve mind and body

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Truthfulness Compassion Tolerance



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