

Falun Dafa Outside of China

Falun Dafa is freely practiced in over 60 countries throughout the world, from New York to New Delhi, from Geneva to Moscow. All practice sites are organized by local volunteers. There is no cost, organizational structure, or membership involved:



everyone is just a student.

Falun Dafa and its founder have been recognized and honored by Chinese Government (before 1999), many cities and states in the U.S.

and other countries. More than 1,000 awards were issued worldwide.

Practitioners and supporters of Falun Dafa throughout the world continue their peaceful appeal to help end the persecution in China.

Falun Dafa Inside of China

By the late 1990's, Falun Dafa had become enormously popular among Chinese people, with 70 to 100 million people practicing in China. Despite its peaceful and non-political nature, the



Chinese Communist Party leader viewed the popularity of Falun Dafa as a threat to his power. He

banned Falun Dafa in July 1999, and launched a persecution campaign against all those who practice it. Since then, tens of thousands have been illegally detained, tortured and sent to forced labor camps. Over 3,075 have died at the hands of Chinese police. Millions have been affected, losing family members, jobs and basic freedoms, simply because they wish to peacefully exercise their freedom of belief.

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Imagine

being

persecuted

for doing



<http://www.globalrescue.net>

The Torture and Killing of Innocent People Who Practice Falun Dafa Must End.

You Can Help:

- Tell others about the genocide:
<http://www.faluninfo.net>
<http://www.flgjustice.org>
- Call or email the President of the US for support: 202-456-6213
president@whitehouse.gov
- Contact US Representatives and Senators:
<http://www.congress.org>
- Sign an online petition:
<http://www.fofg.org>

Falun Dafa (Falun Gong)

A self-improvement practice for the mind and body

真善忍

Truthfulness Compassion Forbearance

A Path to Your Original, True Self



Over 100 million people practicing worldwide

- Suitable for all ages
- Eliminates stress & anxiety
- Increases energy & vitality
- Improves health
- Excellent spiritual growth

All activities are free

There is no organizational structure or membership

The Teachings of Falun Dafa

Falun Gong, by Master Li Hongzhi
an introductory book recommended for
beginners

Zhuan Falun by Master Li Hongzhi the
complete teachings of Falun Dafa

The books, exercise video and music can be
downloaded for free from the internet at

<http://www.falundafa.org>

Also, check your local library and
Pathways. The books can be purchased at
most major bookstores, from Amazon.com
and from this location:

Yih Chyun Corp.

Tel: 1-888-353-2288, Fax: 1-888-214-2172,

<http://www.yc-corp.com>

*I had been teaching Tai-Chi and studying
various Qigong practices for more than 40
years when I started looking into Falun
Dafa. I now tell all my students to practice
Falun Dafa*

*- Mr. Da Liu, age 95, Tai Chi Master in
New York City who first introduced Tai Chi to the US.
Author of several books on health and longevity*

*I had often read how-to books on parenting
skills. However, their tips and
recommendations helped only temporarily;
I would soon fall back on old behavior,
resorting to negative discipline methods.
Daily meditation and studying Falun Gong
has made me a much more effective parent
and is now a guiding force in my life.*

- Maureen Zebian, High School Teacher

Where to Learn

Every Sunday @ Pathways

1-3pm Exercise & Study

3115 Hennepin Ave S,
Minneapolis, MN 55408

Ben: 612-220-8114 grin.ben@gmail.com

Every Week @ U of MN, Coffman Memorial Union Room 304

"Call for day and time"

300 Washington Ave SE

Minneapolis, MN 55455

Akiko: 612-623-9224 tstskk@hotmail.com

Monday to Friday @ Winona

6:30-8:30pm Exercise

East Recreation Center, Winona, MN 55987
(unless the East Rec. Center is closed or
practitioners not available)

Sophia: 507-458-1424 sphlung@gmail.com

PLEASE NOTE: Practice sites/times are
subject to change. Please check our local
website to get updated information:

<http://www.tc.umn.edu/~Falun>

Always Free Instruction

Come at any time, stay for any duration. Wear
comfortable clothing. No previous experience
required.

TV Show: *Pure Heart, Clear Mind*

MSN Cable Channel 6, Tuesdays 8 p.m. or

Check your local city cable station.

What is Falun Dafa?

Falun Dafa, also known as Falun Gong, is
a traditional Chinese self-improvement
practice that increases mental and physical
wellness through easy-to-learn meditation
exercises and development of one's moral
character. The practice is based on the
universal principles of **Truthfulness,**
Compassion, Forbearance. Through a
combination of studying the books by
Master Li Hongzhi and performing the
exercises, practitioners strive to become
better people by embodying these principles
in everything they do.

This ancient practice, originally taught in
private only, was first introduced to the
public in 1992 by Master Li Hongzhi in
China. Since that time, millions of
practitioners worldwide have reported
dramatic improvements in health and a
deepened spiritual awareness.

Falun: Law Wheel

Dafa: great law or principles

Gong: practice, energy

Five Exercises of Falun Dafa

The five exercises of Falun Dafa help to
quickly open up one's energy channels;
enable the energy to circulate throughout
the whole body; purify the body; integrate
one's mind and body; relieve stress; and
achieve inner peace and strength. The
movements are simple, powerful, easy to
learn, and suitable for people of all ages and
levels of fitness. The practice is very
flexible and fits easily into modern people's
busy lifestyle. There are no requirements of
frequency, duration, or place of practice.
One can practice either individually or with
a group at anytime and anywhere.