



MILLION MINUTES *of* MEDITATION

Bring peace to China by finding it in yourself.



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BRING PEACE TO CHINA BY FINDING IT IN YOURSELF

July 19, 2009

National Mall (btw 3rd and 4th)

Meditation Activities

11am – 3pm

Freedom for Falun Gong

Rally and Concert

3pm – 6pm

This July marks exactly 10 years since the Chinese Communist Party began a campaign of imprisonment, propaganda, torture, and murder to eradicate Falun Gong, a practice of meditation and spiritual cultivation based on the principles of Truthfulness, Compassion, and Tolerance. Falun Gong was once celebrated by the Chinese government for its health benefits and moral teachings, but the Communist Party began to see it as an ideological threat, eventually banning it in 1999. During these ten years of oppression, adherents of Falun Gong have maintained their peaceful beliefs, and their efforts to regain freedom have always been non-violent and in line with the tenets of their faith. Hundreds of thousands have been imprisoned without trial. Millions have lost jobs, homes, and loved ones. Over 3,200 have been tortured to death for their beliefs.

So here's what you can do to help. Take a minute or two—or more—and just sit, meditate, or pray in your way. Think about the principles that guide your life or what freedom of belief means to you, and then simply donate those minutes on our website. Our goal is to raise over a million minutes of meditation by July 19th.

Donate your meditation online today, plus on July 19th join thousands of people of different faiths and practices for a day of meditation, music, and messages of hope.

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