

# Falun Gong – Falun Dafa

Cultivation method for body, mind and soul

- based on the values of Truth, Compassion, Tolerance



**ZHEN**  
Sannhet

**SHAN**  
Medfølelse

**REN**  
Tolerance



- **Supports moral values**
- **Bridges cultures**
- **Supports peace**

- **Gives energy and balance**
- **Reduces stress**
- **Improves health**

## Falun Gong is cultivation

Falun Gong is a meditation or cultivation method, based on traditional teachings and adjusted to a modern lifestyle. Cultivation means to improve as a human being. The method consists of five simple exercises and principles for a noble life.

The purpose of Falun Gong is to be a good human being and do more for others, improve moral, let go

of desires and live every moment according to the values of Falun Gong.

The practitioners are guided by books and lectures. Difficulties and controversies in everyday life is an opportunity to let go of bad thoughts, envy, jealousy, greed and egoism – for which forbearance is needed.

Falun Gong was introduced in 1992 by Mr. Li Hongzhi, and there are up to 100 mill practitioners in over 70 countries – most in China.

## Simple exercises with good effects

Falun Gong provides peace of mind, good energy and better health. It improves relations to family, friends

and colleagues. Practitioners experience a high energy level and a better understanding of life at a deeper level.

Many practitioners have for instance been healed from serious cases of cancer, asthma and anguish. Some have also stopped their drug abuse and criminal acts after starting the practice.

The five exercises are easy to learn and can be done alone or in groups – whenever, wherever, all at once or spread out in time, from 10 minutes to 2 hours, preferably every day.

## Promotes peace and harmony

Compassion and tolerance leads to forgiveness and peace of mind. This is, according to Alfred Nobel, real peace and the basis for peace between people and nations.

The founder, Mr. Li Hongzhi, has been nominated for the Nobel Peace Prize several times. Mr. Li has received more than 1000 awards from around the world, mainly in the US, Canada, Australia, Japan and China. One example is Houston, USA, where Mr. Li is an Honorary Citizen and goodwill ambassador because *“Falun Gong unites cultures and races, spreads the universal truth to all parts of the world and bridges the gap between cultures.”*

***Falun Gong is independent of politics and religion.***

***All activities are for free and open for everybody.***

**Falun Gong Norway – Norwegian Association for Falun Dafa**

[www.falundafa.org](http://www.falundafa.org)

## The five exercises – simple and powerful movements

Falun Gong has four slow motion standing exercises and a sitting meditation. The standing exercises open the energy channels, empower and cleanse the body, improve blood circulation and metabolism. The sitting meditation harmonizes the mind and improves clarity.



Exercise 1:  
Stretch and release;  
opens up all  
energy channels



Exercise 2:  
Still standing  
exercise; boosting  
energy, clearing the  
mind, raising awareness



Exercise 3:  
Soft motion exercises;  
cleansing the body, providing new  
energy

Exercise 4:  
Slow, rounded  
movements; helps  
energy to flow  
smoothly



Exercise 5:  
Meditating with a quiet  
and harmonious mind;  
supports inborn  
qualities



## Falun Gong in China and abroad



The practice was introduced in 1992. The founder, Mr. Li Hongzhi, lectured for 20 000 people. Due to the good effects of the practice, Falun Gong spread quickly; thousands of practitioners gathered in parks and other places all over China.

The method became very popular, received many awards in health fairs, and was praised by the authorities for good effects like better health, less criminality and more. In 1998, only six years after its introduction to the public, the authorities estimated that there were between 70 and 100 million practitioners in China.

Mr. Li Hongzhi lectured abroad from 1995, and today there are practitioners in more than 70 countries.

## 10 years of persecution

Falun Gong practitioners are peaceful and just want to do their exercises, be good people and live according to their moral standards. Soon there were more Falun Gong practitioners in China than members of the Communist Party. In 1999, then state leader, Mr. Jiang Zemin, forbade Falun Gong and ordered the practice to be exterminated. Tens of thousands of practitioners were immediately arrested and kept in custody, losing their families and jobs. Hundreds of thousands were sent into forced labour camps without trial and heavily tortured. It has been revealed that many practitioners' organs have been forcibly taken for organ transplant operations in public hospitals for profit.

Propaganda is a cornerstone for the persecution; the regime incites hate against Falun Gong to get public support and forces prison guards to torture the detained practitioners. More info about the persecution at [www.faluninfo.net](http://www.faluninfo.net)



## If you want to learn Falun Gong:

Read the introductory book *Falun Gong* or the main book *Zhuan Falun*. Both books, exercise music and –video are available in several languages free of charge at [www.falundafa.org](http://www.falundafa.org), where you also find info about free teaching at Falun Gong practice sites in Norway and abroad.

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