

# Clearwisdom Review

An Update on Falun Dafa Worldwide

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## Mr. Lu Yunlai Dies Two Months after Release from Forced Labor Camp

(Clearwisdom.net) Mr. Lu Yunlai, 47, of Zhengzhou City, Henan Province, was an intelligent and hardworking man. After his company laid him off due to financial troubles, he supported his family by repairing motorcycles, washing cars, and running a small restaurant. Mr. Lu started practicing Falun Dafa in 1997, and enjoyed good health and a peaceful, happy life.

When the persecution of Falun Gong started in July 1999, Mr. Lu still persisted in his practice. As a result, he was harassed and detained by the authorities many times. At around 3 p.m. on September 28, 2008, Lu and his wife Ms. Cao Xia planned to go to work. As soon as they stepped out of the house, they were arrested by several plainclothes police officers. Officers from the Zhengzhou City Police Department interrogated Mr. Lu while torturing him with "Roasting the Whole Lamb" (1). The police then sent the couple to the Matougang Detention Center in Jinshui District.



*Mr. Lu Yunlai after he was released from the Baimiao Forced Labor Camp*

Lu Yunlai was later transferred to the Baimiao Forced Labor Camp, where he was brutally beaten and forced to do a long labor shift. Because he had to sit for a dozen hours at forced labor each day, his buttocks developed sores that became infected.

By March 2009, after only four months in the labor camp, Mr. Lu's health deteriorated as a result of torture and abuse. The camp authorities did not notify his family that Mr. Lu had contracted tuberculosis. By the end of July 2009, Mr. Lu had developed fluid in his abdomen, suffered enlargement of his liver and spleen, and had intestinal obstruction. Only then was he taken to the hospital. In addition, it was found that cancer cells had spread throughout his organs. The labor camp did not want to take responsibility for Mr. Lu's condition and asked his family to request that he be released on bail for medical reasons. Mr. Lu died on October 30, 2009, two months after being released from the Baimiao Forced Labor Camp.

### Introduction to Falun Dafa

Falun Dafa, also known as Falun Gong, is a practice for benefiting physical health and elevating the mind. Introduced by Mr. Li Hongzhi in China, the practice consists of five gentle exercises including meditation, and diligent effort on the part of practitioners to follow the universal principles of Truthfulness-Compassion-Forbearance in daily life. Falun Gong is not only beneficial to one's own health and well-being, it also benefits others. Although the practice originated in China, today it is practiced throughout the world by people of all races and walks of life. In the face of the most brutal and vicious persecution perpetrated on them by the Chinese Communist Party, Falun Gong practitioners have found the spiritual strength to resist peacefully and tirelessly by upholding the principles of Truthfulness-Compassion-Forbearance.



### About Clearwisdom

Clearwisdom.net is the most authoritative source of information about the practice of Falun Gong and about the persecution of Falun Gong in China, reporting timely news and events happening inside China as well as from the more than 70 countries around the world where Falun Gong is practiced. Clearwisdom responsibly publishes the experiences and understandings of practitioners themselves, who submit the majority of the articles.



(1) "Roasting the Whole Lamb." In this torture, the victim is suspended by the four limbs from a horizontal pole, then the perpetrators beat, punch and kick the victim. Sometimes the perpetrators pull the victim's legs in opposite directions, tearing skin and muscles around the anus.

## Introducing Falun Gong in Skive, Denmark

**(Clearwisdom.net)** Practitioners in Denmark held an introductory session at the library in Skive, a scenic city on the Jutland Peninsula, on December 6, 2009. They introduced the principles of Falun Gong and taught people the first set of exercises. Many attendees were very impressed with the practice and expressed the desire to learn more and continue doing the exercises.



*Danish practitioners hold an introductory session at the library in Skive. Attendees learned the first set of exercises.*

## California: Falun Gong Practitioners Participate in Oakland Holiday Parade

**(Clearwisdom.net)** On December 5, 2009, the 10<sup>th</sup> annual Oakland Holiday Parade was held in downtown Oakland. About ninety groups took part, with more than 100,000 spectators. The Divine Land Marching Band, consisting entirely of Falun Gong practitioners, performed. Many people learned about Falun Gong for the first time, and many clearly enjoyed the band's performance and showed their support for Falun Gong.



*The Divine Land Marching Band.*

## A Miracle in My Life

**(Clearwisdom.net)** I was fortunate to begin practicing Falun Gong in 1997. Prior to that, I suffered from various diseases, including severe bursitis in my shoulder and cervical vertebral disease. I also developed an endocrine disorder, causing my eyes and legs to swell, along with insomnia. I was later diagnosed with nerve damage, and felt constant fatigue. I tried medical treatments, various medications and tonics, but with no results. My family lived in misery because of my severe health problems.

On June 3, 1997, a practitioner introduced Falun Gong to me. I read Master Li's book, *Falun Gong*. From the very beginning, I was enlightened by the principles of Truthfulness-Compassion-Forbearance taught in the book. "How wonderful it would be if everyone behaved according to Truthfulness-Compassion-Forbearance!" This thought made me believe deeply in the teachings of Falun Gong, and I was eager to join a group that studied the teachings and practiced the exercises together.

Within a week, my mind and body were transformed tremendously. My long-time insomnia disappeared, and I am now healthy and in high spirits every day.

## New Practitioner from New Zealand: I'm a Non-smoker Now

**(Clearwisdom.net)** I had been a smoker for 15 years, though I had tried to give up smoking many times. The good news is that I am a non-smoker now, and have been for three and a half weeks. It is because of Falun Dafa. My fiancé has been a Falun Dafa practitioner for just over a year.

I feel that if it wasn't for my fiancé putting the Falun Dafa lectures on and playing them every day, if he hadn't done that, I would be still smoking.

After two weeks of listening to the lectures, I thought to myself as I woke up one Monday morning, "I am going to give up smoking." I told my fiancé that I was giving up smoking. He turned to me and gave me his biggest smile ever; he looked happier than me.

Now that I know how powerful the Falun Dafa lectures and exercises are, I also have taken up Falun Dafa. I am grateful to my fiancé for introducing it to me.