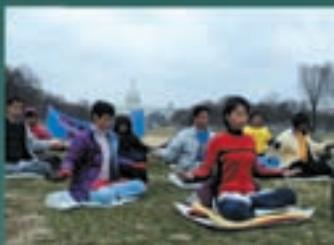


Falun Gong Stories
A Journey to Ultimate Health









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Edited by
William Franklin McCoy, M.D., Lijuan Zhang, M.D., Ph.D.

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About the Editors

William Franklin McCoy, M.D. has practiced medicine for more than 25 years. He was the Chairman of the Connecticut Homeopathic Medical Examining Board for several years. Currently he practices family medicine specializing in homeopathic medicine and nutrition.

Lijuan Zhang, MD, PhD, previously worked at the National Institutes of Health as a scientist. She published 18 papers in scientific journals. Currently, she works for a private company.





This book is dedicated to all genuine practitioners throughout the world—especially those in China, whose courageous stance before torture, humiliation and death stands as a testament to Falun Dafa and as a message to individuals and nations alike.







PREFACE

As the world enters the 21st century, the perennial question of our ancestors continues to perplex us today: How can people free themselves from disease and illness, and cast off the suffering and fear they bring? As biomedical research advances down the molecular and genetic paths, an increasing number of people are looking into alternative approaches in which ancient human wisdom and knowledge may have been preserved. According to information available on the National Center for Complementary and Alternative Medicine (NCCAM) Web site, the number of Americans using an alternative therapy rose from approximately 33 percent in 1990 to more than 42 percent in 1997. The total spending by Americans on alternative and complementary treatments exceeded \$27 billion in 1997. In about the same period, the US government increased NCCAM's budget from \$2 million in fiscal year 1993 to \$68.7 million in 2000, reflecting the government's increasing interest in and support for researches in alternative healing.

Falun Dafa (also called Falun Gong) is a powerful practice based on ancient wisdom, in which practitioners improve mind, body, and spirit. Since its introduction to the public by Master Li Hongzhi in 1992, it has brought dramatic health improvement and spiritual growth to more than 100 million people around the world. Those who were plagued by various diseases deemed incurable by modern medicine regained healthy bodies and reached a disease-free state. Many who were dying from life-threatening diseases were saved. Even patients once paralyzed stood up and walked again. The young became more energetic at work, and the retired could begin truly enjoy their lives after long years of struggle. From Falun Dafa cultivation, practitioners have gained a peaceful and tranquil mind. They are no longer afraid of encountering tribulations at work, in the family, or during other activities. Therefore, you will hear them claiming that they have no stress or depression.

Witnessing the dramatic health improvement and numerous miraculous examples of healing among Falun Dafa practitioners of all ages and ethnic backgrounds, the editors are encouraged to compile a collection of typical cases of recovery from various diseases, most of them being chronic and incurable, some even life-threatening. Our pri-





mary purpose is to help the public to recognize Falun Dafa and therefore enable more people to benefit from this powerful cultivation system. We have to emphasize here that we are by no means attempting to promote a disease-healing system, nor are we trying to make a scientific report. Rather, we are presenting some factual phenomena for those who are interested to further explore, judge, or even experience themselves.

The main body of the book is composed of 40 vivid cultivation stories reported in various Falun Dafa Experience Sharing Conferences and other occasions. The editors made revisions and adjustments to the stories so as to include only the parts relevant to health improvement, in accordance with the topic and the title of the book. However, since health improvement can not be separated from change of mind-nature in cultivation, we purposely kept content in some stories that described improvement in moral character. All the stories represent the situation at the time they were written, which is provided after each story. Of the 39 individuals, 27 of them are currently residing in North America, 5 in Taiwan, 3 in Mainland China, 2 in Australia, and 2 in Europe. The individuals come from a wide range of backgrounds, from a 10-year-old school student to retirees of over 70, from housewives to highly educated professionals, including engineers and medical doctors. Due to the severe persecution of Falun Gong practitioners by the Chinese government, we did not select many touching stories from China to avoid endangering any practitioners in China by publicizing their names. The three stories from China included here are already well publicized and are exceptions. The cases are categorized into eleven subgroups according to the characteristics of their illnesses so that the readers can easily locate cases of interest. In order to better bridge the readers into the stories, a connection between modern medicine and the disease-healing effects obtained from practicing Falun Dafa is discussed in the introduction. A summary of a health survey conducted among over 10,000 practitioners in Beijing by medical professionals and experts is included to further validate the effect of Falun Dafa cultivation observed in individuals.

Our special thanks should go to those who provided their vivid cultivation stories. Without them this book could not have been produced.





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We also wish to express our appreciation to Amy Xia who did the cover design and typesetting for the book.

William Franklin McCoy, M.D.
Lijuan Zhang, M.D., Ph.D.





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INTRODUCTION

Falun Dafa, also called Falun Gong, is a powerful mind and body cultivation system originating in prehistoric China. Mr. Li Hongzhi, the sole master and teacher of Falun Dafa, introduced this system publicly in 1992. Now, tens of millions of people worldwide practice the simple, graceful exercises while also striving to live their daily lives according to Falun Dafa's fundamental principles: Truthfulness, Benevolence, and Forbearance.

Surveys strongly attest to Falun Dafa's efficacy as a way of healing those who practice it, in many cases resolving conditions that other forms of healing could not. Here we look at three major healing traditions, each with its own scientific paradigm.

A science of disease

Western medicine is created and developed by people like you and me. It is based on what we can see and touch. Therefore, a patient has to be sick enough to be diagnosed and treated. If biochemical means, imaging techniques or pathological methods cannot detect any abnormality, Western doctors have little to suggest regarding treatment. They wait and watch.

Unfortunately, all fatal diseases develop long before we can detect them with current technology. Oftentimes, when we are able to detect a sign of abnormality it is too late to treat the condition. Consequently, despite fancy medical technological development, the mortality and morbidity of many diseases have shown little improvement. The quality of medical care today is far below our expectations. For example: every year in the United States, 400,000 to 500,000 people die of coronary artery disease. One million suffer an acute myocardial infarction and of these, 10 to 15 percent will die within several days while another 10 to 15 percent will die within one year.

There are 170,000 new cases of lung cancer diagnosed each year in the United States, with about 150,000 deaths occurring each year. 80 to 90 percent of all lung cancers occur among smokers.

We do not know the causes of most illnesses, but we can recognize that lifestyle (poor diet, drinking, smoking, sexual conduct, lack of ex-

ercise) and stress contribute to a significant number of health problems. We have embraced the new bio-socio-psychological model of medicine. We teach too little about harm reduction and prevention. Modern medicine is expensive. Many patients totally depend on external help: doctors, medical instruments, and drugs. Thus, we term modern medicine a “science of disease.”

A science of health

Chinese medicine can do better in diagnosing and treating illnesses at their early stages if we follow the traditional principles. Chinese medicine is based on a system we cannot see an energetic network connecting all parts of the body together, called meridians. With knowledge of this system, any illness can manifest as symptoms or signs and be treated through its points on the body’s surface. We do not know who created or discovered this system. It was a complete and sophisticated system at the very beginning of its recorded existence and has not been changed in the last 3,000 years.

Chinese medicine emphasizes prevention. It believes that the best physicians are those who treat people when they are not ill. It tells you to follow seasonal changes in exercising, eating, drinking, and sleeping habits.

It can effectively treat many illnesses, particularly in early stage or functional level when there are no pathological changes that can be detected by biomedicine. Following traditional Chinese medicine’s philosophy and using its treatment modalities one can live a much healthier life.

The cost of treatment in traditional Chinese medicine is substantially lower than that of Western medicine, with fewer side effects and often-greater effectiveness for many conditions. But ultimately, patients have to take responsibility for a healthier lifestyle. So we call Chinese medicine a “science of health.”

Chinese medicine particularly tells people that emotional distress is the key factor that causes internal dysfunction in the body and consequently makes the body vulnerable to external pathogens. Therefore, it says that the Heart (the organ that is believed to house the mind) is an emperor, and if the emperor is not wise, it jeopardizes the other 12 organs. And to live a long and healthy life, you have to have “a clean

heart and few desires.”

Before studying Falun Dafa, it was hard for me to understand this statement. I thought people were living only for the fulfillment of their desires at all levels - biological, psychological, and social. Even if we want to have “a clean heart and few desires,” how do we do it?

Falun Dafa answered all these questions.

A science of life

First, Master Li explains to us that Chinese medicine is from a pre-historic culture, and the meridians are a system existing in another dimension of our body. My understanding is that many diseases start from deeper dimensions that can be naturally reflected through the meridian system. This is why acupuncture can treat early dysfunction of the body.

Second, Master Li tells us the ultimate purpose of our lives is to go back to our original, true selves. Therefore, getting rid of our attachments to this earthly world is the only way to upgrade our lives. Desires and wrongdoings against the nature of the universe (Truthfulness, Benevolence, and Forbearance) are not only attachments but also are the causes of bad energy (karma) that can transform into all kinds of illnesses. It explains why today there are so many intractable diseases existing in this world, a world of indulgent desires. Modern technology is fighting diseases, but cannot address the true nature and quality of life. How can technology change a person’s life if this person himself does not change?

Third, Master Li tells us how to cultivate ourselves in this ordinary human society. He points out that the cultivation of our Xinxing (mind nature and moral character) is the most important way to uplift your life. He also points out that the spirit and body are a unified system. When Xinxing improves your energy potency increases. And your body is healthier. I began to understand why people should have a “clean heart” to live a long and healthy life.

When a practitioner follows the right teaching, miracles can happen. This is the way I understand what happens to Falun Gong practitioners. They begin to be fully aware of their personal, ethical shortcomings and make improvements. They begin to understand how to live a truly meaningful life, and for this they are rewarded. It becomes very clear



A JOURNEY TO ULTIMATE HEALTH

to them that without the health of one's spirit one's mind and body can never be healthy.

In the last eight years, more than 100 million people in China and abroad have become spiritually renewed through practicing Falun Gong. For them, it hasn't been simply faith that has led them in this direction, but incredible personal experiences. This includes healing of chronic and sometimes so-called incurable illnesses, and enlightenment to the truth of the universe.

The cost of Falun Dafa: Free. Every activity conducted by Falun Dafa is free. Instructions, seminars, workshops, group practices, study groups all are free. The complete texts of every book of Falun Dafa teaching (including the main book, *Zhuan Falun*) and various audio and video clips can be viewed and downloaded from the Internet at no cost. Volunteers conduct all activities. It can be truly said that, in an every sense, Falun Dafa is priceless! By practicing Falun Dafa, you take full responsibility for your health and life.

As Master Li points out, Falun Dafa is not to be used for treating illnesses of others. It is to enlighten people to treasure their lives and to cultivate themselves. By practicing Falun Dafa, people are not approaching illness and death, they are approaching their real home. We call Falun Dafa a "science of life."

(Written by Dr. Jingduan Yang with John Nania)

Jingduan Yang, M.D., was formally a teacher and practitioner of Chinese medicine at the Minnesota Institute of Acupuncture and Herbal Studies. Currently, he is a psychiatry resident at Thomas Jefferson University Hospital.

John Nania is a Minneapolis writer and technology consultant.

CULTIVATION STORIES

PEOPLE WITH ALLERGIC DISEASES

Case 1. Fang Lin

Fang Lin, 34, is a housewife living in Atlanta, Georgia. She had chronic rhinitis and suffered from severe allergies after coming to the United States. She tried many treatments and took antihistamines routinely, but her allergic problem got worse each year. After she practiced Falun Dafa all her symptoms were gradually alleviated, and she no longer needed taking medicine for her allergy.

I would like to talk about the changes to my body that I have experienced after practicing Falun Gong. Before I came to America, I had suffered chronic rhinitis and frequent insomnia. Right after I arrived in this country I found myself allergic to pollen. In the first year had patches of hives. During the second year they spread all over my body, and my rhinitis worsened. I had a runny nose all year long. In winter and spring I sneezed constantly in the morning. I could use a whole box of facial tissues overnight when it was serious.

I went to a famous hospital for antigen tests. They showed that I was allergic to 48 out of 50 kinds of antigens tested. One third of them were very serious. The test results even shocked the doctors and nurses. Everywhere I went I had to take facial tissues and antihistamines with me.

I took antihistamines daily. I tried as many treatments as I could to find a cure. I also received allergy injections for two years. However, my allergic problem worsened each year. In the blooming seasons there was a strange feeling of an unbearable itch in my eyes, nose,

A JOURNEY TO ULTIMATE HEALTH

ears, and throat. My nose was so swollen that I couldn't breathe through it. I had to use my mouth for breathing. I often woke up at midnight because my tongue and throat were so dry that it was painful. Medicine could only relieve some symptoms temporarily, but the attacks afterwards would be more serious, and the dose I needed became greater. The dose of chlorpheniramine I took was already over the limit. One side effect of the anti-allergic drugs was that they often made me sleepy.

I grew up as an atheist, but deep in my heart I longed for the real meaning of life. In May 1997 I borrowed the book *Zhuan Falun* from my neighbor. After reading the book I decided to cultivate and practice. After I started practicing Falun Gong all of my allergic symptoms were gradually alleviated. Now all my allergies have gone, and I have become a really healthy person! After seven years of marriage I could not get pregnant, probably because I took too much medicine. I became pregnant six weeks after I started practicing Falun Dafa. Now my son is 20 months old. He is bright and healthy.

My husband also started to practice Falun Dafa. His health problems also have gone without any treatment. Our patience and temperament have improved a lot. We now first consider others before we say or do something. Our relationship is getting more harmonious. Falun Dafa has not only given me a healthy body, but also given me a happier family.

Before I learned Falun Dafa I looked for life's meanings in Buddhism. But I found that I could not understand the Buddhist scriptures. There were too many different interpretations about the scriptures that confused me. Then I turned to Christianity. I thought that I would be saved if I believed in God. But it was not clear to me how one can go to the Heaven. I was very confused until I had a chance to read *Zhuan Falun*. This book not only answered my questions about Buddhist scriptures and Bible stories, but also rectified my misunderstandings. I now understand that the real goal of being a human being is to return to one's true self through cultivation practice. One needs to put down all one's attachments and to assimilate the cosmic principles in cultivation practice. Then one can go to the Heaven.

(Adapted from Ms. Lin's presentation in the 1999 Seattle Falun Dafa Experience Sharing Conference.)

Case 2. A US Practitioner

A US practitioner, 26, from Philadelphia, USA, is currently Assistant Director of the Writing Program at Swarthmore College. He had a slew of health problems including chronic irritable bowel syndrome, constant fatigue, allergies to many foods, mild depression, coldness, extreme sensitivity to cold, being underweight, and Wilson's syndrome. These problems had been resisting every sort of treatment, ranging from conventional to alternative, Western to Eastern. The most he could do was to keep these problems from getting worse. He ate an extremely specialized organic diet, recorded every item of every meal in a "food log," and had to chart his temperature several times a day to ensure that it did not get too low. By the ninth day of watching Master Li's lectures and learning the Falun Dafa exercises, he became a new person. All his problems that had plagued him for years disappeared completely. He found himself growing ever more energetic, happy and peaceful.

February 21st, 1999, is a day I will never forget, for this day a life-long search was answered when I found Falun Dafa. In the back of a large hall at the University of Pennsylvania Chinese New Year Cultural Fair stood a small, yet striking booth; this was the Falun Dafa stand. I found myself drawn as by a magnet to this booth. Everything about it seemed familiar, extraordinary, and magical. The materials on display had me enraptured, and the two practitioners with whom I spoke seemed proof to me that this was a unique, high level cultivation system; they were so genuine and radiant. I felt deeply moved by this encounter, and a deep sense of warmth welled up within me. I left the Fair shortly after, proceeding immediately to the nearest bookstore to purchase the two Falun Dafa books - I simply couldn't wait to begin reading these striking works!

And read I did. Once home, I couldn't put down the larger book, *Zhuan Falun*, except to pause and savor its precious insights. I laughed, shouted, cried, and gasped out loud as I read through the night, page after page. Although I didn't know enough to read in order and from start to finish, the contents still blew my mind and shook my heart at its roots. I recognized at once that this was something I had been look-

ing for my entire life, and perhaps many before. Countless questions I had carried in my heart and mind for years, many of them painfully tucked away, unresolved, and forgotten, were addressed straight on, clearly and poignantly. I was spellbound, and even felt my body began to undergo significant changes, right then and there; my life began to metamorphose. Looking at Master Li Hongzhi's picture inside the book's cover, I knew this man was supposed to be my teacher; his image glowed brightly, and I searched my mind for why he seemed so familiar. I felt incredibly fortunate.

A few days and many pages later, I attended my first "Nine-Day Falun Gong Seminar." If someone other than Teacher Li himself had told me what physical and mental transformations I would undergo, I never would have believed him or her. By the ninth day of watching Master Li's lectures and learning the Dafa exercises, I was a new person. This is not an exaggeration. A slew of health problems that had plagued me for years disappeared, and disappeared thoroughly.

These problems which included chronic irritable bowel syndrome, constant fatigue, many food allergies, mild depression, coldness and extreme sensitivity to cold, being underweight, and Wilson's syndrome until then had been ridiculously stubborn, resisting every sort of treatment, ranging from conventional to alternative, Western to Eastern. I tried everything alternative, including, acupuncture and Traditional Chinese Medicine, ayurvedic medicine and yoga, chiropractic, colonics and medicinal enemas, enzymes and raw food diets, fasting, herbal programs, hypnotherapy, massage, megavitamin therapy, naturopathy, nutritional and metabolic therapy, psychological counseling, and Qigong therapy. And all of this was after seeing numerous medical doctors and trying rounds and rounds of medications. I felt sorry for all those kind people who tried to help me, but to no avail. The most I could do was keep these problems mild, and keep them from getting worse; a few years earlier they had even forced me to take a leave from college, and almost took my life. I ate an extremely specialized organic diet, recorded every item of every meal in a "food log," and had to chart my temperature several times a day to ensure it did not get too low. I even spent many hours making my own sauerkraut and chicken stock, brewing herbal extracts from scratch, and hunting down rare health foods and supplements. I spent my life living in health food

stores, doctor's offices, and my kitchen. And all of this was in addition to practicing a commercial Qigong. I was living in what I can only describe as a private hell.

By the end of the 9-Day Seminar, however, these problems were-to my great surprise-resolved. I had not even gone seeking healing, and yet I was healed of all these things that had haunted me for years. I threw out my countless health supplements and commercial Qigong books, and began treating myself like a practitioner. What need had I for such things? Master Li's lectures had done what over a dozen physicians and thousands of dollars could not! I found myself growing ever more energetic, happier and peaceful, with my karma now dislodged at its roots, I enjoyed normal digestion, warmth in my body, an interest in life, etc. For the first time in as long as I could recall, I didn't fear going outside in the cold. My appetite finally had returned, and I gained six lean, much needed pounds during the seminar. And all of this was despite having severe "cleansing reactions" during the first few days, including diarrhea, coldness, backache, headaches and so on.

Something special, indeed, had been transmitted to me during the lectures. I realized that it was as if I had been sleeping for my whole life, without even knowing it. Through his lectures, Teacher Li had not only awakened and liberated me, but also taught me something priceless: How to live according to this universe's supreme principle, Zhen-Shan-Ren (Truthfulness-Benevolence-Forbearance). That seminar marked the beginning of what have been countless transformations, insights, and remarkable experiences. Years of academic and other studies could not begin to compare to this. I feel I have a clear understanding of illness, health, and life itself, thanks to Teacher Li, and will continue to understand better as my Xinxing (mind-nature) improves. My relationships have changed greatly, too, including those I share with other people, nature, material things, my body, my interests, my past and future, and events around me. And of course, the changes in my mind and body have been simply most remarkable. I haven't had a single cold, flu, or health complication of any sort-even minor-since beginning to practice Falun Dafa. I feel as if my whole life up until discovering Falun Dafa I had been swimming in a tank full of molasses, only I didn't know it. There are so many more experiences I could share, but I will limit myself to sharing these here.

(Adapted from Mr. Kutolowski's presentation in the 1999 New Jersey Falun Dafa Experience Sharing Conference.)

Case 3. Lijuan Zheng

Lijuan Zheng, 42, lives in San Francisco, California. She used to have many illnesses including arthritis, migraines, night sweats, cardiac arrhythmias, and a uterine tumor. Her 10-year-old daughter suffered badly from a skin disease for three years. The skin disease not only made the young girl suffer festering blisters but also forced her to abstain from many common foods including beef and wheat. Both the mother and the daughter became healthy after practicing Falun Dafa. Their troubled family also regained happiness as the principles of Falun Dafa helped the family to reestablish a loving and caring relationship.

I would like to share with you my joy of saying good-bye to a meaningless life, getting rid of all suffering and illnesses, and improving my moral sense from practicing Falun Dafa. Before cultivating Falun Dafa my daughter and I had been plagued by illnesses. My husband and I were on the verge of divorce. My family fought all the time and we were cold to one another. For the past ten years our rancor piled up sky-high. I was suffering internally and externally. I felt hopeless, and didn't know how I would spend the rest of my life. Now I understand that the hardships in my family were because we were all out of line with Zhen-Shan-Ren (Truthfulness-Benevolence-Forbearance). I used to read some spiritual books in order to become free from the pain in my heart. However, that wasn't very helpful. I felt trapped. There are sayings like "One step back and the ocean is broad and the sky is clear", "Forgiving others is one's joy;" and "Being angry in no substitute for getting sick." I understood these sayings theoretically, and I tried to smile at my sadness, but my heart wasn't convinced. My mind and body were suffering all the time.

My daughter is about 10 years old. She had a skin disease since 1995. It gradually became worse. Her skin would blister and fester all

over her body, becoming runny and bloody. The clothing she wore was stained with blood. What worried me the most was that my daughter could not eat many different foods. The disease spread all over her body every time she ate carelessly. All she could eat was rice, green vegetables, pork, apples, and a few other foods. She could not eat beef or wheat. For years she tried all types of Chinese and Western medicine. She even tried scorpion and snake venom as remedies, but nothing worked. The symptoms recurred for several years. We paid for the most expensive medicines, some of which were quite bitter. My poor little daughter looked sallow and emaciated. She told me that she felt weak in her limbs and she shook all the time. Once she said, “Mom, why am I so miserable? I would rather die.” She was too little to understand my reaction to her illness. I felt like a knife was piercing my heart day and night. We held each other and cried together. I was encouraged to remain hopeful. “Even though Mom might be reduced to poverty, she still wants to cure your disease.” I never thought it would be possible for my daughter to obtain a healthy body.

On October 9, 1998 I began to learn Dafa. When the assistant handed *Zhuan Falun* to me she told me that this book is very precious and I should wash my hands before reading it. I didn’t take it seriously, but I followed her suggestion. I didn’t realize that I started a new life when I opened this book. All my suffering came to an end. Although I love reading books, I never found a book like *Zhuan Falun*. It is so inspiring. The words are of great compassion and awe-inspiring righteousness. When I read what the teacher says, “Do you know what kind of things I have done? I regard all practitioners including those who are able to genuinely practice cultivation through self-study as my disciples.” I just couldn’t restrain my tears. My heart was crying out, “Is this real? Is this real? Can I call you my master? How can I be so lucky to be your disciple?” I couldn’t wait to read through the whole book right away. Although I still have many questions, my point of view about life has changed greatly.

My daughter stopped taking all medication when she started practicing cultivation. Master kept nursing her health and purifying her body. After I studied Dafa deeply I realized that restricting the diet to certain foods was behaving like an ordinary person. A genuine practitioner has no such restriction. I told my daughter, “Once you become a genuine

practitioner you will pass the test.” Now I am glad to tell everyone that my daughter is no longer afraid of eating anything. She can now eat any food like beef, roasted duck, bamboo shoots, etc. without restriction. The photo of her ulcerated skin is the only evidence of her previous illness.

From 1995 to 1998 how many injections had my daughter been given? How many medicines had she taken in 3 years? Did she recover? No. However, she is now a healthy person after practicing Dafa. I used to have diseases like arthritis, migraines, and cardiac arrhythmias. I visited the doctor frequently and became a chronic invalid. I was never happy for 3 straight days. Now all my diseases including a uterine tumor have disappeared without a trace.

After practicing Falun Dafa I forgave my husband and my mother-in-law. I discovered the things that I did wrong that caused me such unforgettable pain and haunted me for such a long time. I was contrite about hurting their feelings. My most difficult steps were to admit my own wrongdoing, not to complain about others, and even to bow to the person that hurt me. Ten years of hatred was released in a single day. A few days after I read the book my husband suddenly became sick. He was sent to the emergency room. I stayed with him the whole time and took care of him with a sincere heart. I remembered one time when I had arthritis and wanted to see a doctor he accused me of feigning illness just to spend money. Now when he was sick I took a day off to take care of him. I could finally return his hatred with my virtue. I know that my husband’s illness was not accidental. It happened so fiercely, yet disappeared suddenly. Its outcome was that it brought us from the edge of divorce to reunion. After that I tape-recorded my Cantonese translation of the *Cultivation Practice Story from Falun Buddha Fa, Volume 1*. I played it for my family during dinnertime. They began to understand about Xinxing. They also know that Dafa practitioners are all good people pursuing “Truthfulness-Benevolence-Forbearance.” My mother-in-law used to be very devoted in worshipping her god while she cursed people behind their backs. Now she is careful about what she says. Furthermore, she used to avoid cooking for my family. One time my daughter had a high fever. It was already 7 p.m. when we got back from the hospital. My mother-in-law hadn’t prepared dinner and preferred going hungry. We were always fighting.

PEOPLE WITH ALLERGIC DISEASES

Now, my mother-in-law prepares meals for us every day. When I come home from work she has finished cooking.

Falun Dafa can help people to regain their innocence and achieve a higher level of morality. It can only have positive effects on all countries and their inhabitants.

(Adapted from Ms. Zheng's presentation in the 2000 San Francisco Falun Dafa Experience Sharing Conference.)



PEOPLE WITH CANCER

Case 4. Magdalena Savic

Magdalena Savic, 49, lives in Sweden. She had been weak and susceptible to all kinds of illnesses since childhood. She suffered from muscular problems at the age of 26 that doctors suspected to be epilepsy. Her body twitched and she could not control her movements. She had cancer at the age of 36. The radiation therapy did not prevent the cancer from spreading to her whole body. She then was given chemotherapy. Her condition worsened. She tried many kinds of physical and spiritual treatments, including Qigong treatments for several years without success. Then she was introduced to Falun Dafa through an acquaintance. After practicing Falun Dafa her physical body became purified. More than 10 years after the diagnosis of cancer she is free from all illnesses and does not need any medication or treatment.

I have practiced Falun Dafa since 1995. I want to share with you what Falun Dafa has given me. I shall give a short account of my life before I started to practice Falun Dafa.

I was a very sick person. I had poor health since I was born. Nobody really knew what was wrong with me. I was just weak, had no immunity to diseases, could faint anytime, and was susceptible to all kinds of illnesses. My parents carried me to many doctors. They never found the cause of my weak and sick physical body. They recommended strong tablets, a change of environment, varying my diet, and so on. At one time my life was hanging by a thread and the doctors could not help me. In desperation my father who had faith in God promised to donate his whole month's salary to the church if I could recover. I survived that time and my father kept his promise to the church.

I survived the crisis and periodically I felt better, but no significant change occurred. I could not go many days without treatment. So I tried throughout my whole life to take great care of my body through

physical training, strong tablets, and many visits to the doctors. Despite all these efforts and the fact that I never smoked or drank alcohol I suffered from muscular problems at the age of 26. My body twitched and I could not control my movement. The doctors suspected epilepsy. I was told it was incurable. There was something wrong with my brain. I was told that I had to take medication for the rest of my life.

The next shocking message came at the age of 36. I had lung cancer. I was treated with radiotherapy but instead of becoming better the cancer spread to my whole body. Then I was treated with chemotherapy. I got progressively worse. I did not know what to do. The doctors could only give me painkillers. I nearly gave up but still I struggled to survive.

Since medical doctors did not give me much hope I started to look for alternative healing methods. For several years I tried all sorts of physical and spiritual treatments as well as Qigong treatments. I paid an enormous sum of money in my unsuccessful endeavor to become healthy. When one symptom disappeared a few others appeared. It never ended. So my search continued.

In 1995 I was introduced to Falun Dafa through an acquaintance. Shortly after starting to practice Falun Dafa my physical body became purified. Today at the age of 49 I am free from all illnesses. I do not need any tablets, any treatment, or any ordinary physical exercise. My body feels fantastic and it is healthy. It is like a miracle.

The feeling of having a body free from illnesses is difficult to describe unless you have experienced it yourself. Yet getting a healthy body is just one beneficial effect of practicing Falun Dafa. That was the very first thing a Falun Dafa practitioner experiences. In the book *Zhuan Falun* Master Li Hongzhi said, "I do not talk about healing illnesses here, nor will we heal illnesses. However, as a genuine cultivator, you cannot practice cultivation with an ill body. I shall purify your body. The body purification will be done only for those who come to genuinely study the practice and Dafa. We emphasize one point: if you cannot give up the attachment to that illness, we cannot do anything and will be unable to help you... Why can this be done for a practitioner, then? It is because a practitioner is most precious, and he or she wants to practice cultivation. Therefore, having this thought is most precious...When his or her Buddha nature comes out, the enlightened

beings are able to help him.”

I understand that an orthodox Fa provides salvation unconditionally to people who want to cultivate genuinely.

Apart from the fact that my physical body is free from diseases I know the reason why I am here on earth as a human being. Falun Dafa has given me a new life with a clear and conscious mind, the ability to differentiate between right and wrong, and the possibility of cultivating my Xinxing (mind-nature). I would like to assimilate the nature of the universe Zhen-Shan-Ren (Truthfulness-Benevolence-Forbearance), become enlightened, return to my original, true self, and attain perfection.

(Adapted from Ms. Savic's presentation in 1999 Paris Falun Dafa Experience Sharing Conference.)

Case 5. Guo-Rong Lin

Guo-Rong Lin, 56, is an engineer in Taipei, Taiwan. It was discovered that he had prostatic cancer during an operation for his prostatic hypertrophy in 1995. Doctors suggested that he have a second operation. He suffered a mental break down on learning of the prostatic cancer. He refused the second operation. Instead he looked for alternative therapies, hoping a miracle would happen. From then on he lived in agony until he was introduced to Falun Dafa. After practicing Falun Dafa he no longer thought of himself as a cancer patient. He became happier and healthier. Not only he did not need an operation, but also he needed no medicine. During a regular check-up in April 1977 his prostate was found to be normal.

Before I was exposed to Falun Gong I wasn't interested in cultivation. I never thought about it. I simply viewed cultivation as practicing vegetarianism, worshipping Buddha (as in Buddhism), and chanting scriptures. Perhaps it also required abandoning one's family to become a monk or nun. When I was introduced to Falun Dafa it totally changed my view of cultivation. Dafa has no religious rituals, taboos, or commandments. It is so flexible that you can adapt it to your own timeta-

ble. Dafa cultivation depends completely upon one's heart and mind.

I learned Falun Dafa in September 1996. A practitioner told me that Falun Gong was different than other Qigong. It is a higher level of cultivation practice and focuses on cultivation of one's mind. When I took the book *China Falun Gong* (Revised Version) home and read it carefully, I found it really unique. It brought out some concepts that I had never heard of before. It made a great impact on my way of thinking. Then I read through *Zhuan Falun*. I realized that I found a priceless treasure. Each time I read through the book I saw something new and understood more.

Dafa helped me to shake off the most terrible disease. This made me treasure it greatly. My story started in 1995 when I suffered from prostatic hypertrophy. I had to have an operation for it. After the operation my doctor told me that I had been diagnosed with prostatic cancer and must have another operation. I completely broke down on hearing this. I was so devastated; I felt that the next day could be my last. I refused another operation. I tried to find alternative ways to cure my illness and hoped for a miracle to appear. I looked everywhere for everything possible to save my life including herbal medicine and folk prescriptions. I lived in agony and took herbal concoctions. My family felt very sad. I often asked myself, "When will I be free from this agony? Can my life go on like this?"

After I learned Falun Dafa I understood my suffering. In *Zhuan Falun* Teacher points out to us, "In order to cure illness or eliminate tribulations and karma, these people must practice cultivation and return to their original, true selves." "It is because there is such a principle in the universe: Ordinary human affairs, according to the Buddha School, all have predestined relationships. Birth, old age, illness, and death exist as such for ordinary people." I understood that everyday people live under the principles of ordinary human society, and Qigong treatments or medical treatments can only repress illnesses, but the karma is still there. The root cause of one's being ill is karma. I also understood that the fundamental solution for removing illness is to eliminate karma. Therefore a practitioner must conduct himself/herself according to the supernormal principles of the universe. It took a load off my mind. Since then I completely put down the attachment of curing my illness and let go of the thought that I had the illness. I decided

to follow the higher principles and practice only Falun Gong and genuinely live a life of cultivation.

In a few short months' time I experienced a tremendous change in my health. My complexion changed from sallow to a ruddy color. All my symptoms disappeared. I became more energetic. For the first time I truly enjoyed good health. My family is happy for me. My wife who did not believe Dafa at first changed her opinion and began to learn Dafa. She told everyone around her that Dafa is good. During the three-year cultivation practice I never thought about my illness, gone to doctor, or taken medicine. In April 1998 during a regular health check-up required by my company, my prostate examination was normal. It has truly strengthened my confidence and resolve in my cultivation practice of Dafa. I know it was the power of Dafa and Teacher's great virtue that made such a strong impact on me.

One day in January 1997 I was helping my mother to the bathroom for a shower. Just as I was bending down I lost my balance and fractured my backbone with a frightening snap. I was not able to stand up. My wife and mother were stupefied. I immediately realized that I was a practitioner and I shouldn't be afraid of anything. I tried to get up from the ground and told them, "I am fine, don't worry." Then an amazing thing happened. For a few days I didn't feel any pain during the daytime and I could go to work as usual. But during the night my back pain was unbearable. I had to endure the excruciating pain throughout the night. It was hard for me to turn over in bed. It was even harder for me to get out of bed. I had to keep this to myself in order not to disturb my family. That was terribly a painful experience. I knew it was my own tribulation caused by my karma. So I had to overcome it all by myself. And I knew that if I wanted to overcome it I would make it. I was fully conscious of what was going on and how I should conduct myself. I continued to practice and study Dafa and extended my practicing time whenever possible during that period. I became even more diligent in practicing cultivation. Two weeks later, my pain diminished substantially. Three weeks later my pain was totally gone. My back was straightened. My chronic back pain also has disappeared.

(Adapted from Ms. Lin's presentation in the 1999 Taiwan Falun Dafa Experience Sharing Conference.)

Case 6. Qingyun Hu

Qingyun Hu, a former officer of the People's Supreme Court of Jiangxi Province in China, was diagnosed as having leukemia in 1997. He was in critical condition and in great despair. Even his physicians in the hospital lost hope of saving him. In February 1998 while waiting for the end of his life, he was fortunate to learn Falun Dafa. Miraculously he has survived. He kept practicing the exercises and reading the book (Zhuan Falun) and got better without any medical treatment. His recovery was interrupted in July 1999 when the crackdown on Falun Gong began. The Chinese police detained him. His condition became critical again while he was imprisoned because he was not allowed to practice Falun Dafa. He had to be hospitalized again.

On August 21, 1999 a local official Chinese newspaper in capital city Nanchang, Nanchang Evening, followed by other newspapers and TV stations published a headline report which distorted Mr. Hu's case in an effort to defame Falun Gong.

The article below is an excerpt from Mr. Hu's letter to the top officials of the Chinese government. In his letter Mr. Hu told the Chinese leaders his true story and clarified the facts. The letter was dated February 19, 2000.

At the end of April 2000 Mr. Hu was arrested again. He was sentenced to 7 years in prison on January 10, 2001.

Dear President Zemin Jiang,
Dear Premier Rongji Zhu,
Dear other concerned leaders,

I was an officer of the People's Supreme Court of Jiangxi province, and a former Communist Party (abbreviated as the Party hereafter) member. I worked in the area of law and regulation for 16 years. I have never opposed the Party or the government, and I am always honest and appreciative of the Party and the government. I never thought that I would be considered to be an enemy of the government and arrested because I practiced Falun Dafa. With the attitude of being responsible to the Party, the government, the people, and to history, I hereby report to you my current situation and the truth of my experiences. I hope that

you can make an objective analysis and a thorough judgment based on the facts.

In 1997 I developed an incurable disease, acute leukemia. I had little ability to produce blood. During emergency treatment I was infected with hepatitis B and C, and pulmonary tuberculosis. Five major hospitals in Shanghai and Jiangxi Province gave me emergency treatment and doctors held group consultations many times. On two occasions a doctor from the Chinese Academy of Medical Science held group consultations for me. Finally all the experts concluded that there was not any medicine that could cure my leukemia. They thought that I had only one to three months to live. In February 1998 when the predicted deadline was approaching, the doctors suggested to my family to make funeral arrangements.

At that last minute I received the precious book *Zhuan Falun*. I read the book and started to cultivate myself according to the directions. Then a miracle happened. My life was prolonged and I surpassed the life expectancy given to me by the doctors. One month later I started to practice the exercises in the hospital bed. Not long after I started the practice I gradually stopped the chemotherapy, blood transfusions, medications, and all other treatments. After chemotherapy the leukemia cells in my blood increased from 30% to 65%. The medicine and the treatment were ineffective. The cancer cells continually increased throughout the treatment. I lost 18 kilograms and could not eat regular food (only liquids). I was too weak to go to the bathroom, and too weak to turn over in bed by myself. I had pain all over my body. After I practiced in the hospital for more than two months, my body gradually recovered. At my insistence, the hospital reluctantly agreed to release me from the hospital. They strongly suggested that I return to the hospital for a treatment one month later. I firmly cultivated and practiced Falun Dafa after leaving the hospital. I never went back to the hospital for chemotherapy, blood transfusions, or other treatments.

However, the newspaper (*Nanchang Evening*) claimed that my first five hospitalizations happened during or after my practice of Falun Dafa. They disregarded the fact that I did not know Falun Dafa at that time and that after practicing Falun Dafa I never went back to the hospital for treatment. The newspaper fabricated a lie to deceive people, using my picture in the report. The picture caption in the report stated,

“Qingyun Hu, in his bed, said to the reporter that: ‘I stayed in the hospital six times in the past two years. It is science and the country that have given me a second life.’”

During hospitalization, my medical expenses were as high as RMB ¥320,000. However, even with this amount of money spent my health did not improve. Instead, the cancer cells increased from 30% at the beginning of the treatment to 65% after the treatment. My body completely lost its immunity to disease. I almost died in the hospital several times. The medical scientists and doctors could neither save nor prolong my life. However, a miracle happened after my practicing Falun Dafa. This is a fact that nobody can deny. Many professors and doctors from the Hematology Department in Shanghai Medical Science Institute, the Hematology Department of Shanghai Rui-Jing Hospital (A very famous hospital in China), and from the First Affiliated Hospital of Jiangxi Medical University were very familiar with my case.

After I practiced Falun Dafa I always kept in mind what Master Li Hongzhi taught, “There is a criterion, however, that the life prolonged beyond your predestined time to live is completely reserved for your practice. If your mind goes wrong a little bit your life will be in danger because your lifetime should have long been over.” I truly understood that cultivation is a serious matter, so I persisted in reading the book, cultivating my heart, and practicing the exercises daily. My life was prolonged and I was released from the pain of illness. The heavy financial burdens and the mental pressures on my family were also relieved.

In August 1999 the Nanchang TV stations and newspapers broadcast the news that I was once again “sent” to the hospital. A reporter interviewed one of the senior doctors from the Hematology Department of the First Affiliated Hospital in Jiangxi Medical University. He never met me and did not know anything about my treatment history. This doctor said in the interview, “Hu Qingyun left the hospital after his leukemia was cured by our department. Falun Gong had nothing to do with it.” Some time after that I asked this doctor why he lied. He said that anyone would say the same thing in this “big climate.” He asked me not to take it too seriously.

The truth is that on July 21, 1999 the police detained me using the allegation of “disturbing the social order.” While I was being arrested I

stated that I was once a leukemia patient and according to what doctors said, I was “a patient with a fatal illness,” lacking any immunity and resistance to disease. As a practitioner with a prolonged life, I could not stop practicing the exercises. My life would be in danger once I stopped practicing. I thus asked the police to cease their forceful behavior. A policeman who was in charge at that time said, “You can’t threaten us using this [leukemia].” They put me into jail and I stayed with criminals. Every leukemia patient and family understands that a leukemia patient does not have any immunity to disease. So a patient should not risk catching even a minor cold or his life would be in danger.

In jail I was not allowed to practice or read the books of Falun Dafa. Everyday I had to drink cold water, wash with cold water, and take a shower with cold water. In a few days I began to bleed from my mouth and nose and I developed blood spots all over my body. I lost consciousness twice in the jail. I asked my inmates not to report this and I endured it by myself. I had already been near death several times, so I did not mind facing death again. I insisted on enduring it for 20 days. On August 9, 1999 I lost consciousness again. The people in my cell were afraid of bearing the responsibility so they reported my situation to the officers in charge of the detention station and the police department. The police sent me to the Hematology Department in the First Affiliated Hospital of Jiangxi Medical University to receive “emergency treatment.” After the examination the doctors said I had very low blood pressure, the leukemia was really serious, and I had better take some treatment as soon as possible.

I understood deeply that before practicing Falun Dafa I had suffered severely from this fatal illness and struggled with pain. Several times I almost died in the hospital. I knew that the medical doctors would not be able to save me. Whether I could live or not was not important to me. What was important was that I had practiced Falun Dafa and I truly understood the purpose of being a human being. Since the medicine did not help me, I refused all the proposed treatments. No more shots no more pills and not a single drop of a blood transfusion. I rested in the hospital for 15 days and then left.

After being released from jail on August 9, 1999 I resumed the practice and book reading. Even though the hospital diagnosed me with

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leukemia and that my condition was again very serious, my life continued and my health gradually recovered.

However, the TV stations, newspapers, and the people with ulterior motives disregarded the facts and made up a story to deceive the public. I was released from jail. I did not take any shots or pills and did not receive any transfusions. Instead, I persisted in practicing and reading the books. I have stayed alive for more than 7 months, from the time when I was released from jail to the present. My health continues to improve. Why doesn't our news media dare to report the miraculous and the superior effects of Falun Dafa?

The purpose of this letter is to ask you to investigate the truth of the persecution I faced. As a person who "died" several times, and was sentenced by the hospitals to death, there is nothing that I cannot let go of. I am not interested in politics and I will never do anything against the Party or the government. Neither do I want to be used by politics to defame Falun Gong, nor to be used to attack the Chinese government. I sincerely wish that you could meet the genuine practitioners (instead of non-practitioners or fake practitioners), to see what they are thinking and doing. I wish this from the bottom of my heart.

(Adapted from Mr. Hu's letter to the top official of the Chinese Government in February 2000.)

PEOPLE WITH CARDIOVASCULAR AND PULMONARY DISEASES

Case 7. Jieming Liu

Jieming Liu, 76, is retired and lives in California. Before practicing Falun Gong she was in a wheelchair and relied on an oxygen tank continuously. Her lungs functioned at less than 27% of the normal level. She also had serious heart problems. After cultivating Falun Dafa she has been able to put away the oxygen mask and wheelchair. All her symptoms seem to have vanished without a trace.

Before practicing Falun Gong I was in critical condition and diagnosed with many serious illnesses. For example, my lung function at best was 27% of normal. Most of the time it was even less than that. It was a constant struggle to stay alive. Breathing was very exhausting and painful. I relied on oxygen tanks all the time. My left lung was diagnosed as not functioning at all. I suffered from a jerking pain in that area day and night. My doctor indicated that it was not TB, nor asthma, which are curable or at least controllable with modern medicines. My case was incurable. The only hope was having a lung transplant. In other words, I had been sentenced to death by the disease. In addition to my lung problems I had serious heart problems. One of the blood vessels around my heart was 90% clogged. Heart surgery was performed but failed. I felt chest pain all the time. I was in a wheelchair and could not handle my own day-to-day life. It was awful to live at the border between life and death while suffering great pain.

At this critical moment I was lucky enough to be introduced to Falun Dafa by my daughter. I observed her changes for the better since becoming a practitioner. For a long time her sinus problem was so serious that she could only breath by mouth and she could not sleep well during the night. Using medicines every day did not seem to help her at all. However, all those symptoms disappeared after she learned Fa-

lun Dafa. One day my daughter read *Zhuan Falun* to me. At that time I did not even have the energy to read, but I listened wholeheartedly. Somehow I trustingly believed in the power of the Fa and the teacher, Master Li. Miraculously, the very same day I was OK without wearing the oxygen mask and have not encountered any critical breathing difficulties ever since. In the past I could not imagine living without the oxygen tank. After cultivating and practicing Falun Dafa I broke all the chains to illnesses. All my symptoms seemed to vanish without a trace.

I had a brain injury from falling down in the past. From time to time I often suffered headache, dizziness, and occasionally even lost consciousness. After learning Falun Dafa one night, as soon as my head touched the pillow, I felt severe dizziness as if I was about to lose consciousness. I immediately reminded myself that I am a cultivator and said loudly in my mind, “Master Li, I am truly cultivating Falun Dafa. I want to go home. I want to cultivate back to where I really belong.” All of a sudden my dizziness disappeared and has never returned.

From cultivation practice of Falun Dafa I was able to get rid of the life-threatening illness and year-long torturing symptoms. However, the process of body cleansing and karma elimination continued. Sometimes my tribulations seemed so horrifying. It was hard to imagine that an old lady with a poor health history such as mine could overcome them. Yet with my firm determination in cultivation and trust in Dafa, I overcame those life and death tribulations in short periods of time.

I remember that I had some symptoms of a severe cerebral hemorrhage in late July 1999. I endured all the suffering and continued to practice the exercise and to listen to teacher’s lecture on tapes. Amazingly, in two weeks I recovered.. This really was a miraculous manifestation of the power of Falun Dafa.

Last December I had a bad fever during which I suffered from a dry and aching throat. That night when I got in bed I felt like my whole body was boiling, but my mind was busy reciting Master’s poems. After I completed one of the poems “Da Jue” (Great Enlightened Being), I felt a burst of warmth flowing and penetrating my head and filling my whole body. My fever was gone almost instantly. My husband and I resumed group practice together the following morning as if nothing had happened.

The above are my personal experiences about the karma elimination process. At 76 years of age I have gone through several horrifying episodes and recovered in a very short time. Looking back over the past year, I realize that my cultivation is still in its infancy when gauged by Master Li's teaching. However, my body has been cleansed over and over again. My sincere gratitude to our Master is beyond words. I will cultivate diligently and upgrade my Xinxing according to the Fa so that I can get rid of my various attachments and abandon all kinds of "mind-sets" acquired over the years.

Adapted from Ms. Liu's presentation in the 2000 San Francisco Falun Dafa Experience Sharing Conference.)

Case 8. Huijuan Tang

Huijuan Tang, 62, lives in Australia. She had many illnesses and suffered from a heart attack in 1994. In 1995, one month after starting to practice Falun Gong, her heart condition went away, her blood pressure returned to normal, and her migraines disappeared. After further practice of Falun Gong and study of the Fa her other illnesses such as a stomach ulcer, back pain, arthritis, and insomnia are all gone. Even her pharyngitis and neck pain, which had lasted for a few decades have vanished. Her gray hair has turned black again.

I came from Shanghai. Due to prolonged stress I suffered from a heart attack that nearly ended my life in late 1994. My illness was a great burden for the whole family. The cost of transportation to the hospital alone exceeded RMB¥1000, not to mention the large quantities of various medications that I had to consume daily.

In March 1995 I was fortunate to receive a copy of *China Falun Gong*. I could not help crying upon reading the book. My sense of relief cannot be described in words. I knew then that Falun Dafa was the cultivation way that would lead me back to my original home.

After I practiced Falun Gong for only one month my heart condition and blood pressure returned to normal and my migraines disappeared. So I did not need all the previously indispensable Chinese and Western

medicines. With my further studying Dafa and practicing the exercises my other illnesses such as a stomach ulcer, back pain, arthritis, insomnia and gingivitis all disappeared. Even my pharyngitis and neck pain of the past few decades seemed to have vanished.

Due to my numerous illnesses I was unable to withstand the cold and had to put on warm clothing long before the cold season began. I suffered from chilblains and cold feet during the winter. Everything has changed since I have practiced Falun Dafa. Now my feet are warm and I no longer dread the cold weather or need to wear padded clothing.

For the past four years I have neither been hospitalized nor taken any medicine. Now I know how it feels to be free from illness. Incredibly my gray hair has turned black again! In the past I needed to stop to catch my breath after climbing two flights of stairs. Nowadays I can climb five to six flights of stairs without panting and can walk faster than those half my age. For a person who has had severe heart problems I would not have been able to endure such a long flight to Australia to visit my son. I can only thank the miraculous power of Falun Dafa. Now everyone in the family has gotten on the road of cultivation.

Practicing Falun Dafa has not only purified my body but also constantly upgraded my Xinxing (mind-nature) by assimilating the nature of the universe: Truthfulness-Benevolence-Forbearance. Early one morning on my way to the practice site I came across a RMB¥50 note. I had no hope of finding its owner. I picked it up and gave it to an old-aged widowed pensioner. On another occasion I went to a bank to deposit RMB¥10,500 into a saving account. The teller gave me a bundle of RMB¥500 deposit certificates. After carefully counting I was certain the teller had mistakenly handed me 20 extra certificates worth of RMB¥10,000! As a cultivator I was not tempted to keep such an amount of money that did not belong to me. So without hesitation I handed the extra money back to the teller. I am just one of the millions of cultivators who would act in the same way.

Master Li told us, “To return to one’s original true self, two factors are required: one is able to endure hardships and sufferings and the other is enlightenment quality.” In the course of my cultivation, I have encountered numerous trials and tribulations coming from family members, relatives, and friends. I treated these as obstacles to upgrade

my Xinxing and realized that suffering is a way of repaying and dissolving karma. I also saw beautiful scenery from other dimensions and sometimes the words in Dafa books appear golden when I read them. I realized the importance of repeatedly reading *Zhuan Falun*. It is due to the mighty Dafa that our bodies can be cleansed and Xinxing upgraded. It also confirms the Master's teaching "Cultivation depends on oneself while Gong depends on the Master." In the two words "cultivation" and "practice" the emphasis is on cultivation.

(Adapted from Ms. Tang's article written in 1999.)

Case 9. Qihua Li

Qihua Li, 82, is a retired high-ranking official in China. He was formally the President of the Second Medical School of the Army and Chairman of the People's Liberation Army General Hospital (The 301 Hospital). He became a Falun Dafa practitioner in 1993 after witnessing the dramatic change in his wife's health. His wife suffered from coronary artery disease with severe ischemic changes in her heart. She was dependent on medicine and sometimes oxygen to keep her heart functioning. After practicing Falun Dafa she completely recovered from her illnesses and was free from medication thereafter. The experiences of his wife and of himself testify to the powerful health benefits of Falun Dafa.

My name is Qihua Li. I joined the Revolution in 1928 and became a member of the medical staff in the Red Army in 1931. I experienced the famous Long March in the 30s when the Red Army marched over twelve thousand kilometers to Shanbei. During the years of war I held many different positions in the army, ranging from pharmacist, assistant physician, physician, head of the division hospital, and the chairman of the Board of Health. I was sent to study at the First Medical School of the Army in 1953 and I graduated six years later. Afterwards I served as the Director for the Department of Health and also as the Vice-President at the Fourth Medical School of the Army. Then I became the President of the Second Medical School of the Army and Chairman of the People's Liberation Army General Hospital (also

known as the 301 Hospital). I was credited with numerous achievements and received various awards. I retired in 1984. I started to practice Falun Gong in 1993 and attended Master Li's 9-day lecture twice.

Many people cannot understand why I practice Falun Dafa, including those who are familiar with me. They keep asking why a person who has been an official in the Communist Party and has lived an army life for several decades would believe in Buddha in his later years. Especially, why would one with a highly intellectual status and a life long medical career join the practice of Falun Dafa? They cannot believe that I have such an interest. Therefore, I would like to share my own experiences and reveal the mystery.

I didn't know anything about Falun Dafa before 1993, much less practice it. However, I became serious about learning Falun Dafa after witnessing the dramatic change in my wife's health after her practice of Falun Dafa. I was so impressed by my wife's rapid recovery from her critical illness after learning Falun Dafa. My wife joined the revolution in 1946 and went through many hardships in her life. She developed quite a few illnesses, such as coronary artery disease, hyperlipidemia, glaucoma and hepatitis. She took prescription medicine constantly for many years. Although she had the luxury of having quick access to the best medical care, her illnesses had never been eliminated. On the contrary, her health deteriorated. Electrocardiography showed that her heart had severe ischemic changes. Because of her serious heart condition she was completely dependent on medicine and sometimes oxygen to maintain her life. We kept two oxygen tanks in our house, one upstairs, and one downstairs, to provide immediate relief whenever it was needed. At the time she would even become short of breath just by going upstairs and often needed a break along the way.

After practicing Falun Dafa all her illnesses were gradually eradicated without any medical treatment. She learned from our daughter-in-law in April 1993 that practicing Falun Gong could have disease-healing effects. So she enrolled in Master Li's class and went to the first lecture on the 29th. At that time I was skeptical about it. I thought that if I wasn't able to cure her diseases with the best possible therapeutic measures available, how could she recover from such a severe heart disease by just attending a Qigong class? However, soon after

she started practicing her body and spirit experienced tremendous changes. The complexion of her face and lips became pinkish and she became more energetic. She then enrolled in two more classes by Master Li. Along with her progress in Falun Dafa cultivation all her illnesses became completely cured. She has been without any medication for more than 5 years.

The changes that happened to my wife were shocking to me. I started to think about and evaluate what happened. The hospital where I worked is among the elite hospitals in the world. Even with all the intensive care she received from the hospital, her illnesses couldn't be cured. Yet in only a few months of her practicing Falun Dafa all her illnesses were cured without any medical help. Why? All these questions constantly came into my mind. Facts prevail over all arguments. Slowly I started to pay more attention to Falun Dafa. And finally I decided to experience it myself and so I walked onto the road of Falun Dafa cultivation.

As for my experiences, I have to start from my career as a medical worker. Since I joined the army I had been working in the unit of emergency medical aid for all those years during the wars. After the wars were over the government sent me to medical school to study for 6 years. I have treated and saved tens of thousands of patients in my lifetime. On the other hand, I'm like all other doctors. I can't guarantee my own health. In 1994 NMR examination suggested a neoplasm in the vertebra. My family and children were all quite nervous. I did not pay attention to it and continued to practice cultivation. Nothing had happened after a few years. Then, suddenly on November 4th of 1995 I couldn't hold a pen with my right hand. After a CT scan they discovered a subdural hemorrhage in the left hemisphere of my brain. I was admitted to the hospital as an emergency. After a group consultation the doctors decided to operate on my brain immediately. I requested an extension for further observation. The situation didn't further progress and I didn't have the operation. However, the accompanying low temperature still remained and no medicine could make it go away. It was not clear what caused the low temperature even after every possible examination. Later my wife understood that because we are cultivators we shouldn't stay in the hospital. So we moved back home after asking the approval from the hospital director. The second day after I went

home my body temperature returned to normal and I have never had the problem since.

I was puzzled by this phenomenon because it could not be explained by the knowledge of modern medicine. It became clear to me after I studied Chapter 7 in *Zhuan Falun*, the article “Disease-Karma” in *Essence for Further Advancement*, *Lectures in Sydney*, and *Lectures in America*. Mr. Li clearly explained the origin, manifestation, and development of illnesses and the process of body purification for Falun Dafa practitioners. From my own experiences I learned that we should not try to explain the phenomenon of Falun Dafa using only the knowledge of modern science. Falun Dafa is extraordinary, so we have to follow extraordinary principles. Therefore, only when one treats oneself as a cultivator and follows the principle of Falun Dafa will miracles happen. It doesn’t matter what illnesses you have as long as you let go of your attachments and read the book with a pure mind, in most cases you will be cured. There are countless examples. As a communist party member, a revolutionary army comrade, and a medical doctor for over 60 years, I earnestly advise those who have illnesses to put down that attachment and sincerely read the book *Zhuan Falun* and practice the five sets of exercises. No matter what kind of illness you have you will get unexpected results. This has been proven from the experiences of countless cultivators.

(Adapted from Dr. Li’s article written in 1998.)

PEOPLE WITH DISABILITIES

Case 10. Xiufen Xie

Xiufen Xie, 53, was born in a village near Handan City, Hebei Province, China. Her story was originally published on an official Chinese newspaper in 1998. Ms. Xie suffered from paralysis due to a spinal injury when she was given a spinal anesthesia during an operation in 1979. She lived in a wheel chair and was totally dependent on family members for daily care for 16 years. After coming to Falun Dafa she changed from being a patient in agony to a practitioner with firm determination. With the help of Dafa she fought and finally triumphed over the paralysis caused by the spinal injury. Not only has she been able to abandon her wheelchair and walking stick, but also she can walk faster than many healthy people.

My husband was in the army and I was a housewife. After leaving the army my husband worked as a plumber in The 301 Hospital for 40 years. He is now retired. I was from a poor family and I attended school for only 2 years, as I had to stay home to look after my brothers and sisters.

I had been paralyzed for a total of 16 years. I was very lucky to encounter Falun Dafa. It is Master Li Hongzhi who enabled me to stand up again and rearrange my life.

My story started in 1979 when I had a tubal ligation in a rural hospital. I was given a spinal anesthesia. I rode a bicycle to go to the hospital for the operation. After the operation I was unable to walk. I had to stay in bed for 16 years. The diagnosis given from The 301 Hospital (Editor's note: The 301 Hospital is the People's Liberation Army General Hospital and is regarded as one of the elite hospitals in China.) was paralysis from spinal injury.

The pain that came with the paralysis was beyond words. I had four children at that time. The youngest was only 2 years old. I lost the ability to take care of myself and had to rely on my mother. My mother

also had a family of five people. She had endless farm work and housework. Not only did she have to look after the children, but also she had to take care of me. I was absolutely useless. So she was always exhausted. I often cried and felt as if a knife were piercing my heart.

After my brother was married I could not stay in my mother's house anymore. I stayed with my husband who was in the army. His salary at that time was only about RMB¥40-50 (Chinese dollars) each month and we had 6 people to feed in the family. Besides the tight financial situation my husband had to cook, wash the clothes, and look after the children after coming back from a day's tiring work. He had to be both a father and a mother. Besides, he had to take care of me: food, drink, and every other daily need. He had to carry me to the toilet, wash my diapers, etc. I never could help having tears in my eyes. I was afraid of wetting the bed, so I began to eat and drink less. However, as I constantly stayed in bed for so long, I developed more than 10 kinds of illnesses: atrophic gastritis, coronary heart disease, high blood pressure, esophagitis, colitis, cervical spondylopathy, anal fissure, etc. I had to lie in bed, was unable to move my ligaments and could not move my neck. I felt as if I was in hell! One time when I was thirsty I stretched for a cup that was too far for me to reach. I fell to the floor, knocked out one of my teeth, and had to lie on the floor until my husband came home to put me back into bed.

I was hospitalized in several famous hospitals. There was no improvement no matter what I tried. I struggled in pain for 16 years. I was in agony. I wanted to die.

In April 1996 my younger sister told me she and her husband were practicing Falun Gong, and that it was a very good cultivation and meditation system. She said, "All physical illnesses will be gone if you practice Falun Gong." I was very happy to hear that, but was wondering whether it would work for someone like me, who had never seen the Master in person. My sister told me that it was not a problem and she sent me the book *Zhuan Falun*.

I was afraid that I wouldn't be allowed to practice Falun Gong since I had severe illnesses. So I started to exercise my legs and tried to stand up. I tried to stand up by leaning onto the wall, reading *Zhuan Falun* as I was exercising my legs. I started from standing for a few minutes to 10 minutes. I sometimes fell to the floor while I was read-

ing. Then I would read on my knees. I kept exercising my legs for 3 months and I started to have some strength in my legs. My standing time gradually increased. I felt very happy. On July 1st I asked my husband to take me in the wheel chair to the Falun Gong practice site at the 6th Construction Area. Mr. An, who was assistant of this practice site, asked me, "Do you have illnesses?" I kept replying, "No, I am fine. I don't have illnesses, I don't have illnesses." He smiled and said nothing. I felt relieved. I stayed at the west side far away from the group to practice on my own. Slowly I started to move closer to the group. Later they invited me to practice with them. My heart was so relieved. I will remember this day forever. "I have become a Falun Dafa practitioner now! Now I can practice as a normal person!"

After I started practicing Falun Gong I stopped thinking of my illnesses. Miraculously, throughout the first two months of my practice my body was very comfortable and all illnesses disappeared. My appetite improved and I gradually gained some weight. I also felt that I was gaining more strength in both of my feet.

One year after going to the practice site in a wheel chair with the help of my husband, my health was much improved. I decided to give up the wheel chair and started to walk to the practice site using a walking stick. On February 2nd, 1998 I went to study Falun Dafa with my husband. During the study Mr. An suggested, "We disciples could help promote Falun Dafa at the Spring Festival." After the study it was quite late and the weather was cold. I asked my husband to go home and cook for the children first. I started to walk home slowly with the help of my walking stick. I hadn't walked very far when I heard a voice saying, "Put down! Put down!" I thought that somebody was calling me so I turned around, but no one was there. I continued walking and thought nothing of it. I tried to think of ways that we could deliver the message of Falun Dafa at the Spring Festival. Suddenly, I heard the words "Put down! Put down!" again. I realized now that the words were coming from my own mouth. I could not explain the phenomenon. Something inside me was making me express these words, but what could it be? Perhaps I had inadvertently picked up something at Mr. An's house and someone was trying to warn me. Maybe Master Li made the voice speaking inside of me? I sat down on the roadside and searched all my pockets but could find nothing. Once again I tried

to block this mysterious occurrence from my mind and started to think about spreading Dafa. "Put down! Put down!" I was getting perplexed. I could not stop saying the words. As I walked back home I covered my mouth to keep the voice down. I felt very awkward as other pedestrians kept looking at me on the way home. Then I noticed that I was walking with the help of my walking stick. Maybe Master Li was trying to tell me to put down the walking stick! I looked at it and thought I was half way home. What if I fell down? I continued walking and decided I would put it down when I got home.

I kept thinking about this later that evening. It took 45 minutes to walk from Mr. An's house to my home, why did I keep shouting "Put down!"? Eventually I understood. How could I spread Dafa when I walked with the help of a stick?

The next morning I started to walk around in the house. I wobbled and staggered like a young child learning to walk. Look! Not bad. My husband saw me and said anxiously, "Are you crazy? You can fall down." I said firmly, "I will get rid of the walking stick. See, I am doing all right!" Then I went to the practice site to practice Gong. When the fellow practitioners saw me walking with a limp they laughed with surprise and congratulated me on my standing up again! I obtained the "freedom" of walking with my feet again. I was so excited that I wanted to cry out loud, "I stood up again! Master Li saved me!"

Every time I saw Master Li's photo I wanted to cry! When I read *Zhuan Falun* I wanted to laugh. I sometimes laughed out loud. How could I not thank Master Li from the bottom of my heart? I will keep cultivating firmly. No matter how many hardships are ahead of me, I will keep on. Then when I was practicing lotus sitting I used 2.5kilogram dumbbells to press my legs. I had tears in my eyes due to pain. My son anxiously told me, "Don't break your legs! Its too much pain." I said, "Not a problem!" I worked on my legs for a month after I started practicing Falun Gong in July. By August I could already do the lotus sitting. 1 minute, 2 minutes, my sitting time increased little by little, until I could do the sitting for 10 minutes. I was too happy to eat that day. Now I can do lotus sitting for an hour.

I started walking without a walking stick on Feb.3. A month or so later, I almost wanted to fly like a bird. Most people can't walk as fast as I do now. This is Falun Dafa's power in me. It is true and intense!

I truly know from my heart that Falun Dafa is a Great Law, and will benefit everyone that learns Dafa. In order to spread Dafa I went back to my mother's place, which is close to Baitou City of Hebei province. The villagers noticed that I walked as a normal person. They asked with surprise, "In which hospital was your paralysis cured?" I said excitedly, "I was cured by practicing Falun Dafa, not by going to hospitals!" The fellow villagers said, "That's amazing! Falun Dafa is so good, please teach us to practice." I taught my brothers and sisters first and then the others. In a few days 40 to 50 people came to learn Falun Dafa. My brother's yard could not accommodate all the people. Some folks from other villages also came to learn Falun Dafa. Really, it's just like Master Li has stated; "Dafa is being spreading far and wide. Those who heard about it are looking for it. Those who have obtained it are pleased with it. The practitioners are increasing daily in number and there are too many of them to be counted."

(Adapted from MI. Xie's article originally published on the Chinese official newspaper China Economy Times on July 10, 1998.)

Case 11. Robert Nappi

Robert Nappi, 46, is a resident in the Washington D.C. metropolitan area. He lost his reading and writing ability for more than 6 years after a severe car accident in 1991. He also lost the feeling in his right arm due to the operation done on his brain. He spent his days drinking alcohol, smoking pot, and taking drugs just to tolerate his lonely, wasteful, and useless existence. All those were changed after one day in 1998 when he opened the book *Zhuan Falun*. He felt as if he had just woken up and his life became meaningful again. In this report he will tell us his story and even some miraculous events which awakened him.

Once upon a time in 1998 I was reintroduced to a reason to live. When I look into a mirror I reflect on this little universe or form of animation to which I've "awakened." I call this my Self. Let me begin my story with the explanation that I died in a car accident in 1991. I've been told that I would not be alive today if the accident had not been

witnessed by a doctor as he was backing out of his driveway at that moment on his way to work. He managed to help me breathe again and acquired a helicopter to take me to the hospital, where I lived for a year. I had an injury to the left hemisphere of my brain, which has taken away much of my memory of the last 30 years of my life. It took me about 7 months to learn to walk again. I could not read or write for over 6 years. What a boring, useless, and lonely life this turned out to be, as I would spend my days drinking alcohol, smoking pot, and taking drugs just to tolerate my lonely, wasteful, and useless existence. Then along came destiny trying to catch my attention and lead me through and out of this maze of confusion I called reality. I was turned onto *Zhuan Falun* (Revolving Law Wheel). It's a wonderfully powerful and majestically enlightening book. Anyone who reads it will tell you that it explains and guides one towards and down the path of life's cultivation to find our individual being's true self.

This book helps guide our understanding with truths and reasons for the purposeful existence of our being, within and as a part of life. It is written and shared with us by the Master Teacher, Li Hongzhi. He has this compassionate understanding of our need for help with the guidance through this maze of misunderstandings that we find ourselves lost in and trapped by. I will try to explain the adjustment my being's awareness has realized since I have awakened to the reality of my life and why I felt the need to purposefully cultivate such a gift. I think one would have to live in my shoes to experience the short-term memory loss I've suffered and lived with. Wondering what was I just doing or thinking? I got started and already forgot. And I could not read well enough to tolerate the challenge of trying to learn again.

Now call this a coincidence, but I prefer to see it as a miracle involved with my cultivation. When I opened the book *Zhuan Falun* suddenly I could read. I felt as if I'd just woken up. Also I forgot all about smoking and drinking, plus had no desire to do so anymore. Now to those who would say that these first two miracles are just all in my mind, I would say that we all have been given a free will and chose what we settle for, as we mold our belief systems.

However, another event dealing with my awakening, through the cultivation of my true being was nothing less than a miracle (the type you'd have to see to believe). One morning when I was working in my

garden I accidentally dropped a big log on my finger, which broke and cut it badly. At that time, my wife was ready to start her daily Falun Dafa exercises. So she suggested that I do the movements along with her, that it would help. She had been involved in this already for a few months. I still hadn't taken it seriously. I'm told these movements change our bodies on a microscopic level by cleansing the bad karma from our bodies that we have accumulated throughout our lives. Not that I necessarily had a lot of blind faith or expectations in the event about to take place, I was just looking to try to calm down. I was told to just do the movements and remain tranquil with no mind intent. Ten minutes after we started my finger felt a little better, ten more minutes, much better, after ten more minutes went by there was no sign of any damage to my finger. It was no longer black and blue, and no longer felt broken. Also, the inch long cut was miraculously healed. It's hard to believe, but absolutely true. That experience turned out to be truly a magical event, I still find it hard to accept as reality but I have a witness in case I forget.

These days I find myself more diligently practicing the movements and reading the book. Now keep in mind that for the last 6 years I've had no feeling in my right arm due to the operation done on my brain that caused me to have a stroke. But one Saturday I was at the Mall in D.C. and while practicing a Wheel Embracing movement of Falun Gong my back began hurting really badly, and then all of a sudden a loud popping sound came from the middle of my back. Seconds later another loud popping sound came from my wrist. Suddenly I had feeling in my arm once again. I was told that my energy must have been unblocked. Of course, some would simply call that a physical alignment. But I call it another miraculous event.

I could go on and on about these miraculous events happening to me. Instead, I would like to try to explain some realizations to which I have been awakened. There is this great foundation of truth, blossoming within my being. Many truth seekers are aware that master teachers have periodically appeared for us throughout the ages and have tried to guide us out of this maze of misunderstandings. We must realize we're part of the universe and the only way for us to gain ultimate health is by assimilating within the true nature of this universe with Truthfulness-Benevolence-Forbearance. With the confusion brought on by our-

selves, we, as man have lived with an obscured view of reality. Most of mankind has built life on belief systems with untrue or shaky foundations. The book *Zhuan Falun* can and will give those of us with the desire and destiny for a life filled with enlightenment, a chance to cultivate our true nature. Loads of addictions and attachments like gravity pull us down into that maze of misunderstandings. We should let go of these. What makes Falun Dafa so appealing to those seeking after the truth about life is obvious to anyone who will look with an open mind and a heart of understanding. While observing these Falun Dafa practitioners, you will notice the truthfulness that flows in a natural way from within their being. They seem to project a certain compassionate tolerance, and great endurance towards disharmonious situations.

(Adapted from Mr. Nappi's article written in 1999.)

Case 12. Andrew Hsu

Andrew Hsu, 42, is a computer software engineer living in the Washington D.C. metropolitan area. He has practiced Falun Dafa since 1996. His right leg has been severely crippled since childhood due to polio. It was difficult for him to get through the winter because the right leg would become so cold that he could not sleep without warming it up. His body had been in the process of purification from the first day that he learned Falun Dafa. He is healthier and no longer needs to warm up his leg. He can fall asleep as soon as his head touches the pillow and his entire body stays warm all night.

I was afflicted with polio when I was nine months old. My handicapped right leg seemed to determine a life of suffering. I frequently fell down since I was a child. Most of the time my body was covered with bruises. However, the bitterness from this did not stop me from seeking wisdom and truth. It was very difficult to find a genuine teacher for cultivation.

While pondering what to do about cultivation and practice, I found the Way and learned about Falun Dafa on August 17, 1996. I was very excited and enlightened after reading the book. It suddenly untied the

knot that had been in my heart for so many years. Perennial questions were answered and problems were solved. I started a new life with cultivation in Falun Dafa.

Since the first day I learned Dafa, my body has been in the process of purification. I had a bout of diarrhea during the nine-day workshop when I first watched Master's lectures on video. Then all my previous illnesses returned. I had a bursting headache and my body was sore all over. It was really hard to bear. Amazingly, I was fine during the evening workshop and during the daytime. However, after going home I would start to become uncomfortable. These kinds of body purification came one after another during the first year of my practice. I knew that I had lots of karma and faced these ordeals without paying too much attention to them.

Despite these ordeals, I didn't take any medicine or see a doctor. In fact, my body has become healthier after each cleaning. For example:

1. Before my cultivation my allergies during pollen season would last several months. Medication did not help at all. However, during the pollen season of 1997 it was over within two weeks, and since then it has never recurred.
2. I could not bear the pain in my lower back and legs the sitting meditation, starting from the first three minutes. Now I'm able to meditate with my legs double-crossed (in Full Lotus position) for more than two hours.
3. I gained 14 kilograms after coming to the United States in 1987. Efforts to reduce the weight were in vain. Now I have lost over 10 kilograms without much effort. I only maintained normal cultivation.

There are many other changes in my body and mind that are hard to describe in the scope of this paper. But one important change in my body I'd like to point out is my reaction to cold temperatures.

I never liked cold or damp environments ever since I was a child. So winter was the most difficult season for me to get through. In particular, my right leg turned icy cold from my skin down to the marrow of my bones when I got out of bed. It was not numb because it hurt when I pinch it. Although my leg is part of my body, it didn't fully respond to the commands from my mind. Nothing could keep it warm regardless of the material of the pants or how many layers I wore. This frozen "meat Popsicle" accompanied me for almost 40 cold winters. Through-

A JOURNEY TO ULTIMATE HEALTH

out the years I had a regular routine to warm up my leg every night. I used an electric blanket, which took at least 30 minutes to warm up my leg. However, since 1998 I no longer have had to use any electronic devices. I just fall asleep as soon as my head touches the pillow, and my entire body stays warm all night. Moreover, I have been practicing Falun Gong exercises outdoors in the morning on a daily basis, including on those frozen cold winter days.

After practicing Falun Dafa, I realize that studying the Fa and cultivating Xinxing (mind-nature) are the keys for elevation. For example, one day I went shopping and a shopping cart hit my left heel. That heel previously had been badly wounded. The pain brought me down to my knees and tears filled my eyes. My first thought was, “Which harum-scarum did it?” Turning back, I saw an old man peeking from the side of his over-loaded shopping cart with an innocent but worried look. I realized that he didn’t intend to hurt me and I should treat myself as a practitioner. Thus, I stood up and walked away. I kept saying to myself “nothing, nothing” while the pain bothered me. When I got home I was so busy that I forgot about the incident. That night I studied the Fa with practitioners and I happened to think of the incident. I quickly took off my sock and examined the place where it had been hit by the cart. Not only was the pain gone, but also I didn’t see any marks and the skin was intact.

(Adapted from Mr. Hsu’s article written in 2000.)

PEOPLE WITH ENDOCRINE DISEASES

Case 13. Kathy Gillis

Kathy Gillis, 63, is an artist living in Ottawa, Canada. Because of a back injury sustained 35 years ago, she could not ride in a car for any length of time and had to avoid stress to her back in daily activities. Half of her thyroid gland was surgically removed 35 years ago. Consequently, she had to take thyroid hormone as a supplement. After practicing Falun Dafa not only could she ride in the car for a significant length of time without incurring her regular discomfort, but she also stopped taking thyroid hormone under the supervision of her doctor.

When I was just a small child, still too young to go to school, I remembered thinking, “I have to leave this world as good as when I came into it.” I worried about how I could ever do that, because even then I realized that being “good” was neither simple nor easy.

Nothing, no religion, psychology or philosophy ever credibly explained how I could accomplish what I knew I must do. Not until I began to read *Zhuan Falun* did I see for the first time the order behind our actions. I understand that I could not only atone for the pain I caused in this lifetime, but I could also undo the wrongs I committed in previous lifetimes. More remarkable, I would receive help. Some of the karma would be eliminated for me.

Once I started reading *Zhuan Falun* I felt a strong urge to continue. I easily decided that this was the way I wanted to look at the world whether or not I accepted everything as true. Almost immediately the practice filled my mind and I began to measure every thought, word, and action by this new standard: Truthfulness-Benevolence-Forbearance.

When I was first introduced to the exercises and saw people sitting cross-legged on the ground I said, “I don’t think I can do that.” I injured my back 35 years ago when I fell down some stairs. At the time I was pregnant and carrying a child in my arms. To protect the child in

my arms I took the fall on my back. The injury left me unable to ride in a car for any length of time or sit cross-legged without experiencing pain. For thirty-five years I tried to avoid these activities, but every now and then a car ride would be too long or I would make the wrong move and would have to recover from the pain. But when I gingerly sat down to do a modified very knees-up cross-legged sitting posture (because by this time I had lost my flexibility) I felt no warning pains. Nor did the pain come the next day as I expected. I drove all day long to attend the conference in New York in 1999, and I still had no problem with my back.

Since then I have observed my body reacting differently to the environment, and I think differently about illness. . For example, in the winter before I began the practice I had a sinus infection and a high fever that lasted for ten days. My doctor was very concerned and warned me that from then on I had to either have an operation on my sinuses or have regular acupuncture treatments to prevent a recurrence. The next winter when I once again had a fever and developed the symptoms of sinusitis I reminded myself that I am a practitioner. The next day the symptoms were gone. It seems that no illnesses come to bother me any more. Occasional discomforts that others might label as symptoms of an illness might still come and go, but those are short lived and they do not make me feel ill.

Recently, I am trying to balance my need to clear away my last medical issue without causing my very caring doctor to feel personally rejected or a failure. My story is as follows.

Half of my thyroid gland was removed thirty-five years ago. I was told that because this gland controls other glands, I would have to take thyroid hormone for the rest of my life. Also, I would have to have my hormone levels tested regularly. When I discovered that many Falun Dafa practitioners do not need to take medicine, I thought that it was expecting too much of Falun Dafa to restore the function of a gland that had been surgically removed. However, I also thought, "At my next routine test I will check my level and request that my doctor test my levels more often so I will be able to gradually cut back on my medication." After the blood test I received a rather panicky message from my doctor asking me to come in to see her right away. She told me that my level was extremely high and it was dangerous for my

heart. Instead of being concerned, I was pleased because I understood that I no longer needed the medication.

I could have simply stopped going to see my doctor and stopped having tests at that point, but I thought of how my doctor would feel if I did that. Instead, I decided to involve her in what I was doing and in making decisions. I have been fortunate to have an open-minded doctor who will go to any length to find a natural solution to a problem rather than a drug. She is interested in what I am doing as a practitioner and wants to know more about it for personal reasons. I have lent her the book *China Falun Gong*. Perhaps because she has been reading about Falun Dafa, she was not surprised when I told her that I had decided not to take any more thyroid medication. She simply gave me a requisition for a blood test “in case I should have problems”, thereby fulfilling her responsibilities as a doctor.

Although my pulse rate has gone up to 90 beats a minute and then a few days later dropped down to about 60 beats per minute, and although my thyroid levels have soared and dropped, I have felt fine all the time. I am truly grateful for all the above and more.

(Adapted from Ms. Gillis's presentation in the 2000 Toronto Falun Dafa Experience Sharing Conference.)

Case 14. Zheng Wang

Zheng Wang, 36, is from Toronto, Canada. She had amenorrhea in 1996 when she was only 30 years old. The doctor in Belgium told her that she entered into the climacteric period. All the medicine she tried did not work at all. The endocrinologist performed many tests on her and told her that it was incurable. After practicing Falun Gong she was enlightened to regard herself as a true practitioner. Soon she had her menstruation again without taking medicine.

My original purpose for cultivating Falun Dafa was to improve my physical health. The more I understood Dafa the more Dafa meant to me. It's so great. In one year I changed from a patient seeking a cure to a practitioner melting her life into the Fa. Dafa transformed me.

All my family moved to Belgium in 1996. I worked temporarily in a restaurant to make a living. I developed amenorrhea due to the great stress of the language barrier and a heavy workload. The discomfort accompanied me all the time. I went to see the doctor. I was diagnosed to have entered into the climacteric period. I couldn't believe it. I was only about 30 years old! How could I be in that state at such an early age? In order to heal my illness, I went back to China and visited specialists in Western and Chinese medicine. I took a lot of medicine. However, none of the medicine worked. I went to see a gynecologist after moving to Toronto. He couldn't do anything about it either and suggested that I see an endocrinologist. The endocrinologist conducted many tests.. He told me that it was incurable and suggested that I try some other treatment. Everybody knows that the earlier you have amenorrhea, the greater the risk of incurring other diseases. I started to practice Falun Gong to heal my illness.

Initially I didn't understand well what I was doing. I read the book while taking medicine. One day shortly after taking my medicine, I felt dizzy, sick, and lacked strength. Suddenly I realized that I was already a practitioner: Master already cleaned up my body. I didn't have any diseases any more, so why did I still take medicine? My body stopped experiencing discomfort after I threw out all my medicine. My menstruation returned. When some of my friends found out about it, they were all convinced by the healing miracle. They even helped me spread Falun Gong.

I have been reading *Zhuan Falun* every single day since I became a practitioner I do feel that the improvement of Xinxing (mind-nature) is the key to our cultivation. I do home care for elders. Sometimes I am beaten up and yelled at during my work. Dafa got rid of my attachments of fear of dirt, fatigue, and hardship. Among all the old people I have taken care of, there are two who are almost 90 years old. Due to the lack of care their homes were very dirty: Cockroaches were running around the room, feces were left on bathtubs and chairs, and urine was all over the bathroom floor. When I was assigned to their homes I didn't feel like taking this offer at all. I still remember the first time coming to their homes. They were so dirty that I had nowhere to stand, and I complained to my company immediately. As a result of studying the Fa more and having a better understanding, one day I realized that,

as a practitioner, I could never achieve consummation if I was afraid of dirt, fatigue, and hardship. I got rid of those fears right away when this idea arose. After that I didn't feel dirty anymore. I took everything I did for them as a practitioner's compassion. Consequently, I am happy and patient in my work.

One time I went to a paralyzed patient's home. As soon as he saw me, he started to complain that the diaper was a bit wet. He asked me to change it for him right away. I said, "Wait a second, I will help you get up first." When I was lifting him up, he suddenly shouted at me with his eyes staring, "I will beat you up, I will beat you up!" Together with his shouting, his fists started to fall on me. At that moment, I well guarded my Xinxing. I said to him, "I am sorry," even when he kept beating me. I was very calm at the time, but my heart was moved a little bit that night. I felt a little bit sad, wronged, and that I was losing face. I always thought I had been very nice to him. I worked very hard, and I sweated all over from showering him. I kept thinking how little I was paid for the job and couldn't really calm down for a few days. On looking into my mind I found out that there were a lot of complaints. I didn't do a good job according to a practitioner's standard. I could see selfishness and fear of hardship. These tribulations were just helping me out. Every trial and tribulation is for getting rid of my attachments. After calming my heart, I found everything around me became friendly again.

(Adapted from Ms. Wang's article written in 2000.)



PEOPLE WITH INJURIES

Case 15. Augusta Andrade

Augusto Andrade, 62, is a retired mechanical designer living in Raleigh, North Carolina. An injury during gymnastic exercise 40 years ago left him with a twisted spinal column. Because of that, his body could not be held straight, his head was bent forward towards his chest, and his physical flexibility and range of motion were limited. Two months after he practiced Falun Dafa, his spinal column was straight. Now he can sit in the meditation position without pain. He is full of harmony and his mind is peaceful.

I have been practicing Falun Dafa for 2 years. I would like to share one of my most dramatic healing experiences while practicing Falun Dafa. I share this experience as a testament to the great power of healing and rectification that one can experience as a genuine cultivator of Falun Dafa.

I was a very agile person in my younger days and could perform many gymnastic maneuvers. In 1958 I was performing on the rings when I fell off and landed on my back at the end of the sand protection area. After the accident I could not even cough, smile, or bend over for a couple of months. This accident left me with a twisted spinal column in the configuration of a slight “S” and reduced my former agility and flexibility. I used to be a fast runner and could sit cross-legged while in the Army, but I could not do these things after my back injury. If I stood with my back against the wall, there would be a 3-inch gap between the wall and my lower back. I could not even touch the wall with my arms, only with my palms. I also experienced back-aches but they dissipated with time. However, I was able to live a normal life. I could not hold my body straight and my head was bent forward towards my chest. Of course, my physical flexibility and range of motion were now limited.

Because of this back condition, when I became a Falun Dafa practitioner I could not sit with my legs crossed in the sitting meditation for

even three minutes. I had to hold my legs with my arms and hands to avoid falling on my side or on my back. It was an agonizing experience every time I did the sitting meditation. However, I was wholeheartedly determined to endure any agony and tribulation. Thus, during the first month, I was able to increase my practice time to 15 minutes even though the pain I experienced was unbelievable.

During the second month I experienced something miraculous. While meditating in the park with fellow practitioners I heard loud cracking sounds coming from my spine, specifically from the disc between each vertebra. It was a moment of tremendous bliss. With each cracking sound I felt my spine being stretched and straightened vertebra by vertebra. The whole experience only lasted for about 5 seconds. The feeling of relief I felt was indescribable. The tears of joy I shed that day were endless. I enthusiastically shared my experience with each member of the group.

The condition of my back after this miracle compared to before is like day and night. Now standing with my back against the wall, there is less than an inch gap between my low back and the wall. My arms can now comfortably touch the wall. I now walk upright with my head held straight. Although I cannot yet cross my legs during the meditation, my knees are now lower to the ground by at least 50%. I no longer have to hold them with my arms for fear of losing my balance and falling over. I do not experience any pain in my back at all during the meditation.

This physical miracle, however, was nothing compared to the emotional and spiritual gains I experienced. The straightening of my back sparked the beginning of a new life inside my heart, a life with a different perspective on everything. This physical change became the motivation for spiritual change. It gave me a better purpose to cultivate myself up to the highest plane possible. It is hard to believe that as a person previously full of complexes, miseries, and misunderstandings, I am now full of harmony and peace in my mind. Falun Dafa also helped me walk out of the pain and depression caused by a heart breaking divorce. I now have greater understanding, which allows me to accept miseries, misfortunes, and uncomfortable situations as they arise. With the straightening of my back, I probably grew about 2 inches in physical height. Yet inside my soul, heart, mind, and spirit, I grew by im-

measurable leaps and bounds. Ever since the miracle my desire to promote and share Falun Dafa wherever I am and whenever I can has increased. I cannot describe the compassionate wish in my heart for everyone to be able to know and practice Dafa and realize Truthfulness-Benevolence-Forbearance.

I do wish that I had some medical documentation of my back injury. Unfortunately, at the time of the accident there was not a doctor present. I was in the Army in Ecuador at the time. I do hope, however, that my account of this miracle can enable people to realize how profound and beneficial are the teachings of Falun Dafa.

(Adapted from Mr. Andrade's article written in 2000.)

Case 16. Glenda McNiece

Glenda McNiece, 42, is a natural therapist working in Buderim, Australia. A motorbike accident twenty years ago left her with a broken collarbone and back injuries, which have caused neck, shoulder, and sciatic pain for years. A broken foot also left her left foot numb and painful. Practicing yoga and meditation helped her improve her mobility, but the pain persisted. After learning Falun Dafa she felt immediate relief from the neck and shoulder tension. She also gained strength in her arms and legs.

I was introduced to Falun Gong almost a year ago, hearing of a class practicing in the suburb of New Farm in Brisbane. My partner began going to the classes to learn Falun Gong after he was told a group of people were doing the exercises there. After a couple of months I decided to begin practice myself, putting aside my yoga exercises of some 15 years.

Twenty-two years ago I was involved in a motorbike accident, which left me with a broken collarbone and back injuries including bruising around the vertebrae and a misaligned pelvis. I suffered severe neck and sciatic pain. Over the years I have managed and to a degree overcome these injuries by practicing yoga and meditation techniques. Though my mobility improved I still suffered some neck and shoulder

and sciatic pain.

I also had numbness and pain in my left foot due to having broken it ten years ago, as well as ongoing intermittent pain in the abdominal region from menstrual and intestinal spasms.

When I first started practicing Falun Gong almost a year ago I felt immediate relief from the neck and shoulder tension, as if a great weight had been lifted from me! As I continued I found my overall strength greatly improved, especially through the arms and legs.

I practiced hands-on haling for many years as an alternative health practitioner, thinking it was a good thing to do. I wanted to share with others whatever had helped me. Although I was often witness to many miracles during that time, I found I was frequently taking home the symptoms of my clients' illnesses, and struggling to let go of other people's thoughts and feelings. Through this painful experience I eventually learned I was not only interfering with other people's karma, but also I was taking on their karma as well. I made up my mind to focus on the tools of my profession rather than use my own energy for healing.

Physically, I have noticed that Falun Gong has greatly improved the balance and co-ordination between the left and right sides of my body. It has had a regulating effect on my menstrual cycle, eradicating cramps and breast soreness. My intestinal spasms are diminishing. The circulation in my left foot has been restored, as there is less pain than there used to be after having walked any distance.

A great amount of heat is generated in my body whilst doing the exercises, and the physical sensations of energy circulation are very strong whilst practicing. Beginning the day with Falun Gong has been wonderful for me. I have often woken up in the morning worrying about one concern or another. After completing the exercise I am always able to feel more positive.

(Adapted from Ms. McNiece's presentation in the 2000 Australia Falun Dafa Experience Sharing Conference.)

Case 17. Paul Chan

Paul Chan, 40, is from Belfield, Australia. He suffered from spinal

problems due to a spinal injury 15 years ago. Timely treatments only relieved the pain temporarily, and the problem progressively worsened. He also developed high blood pressure in 1996. At less than 40 years old he could no longer work normally. He encountered Falun Dafa at the end of 1996. After fully understanding the principles of Falun Dafa he started genuine cultivation and became free of any pain and illnesses. He was able to return to work.

I am Paul Chan, from the Campsie practice site. I have practiced Falun Dafa for almost two years. In these two years the boundless power of Dafa has resulted in enormous changes to both my mind and body.

Before I became a cultivator of Falun Dafa I was plagued by spinal problems for more than 15 years. Although I did have proper treatment when necessary, it could only temporarily relieve the pain and never completely eradicated the problem. Moreover, the problem got worse. Finally I had to have an operation. But it was not as effective as I expected and my overall condition did not improve.

It seemed the trouble would not come alone. On New Year's Eve of 1996 I was found to have high blood pressure. I spent New Year's Day in the hospital. I could hardly walk because of the pain in my spinal column. I could no longer do any work because of high blood pressure. I would be out of breath and my heart rate would increase drastically during any activity involving much movement. I was so frustrated and depressed. When I was young and healthy I would not feel exhausted even if I played two consecutive games of soccer or basketball. Now I wondered if I would have to live in such poor health for the rest of my life.

Luckily, at the end of that year I was introduced to Falun Dafa at my cousin's home. When I first learned Falun Dafa my understanding about the practice was poor and I maintained an experimental attitude towards the practice. Later I attended the 9-day workshop and listened to Master Li's lectures on videotape. After the first lecture I felt uncomfortable all over my body all the way home. Once I arrived home I practiced the exercises and read *Zhuan Falun* as usual. Then I realized Master Li's compassion and felt the power of Falun Dafa. In *Zhuan Falun* Master Li said, "Some people may have a physical reaction somewhere. Some may feel uncomfortable in one way or another, as

different kinds of discomfort will manifest. These are all normal. I am telling everyone that no matter how uncomfortable you are you must continue to attend this class. Once you walk into the classroom all of your symptoms will vanish and there will not be any danger. There is one point to be made to everyone: No matter how much you suffer from the 'illness' I hope that you will continue to come, because it is difficult to obtain the Fa." From then on, throughout the rest of the lectures, I felt electric-like currents of energy penetrating my body. I attended all of the rest of the 9-day workshop.

From learning Dafa I have gained understanding about many things. More importantly, I learned the truth of the universe. I now treat loss and gain lightly. I am little affected by fame and gain. In society, I want to be a good person. I try to improve my Xinxing and to get rid of my attachments. I practice the five exercises daily, which keeps my body fit. The sicknesses that I had before have left me entirely. Even mild colds or flues do not affect me at all. I personally consider that Falun Dafa benefits society as well as individuals.

(Adapted from Mr. Chan's article written in 1998.)

Case 18. Steve "Jones"

Steve is from Ottawa, Canada. He was in a car accident 13 years ago. He could no longer walk and was in severe pain for a few weeks after the accident. Medicine did not give him relief. He eventually found relief through Chinese acupuncture. During the next ten years he suffered off and on from his back problem. Sometimes he had to lie in bed for as long as a month. His posture was corrected within days after learning Falun Dafa and the discomfort caused by his previous injuries is all gone. He is back to normal. After a few months of practicing Falun Dafa he quit smoking. Previously he had been unsuccessful attempting to do so for several years.

I have been practicing Falun Dafa since October of 1998, one year and seven months now. The physical benefits that I have received since beginning cultivation are numerous, and in my personal view mi-

raculous. I tried to quit smoking on a daily basis for a number of years without success. However, after a few months of living within Dafa, living with the thought of assimilating the nature of the universe, Truthfulness-Benevolence-Forbearance, I recognized that smoking was the biggest lie (untruth) in my life, and I easily let go of this attachment. Master Li explained how some people are unwilling to let go of their illness, and I saw that many of my own discomforts were caused by smoking. Ten days after quitting, while practicing the first exercise of Falun Gong where we stretch our right arm out, I felt an explosion in my chest and cold air rush into a part of my lung that had obviously “unplugged.” I had been experiencing chest pains in this area for some time and now they had exploded like a bomb, and disappeared completely over time.

Through practicing Falun Gong I have felt a tremendous change in my body. My posture has been corrected and the pain of previous injuries is all gone. I was in a car accident 13 years ago. A few weeks after the accident I sneezed and as a result I saw stars, and could no longer walk, and was in severe pain. Pills were prescribed that only knocked me out, allowing me to sleep but offering no real relief. Doctors insisted that I needed an operation on my back. Fortunately my mind kept telling me not to have this operation. Eventually I found relief through Chinese acupuncture, but was told that my pains might return when the weather was inclement. The following spring I needed more acupuncture. Throughout the next ten years I suffered off and on from my back problem. Sometimes I had to lie in bed for as long as a month, other times for a few weeks and occasionally, for a few days. I was attending a group practice and study session my second day of learning Dafa. I had been sitting on the floor for more than two hours and when I went to get up my back exploded. I saw stars. I thought to myself OH NO! I'll be laid up for weeks. My back had never exploded, nor did I ever see stars except for that first time ten years earlier when all of these back problems started. I was lying on the floor moaning. A local practitioner told me to forget about the pain, get up, and do some exercises so that the pain would go away. I tried this and the pain lessened. Within a day I was back to normal and I have never experienced another problem with my back. At that time I thought that I would be out of action for a month. Now I realize that this was actually a healing



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experience.

I find the sets of five exercises are not only gentle and stresses relieving but also strengthen my body and the energy field in and around my body. My mind becomes peaceful as I gradually enter into the state of ding (deep tranquillity), to simply calm my heart and mind and just enter into this state in sitting meditation. Of course this is not always easy for me, and I recognize this difficulty as being just another part of cultivation. I realized one day that the thoughts that arise during practice are precisely my attachments - the very attachments that I must abandon. Since beginning cultivation I have been able to abandon many of my attachments and take things lightly.

One day as I sat I felt an energy enter my hands. It intensified gradually, especially over the last 15 minutes of the sitting meditation, expanding from my hands up my arms and around my whole body. It was a very strong feeling that I can only describe as an electrical type of charge. Upon completing the exercise I asked a practitioner to feel my arms. I knew that he felt the energy field around me. He told me not to pay any attention to this and not to seek after it. I realized that this would be an attachment. Master teaches us to want nothing, gain naturally.

(Adapted from Steve's presentation in the 2000 Canada Falun Dafa Day Celebration.)

PEOPLE WITH LIVER AND DIGESTIVE DISEASES

Case 19. Brandon Park

Brandon Park, 25, is a computer network administrator in Fairfax, Virginia. He suddenly became seriously ill in February 1999 and as a result had to give up his job. He was diagnosed with three “incurable” diseases - gastroparesis, globus sensation, and aerophagia. He had numerous agonizing symptoms including severe acid reflux, regurgitation, nausea, major indigestion, weight loss (20-25 lbs.), depression, insomnia, severe acne, chronic belching, lumpy feeling in the throat, and tremendous chest discomfort. These caused constant, terrible discomfort and pain for one year until he was led to Falun Dafa. He gradually changed his way of thinking and his symptoms virtually disappeared two months after he read *Zhuan Falun*. He then started to practice the exercises and became a practitioner of Falun Dafa.

I came to the United States about 10 years ago from South Korea. I would like to tell you about how I encountered Dafa.

I suddenly became seriously ill around February 1999. I had to give up my job due to my condition. I saw four medical doctors, two acupuncturists, and one local Qigong master during one year. Each of them had an opinion about my illness but none of their treatments were able to help me much. On October 4, 1999 a doctor at the Johns Hopkins University gave me the diagnosis of having three “incurable” diseases - gastroparesis, globus sensation, and aerophagia. He said there was not much he could do for me.

From these diseases I suffered numerous agonizing symptoms such as severe acid reflux, regurgitation, nausea, major indigestion, weight loss (20-25 lbs.), depression, insomnia, severe acne, chronic belching, lumpy feeling in my throat, and tremendous chest discomfort. I had these symptoms for one year and suffered severe discomfort all the time, every day.

In November 1999 I received Qigong treatment for the first time in

my life. Although this Qigong treatment unexpectedly alleviated some of my symptoms, I continued to suffer great discomfort. I told people I felt OK hoping to comfort them.

I felt hopeless since nothing I had tried could control my symptoms effectively. I was only 24 years old. I thought I was just too young to suffer like that for the rest of my life. I spent countless nights crying. I wanted to get away from these continuing pains. Sometimes I thought about suicide. I thought it might be the only way to escape.

A turning point came earlier this year. In January 2000 the local Qigong master who treated me asked me to find Falun Gong materials on the Internet for him. He and I had a good relationship. I ordered the exercise instruction videotape and downloaded some Falun Dafa books for him. A few days later he thanked me for finding the valuable materials for him and recommended I read Falun Gong books. I thought this was going to be just another Qigong that I would never understand. However, things started to change when I started to read the book.

I started to understand the mysteries of life in February after reading *Zhuan Falun*. After the first chapter I could not believe what I was reading. I felt it was just too good to be true. I gradually realized that Teacher Li was telling the secrets of secrets. I did not disagree with anything in the book, except for one part. Where Teacher Li wrote, "I would say that the physical pains are the easiest thing to endure, as they can be overcome by biting the teeth tightly. When a conflict takes place between one another, the mind is the hardest thing to control." I thought that Teacher Li could say like this because he did not know what it's like to suffer from my numerous symptoms. Of course, later I found I was wrong. In fact, I could endure physical discomforts and pains relatively well. However, once when I was sick someone said something that I didn't want to hear. I said something back to that person and I was pretty mad about it for a long time. Now I do not hold any anger towards anyone, and I look into myself to find my attachment if I become angry.

So I was attracted to Dafa. As I read the book diligently and tried to improve my Xinxing. At the same time I saw a significant change in my body. During the first two months after I started to read the book I vomited four times and had diarrhea for one week. One day I had a terrible headache and another day I had a severe body ache. I knew I was

going through the purification process, although I was a bit confused. However, I did not panic. Actually, I smiled when I was going through the purification process and was thankful for these cleansing effects. I've felt some sensations exactly as described in the book numerous times. For example, once in a while I feel some indescribable energy flowing down from my head.

After reading the book for about two months and gradually following the guidelines in the book, virtually all of my symptoms disappeared. At that time I had not yet started to learn the five exercises. I started to practice the exercises only after I was healed. Now, three months later, I can do the sitting meditation for a little more than one hour.

Although I have described a lot about how Falun Gong helped me physically, Falun Gong is not about healing and fitness. It's a powerful cultivation system based on the essential nature of the universe: Truthfulness-Benevolence-Forbearance. As a Falun Dafa practitioner I always try to improve my mind-nature and to assimilate the nature of the universe.

I treasure my experience. I treasure dearly the experiences of those horrible diseases or symptoms I had for one year. It was very much worth it because I feel the suffering helped me to encounter and to learn Dafa.

(Adapted from Mr. Park's presentation in the 2000 Washington D. C. Falun Dafa Experience Sharing Conference.)

Case 20. Fengying Mao

Fengying Mao, 40, was a surgical nurse in China. She suffered from chronic hepatitis C for 18 years before practicing Falun Dafa. In early 1996 she was found to have cirrhosis, a major cause of death from chronic hepatitis. Her doctor told her that her life expectancy was about one year. Fortunately she found Falun Dafa in July 1996 and has been a practitioner ever since. After practicing Falun Dafa all her symptoms went away and all laboratory tests became normal. She was able to fly to Washington D.C. to join her husband and give birth to a healthy baby the

following year.

My name is Fengying Mao. Before coming to Washington D.C. in October 1996 I was a surgical nurse in China. I have undergone great changes both mentally and physically since practicing Falun Dafa.

I contracted hepatitis in 1978 when I was a student. Since it was not cured I suffered from it for eighteen years. Doctors in the hospital where I was employed and several major hospitals in Beijing diagnosed my illness as chronic active hepatitis C. I was under medical treatment for a long time, but the hepatitis C was never under control. In 1996 I developed cirrhosis. The main symptom was the constant pain in the liver and spleen. The pain became worse when I caught a cold, got tired, or was depressed. I also suffered from nausea, abdominal distention, poor appetite, insomnia, fatigue, and sensitivity to cold, so much that I shivered in mildly cold weather. These illnesses seriously affected my daily life and work. I was hospitalized many times, with the longest stay lasting six months. Although I received the best medical care and the symptoms were somewhat alleviated, my disease was never under control. In order to get rid of the pain completely I tried many methods and alternative medicines, such as Qigong, incense burning, praying, fortune telling, Chinese herbal medicine, etc. I borrowed a lot of money to visit many famous doctors and specialists. I took medicines three times a day for more than ten years. While the original disease was not cured, new diseases developed, including serious atrophic gastritis, pyelitis, nephritis, and low blood pressure. My body was extremely weak and my legs were swollen and heavy. It was quite difficult for me to take a few steps. Walking upstairs was even worse. I could no longer pick myself up to go to work.

In 1996 I took sick leave and stayed at home. I knew that there was no hope for a cure. One day I asked my physician-in-charge, "How much time do you think I still have? I want to be prepared and make some arrangements." He knew he could no longer hide it from me. In a sympathetic tone, he told me, "I think one year won't be a problem." Upon his words I collapsed. My life had been bitter and tiring, yet I had cherished it so much even in despair. I could not bear the thought that God brought me into this world only to take me away so soon. I was extremely sad and wept a lot. My temper also became bad. My

husband was studying abroad at that time, and I had nobody with whom to share my feelings. I vented my spite upon my father, who was over 80. At home I often lost my temper and got angry with my child for no reason. Friends and relatives advised me to take it easy. But how could I take it easy while dying?

July 22nd, 1996 is the day I will never forget. From that day on my life started to take on a new meaning. That morning I ran into an old lady who used to live in my neighborhood. Seeing my poor health she suggested that I try Falun Dafa. She also told me that she had been free from all diseases since taking up the practice. Although it seemed to be no more than a faint light in the dark, I wanted to give it a try.

At six o'clock the next morning I went to the practice site with my 9-year-old daughter, who also had liver disease. We learned the exercises and borrowed a copy of *Zhuan Falun*. I opened the book at home, trying to find ways to heal my illnesses. What first caught my eyes was Master Li's picture. He looked so kind and familiar. Driven by my intention to cure my illnesses, I began with the topics "The Issue of Treating Illness" and "Hospital Treatment and Qigong Treatment" in Lecture Seven. It helped me understand the source of illnesses and the reason why my illnesses were not cured. I thought the book was quite interesting and worthwhile reading, so I started reading it from the beginning. There was a paragraph on page two, "I do not talk about healing illness here, nor will we heal illness. As a genuine practitioner, however, you cannot practice cultivation with an ill body. I will purify your body. The body purification will be done only for those who come to truly learn the practice and the Fa. We emphasize one point: if you cannot relinquish the attachment or concern for illness, we cannot do anything and will be unable to help you." After reading it, a thought jumped into my mind: "I want to be a genuine cultivator." Right at that moment the pain in my liver was immediately alleviated. My mouth, which had been dry for a long time, became watery. Every word in the book attracted me. I couldn't stop reading the book and it got me to forget my diseases. The more I read it, the more comfortable I felt. That day I read a few lectures until one o'clock the next morning.

When I practiced the exercises the next day my body felt light, and all the symptoms were gone. I felt like a breeze when I walked; I felt like I was being pushed when I rode the bicycle. And I didn't feel tired

any more when I walked up the stairs. My daughter's illnesses disappeared as well.

One month after we started practicing Falun Dafa my daughter and I had a general physical examination. The result showed that all the abnormalities had become normal. Those illnesses that made us suffer for years disappeared in just two days after we cultivated Falun Dafa. What a miracle! I was very excited and bought dozens of Master Li's books, audiotapes, and videotapes. I took bus rides to visit my brothers and sisters hundreds of miles away and gave them the books as gifts. I told them about our personal experiences and helped them to start cultivating.

After we came to the United States my husband noticed our changes and also became a cultivator. Not only were all my diseases cured, but also in 1997 I gave birth to a healthy and lovely baby boy. When the news reached my hometown some of my relatives could not believe it, as they knew how sick I had been.. Even now they still think I adopted the boy.

Falun Dafa has not only healed my illness, but also made me a person who cares more about others than myself. Less than a month after starting to practice Falun Dafa, one day, in the waiting room of a train station, I saw a girl about fifteen years old lying unconscious on the ground. There were many people around her, but nobody was willing to help. I realized that I was a Falun Dafa practitioner and I could not see a person dying without giving a hand. I walked over and pressed one of her acupuncture points and she regained consciousness a while later. Since she looked like a beggar, I guessed she might not have money to go home. She told me that she came from a remote village and it would cost about RMB¥30 (RMB¥, Chinese dollar) to buy a train ticket to go back home. I was reluctant to give her the money as I only had RMB¥40 with me. It would take my daughter and me one and half days to get back home. If I gave her the money, what would we do if we needed the money on the way? While I was hesitating I felt my heart suddenly beating very rapidly. I started to question myself, "Are you a practitioner? A Falun Dafa practitioner should always consider others first. Have you accomplished this? Why are you so reluctant now?" My face blushed. It seemed like Master Li was looking at me. I should do my best to help people. I took out the money and said to the

girl, "Here is some money, you can buy a ticket to go home." To my surprise, the girl replied, "I don't need money, I have a ticket." Her answer was really unexpected and I was ashamed of myself. This incident has become a lesson for me, reminding me to always consider others first and care less about my own losses and gains.

(Adapted from Ms. Mao's presentation in the 1999 New York Falun Dafa Experience Sharing Conference.)

Case 21. Sen Yang

Sen Yang, Ph.D., 37, is an engineer in Chicago. He was found to have severe chronic viral hepatitis in 1982. Although he tried various treatments the results of his laboratory tests showed abnormal liver function. Due to his poor liver function his physical condition could not meet the demands of study and work. Since he started practicing Falun Dafa in July 1995 all the symptoms of hepatitis have disappeared. His liver function tests also became normal.

In 1982 it was found that I had serious chronic hepatitis. The laboratory test showed that all my liver functions were abnormal. At that time I was a university student. The situation shocked me and left me crestfallen. Due to the serious problem I was kept in the university hospital and suspended my schooling for one year.

When I was in the hospital I was given injections, medicine, and an intravenous drip everyday. I had weekly blood checks. However, the laboratory test on my liver function never returned to normal. Instead, it was getting worse. Naturally, I was in bad mood and always felt that I was just a patient. I learned several kinds of Qigong in succession for the treatment of my disease. However, none of them worked. After being released from the hospital I was asked to report to the hospital regularly for blood tests in order to monitor my liver function. The results were never normal. A doctor told me directly, "There is no way to really cure your disease. You will have it for the rest of your life."

When I finished my school I learned some other Qigong practices. Some of those practitioners were even teaching treatment methods for

disease healing. I myself still had bad diseases while I was taught to treat other people's diseases. Now when I recall it I feel it's so funny and ridiculous, but I did not understand the harm at that time. Later I came to the United States and my studies kept me very busy. My physical condition deteriorated. As they say, "prolonged illness turns a patient into a doctor." Gradually I learned how to tell from my symptoms whether my liver function was good or not.

One day in July 1995, the most memorable day in my life, my parents-in-law came to see me and brought a book named *Zhuan Falun* (Revolving Law Wheel) and another book named *China Falun Gong*. That night I opened the book and started to read it. Right after I finished reading the preface I felt an extremely strong shock both mentally and physically. I was not willing to take a break until I finished the whole book. A few days later I read through the book *Zhuan Falun* again several times. Each time I finished reading it I had a new understanding. Every sentence or even each single word went directly into my heart. I felt that I finally found my home after being lost for quite a while. I then understood the purpose of life and the reason why my Gong (cultivation energy) didn't increase even though I kept practicing Qigong. I also understood the fundamental reasons behind birth, old age, illness, death, and all kinds of other issues. One by one I found the answers to all my unsolved puzzles from the book.

At that time I was not able to do the five exercises of Falun Dafa very well. But when I read the book I felt a warm current moving in my body and this made me feel very comfortable. Sometimes I even felt there was a huge hand grabbing something from my liver. It may sound unbelievable, however, about ten days after I started reading the book *Zhuan Falun*; some extravasated blood spots appeared around my right rib area, the dark color was just as if my body had been hit very hard. At the same time some extravasated blood spots were in the same area of my back. After a few days all the extravasated blood spots were gone.

Twenty days later I met a veteran practitioner in Atlanta and learned from him how to do the exercises. My physical condition changed very quickly during that early period. When walking I felt my body was so light that I could almost float up. I also felt so energetic. I didn't have my blood checked again until December 1998 when all the employees

of the company had an annual physical check-up. Four of the 32 blood tests were for liver functions. All of mine were perfectly normal!

Master Li said, “The whole cultivation process is that of eliminating human attachments constantly.” In my daily life I have been continually tested by my reactions to various interests among ordinary people to see if I am cultivating firmly. The day before the annual physical check-up I had a dream in which I saw that all my blood data was abnormal. The next morning I felt very tired and had pain in my liver again. The symptoms I had before all came back. Fortunately, Dafa was there. It was easy to discover my attachment. So I realized that I was still a little bit worried about my liver. I had to suffer a hardship in order to remove it. All human attachments should be removed. Fear is also an attachment. When I saw the good result of the physical examination I was deeply grateful to Master Li.

(Adapted from Dr. Yang’s presentation in the 1998 New York Falun Dafa Experience Sharing Conference.)

Case 22. Jin Ye

Jin Ye, 13, is a seventh grade student in Toronto. She came from China to North America with her parents in 1996. When she was six months old it was discovered that her spleen and liver were severely swollen and hardened. Doctors indicated that her case was rare. She could eat little, was skinny and sick. She was much shorter than average for her age and was easily fatigued after just a short walk. Chinese and Western medicines became her daily meals. She was introduced to Falun Dafa when she was nine. That saved her from the “incurable” disease. Now she is a healthy middle school student and a young, sincere practitioner of Falun Dafa.

I started to learn Falun Dafa when I was nine years old. Dafa has changed me greatly both in mind and body. Prior to receiving Dafa I was an unfortunate child who faced a serious illness at birth, which required emergency treatment. When I was six months old it was discovered that my spleen and liver were severely swollen and hardened. Doctors indicated that my case was rare. Due to my illness I could eat

little. I was skinny with a sick complexion. With my limp legs I felt tired after walking a short distance. I was much shorter than other children of my age. My parents went all over the country seeking treatment for me from many famous doctors and specialists. Chinese and Western medicines became my daily meals. I could not live without these medicines. Despite spending a lot of money my condition worsened and those specialists ran out of options. My parents were very, very worried about my illness. At this time an elderly lady introduced us to Falun Dafa. Within the first two days after I learned Dafa and practiced Falun Gong, all of my illnesses disappeared without a trace.

I remember when I was five years old my mom took me to the zoo to see the monkeys. It was very funny that some of their behaviors were like humans'. Mom told me that humans evolved from the monkeys centuries ago. I felt very strange about it. I lingered in front of the Monkey Mountain and asked my mom "Since human evolved from the monkeys, why do the monkeys have tails while human don't?" "Why don't today's monkeys evolve into humans?" My mom could not answer. I grew up with those questions unanswered. After I learned Falun Dafa, I immediately understood all of those "WHYS." In the book *Zhuan Falun*, Master Li, using the simplest language, disclosed the mysteries of the universe, life, time, and space; thoroughly explained the origins of mankind and the purpose of being human, which is returning to the true origin by assimilating the nature of the universe: Zhen-Shan-Ren (Truthfulness-Benevolence-Forbearance). Master Li also told us the true principle, "As human being, if you can follow this universe's nature of Zhen-Shan-Ren, you are a good person. A person who goes against this nature is genuinely a bad person." And "As a practitioner, if you assimilate yourself with this nature, you are one that has attained the Tao." (Quoted from *Zhuan Falun*) .I follow this criterion to behave. For example, my neighbors often discarded Safeway's shopping carts by our apartment's garbage dumpster after using them to bring groceries home. Many times I just pushed those carts back to Safeway. One day I went to Safeway to buy diapers for my little brother. The lady at the Safeway gave me an extra big bag of diapers as a gift. I thought that as a cultivator I should not take this advantage so I did not accept the diapers.

In the past I enjoyed watching television and playing a lot. I in-

dulged in watching TV so much. Sometimes I even forgot to eat. When I was playing I forgot to go home. Sometimes I even did not remember to do my homework until I went to bed. My mom got very mad at me and often criticized me for this. I was spanked many times for it still. I could not change myself. Since learning Dafa, I realized that a practitioner should be strict with herself. Master Li said, “You are a practitioner; then, you need to be a good person; gradually assimilate yourself with this universe’s nature; quit those bad things with which you were obsessed.” (Quoted from *Zhuan Falun*). I am a student. My first priority was to study well. I also felt I should help my mom with housework. These things are within my cultivation. Now I am not addicted to watching television and I no longer indulge in playing. I hurry up to finish my homework right after getting home from school. I then read the Fa, practice Gong, and look after my little brother for my mom. My parents complemented me on my changes.

All the things I have done were minute and not worth mentioning. However, I believe that cultivation must start from the little things. Master Li also said, “In fact, in the midst of cultivating, bits and pieces, that’s how you cultivate and ascend.”

For better understanding the Fa, in addition to reading, I have already hand-copied once and tried to memorize *Zhuan Falun*. In spite of being unable to recite the whole book, my understanding of Dafa has improved tremendously. Although I spend most of my free time learning Dafa and practicing the exercises, my schooling had not been affected at all. On the contrary, my scores were at the top of all my classes. My teachers praised me for being very good and smart.

(Adapted from Miss Ye’s presentation in the 1999 New York Falun Dafa Experience Sharing Conference.)

Case 23. Jeff Chen

Jeff Chen, 34, is a computer software engineer from Raleigh, North Carolina. He was diagnosed with hepatitis B in 1995. He had to reduce his work hours by more than half to rest at home. Neither Western nor Chinese medicine helped his condition. After he practiced Falun Dafa, however, his physical condition greatly

improved and he returned to work full time within two months. Falun Gong also purified his heart and soul. He found genuine happiness in Truthfulness-Benevolence-Forbearance.

Falun Dafa purified my body. I was diagnosed with hepatitis B in late 1995. The doctor treated me with interferon injections, the best modern medicine for this disease. During a three-month course of treatment I lost almost 20 pounds and a lot of hair. After the treatment course was finished I didn't feel any better. My parents-in-laws mailed me bags of Chinese medicine from China but those did not help me either. I had a poor appetite and slept poorly. I felt very tired after walking just 200 yards. I didn't have the energy to cook or to drive for 10 minutes. I had to quit my job to rest at home for over half a year. Consequently, I became deeply depressed. I thought that I was dying and so I started looking into life insurance my family's future. This lasted a little less than a year, until I started practicing Falun Dafa in October 1996.

Starting from the very first day that I listened to Master Li's lecture, I felt very good. My appetite was great and I felt energetic enough to drive on trips every day, some lasting an hour. Gradually, as I practiced the exercises and studied *Zhuan Falun* more, I felt a great improvement. In less than two months I returned to work full time.

Almost four years have passed. I now feel great everyday; my complexion is good, and I am eating and sleeping like every other healthy person. Furthermore, I rarely catch colds although I used to catch a cold once every 3 months.

Falun Dafa has also upgraded my soul. What most attracted me was that Falun Gong revealed a lot of profound principles about life, the universe, religions cultivation, etc. Falun Gong answered many questions that I had for a long time, and also taught me to be a good person by assimilating the nature of the universe: Truthfulness-Benevolence-Forbearance.

Previously, I did things completely according to my own interests, and I was seldom considerate of others. In the workplace I always tried to work on the most interesting projects and always competed with colleagues for a better salary and promotion. I often got upset with my bosses and colleagues. Complaints and jealousy accompanied me all

the time. Moreover, drifting with the declining social moral standard, I was enthusiastically surfing pornographic web sites and even visited some really bad places. I never consciously realized how bad these things were. I was following the way many other people around me also lived. I felt pretty good about having a high degree from a top school and having advanced technological skills. All I had in mind was how to get a better job and how to make more money. I didn't realize at all that my moral level had declined so much.

Falun Dafa taught me that human beings needed to assimilate the nature of the universe. From the bottom of my heart I now understand what's genuinely good and what's genuinely bad. It was Master Li and Falun Dafa that pulled me out and changed me thoroughly.

Gradually, I've learned how to consider others before myself no matter what I do. With Truthfulness-Benevolence-Forbearance in my mind all the time, I now have no stress, frustrations, or conflicts at work. I returned nearly \$10,000 to a former employer who overpaid me. I now no longer make personal long distance calls from my office. My life is just so peaceful and harmonious. At home I still sometimes have disagreements with my wife, but now, instead of laying all the blame with her, I treat it as a chance to look inward to find my own shortcomings in order to try to improve myself.

I gradually learned to take material things lightly. I realized that good cars and a big house cannot bring genuine happiness. It is a peaceful and harmonious mind that determines life's quality. Most importantly, knowing what we live for is the basis of one's life.

(Adapted from Mr. Chen's article written in 2000.)



PEOPLE WITH MIGRAINE

Case 24. Tony Hu

Tony Hu, M.D., 37, is from the metropolitan area of Washington D.C. and works as a scientist in biomedical research. He had chronic headaches for a number of years and also acquired allergic rhinitis after moving to Washington D.C. After he practiced Falun Dafa his headache never recurred, and the allergic rhinitis also disappeared in 3 months. His own experience inspired him to bring Falun Dafa to his mother. She also had migraine headaches for decades and was dependent on painkillers almost daily. After practicing Falun Dafa she also became healthy and was freed from taking medication.

I first attended a 9-day seminar of Falun Dafa in March 1999 as a companion. Before that I never had any interest in Qigong. If somebody mentioned Qigong to me I would disparage it, although I knew nothing about it. Becoming a Falun Dafa practitioner myself was probably beyond my wildest imagination. Therefore, I treated myself as a bystander and did not pay too much attention to the lectures during the seminar. Most of the time I either slept through them or wandered around. While I was listening my prejudice against Qigong would surface whenever I heard something that I didn't understand. By the time the whole seminar was over I only heard about 30-40 % of the lectures. It looked like I was still the same as before and I had no relationship with Falun Dafa.

Nevertheless, the seminar already started to wake up my consciousness to cultivation although I did not experience any immediate reaction. The contents of the lectures were principles with extremely profound significance that I had never heard before. Many of them had already shaken up some of my life-long beliefs, such as prehistoric culture and its relationship with Qigong, issues about Zen Buddhism, meanings of "transcending the five elements and the three realms", the source of the sub-conscious and inspiration, and so on. Although I was

not able to comprehend their true meaning, the principles involved did give me a fresh impression of Qigong. The following month I picked up the book *Zhuan Falun* and read a few pages from time to time. I never had the time finish the whole book due to a very busy schedule. In May a friend sent me a copy of the audiotapes of Master Li's lectures. After listening to the lectures I started to realize that Falun Gong is not a general Qigong for the purpose of improving health. It is a teaching with much more profound significance and can guide one in cultivation towards higher levels. Though I still had many questions and suspicions, Master Li's lectures already generated a great current in my heart. I wanted to study Falun Dafa further. It was as if the seeds of cultivation sewn in my heart were being revived.

In the beginning of June I attended the 9-day seminar for the second time and watched the videotape of Master Li's lecture from the beginning to the end. In this seminar I experienced a much greater understanding of Falun Dafa. I fully understood that the real purpose of human life is to return to the true self through cultivation. From then on I was determined to become a true practitioner and start my cultivation path.

Because my initial intention of practicing Falun Dafa was not for my health, I didn't initially pay attention to this issue. Nonetheless, I felt I was undergoing some significant physical changes during my cultivation. In the past I had headaches quite often. I also suffered from allergic rhinitis two years after I came to the United States. These chronic illnesses, though not life threatening, were very bothersome. They accompanied me all year long and were difficult to eradicate. I often felt a lack of energy and I became tired easily. Advil was my essential medication. Whenever I traveled I had to carry it with me. Since Advil was quite effective for a temporary relief of my headache, taking it was not yet an issue. However, the allergic rhinitis was rather painful and I could do almost nothing about it. Throughout the year I experienced profuse nasal discharge. In a dusty setting, such as using vacuuming or during outdoor activities my nose felt extremely itchy. In the evening I often had difficulty getting to sleep because of severe congestion. My head was very clear and comfortable as soon as I started practicing Falun Dafa. I never experienced this before. It was quite different from my condition after a sound sleep or using Advil. Remarkably, I never

needed any painkillers again. My nasal symptoms started to abate gradually. They completely disappeared in 2 to 3 months. The nasal mucosa finally recovered to its normal state for the first time in 5 to 6 years. I graduated from medical school and knew my personal health rather well. Modern medicine could only alleviate my symptoms temporarily. It could not address the issue of the origin of those illnesses, and had no way to eliminate them. Yet all the chronic illnesses that bothered me for so many years disappeared in such a short period of time after I practiced Falun Dafa. I could not help marveling at the power of Falun Dafa.

I felt so fortunate and excited after studying Dafa. Therefore, I wished to spread the Fa to all my family members, relatives, and friends. My mother was in very poor health at that time. She had chronic headaches for several decades and depended on the painkillers for all those years. In recent years her symptoms started to worsen significantly. The headache became much more severe. The medicines also started to lose their effectiveness. She needed higher dosages more often. Sometimes she even had to take medicine at midnight after waking up from the headache. The medication also caused numerous side effects. She often felt dizzy, nauseated, and had stomachaches. I was her major mental support when she was having medical problems. But I could not do anything other than providing various kinds of medicine. Hospital examinations did not find any cause for her problems. My mother's physical condition was a big burden on my mind. After practicing Falun Dafa I had a fresh understanding of the origin of diseases. My own experience and the changes Falun Dafa brought to so many practitioners made me even more eager to bring Dafa to my family members. I knew from the bottom of my heart that the only hope for my mother was her practicing Falun Dafa.

When I introduced Falun Dafa to my mother, she was very eager to learn. We watched the videotapes and read the book *Zhuan Falun* together. I also taught her the exercises. Miraculously, my mother's headaches abated the first day after her practice. During the lectures it only flared up once and was bearable without medication. Since then she has become totally free of headaches and has never needed any painkillers.

(Adapted from Dr. Hu's presentation in the 2000 Washington D.C.

Falun Dafa Experience Sharing Conference.)

Case 25. Wenyi Ni

Wenyi Ni, 21, is a student from Toronto, Canada. She had mild asthma in her childhood, which rendered her health weak. Her health became worse after she was 15 years old, and she suffered from a multitude of health problems. Migraines occurred almost every day, which caused her great pain. She looked pale and downcast. After she tried in vain to get her sickness cured by doctors, her father switched her treatment to Chinese herbal medicine. She had to drink the bitter herbal extracts almost every day. After practicing Falun Dafa, she started the process of enlightenment and was able to bear the pain and suffering during the process of body purification. Her health improved daily which made her father believe in the power of Dafa. With the help of Falun Dafa she has been able to become healthy again.

When I was at my high school in 1997, I incidentally chatted with a newly acquainted student about Qigong, and she lent me a book called *Zhuan Falun*. Later on she took me to the nine-day video workshop. I therefore began to learn Dafa and hit the road of Dafa cultivation. My mother believes in Buddhism, and I often followed her to Buddhist temples worshipping Buddha. Because of this the word “Buddha” did not sound strange to me when I heard it. In addition, my father told me when I was young that doing Qigong exercises could keep one’s body fit. Of course, now I understand that Qigong is not just for curing diseases and building a strong physical body. It has a more profound significance. In other words, Qigong is, as Master Li said, nothing but cultivation. The above-mentioned background of mine in relation to Buddhism, although limited, has facilitated my belief in the Fa taught by Master Li.

I suffered from asthma in childhood, although it was not very severe. The asthma stayed with me until I was over ten years old. The asthma rendered my health rather weak, and I became the one in my family who was frequently ill. This created a lot of worry for my par-

ents. Every time I went to see a doctor I was given an injection. Otherwise, my ailment would not go away quickly. My health became even worse when I came to Canada when I was 15, and I suffered from a multitude of health problems. The migraines seemed to occur every day. They were very painful. I had to take a lot of painkillers every time the pain occurred. Although I was a teenager, I looked pale and downcast. After I tried in vain to get my sickness healed by the doctors over here, my father, who has some backgrounds in Chinese herbal medicine, switched my treatment to Chinese herbal medicine. I had to drink the bitter herbal extracts almost every day.

It was indeed hard during the process of getting rid of my karma. I tumbled around in my bed with the headaches. It felt as if my head was going to explode. However, I constantly controlled myself and would not touch any medicine. I told myself to persist under all circumstances. I said to myself that if I could not even withstand such a small suffering, how could I proceed with my cultivation where I am bound to encounter even bigger tribulations? Thus, I built up more self-confidence every time I was in the process of getting rid of karma, and firmly believed that I could bear all the suffering. The most important thing I understood was the power of Dafa that enabled me to have great strength to fight against disease. With the help of Dafa I was able to become healthy again.

I have changed a lot since I started cultivating Falun Dafa. Here are some examples. I changed from being a picky eater to not being picky at all. I began to change from being selfish to knowing how to be considerate for others. I have also changed my attitude towards my mother's nagging. I used to hate my mother's nagging and often argued with her. Now I have learned how to forbear when my mother nags. I feel as if I was reborn because of Dafa. The most pleasant thing I have found is that my father is happy with my progress and has started to believe in the power of Dafa, as he witnesses the improvement in my health daily. He no longer hears the word "sickness." I frequently said that in front of him before. Master Li said that Dafa has different manifestations on different levels. Although I do not quite perceive the profoundness of Dafa and the complexity of the universe, I will assimilate myself with the nature of the universe, "Zhen-Shan-Ren," (Truthfulness-Benevolence-Forbearance) and start behaving as a



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good person.

(Adapted from Ms. Ni's presentation in the 1998 Toronto Falun Dafa Experience Sharing Conference.)



PEOPLE WITH MUSCULAR AND SKELETAL DISEASES

Case 26. Youzhi Ma

Youzhi Ma, Ph.D., 36, is a civil engineer in California. Falun Dafa not only nurtured his spiritual-seeking soul but also helped him to get rid of his physical illnesses and pain. He had suffered greatly from a heel bone spurs for more than two years before he started to learn Falun Dafa. The pain and suffering in his heels disappeared three months after he started the practice.

Although it seemed that I was contented with my job, family, social life, and other aspects of life, deep in my heart, I was completely lost. I felt like I was falling into a hopeless abyss.

To get an advanced education I came to America years ago and have lived here ever since. Deep in my heart I always cared and worried for my motherland and the people there. The continued moral degeneration in China upset me and made me feel helpless. I read one book after another, trying to find answers to these problems. Sometimes I knelt on the ground for a long time crying by myself because of this feeling of helplessness. I went to Buddhist temples to pray for peace and well being for my motherland and its people. I also went to churches to search for my own salvation.

Before learning Falun Dafa I struggled to balance “the four pillars” of my life: job, family, Qigong practice, and charity. I devoted lots of time and effort to help unfortunate children in remote areas of China to get an education. I went to many places and worked late many nights for these kids. As an ordinary person, it was all I could do to make a tiny contribution from my conscience. But my hopelessness and numbness increased to the verge of despair.

In October 1998 I was fortunate enough to find Falun Dafa. After reading through *Zhuan Falun* I followed teacher’s instructions to strive on the path of cultivation. Since then, not only have the spiritual and ideological aspects of my life improved, but also so has my health. Chronic diarrhea was cured in very short period. To my greatest sur-

prise, the heel spurs also disappeared without treatment. I will discuss the bone spurs below.

I have practiced many types of physical exercises since school. About five years ago, partially because of always being on my feet during work, I started to feel pain in the heel area of the right foot. Later it became so painful that walking, standing, and even sleeping were unbearable. I tried to use medical plaster, submerging my feet in hot water, changing shoes, and walking less. None of them stopped the pain. I went to see a doctor as a last resort.

After hearing my description, the doctor immediately took X-rays of my right foot and said that my feet might be developing bone spurs because of fatigue. Sensing my distress, the doctor tried to reassure me, saying he could prescribe a set of plastic shoe inserts that would increase the bending capacity and reduce the tension and therefore curb further development of the spurs. However, he added, I must cooperate, and reduce or stop jogging, walking, tennis, dancing and other physical activities. When the X-ray came my heart sank. Bone spurs were confirmed.

The voice of the doctor still rang in my ears after I left the hospital. The doctor said, "You probably needed to adjust your life now. If the plastic inserts could not stop the spurs, cortisone shots might be needed, and an operation could also be necessary."

After I used the inserts the pain in my right foot decreased. However, the left foot started to feel pain, too. During these past few years plastic inserts were indispensable for me. I had to carry them when travelling and always feared losing them. Many sets of hard-bottom slippers had to be prepared for various locations at home; the most important task after getting into a friend's home for my wife was to look for slippers. If there were no good slippers, the pain in my feet would force me to sit down. The worst thing was to stand on a hard wood floor. It was like hot sand on a beach. I didn't dare stand on one without slippers.

Less than three months after practicing Falun Dafa, I discovered that I had felt no pain in my feet for many days. Now two years have passed, and the heel pain never came back. I no longer need plastic inserts in my shoes. I can stand on a hard wood floor barefoot without any problem. I can walk and jump any way I wish. The joy from re-

gaining those freedoms and the relief of getting rid of the pain are simply beyond words.

(Adapted from Dr. Ma's presentation in the 1999 Seattle Falun Dafa Experience Sharing Conference.)

Case 27. Zhiyuan Wang

Zhiyuan Wang, M.D., 47, is a researcher at Harvard Medical School. He suffered from progressive spinal muscular atrophy, an incurable disease, since 1983. Two episodes of severe digestive tract bleeding resulting from duodenal ulcers in 1994 and 1997 further aggravated his general physical condition. He constantly had dizziness, fatigue, and loss of memory. After practicing Falun Dafa all his symptoms went away, one after another. His muscular strength is significantly increased, and he no longer feels lack of energy during or after work.

I began to learn Falun Dafa in February 1998. Falun Dafa is a genuine, orthodox cultivation way that can improve people's spirituality, and help them become healthier and more noble people! Cultivating Falun Dafa is the sole wish in my life.

As early as 1983 I began to practice Qigong. I was suffering from a disease called "Progressive Spinal Muscular Atrophy." Neither Western nor Chinese medicine could cure it, and it is clearly diagnosed as an "incurable disease" in Western medicine. I am a doctor myself and really knew that there was nowhere to go, so I turned to Qigong to try my luck. I started with one kind of Qigong. At first the feeling was not bad, but soon some problems arose. My physical condition worsened, and more diseases came. I suffered from duodenal ulcers, enteritis, urethral stones, and other problems. A massive hemorrhage of the digestive tract occurred twice, once in 1994 and again in 1997. In 1994 because of the shock of blood loss my blood pressure could hardly be detected, and I almost passed away. Subsequently dizziness, fatigue, loss of memory, and apparent aging bothered me for many years. I always felt exhausted after a whole day's work and even lost the strength to speak. My Qigong teacher died as a result of curing others' diseases. I

realized this Qigong was not what I sought. I decided to find a genuine master. Several friends and I searched everywhere. However, many popular kinds of Qigong in society were evil and fake ways just to cheat people out of their money. Where is the master of orthodox cultivation? Where should I go?

In 1995 my friends and I made a promise that we would each go search for the master and inform the others when we found him. One day in February 1998 the good news I had been longing for finally came. A friend in China wrote to me that Falun Gong is the genuine cultivation way, the best one! I was so excited when I read her letter. I realized that my dream had come true. So I couldn't help searching for it, and soon made contact with an assistant in Cambridge. I was fortunate to attend the 9-session seminar three days later, watched master's nine lecture videotapes, and learned the five sets of exercises. Then I began my journey of cultivation. The first day of the seminar my physical reaction was quite obvious. I always wanted to go to the bathroom and there were waves of warm currents in my back, flowing through my whole body every so often. I didn't know what it was and didn't think about it. What I did was just listen to the lecture. Usually I was very tired after a day's work and felt dizzy and sleepy. During the lecture I slept sometimes; however, I found my eyes were so bright and my head was so clear on my way home after the lecture. I felt lightness and comfort that I hadn't experienced for many years. I understood that the Master was purifying my body. The symptoms in my stomach disappeared on the fifth day, and the discomfort of having the urethral stones stopped after that. Muscular twitching, weakness, and the other symptoms all vanished one after another. Thus my entire body recovered. My energy and physical condition reached a wonderful status that had never happened in the last 20 years. Falun Dafa has given me a new life.

Several months after my cultivation I realized that Dafa is so good that I wanted to promote it. My first attempt was to persuade my mother to cultivate. After I came to the US my sick mother became the person I worried about the most. I thought how great it would be if she could learn Dafa, at least to cure her illnesses. In the beginning no matter what I tried, it didn't work. Later, I told her that Falun Dafa is not an ordinary Qigong practice. It is cultivation. Three months later,

which was in early July 1999, I called home. My mother was happy to tell me, “ I have been cultivating Falun Dafa. The third day of my listening to Master’s lecture my head was clear and my eyes were bright. I could see and hear everything. From then on I started going to the park to do group practice at 3 o’clock every morning and came back at 8 o’clock. I also practice for two hours every night. In just one month all my diseases have gone. Now I feel very energetic both mentally and physically. I can do all my housework. I cultivate and practice with all my heart. She sounded so strong and her tone was so determined. I couldn’t believe my ears. Is that my old, sick mother? It’s a miracle! Before cultivation she was a patient at the late stage of lung cancer. After radiation therapy her body was very weak. Various diseases such as hypertension, diabetes, gallstones, gastritis, arthritis, and other problems plagued her. She felt dizzy, flustered, and short of breath everyday. She couldn’t do anything and could not take care of herself. The doctors completely lost hope for her. However, her health recovered after one month of cultivation practice. She can read and practice for seven hours and do housework everyday. It is absolutely the truth! It is a miracle of Falun Dafa.

(Adapted from Dr. Wang’s presentation in the 2000 Boston Falun Dafa Experience Sharing Conference.)

Case 28. Gonglu Shou

Gonglu Shou, 75, is a retired civil engineer now living in Toronto, Canada. He started to have serious health problems after he was 60 years old. Since 1985 he suffered from osteohypertrophy of the vertebra. In 1990 his right leg and foot became swollen for unknown reasons. The problem caused severe pain in the back and leg. Doctors told him that there was no cure for his illness. He had to wear heavy clothes and use warming devices, trying to prevent the leg from getting worse. In 1993 his leg suffered a severe setback and he was hospitalized for a month. He started to learn Falun Dafa in 1995. After practicing Falun Dafa for two months the pain in his leg and back were completely gone. He has enjoyed good health ever since.

I was an engineer in charge of construction projects in China before I retired. I worked on the frontline of construction sites for 30 years. I used to have a strong physique. However, after I was 60 years old my physical condition deteriorated. I suffered severe pain and my illnesses caused a huge burden to myself and to my family. I am going to tell you about how I fought the illness and how I learned Falun Dafa.

It started in Feb. 1985. I often felt severe pain in my back when getting up from sitting. It occurred most frequently at the construction site. Initially, it was diagnosed as low back muscle atrophy. Later, I was found to have osteohypertrophy of the vertebra. The doctors told me that there was no effective treatment. Plasters temporarily alleviated the pain and suffering.

In the summer of 1990 my right foot and leg became swollen, and the pain in my waist became more severe. I visited several of the best hospitals in Beijing and had my heart, blood, kidneys, liver, lymph nodes, and vertebrae examined, but no obvious cause was found. Physical therapy, electronic acupuncture, and massage did not help at all. Doctors suggested that I hold my foot high up while resting and wear a plastic sock at work to increase the blood flow. I tried the first approach for a couple of days but the pain in my back was too severe when I held my foot high. The second approach did not work either because it was too hot to wear heavy socks in the summer. I followed these two suggestions whenever I could, hoping the problem would not get worse.

Unexpectedly, in the winter of 1993 the pain in my right leg worsened. I could not stand or sit, much less walk. Even when I was lying in the bed the pain did not cease for five days and nights. I could not sleep and could not go to the bathroom. I had to be completely taken care of by my family. The pain and the suffering were unbearable, and I was hospitalized for one month. Acupuncture and massage, in combination with medication, were employed and many tests were done. The cause was still unclear. When I was discharged from the hospital I was given a variety of medicines, including oral and topical applications, painkillers, and a kind of hot compress powder, which maintained heat for 24 hours. Doctors considered the pain incurable and advised me repeatedly to keep my leg warm and avoid the cold. Even at the temperature of 28 centigrade in the summer, I had to wear

cotton pants meant for winter. In the winter I put on heavy woolen pants and cashmere pants when going out. In addition, I always put on a long and heavy cashmere overcoat, a woolen hat covering my ears, and a pad with the hot compress powder tied around my waist. With anti-frost boots on my feet, I was fully equipped from head to feet. Since the swelling in the right foot was not improving, I worried every day about its getting worse. Test results from the hospital showed that my blood viscosity and cholesterol were much higher than normal, which could lead to hypertension and heart diseases. My health condition became a heavy mental burden to both my family and myself.

At the Spring Festival in 1995 I went back to Beijing from Canada. A friend of my sister-in-law gave me a book *China Falun Gong*. I was impressed by the principles described in the book. The exercises looked serene and easy to learn. Therefore, I started learning the exercises hoping that it might help my illnesses. Several days later I signed up for a 10-day workshop. Since I had not believed in Qigong in the past, I did not expect Falun Gong to heal my illness that could not be cured or even diagnosed in the hospitals. At the very beginning when I was doing the exercise of holding the wheel (the second set of the Falun Gong exercises), my right leg and waist became very painful. When I wanted to stop I opened my eyes and saw that all the practitioners were holding their arms up. The atmosphere at the practice site moved me. I felt ashamed to stop doing the exercise, so I kept holding the wheel with the other practitioners. I gradually did the exercise of holding the wheel longer and longer. Meanwhile, subtle changes were happening to my body. I felt that the leg pain was decreasing in my right foot. Two months later, when I was doing the exercise of holding the wheel in front of my abdomen, I experienced an electrical smell at my third or fourth vertebrae. Then the pain in my leg and waist was miraculously gone. I could not believe that my pain disappeared in such a short period of practice time. I told the news to my wife who was in the USA at that time. She was very surprised by the miracles and decided to learn as well. Later on we immigrated to Toronto and she attended the nine-day workshop in September 1995. After practicing Falun Dafa wonderful changes occurred within her body, too.

After I started cultivating, my body was gradually purified. When I had a physical check-up after my immigration to Canada in 1996, my

heart, liver, and blood examination did not show any abnormalities. The doctor asked me in surprise; “You really did not have any illness before?” The doctor doubted the test results and asked me to do more tests on other organs. Still no abnormality was found. Not only my illnesses were gone, but also my physique and ability to resist the cold increased. By the winter of 1997 I was able to go outdoors without wearing the thick cotton pants, the overcoat, and the cap I brought with me from China. I did not need any medication or the pad with hot compress powder. I look younger, have fewer wrinkles, feel healthy, and am full of energy.

My physical status started to go downhill in 1983 when I had evidence of all kinds of diseases. If I had not practiced Falun Dafa, I cannot imagine what my physical status would be now. After cultivation my physical condition continued to improve. In the winters of 1998 and 1999 I kept doing the morning exercises outdoor in the park. At 28 degrees below zero centigrade, in the cold wind, I do not need to wear gloves or a hat. I am a totally new person compared to what I was before.

(Adapted from Mr. Shou’s presentation in the 2000 Washington D. C. Falun Dafa Experience Sharing Conference.)

Case 29. Emily Myers

Emily Myers, 22, is a student at Swarthmore College in Pennsylvania. She used to have severe lower back problems for three years, which kept her from doing sports and many other physical activities, including going on long walks. The Qigong practice she tried before helped somewhat, but one day the pain returned, worse than ever before. Since beginning to practice Falun Gong, she has been able to play sports again, go on long walks, and lift heavy objects without any worries.

I was first exposed to Falun Dafa in February of 1999, and attended my first 9-Day Seminar in early March of 1999. From the beginning, I was taken with Falun Gong and its profound and beautiful principles of Zhen-Shan-Ren (Truthfulness-Benevolence-Forbearance). I think I

felt a connection to these principles because similar virtues had been instilled in me from a very young age, as I was raised in a very Christian household and my father is a minister. I feel that having grown up in such an environment improved my openness to the teachings and prepared me for Falun Dafa. What I felt was so unique about Falun Gong is the combination of mind, body, and spirit cultivation. This I had not found in such a comprehensive way in any practice before. I had never before found a complete system like Falun Dafa. Despite all of my initial doubts and questions, in these past few months I have discovered what a genuine, profound, sacred practice this is. During seven months of cultivation, I have slowly come to realize that Falun Dafa is indeed the most precious thing a person could find.

I first started practicing a low-level Qigong because of severe lower back problems that had been plaguing me for three years, keeping me from doing the sports I loved and many other physical activities, even including going on long walks. Before trying Qigong, I tried numerous things to help my back's condition, including physical therapy, acupuncture, massage, relaxation tapes, Qigong treatments, and daily stretching routines, steroids, ultrasound treatment, painkillers, chiropractic, and others. The Qigong practice helped somewhat, but one day the pain returned, worse than ever before, despite my daily practices. That day, I could barely sit down or bend over to tie my shoes, and it hurt even to take a step; this was at only 20 years of age. Needless to say, I felt somewhat dissatisfied with the Qigong practice. Upon discovering Falun Gong, I hoped that it would help my back even more. Since beginning to practice, I have been able to again play sports, go on long walks, and lift heavy things without any worries. For this I am deeply grateful; I live a much freer life now. Besides that, only about three months after I started to practice, my spring allergies were almost eliminated. Before practicing Falun Dafa, every spring I used to have to take prescription medication daily for allergies, and I was very uncomfortable. This past spring, I only had allergy symptoms for about five days and didn't need to take any medicine all spring. I've also experienced other physical benefits, such as losing about five pounds since beginning to practice, eliminating pain in my gums, and having my skin and hair become softer. My body has been, as Teacher Li says, "constantly and constantly purified." Remembering this has been

helpful for me when experiencing discomfort.

I've oftentimes experienced body purification after a day of practice and reading. Many times, near the end of the exercises, or after finishing them, I had to get to a bathroom because of diarrhea. This happens especially often when I practice and read with the group, and my heart is happy because I know this discomfort signifies elimination of karma, and speaks to the power of practice and reading.

In a short seven months since beginning to practice Dafa, not only has my health greatly improved, but also my peace of mind has as well. Those around me have remarked at the change in me, and during the always-stressful final exam period at the end of last semester, a friend noticed how at ease I was with things, and said, "Emily, you don't seem stressed out at all. What's your secret?" I had guessed at the time that it was Dafa that had helped me; now I am sure. I found that Falun Dafa is the most precious thing a person could find or ever hope to find, and am so deeply grateful to Master Li, who, with his great compassion, brings this teaching to all of us.

(Adapted from Ms. Myers's Presentation in the 1999 New Jersey Falun Dafa Experience Sharing Conference.)

Case 30. Tao-Wen Yeh

Tao-Wen Yeh, 73, is a retired teacher from Hsin Chu, Taiwan. She has had poor health since childhood. She had problems with her digestive system. She was hunchbacked due to osteoporosis, and had pain in the waist and back. She sprained her back while watering the garden. That made her back problem even worse. Her spine was deformed which caused more pain around her waist. Shots, oral medications, acupuncture, and massages didn't help much. In March 1998 a friend introduced her to Falun Dafa. After learning the exercises she went through the body purification processes, which eventually gave her a much healthier body. She can sleep well again and is able to walk to the practice site by herself, which she never thought possible before practicing Falun Dafa.

My name is Tao-Wen Yeh. I'm 73 years old. I am deeply grateful to Master Li for his great benevolence.

I had a long history of health problems. Because of terrible intestinal and stomach problems, I could not digest food well. Ever since I was a child I had been weak and often became ill. In addition, I suffered from neurasthenia and found it very difficult to fall asleep. When I entered my fifties my health became even worse because my tracheitis led to pneumonia.

The most painful illness I had was due to my spinal problems. Three or four years ago I suffered severe bone loss, and it became more serious daily. My lower abdomen stuck out and my back became hunched. I became shorter by five centimeters, and my whole body was out of shape. Friends who had not seen me for a long time could hardly recognize me. The problem caused pain in my waist and back, and made my waist vulnerable to sprain.

The most damaging sprain to my waist happened one day in December 1997 when I was watering the vegetables in my garden. It was like a long nightmare after the sprain. I could not lie down in bed and could only sit in a chair to rest. I ended up sleeping in the chair for two weeks. My spine became deformed, possibly due to bad posture. Four of my vertebrae dislocated and pinched the nerves. As a result, my waist and back hurt even more. I received shots, oral medications, acupuncture, and chiropractic adjustments. All of the treatments were unable to relieve the pain.

In March 1998 a friend introduced me to Falun Dafa. After learning and practicing the first set of exercises, I felt so energetic that I could not fall asleep for almost a week. The next week my friend returned to teach me the second, third, and fourth set of exercises. However, after I learned the fourth set of exercise, it seemed that all my illnesses came out. It was so painful that I could hardly bear it. I couldn't sleep, turn over, or get out of bed. Every time I wanted to get out of bed, it took me half an hour to move from the lying-down position to the standing position. This situation continued for over ten days. At that time Master's book *Zhuan Falun* was out of stock, and I had not yet read it. I lacked confidence and conviction. I began to think of my physical discomfort as "being sick," and I got scared. My relatives all asked me to go see a doctor. I had previously stopped taking shots and oral medi-

cation. I went back to those medications again, but they were not effective.

Later my friend came back from an experience sharing conference in Tai-Chung. He gave me Master's book *Lectures in the United States*. It enlightened me with the following statement: "A human being keeps incurring karma life after life. His own karma brings difficulties, sufferings, hardships, lack of money, and many illnesses to him in this life and in his next life. Only after paying off karma can you get happiness and become better off." "You want to let go of this karma while you take medicine that presses it back; how do we cleanse your body?" From that moment on, I began to understand how precious is the Fa. Not only did it purify my body, but also it took away some of my bad karma. How could I add things to my body? So I never went back to taking shots and medicine again.

In the following month there was a 9-day workshop in Zhu-Dong for the first time. During the first day of the class I was able to climb stairs to the fifth floor without stopping. This would have been unimaginable when I was sick in bed. I never thought that my health could gradually improve after I stopped the medication, but it did happen. I felt the power of Dafa deep in my heart. For those nine days my friend gave me a ride every evening to and from the class. During those nine days I continued to go through bodily purification. I forced myself to endure the pain, kept reading the books, and practicing the exercises during the daytime before going to the class every evening. After the nine-day workshop I gained a deeper understanding of Fa, and my desire to cultivate increased. Also my neurasthenia was healed. I have been able to sleep very well since then.

Next, the challenge of folding my legs arrived. Being old, my legs were not flexible and it was very difficult to do the sitting meditation in the leg-crossed position. My spine and waist hurt a lot. The first time I tried to fold my legs I could only sit for two minutes. After I learned the fifth set of exercise I continued to practice everyday, and my endurance increased. One time after sitting for more than twenty minutes I felt that my waist was no longer painful. I was so happy that I silently cried out in my heart: I really found a treasure!

Later on we established a site in Zhu-Dong to study the Fa and practice together. I went there to practice and study the Fa everyday. My

health continued to improve. Studying the Fa in a group helped me to become enlightened to Dafa and to grow within It. In the past my friend had to drive me to the group practice everyday because my spine still could not support my body well and I could not walk for very long. One day I decided to try walking to the practice site by myself. Initially, I had to rest several times along the way. Now I can finish the 20 minutes walk without taking a break. In the past I wouldn't have imagined that all this was possible.

One night several months ago I dreamed that a place on my spine close to the acupuncture point called Ming-Men was not straight enough and needed to be adjusted. The next day that place really began to hurt. The third day I could not bend over. Gradually it became impossible to walk. If I took a walk, my spine would sway from side to side like a bamboo stick. During this period of time I was full of confidence and still went to the practice site everyday. After more than ten days my back became straight, and I could walk steadily again. Dafa has brought me a new life, and has given me answers to many previously unresolved questions.

Look back at the path of my cultivation in Falun Dafa, every single step has been a test as well as an opportunity for enlightenment; everything has to do with getting rid of attachments. If I hadn't cultivated Dafa, it is possible that I would have become paralyzed by now, or I might still be searching for a good doctor to cure my illnesses while being burdened by my own emotions and illness. Now I'm carefree and content. Being able to cultivate Dafa at such an old age makes me cherish the practice more.

(Adapted from Ms. Yeh's presentation in the 1999 Taiwan Falun Dafa Experience Sharing Conference.)

Case 31. Xiaomei Lan

Xiaomei Lan, 33, lives in Toronto Canada. She developed severe rheumatoid disease after giving birth to her son in 1990. Over the years her situation became progressively worse despite medical treatment. She frequently had pain all over her body. It even kept her up at night. She kept increasing the dose of the painkiller,

which only helped a little. The range of motion of her legs, arms, and joints decreased gradually to the point that she could not open her mouth. Her hands were so badly swollen that she could not hold a cup. She had to take several breaks during a meal. The physical and psychological suffering was indescribable. After starting to practice Falun Gong in 1995, she improved greatly. Finally, her joint pain disappeared and she could go out walking again. She dared to touch cold water, drink ice water, and eat ice cream. Her husband was really impressed by the improvement in her health and said, "It seems that your disease has really disappeared."

I came to Toronto from Beijing in 1997. While I was still in high school I started to wonder about the meaning of life and the truth of the Universe. I never believed people have only one life to live and nothing will exist after one's death. If that were true, then what is the difference between being good and being evil? Then why do some people have happy lives while others suffer a lot? I read a lot of books of different religions, including Buddhist, Taoist, and Christian. I often went to churches and temples to discuss various questions with priests and monks. I could find no satisfactory answers. When Qigong became popular in 1989 I found there were some interesting theories in Qigong, but I did not start to practice Qigong until I fell ill.

After giving birth to my son in 1990 I contracted a severe illness called Still's disease, a type of arthritis. The doctor told me that it was an incurable disease and the only intervention was to control its development to postpone my being totally paralyzed. I was told that I would have to be on medication for the rest of my life. I could not believe it! I borrowed medical books. On studying them I found it was true. Also, the medicines used to control the development of the disease were all hormones, which have severe side effects.

Feeling there was no hope with Western medicine, I started to try my luck with Traditional Chinese Medicine. I saw all the experts of Traditional Chinese Medicine on rheumatoid disease in Beijing but none of them could cure my disease. I then tried other alternative medicines, such as herbal remedies. Everyday, I took a big pot of herbal liquid, which made me so full that I could not eat. I heard that

taking baths in warm spring water might be helpful so I tried almost all the famous spas in the country, but none seemed to be effective. My situation was getting worse. I suffered from a high fever for several years. The pain kept me awake at nights. I kept increasing the dose of the painkiller, which only helped a little. The range of motion of my legs, arms, and joints decreased gradually to the point that I could not open my mouth. If I wanted to eat an apple I had to cut it into small pieces. My hands were so badly swollen that I could not hold a cup. I had to take several breaks during a meal. I frequently had pain all over my body. The physical and psychological suffering was indescribable. I could understand very well why a lot of rheumatoid patients commit suicide.

After all these efforts proved to be ineffective I started to practice Qigong while still taking my medicines. When one school failed, I tried another. When I became disappointed with Qigong, someone recommended “Falun Gong” to me in 1995. I was not very serious about it at the beginning, because I felt that Qigong had fooled me so many times before. I asked them to bring the book to me first. I finished the book *China Falun Gong* (the revised edition) without a break and felt the book was quite different from all other Qigong books. I needed to know more about Falun Gong so I got a copy of *Zhuan Falun*. I felt that I finally found the truth that I had been pursuing for so long.

I then started to practice Falun Dafa. During the whole first year I was taking medicines as I was practicing Falun Gong, because for years I had been relying on the painkillers to keep my limited mobility. Missing a single dose would cause my problem to relapse. This made me unable to move for a long time. My doctor warned me that I should control the recurrence as much as possible because the more relapses that occurred the closer I would be to complete paralysis. I was using the maximum amount of painkiller even in my stable periods. Master Li said he would purify our bodies, but I was filling myself with these poisons. However, I did not know then that I was pushing back all the disease karma into my body. I understood the theory. On the other hand, I was afraid of the pain. Although the painkiller only helped a little, I dared not imagine not using it.

One day my health suddenly collapsed without any reason. No matter how many painkillers I took, it still could not stop the pain. It was

getting worse everyday. I could not even walk and the pain was unbearable. I said to myself, "I have already learned such an excellent Qigong. If I can not cultivate successfully I would rather die." So I stopped all the medications. For the whole night I felt very nervous. However, the next morning I had no fever and even felt a little better. In the following week my situation was the best in several years. I was very excited because I finally threw away the heavy burden of medication that I had carried for years! Once my whole family got colitis by eating contaminated food and suffered from diarrhea, vomiting, and fever. Some were even hospitalized. I was the only one in the family who was cultivating Falun Dafa and had no problem at all. My younger brother was fully convinced and he decided to cultivate Falun Dafa, too. As a sincere cultivator, my karma is eliminated with the Master's arrangement so that the diseases of ordinary people have nothing to do with me.

Now I do not feel pain in my joints any more and I can go on walks. When I was in Beijing I needed to wear woolen pants to keep myself warm as early as October. Toronto is in winter for almost half the year and also has more snow than Beijing. No matter how cold it is I keep doing four sets of exercises outdoors with fellow cultivators, so I can eliminate more karma by enduring the hardship.

Patients with rheumatism should stay away from the cold. After I stopped taking the medicines about a year ago I started to treat myself as a genuine cultivator, so I dared to touch cold water. It did not hurt at all, and my health continued to improve. My husband was surprised when he noticed I was drinking ice water and eating ice cream. He looks strong and healthy but always complains about the cold weather. I, on the other hand, do not feel that Toronto is cold. I need only two pairs of pants in the winter. My husband was really impressed by the improvement in my health and said to me, "It seems that your disease has really disappeared." He always encourages me to cultivate harder even though he himself has not yet started.

(Adapted from Ms. Lan's presentation in the 1998 Toronto Falun Dafa Experience Sharing Conference.)

PEOPLE WITH URINARY DISEASES

Case 32. Nianying Zhang

Nianying Zhang, 70, is a retired engineer now living in Virginia. In 1992 she suffered from chronic pyelonephritis. She tried all possible medical treatments available, but none of them worked. Due to the severe kidney pain and other complications, she could hardly manage her daily life. She stayed in bed for three years. After starting her practice of Falun Dafa in 1995, she immediately felt the power of Dafa and all her symptoms started to improve. As she continued practicing, all the pains finally vanished. She has become a totally healthy person ever since and has been free of any illness for more than five years.

I suffered from chronic pyelonephritis [a disease caused by chronic local bacterial infection and very difficult to be eradicated] in 1992. The major symptom was severe pain in the left kidney. I could not endure a standing position for too long, nor could I bear the pain from walking or bending down. I became so weak that I could not even pull a chair or hold a bowl of soup, much less do the housework. Because I was living in the sixth floor of an apartment building, I rarely went downstairs. For three years, I literally stayed in bed all the time. My daily life was totally dependent on my family members. In order to cure the disease, I tried both Western and Traditional Chinese Medicine. I consulted many specialists and was sometimes hospitalized. But nothing worked well for me. I also tried some kinds of Qigong therapy. But that didn't help either. The pain in my back worsened. Due to the long-term medication, side effects of the medicine started to affect my body. I gradually developed other illnesses such as atrophic gastritis, poor appetite, constipation, and heart problems. I could only eat very little each day. The medicine was more like my regular meal. I took various medicines three times a day. Day by day, I was living in such a misery that I didn't see any hope of getting better.

One day in March 1995 one of my relatives who knew my health problem well and experienced the benefit of Falun Dafa sent me a book, *China Falun Gong*, to let me have a preliminary understanding about Falun Gong. Then on April 1, 1995 he came to see me in person and brought me *Zhuan Falun*, the comprehensive guide of Falun Dafa, along with the videotape of the five sets of exercises. He stayed in my house for three days to make sure I read through the whole book and did the exercises correctly. We read the book in the morning and then he taught me the exercises in the afternoon. During the second day the constipation that bothered me for a couple of years loosened up. On the third day I suddenly became hungry and wanted to eat. After my relative left I started to read the book and do the exercises myself. As I continued practicing, I felt better every day, and the pain in my waist area gradually disappeared. Ten days later I could go down stairs to have a walk in the yard and pick up the newspaper and letters from the mailbox by myself.

After seeing me walking around, my neighbors were all surprised. I told them I learned Falun Dafa. My vivid personal experience convinced them that Falun Dafa was indeed very powerful. Some of them also became cultivators.

The dramatic improvement in my health also made it possible for me to come to the United States to see my son, which I never dreamed of before. What's more, I have so much joy playing with my grandson and carrying him up and down stairs without any problem.

Since I started practicing Falun Dafa, I gave up all the medicines that accompanied me for so long. Now I am a completely healthy person and have not needed medication for more than five years.

(Adapted from Ms. Zhang's article written in 2000.)

Case 33. Susan Xie

Susan Xie, 79, is a retired teacher from Troy, Michigan. She had chronic pyelonephritis for more than 20 years. She tried many medical treatments for about 20 years. After she practiced Falun Gong for several months her health improved significantly. She feels more energetic.

I had chronic pyelonephritis [a disease caused by chronic bacterial infection and very difficult to eradicate] for more than 20 years. It was caused by hard work and lack of medical treatment over a long period of time when lived in China. Ten years ago I had surgery to remove a cyst on one of my kidneys. For about 20 years I tried many medical treatments and continuously took a variety of medicines every day. Eventually I could not perform my usual work because I always felt tired. Blood was frequently found in my urine.

I had practiced different Qigong methods. They were somewhat beneficial, but I could not stop taking my daily medicine. Sometimes I felt better. Other times I felt worse. Three years ago I could do very little at home, even boiling water was hard work for me. Most of the time I was just lying in bed watching my daughter and son-in-law without being able to help them.

Fortunately, in 1997 I learned Falun Gong and saw Master Li in New York. At first I just tried to practice it as a new Qigong. To my surprise, after I had practiced it for several months I completely stopped my daily medication! Since then I have never taken any medicine. However, my health has greatly improved both physically and mentally. Now I can cook for the whole family and even can take care of the two grand kids when they are home from school. Many people said I seemed younger. I myself feel more energetic than before. One day last year my family was amazed to see that I was running before I had realized it myself! It was unimaginable.

I had an accident two years ago in New York. When standing on a chair, I suddenly fell down on a cement floor. It was hard for me to move due to the serious pain all around my waist. I could only lie down in the car while my daughter drove me back to Michigan. My daughter wanted to take me to a hospital emergency room, but I told her not to worry. I practiced Falun Gong while lying down in bed. After one week I got up and worked as usual!

(Adapted from Ms. Xie's article written in 2000.)



PEOPLE WITH OTHER DISEASES

Case 34. Jenny Fan

Jenny Fan, 56, is a doctor of Traditional Chinese Medicine who practices acupuncture in San Francisco. On April 27, 1998 she was admitted to San Francisco General Hospital with a severe cerebral hemorrhage. She was listed as the most critical patient in the hospital and received round-the-clock emergency care. She was so critically ill that it would normally take years to recover if she survived at all. Her doctors warned her that she could have a relapse at any moment, which would endanger her life. She was totally dependent on medication and suffered unbearable misery. Soon after practicing Falun Dafa she fully recovered and went back to her clinical work. Her dramatic recovery led some of her patients to become Falun Dafa practitioners.

Before I came to the United States I taught Traditional Chinese Medicine for 25 years in a medical school in China. I immigrated to the United States in 1993. I soon passed the certification examination and started practicing acupuncture in California. I loved my profession and always tried my best to relieve the suffering of my patients. However, because of overworking and other difficulties in my life, my own health deteriorated. On April 27, 1998 I became very sick and became an emergent admission to San Francisco General Hospital. I was diagnosed as having a cerebral hemorrhage and was listed as the most critical patient and received round-the-clock intensive care. During my hospitalization there were group consultations with doctors, professors, and interns more than a dozen times every day. I went through repeated CT scans, MRI's, lumbar punctures, cerebral angiograms, and blood tests. The suffering from the headaches and the treatments was unbearable. My eyesight deteriorated rapidly due to the brightly flashing lights used in the treatment. I couldn't tell colors and couldn't recognize cars and people in the parking lot from the window. You can't imagine how terrible I felt at that time. What was I going to do with

my patients, my daughter, and my beloved career?

I was extremely weak when I left the hospital and went home to recover. I couldn't walk 100 yards on my own, couldn't recognize street signs, and couldn't keep up with the change of traffic lights. My blood pressure was as high as 280/160 and my blood sugar level was 470! Almost all of my internal organs were malfunctioning.

At this desperate moment I found Falun Dafa. My life changed completely. On the morning of July 4th, 1998 I saw several Chinese and American students doing some slow moving exercises on the oval grass at Stanford University. Their concentration, serenity, and benevolent expressions attracted me. I walked over and found out they were practicing Falun Dafa. One practitioner recommended that I read a book named *Zhuan Falun*. He also taught me the exercises on the spot. To my surprise, I was able to practice for an hour that morning. In the evening I attended the group study for four hours. It was simply a miracle for a critically ill person like me to sit and to study for such a long time.

With great eagerness I read *Zhuan Falun* and listened to the tape recording of Master's lectures. I also watched Master's lecture on video and practiced the exercises every morning. My health improved rapidly and miraculously. From reading the book I realized the fundamental cause of illness, and made up my mind to meet to the standards of a genuine practitioner. I decided to forget about my illness and concentrate on practicing Falun Dafa. Soon I stopped taking all medicines. For a critically ill person to stop taking medicine is almost suicidal. But as a genuine practitioner, I considered it a non-issue as my focus was on cultivation and practice. My headaches subsided noticeably every day. I clearly felt layers of pain being pushed out from the inner brain, to the skull, and to the scalp, then disappearing. Also, my eyesight recovered rapidly. In the beginning I couldn't read *Zhuan Falun*. However, once I wanted very much to read the book, a miracle happened. Every line of words started to enlarge when I read. Before long I was able to read all of *Zhuan Falun* even without the glasses that I had been using for forty years. People around me were amazed when they saw the changes in me.

When I left the hospital my doctor warned me that the illness could endanger my life at any time. This terrified my family. However, rou-

tine check-ups showed an improvement in my health. My doctor asked me how I recovered so fast. I told him it was Falun Dafa that saved me and gave me a second life.

After I fully recovered and returned to my job, I told my patients about Falun Dafa and my experience. Some of them began to practice Falun Dafa. I am a doctor. Whenever I see my patients suffering from illness and hopelessly struggling with pain, I also feel pain. Birth, aging, illness and death, who can escape from them? Even a doctor cannot avoid getting sick. I had always been searching for a way that would completely get rid of illnesses and enable people to become healthy. I could not find it in medical science. Medicine can only temporarily control illness. It can never reach the root of illnesses. Now I have found the way in Falun Dafa and have experienced its profundity first hand. Falun Dafa has given me so much. It not only transformed me from a dying person to a healthy one, but also changed me into a cultivator, walking into a bright future.

(Adapted from Dr. Fan's presentation in the 1999 Chicago Falun Dafa Experience Sharing Conference.)

Case 35. Bruce Pettinari

Bruce Pettinari, 46, is a resident of Boston. He was very unhealthy for a long time before discovering Falun Dafa. He had multiple diseases and syndromes such as petit-mal epilepsy, fainting spells, migraines, depression, an inability to properly chew food, learning disabilities, autistic tendency, sleep apnea, and a foot injury that severely limited his range of motion. Six months after he started practicing Falun Dafa, his ability to stand and support himself improved significantly. His medical support group has been surprised by his change. One doctor who had been following his progress for some time concluded that Falun Dafa contributed to putting him back on his feet. A member of the doctor's staff was moved to tears by his progress.

Having been born into a world of poverty with a predisposition for illness, I believed this was my lot in life. When I was ten years old I

was said to have petit-mal epilepsy and that this was the cause of my fainting spells and migraines. The treatment with Valium [a sedative drug] was the beginning of a long period of my being under the influence of one substance or another. My learning disabilities, autistic tendency, and early onset major depression all went unaddressed. An inability to properly chew food went undiagnosed until my thirties. It was then that the pain in my jaw became so severe that I finally was forced into a treatment that required two reconstructive surgeries.

Then I began to scrutinize another condition from my childhood. I had not been able to breathe well while sleeping or through my nose during the day. This was later diagnosed as moderate to severe sleep apnea and a deviated septum. Surgery corrected the deviation and I was given a machine to assist my breathing at night. On top of all these and other things I was daily challenged with a foot injury that severely limited my range of motion.

Being dependent on my medical support system, supplements, and medicines was my way of life. I had worn out many of my social contacts and had not worked at a full-time job in over eight years. Feeling isolated and vulnerable, I found myself living in a very unhealthy situation. I gave myself an opportunity to look back at the medical establishment and its support system, which now appeared to be both helping and hindering me. I was tired of having so many unanswered issues in my life. To stand on my own two feet without pain seemed to be so far away.

While looking for a new living place in a weekly flyer, I saw an advertisement for free Qigong lessons. This led me to contact a Falun Dafa practitioner. Over the next two days I went to a practice site in the morning to learn the five exercises. And on the third day I had the opportunity to attend a nine-day Falun Dafa seminar. That change I was looking for had come, and in a big way.

During those first days of contact with Dafa, I believed that I had a predestined relationship with Falun Dafa, as Master Li said in *Zhuan Falun* (page 2), “Of course we believe in predestined relationship.” I’ve always wanted to find a way back home to the Cosmos since I can remember. The feeling that I was in this world, but not really belonging here has shaped my life. When I read on page five of *Zhuan Falun*, “One should return to his original true self, and that is the genuine pur-

pose of being human,” I knew I was into something new and great.

Still plagued with poor health and depression I pushed on through those early weeks of practice. Even though I could not walk very well, I knew I was on my way to being a cultivator. Then I read on page 146 of *Zhuan Falun*, “Whether you can practice cultivation all depends upon whether you can endure, sacrifice and suffer.” I understood now that I was paying off my karma. The practice of Falun Dafa has changed my outlook and led to growing good health in my body, mind, and spirit.

Having decided that I was not disabled and that I merely faced my karma in the form of tribulations, I rose every morning without an alarm at 4:30 am and seemed to flow in one movement to the practice site over 10 miles away for the next 3 months. Having the opportunity to share with other practitioners helped my practice. I found that I was more likely to make it through all five exercises when I was with them and being outside at the practice site. I was no longer looking for anyone to heal me. The shifts and adjustments to make my cultivation successful had already started. I saw that it was up to me to raise myself through understanding the Fa (Buddha Fa) and raising my Xinxing (mind-nature, moral quality).

Having embarked on this new path I am discovering more each day the importance of understanding the Fa. I was reminded of the following quote from *Zhuan Falun*, “Historically cultivation practice requires one not to engage in two cultivation ways.” While giving these concepts some time to take hold in my consciousness, I began to clean my apartment and cut free from my previous spiritual path of nine years. After three months of daily practice and reading the Dafa books, I walked into my freshly painted and carpeted old apartment and all I could see was the Dafa posters radiating the emblem of Falun Dafa. The remnants of my past life before I attained Dafa were mostly gone. The clutter of my multi-spiritual pursuits no longer clogged the channels of my life. The flood of change had washed away my old teachers and self-help guru’s. Their books and artifacts were nowhere in sight.

Soon after this time I began to notice more people looking at me and trying to make contact. And exciting things started to happen. Three months ago I found a short-term care taking job at a 1720’s estate. I also had an opportunity to go to a 5-day Falun Dafa group-study ses-

sion in Toronto in October 1998. While in Toronto I was fortunate to spend many hours with fellow practitioners and hear their experiences. Seeing their trying to understand the Fa more just like myself, I was moved and decided to spend more time studying the Fa with fellow practitioners upon returning to Boston. No sooner did I get home than I was off again to New York City to attend a group practice in Central Park and in front of the United Nations. It was there that I met Master Li at an impromptu event.

My medical support group has been surprised but very pleased with the changes in me. One doctor who had been following my progress for some time now concludes that Falun Dafa has contributed to putting me back on my feet. When I went in for a physical at that time, one of the doctor's staff and I were both moved to tears over my progress.

In the past couple of months I've reflected on what good fortune I have had. It has been six months since I started practicing Falun Dafa and my ability to stand and support myself has improved significantly. I am no longer taking any medication. I trust that through my growing understanding of the Fa, my journey on the path of true cultivation has begun. I remind myself as I continue my practice: it's all uphill from here.

(Adapted from Mr. Pettinari's adopted from article written in 1999.)

Case 36. Jian-Deng Lai

Jian-Deng Lai, M.D., 53, is a physician in Taipei, Taiwan. He suffered tremendously from various diseases, including a gastric ulcer, gastric hemorrhage, chronic back pain, iritis, dizziness, and sciatic neuralgia. For about a decade he suffered from severe iritis in the spring every year and from his back pain all year round. Though being a medical doctor and having easy access to the best medical treatments available, he could not get his diseases cured. After learning Falun Dafa in March 1997 he stopped all his medication and his health improved.

As a physician in otolaryngology I have a certain degree of under-

standing of the treatments for various illnesses, and their effects. People think that modern medicine is much more advanced than in the past, but the treatments can only relieve the superficial symptoms. It is nearly impossible to really cure illnesses. I also have a fair knowledge about religions from my past experiences in a variety of religions, including Western and Eastern. However, after practicing Falun Dafa I found this is the most profound science and spiritual teaching I have ever encountered. The changes that happened to me in the past few years are living proof.

Since childhood I have had serious and as well as minor illnesses one after another. In the 10 years prior to my practicing Falun Dafa my health became so bad that I felt ill all the time. I suffered from a gastric ulcer, gastric hemorrhage, chronic back pain, iritis (an inflammatory disease at the circular pigmented membrane behind the cornea), dizziness, and sciatic neuralgia. Those sicknesses emerged one after the other. They produced intense suffering. The medical treatments could not really eliminate those diseases, which relapsed after a period of time.

The most terrible disease I ever had was iritis. The first time it occurred my eyeballs became reddish for two days and then suddenly developed pus inside. My eyes were extremely swollen and sore. I could not open my eyes or see anything. My eyeballs were filled with pus. I could only tell light and dark, but was unable to see the shape of any object. In addition to the physical pain, the fear of losing my eyesight was beyond words. At that time I was fortunate to find an ophthalmologist who was able to directly inject medicine into the tissue surrounding my eyeballs. Regular injections are done on muscles, blood vessels, or subcutaneous tissue. For me the medicine was directly injected into the surrounding tissues of my eyeballs at the lower eyelids. After having injections for more than 10 consecutive days, the pain was alleviated. However, this iritis relapsed every spring since its first occurrence and it usually lasted for more than a month. Each time the same injection was needed to keep the illness under control. After suffering from this illness for more than decade I became extremely worried about side effects of the injections. They could cause kidney problems, and I might become dependent on dialysis. I was so scared that I became uneasy and turned pale at the mere mention of this illness.

Besides that seasonal terror I just described I also suffered intense pain in my back all year round. I started to feel pain of an undetermined cause more than two decades ago. A car accident ten years ago made the pain much worse. Especially in the winter I felt pain when lying down, turning over, getting up, and even sometimes just lying in bed without moving. When riding in a car I could not endure jolts, and I had to lift my body up by using both hands to avoid the vibration of the running car. Even on level ground at home I could not walk steadily due to my back pain. There was no position in which I did not feel pain. Before I started practicing Dafa I suffered in this way for about a decade.

At that time I did not know how I would keep on living. I learned Falun Dafa and I really experienced the power in this practice. Falun Dafa completely changed my life. During past two years I no longer needed the medicine that I had used for more than 10 years. However, my health is continuing to improve, which could not have been achieved by taking medicine. I really experienced what is a most profound, extraordinary science.

As a physician I had a very good understanding of illness and it was simple for me to get medication. During those years the amount of medicine I took was many times more than that of an average person. However, the root of my sickness was not removed. Before cultivating and practicing Falun Gong, I tried to use the everyday person's medical techniques to eradicate the sicknesses. After studying the Fa I realized that the genuine way to completely eliminate sickness is through cultivation practice.

Falun Dafa gave me a new understanding about cultivation practice. Although I tried a variety of religions, I never had such a deep feeling when reading religious books. Dabbling in various religions for several decades, I could not become free from illnesses. Now I have not only gotten rid of my illness, but also have a clear goal for my life. I have changed my mindset and have found my own shortcomings. My life now has less hatred, arguments, complaints, and attachments. I did not know what I wanted before, but now I am clearly aware that cultivation and practice towards high levels is what I choose to do.

(Adapted from Dr. Lai's presentation in the 1999 Taiwan Falun Dafa Experience Sharing Conference.)

Case 37. Zek Halu

Zek Halu, 51, is a health consultant in London, UK. Since practicing Falun Gong in 1998 he has witnessed tremendous changes both physically and mentally. Most of the injuries from years of sports and martial arts have healed and so have his tennis elbow, computer wrist, shoulder, and knee. His sinuses have been unblocked and the lumps in his throat have also disappeared. His back and neck are no longer painful. He is stronger and calmer.

I was born in Prague 51 years ago in communist Czechoslovakia. In my childhood and throughout my life I was always searching for the spiritual meaning of life. I had many masters and teachers. Deep inside, in a place I was afraid to enter, more than anything else I always wanted to be a good person. Just to be a good person. Just to have that chance. Just once in this lifetime.

I want to tell you what I learned and how I changed since I started Falun Gong cultivation eleven months ago-how I became a better person. For most of my life since I was 16, I could not become heavier than 67 kg. In the last 6 months I have put on 10% more weight. I am now 74 kg. That means I am stronger. I feel stronger and I am calmer. I do more work every day I put up with tribulations that previously would have confused me for days or weeks. We have three grown children. Our two daughters in their twenties have returned home to live with us. They tell me I am easier to live with, kinder to my family and to other people. They tell me I do not get as angry. Before Falun Gong even a small thing could make me angry, and I would fly into a rage seemingly without reason. I no longer drive myself as hard.

In February when I visited my 80 years old mother in Prague she asked me what had happened to my gray hair. Did I dye my hair? Of course I did not! My hair has changed color. Most of the injuries from years of sports and martial arts have healed, including my tennis elbow, computer wrist, shoulder, and knee. My sinuses have unblocked and the lumps in my throat have also disappeared. My back and neck are no longer painful. I take no remedies and have no health or therapy treatments of any kind anymore. I have never felt so good as I do now.

My eyesight has also improved, I wear no glasses, and I can clearly see what is in front of me. My wife says I can see other things more

clearly as well. Today I can sit quietly in meditation and I can sit quietly listening to others.

Sometimes I can see that everyone is suffering. I used to set goals in my life and I just had to surpass them. I set goals regarding my prosperity, spiritually, relationships, wealth, and health. I take things more lightly. Things are not such a big deal. I am learning to live the life of cultivation. It is the greatest adventure available to anyone. I am learning to let things happen naturally, so there is a greater ease in our family. I have become more tolerant of other people's ways. I let people do what they want without insisting that my way is the best for them. For me that is a big change! I no longer think I know what is the best way for other people to live their lives. I let them work it out for themselves.

I am grateful for the opportunity to change my life according to Falun Dafa and to give my life meaning again. Now I have even a greater gift than I could have ever imagined. I can become more than a good person. For that I thank you Master Li.

(Adapted from Mr. Halu's presentation in the 1999 London Falun Dafa Experience Sharing Conference.)

Case 38. Mei-Yun Tian

Mei-Yun Tian, 47, is a social worker in Taipei, Taiwan. She had been bothered by different kinds of diseases since childhood, including headaches, a uterine tumor, a heart problem, and kidney disease. She received treatments from both Western and Chinese medicine, and also tried various Qigong practices. In November 1997 she encountered Falun Dafa and started her cultivation practice. Not only did she regain her health through the practice, but also harmony reappeared in her family.

For more than twenty years I have had an admiration for the Tao. I tried many cultivation ways in the Taoist School, but I always got confused and frustrated. I often asked myself: How could I get to my true home? Where is my home anyway? I felt totally lost. I was sad for not knowing the way home.

At the end of November 1997 I got a phone call from a friend telling me about Falun Dafa. I started to read *Zhuan Falun*. When I got to the sentence, "One should return to one's original, true self; this is the real purpose of being human" I was greatly shocked. That was a completely new teaching. I had never heard that before. I realized that I found the most precious thing. I found the Truth. Suddenly, my confusion was completely wiped out. I broke into tears of happiness and immediately registered for the local 9-day Falun Dafa seminar .

I had been bothered by many kinds of diseases since I was very young. I had splitting headaches, a heart problem, a uterine tumor, a kidney problem, and a pelvic problem. Like my husband said, I took medicines 300 days out the year. I took both Western and Chinese medicines, but they did not help much. I lost confidence in them. I also had tried many forms of Qigong, but found them not helpful. At that time I did not know that my suffering was actually caused by karma and it could not be eradicated by medicine. Medicine could treat the symptoms of my diseases but would not be able to remove the root cause of my misery. My heart was filled with disappointments. I felt powerless. I lost interest in life since all I could feel was pain.

During the first month of studying the Fa I could only read a few pages a day because of the soreness in my eyes. But to my surprise my physical condition slowly started to change. Initially I had a severe headache, and even started to throw up. But after the violent throwing up my headache was gone and then my urinary system started to be purified. I felt chilly all over and I would quiver and shake when I urinated. There was blood in my urine, and my eyes felt like they were burning. I knew these were the symptoms of bodily purification and decided to bear the pain. Five days later I felt like I was reborn. After waking up in the morning I discovered the world around me was so beautiful. My back was no longer bent and my body felt very light. I was filled with happiness. From then on I have never needed any medicines.

Through cultivation of Xinxing (mind-nature) I changed my attitude toward my husband. Three years ago before I learned Falun Dafa, our family went deeply into debt overnight. For me this was a disaster. Overwhelmed by hatred and anger I put all the blame on my husband. Our relationship worsened, and we would not talk to each other. We

were almost like strangers. After I learned Falun Dafa, I realized that I should think from his point of view: After all, he was working very hard for this family, too. From Falun Dafa I learned how to face criticism with selflessness and forgiveness. Then, to my shame, I discovered that I had been a very aggressive person. When I was right I never forgave others. I also realized that my actions were caused by my strong attachments, which I should eliminate. Our teacher said that women should be tender. I tried to change my attitude from the bottom of my heart. I tried to be tender to my husband. As I became a better wife and a better mother the hatred and anger in me also vanished.

My older son is now 18 years old. After he learned Falun Dafa he studied harder at school and enjoyed doing voluntary work. His classmates called him “the boy of sunshine.” His teachers praised him. My 13-year-old younger son also learned Dafa with us. He is treating himself as a practitioner every moment. All these changes in them were very surprising. I now know that Falun Dafa has grown in their hearts, so I have more confidence and worry less about them.

As I continued to study Dafa I became more aware of its greatness. My mind also became more calm and tranquil. Whenever there are conflicts I try to look inside myself according to the Fa. I ask myself: Is your Xinxing upright? Are you fair enough? Are you honest and sincere? When I treat everything with a calm mind

I find it is not difficult to pass a tribulation. I feel very lucky for being able to cultivate and practice Dafa. I will cherish this opportunity and regard the Fa as the teacher. Through genuine and solid cultivation I hope I can return to my long missed home!

(Adapted from Ms. Tian's presentation in the 1999 Taiwan Falun Dafa Experience Sharing Conference.)

Case 39. Jen-Tong Shih

Jen-Tong Shih, 56, is a Buddhist nun from Gao Shong, Taiwan. During her cultivation in traditional Buddhism, she traveled around barefoot with an alms-bowl and a sleeping bag, and hoped to find a teacher who could genuinely guide her to reach consummation. Because her cultivation practice was only focusing on the

mind without cultivating the body, her body was weak. She had many illnesses for years. One day a Falun Dafa practitioner sent her the book *Zhuan Falun*. She realized that she finally found the teacher she had sought. All her illnesses soon disappeared after cultivating Falun Dafa.

My name is Jen-Tong Shih, the name I got after becoming a nun in Buddhism. Previously, I was a disciple in Buddhism. Now I'm a Falun Dafa practitioner.

I had been an abbot and a manager in a Buddhist temple since I left my family and became a nun. However, I did not feel right in traditional Buddhism, and was deeply worried that I had not found the genuine way home. I was afraid of misleading other people and myself, and I did not wish to live in the temple until death. The things taught were not what I had been looking for in cultivation. I felt that I couldn't change the environment in temples, but I could start by changing myself. I left the temple without hesitation.

I continued the nun's way of collecting alms with an alms-bowl and travelling around on foot. I traveled from one town to another under the hot sun, barefoot and carrying all my belongings on my back: an umbrella, a sleeping bag, and some other necessities. The soles of my feet were broken and mashed, stepping on the hot asphalt road and trampling on the gravel road - it was so painful. I have slept in a graveyard and also under trees. It is difficult to describe with words the tribulations that I suffered in my body and mind.

What was the purpose of all this? I was hoping to find a genuine way home, a genuine teacher who could take me back to my true home. In the beginning of 1998, a Falun Dafa practitioner sent me a book, *Zhuan Falun*. When I came back to my small thatched shed, I raised the book above my head with whole-hearted respect. As soon as I opened the book and saw Master Li's picture, my tears welled up. For some reason I had clear ideas in my mind about Teacher's identity and origin. I clearly felt that the teacher I was looking for was right in front of me. Now, when I look back it was as described in one of Master Li's poems, "Yuan Gui Sheng Guo" (Perfectly Return to Holy Status),

Looking for Master for years,

*Finally getting to see,
Obtaining the Fa and cultivating to go back,
Attaining consummation and returning with Master.*

I understood the boundless inner meanings of Dafa in the book. This is the great Buddha Fa that reappeared in the human world.

Not only have I found the genuine teacher and a genuine cultivation way in, but also my physical condition was greatly changed after I learned Falun Dafa. I was weak and sick since I was young. In traditional Buddhism one only cultivates the mind but not the body. Therefore, I was even more tangled up with many illnesses after becoming a nun. However, as a nun, the lay Buddhists provided all my needs in daily life. I felt as if I had to cultivate very hard for that reason and I felt guilty for the extra burden caused by my medical expenses. My efforts or all those years trying to heal my diseases were in vain. I was so upset with the situation inside and out. The diseases had already hindered my cultivation, and I felt tired both mentally and physically.

Because Falun Dafa cultivates both body and mind, my body soon recovered after starting to practice. I am totally a new person, full of energy and happy from my heart. I have gotten out of the sea of hardships that was filled with painful illnesses for so many years. I can now spend more time on studying the Fa. This is the power of Falun Dafa and the mighty virtue of Master Li. Now, not only do I keep enriching myself, but also I promote Falun Dafa everywhere I go and share my experiences with others.

(Adapted from Ms. Shih's presentation in the 1999 Taiwan Falun Dafa Experience Sharing Conference.)

Case 40. Tonggui Ye

Tonggui Ye, 40, is an engineer in Toronto, Canada. He was heavily addicted to smoking since he was a college student. He needed to smoke two and half packs of cigarettes each day. Everyone in the family including himself suffered a lot from his smoking. Although tried many ways to quit smoking, he was so addicted that every time it ended up in vain. After he witnessed the physical changes of

his wife and daughter after their practice in Falun Gong and listening to Master Li's lecture, he also became a genuine practitioner of Falun Dafa. Finally, he quit smoking due to the power of Falun Dafa. He also experienced dramatic physical improvement after going through body purification.

Having been cultivating for two years, I sincerely feel the power of Falun Dafa. I would like to share two things that happened to me.

The first thing is that I quit smoking! Cigarettes have accompanied me since my undergraduates when I was only eighteen or nineteen. In the beginning, my classmates playfully gave me one or two cigarettes to smoke with. I was gradually hooked. During the years of my Master degree studies, all I met were bachelors. We often chatted to kill time and cigarettes were always with us. Before long, my craving for cigarettes became stronger and stronger, from a few per day to a pack per day, then to two-and-a-half pack per day. In those days I must inhale the smoke deeply and fume it out of my nose, and I wouldn't feel as well if it was not strong enough. My nostrils, teeth, fingers were all yellowish. My home was always smoky, in which the elders, my wife, and my kid coughed frequently. When my wife told me that she could not take the smoke any more and asked me to quit, I often got irritated and replied: "This is the only hobby I got. Why can't you let me keep it? If you can't take it, then get out of my way." We quarreled over smoking issues so frequently. My wife tried to hide my cigarettes many times, but I went ahead and bought more when I couldn't find them. Later on I was not allowed to smoke at home anymore, so I smoked outdoors, in the bathroom, and even the split second I went to the toilet. When I continued my graduate study for my Ph.D. degree in Beijing, I was again living in a singles' dormitory. Cigarettes were my inseparable partners more than ever. The ashtray would be piled up with cigarette butts shortly whenever I rested. My wife often advised me in her letters that smoking would hurt me physically, and yet I was all by myself when she was not around, so I'd better be in charge of myself, quit smoking, and maybe saved that money for my mother. Whatever she said, I was still acting my own way since she could not see me smoking. Half of the monthly salary, which was already low, would be consumed for buying cigarettes. I couldn't assist a bit even

though both my wife and my kid were ill and they were short of money. At that time I already felt smoking was not right, but I couldn't quit. Eventually, I started to cough like a consumptive patient and was so skinny. Seeing my health was getting worse and worse when I paid a visit back home during Chinese New Year, my wife advised me to be determined. She helped me think of everything tasty to keep my attention off from cigarettes. She prepared me cigarette-substituting candies, cakes, and all kinds of snacks to let me substitute with when I felt like smoking. Yet I had been so addicted to it. I could skip meals for a whole day, but it was so hard for me to stop smoking for just half an hour. I also started to experience its damage to my body. I tried to quit many times, but it was not that easy any more. My longest endurance was only half a day before I took a smoke again. I tried to sleep through it, tried to forget about it, but nothing helped. I was so distressed of my powerlessness. Only after getting involved with Falun Dafa could I break away from the misery that I could not get rid of myself. That's the mighty power of Dafa.

It was late October 1996. I sensed the unusualness of the Great Law when I saw the physical changes happened to my wife and my daughter after cultivating Falun Dafa. After I saw Master Li in person, I was determined to cultivate it more than ever. As I still smoked everyday, my wife asked me how come I was still attached to cigarettes when I cultivated. I told her that this would be the last attachment I gave up, but I'd reduce the packs. One afternoon in January 1997, we attended a group lecture study that covered Lecture 7. Regarding smoking problem, Master Li mentioned, "Don't we practitioners want to purify our bodies? We shall constantly purify our bodies and constantly progress toward higher levels. Yet you still put that in your body, so aren't you going the opposite way from us? Furthermore, it is also a strong desire. Some people also know that it is not good, but they just cannot quit. In fact, let me tell you that they do not have correct thoughts to guide themselves, and it will not be easy for them to quit that way. As a practitioner, why don't you take it as an attachment to be abandoned, and see if you can quit. I advise everyone that if you truly want to practice cultivation you should quit smoking from now on, and it is guaranteed that you can do it." I thought at the moment, "*I am determined to give up smoking this time.*" In the morning of the

following day, I told my wife, "I'll quit smoking from now on." Yet my wife never believed what I said anymore. She said, "If you really quit smoking, I'll quit eating." I said, "This time is real. From that moment on, I never touch cigarettes anymore except in dreams, where I've been tested for many, many times."

The second thing is the elimination of sickness karma. My body has been full of problems due to years of bachelor life, irregular mealtimes, and the nature of my job in office. I've got gastric ulcer, piles, osteoproliferation and so on. Back in China I used to take medicine to control the physical problems. After I came to the United States I felt well and I didn't experience any physical illnesses for half a year. I was so content to think that maybe they were all healed. Shortly after I practice Falun Dafa, all these diseases flashed back. Though fiercely painful, I knew I was going through body purification. Each one would last at most 2 to 3 days, and then never relapsed. The most unforgettable one was the elimination of my piles karma. One night I suddenly felt the pain of piles and it got stronger and stronger. It was so painful that I kept sweating. I couldn't stand nor sit, but only crawled on the floor. Meanwhile I was vomiting and purging in the bathroom. Very soon I had a strange feeling on the spot where I used to have piles. My wife is an experienced nurse. When she checked she saw the piles were swollen up purple and blue. From her medical training she told me that such a patient was supposed to be put in surgery room immediately. Since I had been a practitioner, she was saying at ease: "Go read the article 'Sickness Karma.' You'll be all right soon." Bearing the pain, I was reading "Sickness Karma" in the Essentials for Further Advancement again and again. When it was about time to go for work the next morning, the pain was relieved a little. So I continued to go to work as usual. As soon as I returned home at night, the same pain came back. This episode lasted for two days and disappeared completely on the third day, leaving not even a trace of the piles at the spot.

I comprehend that along the road of cultivation, there are no critical moments we can't endure as long as we follow the guidance of Dafa and regard ourselves as genuine practitioners.

(Adapted from Dr. Ye's article written in January, 1999)



SUMMARY OF THE RESULTS OF A FALUN GONG HEALTH SURVEY¹

A large scale of survey was conducted in October 1998 by a group of medical professionals in Beijing² to evaluate the health benefits of practicing Falun Gong. The questionnaires were distributed to over 200 practice sites in five civil districts in Beijing. The participants voluntarily filled out the self-evaluated health status questionnaires according to instructions. A total of 14,199 questionnaires were collected, among which 12,731 were considered valid (i.e., all questions answered) and formed the basic database. The results showed that the healing rate of diseases by practicing Falun Gong was 99% with a cure rate of 58.5%; Physical health improvement rate was 80.3% and mental health improvement was 96.5%. The survey results indicate that genuine practitioners of Falun Gong have remarkable health improvement and disease healing.

Demographic data of the group

Gender distribution: 27.9% of the survey population was male, 72.1% female. Age distribution: 50 or older, 67.5%; 21–49, 30.8%; 20 or younger, 1.7%. Length of practice history: less than one year, 25%; one to three years, 53%; more than three years, 22%. It can be seen that the survey population represented an aged group with the majority being women. Half of them had practiced one to three years.

Healing effectiveness

Only 6.6% of people started the practice with no known disease. While 20% had one disease, 23.6% had two diseases, and 49.8% had three or more diseases. After practicing Falun Gong, 58.5% of them fully recovered, 24.9% mostly recovered, and 15.7% partially recovered. Only 0.9% experienced no effect. So the total healing rate was 99.1%. A saving of RMB¥5.14 million in the survey population was achieved each year, based on RMB¥3,270 (~US\$654) saving per capita.

Effectiveness on improving physical and mental health

Before practicing Falun Gong, 14.4% of people reported “hardly can work.” After practicing, only 1.3% “hardly can work.” 80.3% of practitioners had physical health improvement. “Very energetic” population in the survey increased from 3.5% before practicing to 55.3% after practicing.

Before practicing Falun Gong, only 5.9% of the survey population reported “happy,” 24.1% felt “very stressful,” 28.3% felt “stressful,” and 41.7% reported “normal.” After practicing Falun Gong, 56.6% of the survey population reported their mental health status as “happy”, 39.8% reported “improved” or “greatly improved”, and only 3.6% felt “no change.” The improvements on physical and mental health were closely correlated.

Following the teachings of Falun Dafa, genuine practitioners constantly raise their Xinxing (mind-nature) and morality besides practicing Gong (exercises). As a result, they have gained both physical and mental health. With an average saving of RMB¥3,270 (~US\$654) each year per capita, over 100 million practitioners world wide today have cut the health care cost tremendously.

- 1: This summary is based on a survey report, which was made available on the web site www.falundafa.ca.
- 2: The group of medical professionals who conducted the survey was from the following institutions:
 - China Union Medical University, Basic Science College
 - China Union Medical University Hospital
 - Beijing Medical University
 - Beijing Hospital No.2
 - The Chinese People’s Military General Hospital 304
 - The Chinese People’s Police General Hospital
 - Chinese Traditional Medicine Research Institute, Xiyun Hospital

A BRIEF INTRODUCTION OF FALUN GONG

Falun Gong, also known as Falun Dafa, is a form of what the Chinese call Qigong (pronounced “chee-gong”), a system of exercises and teachings that profoundly transform the mind and body. The exercises of Falun Dafa are similar to other oriental exercises familiar to Westerners such as Tai Chi and Yoga. Qigong is a vital part of many people’s lives in Asia. Chinese parks are typically brimming at the break of dawn with people from all walks of life practicing these arts.

Falun Gong differentiates itself from other Qigong practices in that it goes beyond the pursuit of health and fitness to the goal of greater wisdom and enlightenment. A central component in Falun Dafa teaching is studying the higher principles of Truthfulness, Compassion, and Forbearance. Also, Falun Gong unlike some other Qigong practices does not make use of so-called “breathing exercises,” as is frequently characterized in articles from the media.

Since being introduced to the general public in 1992 by its founder, Mr. Li Hongzhi, Falun Gong has attracted more than 100 million people from all walks in 40 nations. It has proven to be a powerful mechanism for stress relief and health improvement. Because of the positive effect of its profound principles in helping practitioners to improve their health, purify their minds, uplift their spirit, and deepen their understanding of life and the universe, Falun Dafa has become very popular throughout the world. The practice and its teacher, Master Li, have quickly earned international acclaim. Many states such as Illinois and New Jersey, and major US cities, such as Washington D.C., Houston, Philadelphia, and Chicago, have proclaimed a Falun Gong Day/Week and some have honored Mr. Li as an “Honorary Citizen” or “Good Will Ambassador.”

Exercise

Falun Gong has five sets of exercises including meditation. Three of the exercises involve physical movements while the other two exer-

cises require remaining still for extended periods of time. These exercises have a dramatic and positive effect on mental and physical well being and are designed to fit into busy lifestyles. The movements are effective and beneficial for all ages even though they are simple, gentle, and very easy to learn.

Spiritual Improvement

Falun Dafa practitioners strive to become increasingly better people in all environments and conditions, and try hard to gradually give up various bad habits and attachments like anger, alcohol and smoking, anxiety, fear, jealousy, and desire for personal fame and advantage. Mr. Li encourages normal family life and advises that releasing attachments does not necessarily mean the loss of material wealth or status, but only achieving a properly balanced relationship to those things. As a result, the spread of Falun Dafa has helped to improve family harmony, co-operation at work, safety in neighborhoods, care for the environment, and stability in society. Through learning and practicing “Dafa,” practitioners have improved their health, relieved their stress, and upgraded their moral natures. Falun Dafa has no worship, rituals, membership, or formal organization.

Books

Falun Gong uses one main book of teachings, *Zhuan Falun* (“Revolving Law Wheel”); another book, *Falun Gong*, is introductory and includes illustrations of the exercises. The books and audio/video tapes can be viewed or downloaded free of charge from many different web sites (e.g. <http://www.falundafa.org>) or ordered from Internet bookstores (e.g., www.universepublishing.com or www.amazon.com). They have been translated into about eighteen languages, including English, French, German, Russian, Spanish, Japanese and Korean.

Start to Learn

Everyone is welcomed to learn Falun Gong. No prior Qigong or meditation experience is required. To get started you may contact Falun Gong practitioners, visit Falun Gong web pages, or call 1-877-FALUN-99 to get information about your local practice sites, free workshops, and activities. All Falun Dafa activities are free. No fees



are collected. No donations are accepted.

Web Pages

www.falundafa.org

www.faluninfo.net





POSTSCRIPT

The physical and mental sufferings that a patient has to bear are often beyond language. Being able to walk away from painful and debilitating illnesses can be most joyful. It is these 39 original authors' as well as the group of editors' sincere wish that many more people will benefit from the practice of Falun Dafa. It should be reiterated here, however, that the focus of Falun Dafa is not health benefits at all. While the focus of this volume has narrowly targeted this aspect of Dafa cultivation, Falun Dafa encompasses a much broader and more profound scope.

Falun Dafa is easy to learn and is suitable for most people. It is open to people of all backgrounds regardless of race, nationality, culture, religion, or age. It should be noted, however, that successful cultivation of Falun Dafa requires strong mental discipline—a practitioner will learn to be in control of him or herself with a free will. While this discipline can be learned, improved, and strengthened, those with mental disorders unable to exert ordinary mental self-control with a firm sense of self-consciousness are unable to meet this requirement and are thus considered unsuitable for cultivation in Falun Dafa.

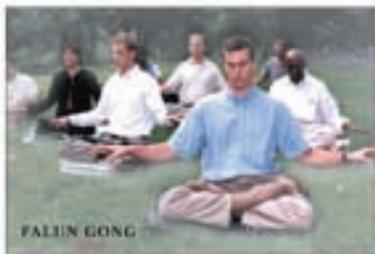
Furthermore, this book is full of accounts of people who, upon encountering the teachings of Falun Dafa, found a natural affinity and familiarity with the principles they found there. While this has happened with a great number and variety of other people, it is not unreasonable to expect that this may not necessarily be the case for each and every individual who encounters Falun Dafa. A patient with critically severe diseases, or one who considers oneself to be ill after being introduced to Falun Dafa, either by reading the books, attending video workshops, or at a practice site, is strongly encouraged to seek treatment from their normal facilities. It is true that the authors of the factual accounts found in this volume have experienced genuine improvements. However, these improvements did not arise from the

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expectation or desire to have their illnesses treated. While some might indeed have had such a mentality before learning the principles of Falun Dafa, it was only once they started to genuinely cultivate the higher principles found in the Falun Dafa teachings did the question of disease and health fall by the wayside.

Finally, the editors would like to point out that the scope of this book and its contents, be it their own contributions or those of the 39 individuals who contributed their stories, do not represent the scope of Falun Dafa. It should not be considered that, having read this volume, the reader has an understanding of the nature of Falun Dafa, or that this is “what Falun Dafa is.” One can only understand the depth, breadth, and scope of Falun Dafa by studying the original teachings of Mr. Li Hongzhi.

www.falundafa.org www.faluninfo.net



FALUN GONG



An Ancient Practice of Mind Body Spirit Based on
Truthfulness Compassion Forbearance