

## A Brief Introduction to Falun Dafa

Falun Gong (Falun Dafa) is a profound cultivation system of mind, body and spirit. It was made public by Master Li Hongzhi in 1992. Since its introduction, it has been rapidly recognized worldwide for its great health benefit, and more importantly, for its profound teachings that guide practitioners towards higher levels and enlightenment.

Today there are more than 100 million people of all ages and backgrounds in Asia, Europe, Australia and North America, who are practicing Falun Gong. In the US, there are voluntary Falun Gong groups in almost all major cities and universities.

During 1992 to 1994, Master Li Hongzhi held numerous classes in more than 20 cities in China. He also had many public lectures in places such as Hongkong, Taiwan, Singapore, Australia, France, Germany, Sweden, Switzerland, Canada, and America.

Falun Gong has five sets of exercises. The movements are elegant, smooth, and peaceful, and are easy to learn and good for all ages. While the first four exercises are to be practiced while standing, the last one is sitting meditation in nature. The time, location and frequency for doing these exercises are flexible; thus it is ideal for modern people with a busy lifestyle.

Practitioners of Falun Gong are guided by profound and enlightening principles. Two major works of Master Li expounding the supreme characteristic of the universe Zhen, Shan, and Ren (Truth, Compassion, Forbearance) are "Falun Gong" and "Zhuan Falun" which have been translated into more than 10 languages including English. The book "Falun Gong" is recommended for the beginners.

Everyone is welcome to learn Falun Gong and to practice together with us. All Falun Gong groups volunteer to teach the 5 sets of exercises of Falun Gong.

Strictly required by Master Li, all Falun Gong activities are **FREE OF CHARGE** (no fees, no donations), **OPEN TO THE PUBLIC** (people from all cultures, religions, races, nations and societies are welcome), and **VIRTUOUS** (taking the Fa --- Zhen Shan Ren as the Master, not for personal fame and gain).