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# Falun Gong Today

Produced by Volunteers



CHINA'S  
**BIG**  
SECRET

It's not what  
you may think,  
and it impacts  
**all of us!**

# Suppression of 100 Million Sends China into Downward Spiral with Worldwide Impact

For the past 14 years, China's ruling Communist Party has violently suppressed tens of millions of people simply for practicing Falun Gong. The regime has abducted, tortured, and killed an untold number of innocent people who were striving to be healthier, kinder, and wiser through this traditional meditation practice.

The campaign's victims range from top judges, professors, and military officers to ordinary housewives, students, and farmers. No segment of Chinese society has been left untouched.

Such large-scale persecution has fueled a descent into extraordinary corruption and moral decay in China that impacts us all—from environmental pollution to tainted products arriving in our stores.

And with every Falun Gong practitioner that is detained—as the man in this photo is about to be—the values of truthfulness, compassion, and tolerance printed on his banner come under attack.



## A BLESSING FROM CHINA'S HEARTLAND

In the 1990s, Falun Gong became the most favored mind-body exercise system in mainstream Chinese society and was even endorsed by the government. One hundred million people were practicing by 1999 (that's one in every twelve citizens). But that July, the Communist Party launched an attack on Falun Gong, fearing that its popularity and promotion of traditional values were a threat to the party's control over society.



Falun Gong practitioners in the southwest Chinese city of Chengdu do their morning exercises together in the late 1990s. Such crowds can no longer gather in China's parks, but tens of millions continue to practice Falun Gong in the face of oppression.

## HORRIFIC ATROCITIES

For the past 14 years, horrific abuses have occurred in police custody on a daily basis across China. These include electric baton shocks, sexual assault, beatings, starvation, and the killing of Falun Gong detainees so that their organs can be sold for use in transplant operations. These abuses have been documented by the United Nations, the U.S. Congress, Amnesty International, the *Wall Street Journal*, and others.



Ms. Xu was killed within hours of being abducted by police in May 2012. She was only 47 years old.

## TENS OF MILLIONS AT RISK

Today, Falun Gong practitioners are the largest group of prisoners of conscience in China, if not the world. They number in the hundreds of thousands at any given time and continue to be abducted daily throughout China. The regime's abuses against Falun Gong has destabilized Chinese society as a whole.



Ms Jin's mother was sent to prison for eight years just for practicing Falun Gong. Amnesty International says she has been badly beaten and injected with harmful drugs.

## VOICES OF JUSTICE

Falun Gong practitioners have responded to persecution with entirely peaceful and often creative means—from making homemade leaflets to expose torture to inventing tools to thwart internet censorship. Today, more and more Chinese people are adding their voices. Thousands have signed petitions condemning the persecution. Tens of millions have denounced the Communist Party's rule. Add your voice; sign a petition at [www.fofg.org](http://www.fofg.org).



# An Ancient Practice for the Modern Day

Falun Gong (also called Falun Dafa) is an advanced system for improving mind and body, with roots in thousands of years of Chinese culture. Pronounced “Fah-lun Gong,” the practice’s most visible aspect is its meditation and four gentle exercises — highly effective ways to improve health and energy levels.

Falun Gong practitioners also study spiritual teachings—as this young lady is doing—taking them as a guide for daily life.

At the core of these teachings are the values of Truthfulness, Compassion, and Tolerance. Falun Gong teaches that these are the most fundamental qualities of the universe and that by assimilating to them, a person can unlock both physical health and immense wisdom.

As people from diverse nationalities and professions have taken up the practice, most have found themselves undergoing a profound transformation. Forgiveness replaces anger. Calm replaces anxiety. Frustration and greed give way to a serene, inner joy that endures in even the most challenging situations.



I used to suffer from chronic angina and gastroenteritis, but they completely disappeared once I started practicing Falun Gong.

- Connie, London



Falun Gong gives me the knowledge and wisdom to be a better son, husband, and friend. It allows me to make the right choices even in difficult circumstances.

- Nick, Phoenix

## HEALTH AND WELLNESS

Falun Gong works on multiple levels, going deeper than typical exercise programs or health protocols. Practitioners around the world attest to vastly improved health, as well as the curing of a wide range of ailments. “It works on an energetic level,” explains Dr. John Yang M.D., an expert in both Chinese and Western medicine. “Falun Gong gets at the deeper roots of illness by having you improve your character and perspective on life.”

## 100 MILLION WORLDWIDE

Falun Gong is practiced in more than 70 countries and has been the subject of awards in China and around the world. The practice’s founder, Mr. Li Hongzhi, is a five-time Nobel Peace Prize nominee and the recipient of Freedom House’s International Religious Freedom Award. From Cape Town to Cannes, Brooklyn to Berlin, Denver to Dubai, Falun Gong exercise sessions can be found in a range of parks, community centers, and universities—and always free of charge.

## CULTURAL INSPIRATION

Falun Gong practitioners in cities across the globe frequently host art shows, classical music and dance events, and various exhibitions of Chinese culture. The beauty and goodness that comes from cultivating their inner selves shines through in their art, and the events they organize offer insight into Chinese culture.

## AN ANCIENT TRADITION

Falun Gong has deep roots in Asian traditions. Practices like this have been a vital part of Chinese culture for 5,000 years. Taught only in private for centuries, Falun Gong was first introduced to the public in China in 1992. For the first time, its teachings were compiled in written form, and its practice methods made accessible to the masses. Today, Falun Gong is practiced in over 70 countries.



# Why is China's Communist Party Persecuting Falun Gong?

During the 1990s, Falun Gong was widely recognized as uplifting public health and morality through its teachings of truthfulness, compassion and forbearance. So why did the Chinese Communist Party launch a campaign to eradicate it, sending hundreds of thousands of law-abiding citizens into labor camps to face torture and death?

## Popularity and Independence

In 1998, a Chinese government survey showed that there were more people practicing Falun Gong than there were members of the Chinese Communist Party. With 70 to 100 million practitioners, Falun Gong was arguably the largest independent group in the history of the People's Republic of China.

The Communist Party seeks to control all volunteer organizations, religions, media, and educational institutions in China. It suppresses those that don't submit to its control, including Falun Gong.

## A Dictator's Personal Jealousy

The decision to persecute Falun Gong was made almost unilaterally by Communist Party chairman Jiang Zemin. Other mem-

## WHY HAVEN'T I HEARD ABOUT THIS?

The Communist Party has gone to great lengths to hide the atrocities committed against Falun Gong practitioners. Human rights groups are barred from prison camps, foreign journalists have been assaulted and their informants imprisoned.

bers of the leadership favored a more conciliatory approach, recognizing that Falun Gong was peaceful and did not have a political agenda.

Jiang Zemin's opposition towards Falun Gong was deeply personal, stemming from his jealousy over the practice's popularity. He also reportedly believed that by launching a Cultural Revolution-style campaign against Falun Gong, he could consolidate his power.

## Incompatibility with Marxist Ideals

In spite of China's turning to a market-economy in recent decades, the atheist Communist Party still clings to Marxist ideology.

Thus, years might go by without a major news story on Falun Gong breaking. But as this flier testifies—that doesn't mean the daily reality of surveillance, arrest, and torture has ended for millions of peaceful believers in China.

Some Party leaders saw Falun Gong, with its belief in the existence of Buddhas, Daos, and Gods, and its conviction that anyone can reach a divine realm through self-refinement, as challenging the ideology that the Party is the highest authority.

## Communist Party's History of Persecution

Throughout its more than 60 years in power, the Communist Party has repeatedly launched political campaigns that suppress freedom of thought and force Chinese people to declare their allegiance to the Party. In 1999, Falun Gong became its latest target. Torture survivor Zhao Ming explained it as: "The Party's machinery of persecution was there—Jiang pushed the button."



## PROPAGANDA FUELS PERSECUTION

When Jiang Zemin and the Communist Party launched their illegal and unprovoked assault on millions of innocent people, they scrambled to justify it to Chinese citizens and the international community.

To do so, officials have sought to portray Falun Gong as a menace to society—a superstitious, foreign-driven, tightly organized, even dangerous group of meditators. State-run media

tell gruesome stories of mutilation and suicide, but outsiders aren't allowed to investigate them. When researchers have managed to scrutinize such cases, they have found stories of individuals who don't exist and crimes committed by people who never practiced Falun Gong.

Human Rights Watch has simply called the official claims "bogus."

# Peaceful Resistance Turns the Tide

A grassroots effort of global proportions flips persecution on its head

A young software engineer arrives at Central Park in New York City. It's cold, with a snowstorm looming.

Robert stands before a row of placards about the persecution of Falun Gong in China. He will spend his Saturday morning handing out fliers to passers by.

On the other side of the world, Ms. Ling Chen, an accountant in her mid-40s, hops on a bicycle. Carrying a bag of leaflets, she will pedal 90 minutes to a nearby village in central China.

Ling will spend the next four hours placing leaflets on every door in the village. After pedaling home, she'll get a few hours of sleep before heading to work the next morning.

Robert and Ling have never met, but they are bound together by a shared cause: to end the horrific persecution of Falun Gong in China.

## "Flowers everywhere"

All over the world, Falun Gong practitioners have gone to extraordinary lengths and taken great risks to raise awareness about the human rights abuses in China and the true nature of Falun Gong.

Inside China, Ling and others like her are not lone activists at the forefront of a movement. They are mothers and daughters, students and professors, businessmen and bureaucrats.

In hundreds of thousands of homes, basements, and offices, they print fliers, leaflets, and newspapers, as well as banners and DVDs.

Such home-based printing sites have sprouted up all over China, like "flowers



Grassroots efforts to raise awareness are changing the dynamics of the persecution. Many Chinese express gratitude for learning about events they have been kept in the dark about, be it the truth about Falun Gong or the Communist Party's broader history of atrocities committed against the Chinese people.

blossoming everywhere." Collectively, they form the largest grassroots, underground media in human history.

## Risking Their Lives

The items are distributed in almost every city and village across China, often under the cover of darkness.

The nighttime activity is for protection. If caught, the price for posting just one informational flier in public might be seven years in jail. And torture.

## To End Atrocities

The goal is to get these materials—which unveil the persecution in China and debunk Communist Party propaganda—into the hands of as many people as possible.

In a country where a repressive regime and kangaroo courts enable police and labor camp guards to torment with impunity, exposing abuses is one of the few avenues of protection that victims have.

## Turning of the Tide

As more Chinese begin to see through the Communist Party's lies, many respond with quiet gestures of support. Even some police-

men will warn a Falun Gong acquaintance that police are coming to abduct her or turn a blind eye to a meditating practitioner.

Falun Gong practitioners' actions have also inspired a growing number of people across China to take a more public stand against the persecution, defying the danger of being detained or worse.

Lawyers openly defend Falun Gong clients in court. Thousands of average citizens have signed their names to petitions urging the government to release a Falun Gong neighbor or colleague.

## International Action Pays Off

When people around the world add their voices to those in China, it yields a potent combination for saving lives.

"I'll never forget the first time I met a Chinese practitioner who had been released from a labor camp after we wrote letters for him," recalls Robert, the software engineer.

"He had tears in his eyes describing the moment he'd learned that so many people out there were rooting for him."

# FALUN GONG

An ancient tradition  
**For mind, body, spirit**  
**Relieves stress,**  
**increases energy**  
Easy to learn, free  
Brings health, serenity

## FALUN GONG: AN INTRODUCTION

Falun Gong, also called Falun Dafa, is an advanced practice of self-cultivation — a way to improve wellness and attain spiritual wisdom. The practice is from the Buddha School and is based on easy-to-learn exercises, meditation, and the universal values of Truthfulness, Compassion, and Tolerance. Falun Gong teaches that these are the most fundamental qualities of the universe, and takes them to be a guide for daily life and practice.

## HOW TO LEARN?

The book *Zhuan Falun* by Mr. Li Hongzhi is the most comprehensive and essential set of teachings in the practice. *Falun Gong* is an introductory text recommended for beginners. These and other works have been translated into thirty-eight languages. All of Mr. Li's writings, as well as video instructions of Falun Gong's exercises, can be downloaded for free at [www.FalunDafa.org](http://www.FalunDafa.org). Books can also be purchased online by visiting [www.TiantiBooks.org](http://www.TiantiBooks.org). Falun Gong is always taught free of charge by volunteers. It has no system of membership or initiation processes, and no rituals or obligations. To find a local practice site, visit [www.FalunDafa.org](http://www.FalunDafa.org).

