

BILLIONS OF PEOPLE
ON THE WAY OF ENLIGHTENMENT TO

DAFA WISDOM



RENEWING

LIFE AND THOUGHT

LU XUEQIN
PUREINSIGHT.ORG

DAFA WISDOM
&
RENEWING
LIFE AND THOUGHT

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FOREWORD

This book can significantly broaden your perspective and inspire your life and thought.

All authors believe that "Compassion can harmonize Heaven and Earth, ushering in spring; Righteous thoughts can save the people in this world" (The Grand Verses II, Li Hongzhi, 2002).

The PureInsight editorial team foresees that billions of people are on the way of enlightenment to Dafa wisdom and renewing life and thought.

The Editorial Team
PureInsight.org

PREFACE

Earth has witnessed the decline of the human race. Today we must impede the ongoing deterioration and degeneration of humankind and current catastrophes. Now is the critical time for us to reflect upon the original standard of time and space, the multitude of lives and species, and all of existence in order to rectify the state of human society. That is, what the universe was like in its original, purest, and most righteous state. The best option is to revisit humankind's history. We may gain insight into what history has taught us. For example, great enlightened beings such as Jesus, Shakyamuni, and Laozi emerged over two thousand years ago. They taught the ancients how to cherish virtue, how to obtain the Fa to achieve consummation, and how to return to their true selves. Then, what does ancient wisdom imply? What groundwork does this lay for contemporary life and thought?

This book is divided into two sections in order to explain that Dafa wisdom brings salvation to the human world. The first section clarifies the truth via enlightenment. It then points to causal relationships among variables and gives guidance for recognizing and understanding Dafa wisdom (chapters 1 through 3). The second section validates Dafa wisdom with seven surveys and ninety-nine Dafa practitioners' stories. These data detail how they renewed their lives and thoughts during the process of enlightenment to Dafa wisdom and how a righteous state of human society involves self-improvement and elevation (chapters 4 through 6).

SECTION ONE

CLARIFYING THE TRUTH VIA ENLIGHTENMENT

LU XUEQIN

CHAPTER 1

INTRODUCTION

Background and Context

1.1

Human life and thought are underpinned by different values and characteristics. From ancient times to today, various historical civilizations and cultures were therefore brought to create and shape life and thought (Li, 2011b). In other words, human life and thought are dynamic and have changed over the course of human societal development. Let us talk about how the values and characteristics of human life and thought have transformed over the course of modern civilization's establishment. One or two centuries ago, development theories, discourses, and policies presented a new epistemology and were widely applied to social evolution, humanities development, and knowledge production for human civilization. Consequently, the societal elites chose to take a different path and apply a different, non-traditional scientific approach to human societal development (Li, 2000).

Over a period of about two hundred years, development practice was the theme of human societal progress and spread across the world. Not only has it been conventionally associated with economic growth, but it has also shaped human societies and cultural life (McMichael, 2014). Development practices refer to a set of interventions (Schumpeter and Elliott, 1982), such as industrialisation, urbanisation, modernisation, privatisation, globalisation, and liberalisation, through which different social structures have emerged. These structures are collective social relations that became paradigms for producing and regulating social life (Escobar 1995). That is to say, these crafted theories and concepts have been rapidly propagated and publicized in human society. As communities grew in number and size via the snowball effect, they brought about a state of being in human society meant to influence and evolve people's thinking and behavior. Thus, everyone collaborated to establish modern epistemology and a different kind of culture – modern culture. Since then, it has been called modern civilization.

The historical development practices have certainly demonstrated their efficacy in human society, which is now an unprecedented opulent material world, and specifically transformed human life and thought into modern values and characteristics. These values and characteristics manifest in contemporary life and thought as highly praising atheism, evolution, and modern consciousness and behavior (Li, 2019a) and expressing materialism, egocentrism, and the enlarged notion of freedom and will (Li, 2018). That is to say, contemporary life and thought have been progressively evol-

ing and changing humankind's mentality, preferences, and morality through modern epistemology, culture, arts, and trends (Li, 2012a). Development practices have also caused serious ecological deficit and climate disruption, worsening threats to our environment and the sustainability of humanity and social life (Sen, 1999).

These social phenomena in human society do not suddenly appear, but instead accumulate over years. For example, the song "The Sound of Silence," which was the number one hit on the Billboard Hot 100 in 1966 (Wikipedia), is now still popular among people of all ages. Its lyrics include: "Hello darkness, my old friend... People talking without speaking, people hearing without listening, people writing songs that voices never share..." As we can see, negative elements occupied human society at that time. People changed their thinking and behavior by forming relationships with darkness rather than Gods. They also rejected manners, patience, and traditional common values. The gears of human history turned in this fashion.

1.2 Problem Statement

Nowadays, people are conscious of the limitations and destructiveness of development practice by first-hand experience. The most serious contemporary life and thought emphasize materialization, variation, and wickedness, all of which are far from one's original nature (Li, 2003). Compared with the realm of ancient life and thought which manifested as honesty, kindness, and peace (Li, 2019a) as displayed in old literature, the realm of contemporary life and thought should be viewed as corrupt. As a result, modern human society has deteriorated and become disorderly. In an attempt to combat these problems, in 2004 Nobel laureate Amartya Sen stressed that "liberation of human spirit" should form the basis of all development. Humanities and social science scholars advocated a "good society concept" or "civil society ideal" to overcome the development trap and its costly consequences (Khan, 2015). State policy makers and development agencies took into full consideration the need to develop economic, social, and environmental sustainability (UNDP, 2016). A plethora of solutions to rectify human society surfaced (McMichael, 2014) but were ultimately fruitless (Li, 2019b).

A review of the literature, there are at least two reasons for the gaps in these solutions. One reason is that these solutions only recognized phenomena at their surface level (Li, 1997b). The other reason is that modern consciousness has invaded people's

thinking, realization, and the characteristics of their understanding such that contemporary human wisdom is now confined to this scope (Li, 1998). This scope of modern epistemology is so materialistic that life and thought are trapped within this reality (Li, 2004b). Accordingly, the corresponding solutions have continued to harm the environment and corrupt human society. That is to say, "modern civilization" is like poison to life and thought. There is no way to change the toxic nature of poison. However, all the myriad things must be renewed.

Aim and Objectives 1.3

The aim of this book is to clarify the truth regarding this development trap and call out to people's souls to renew life and thought and return to righteousness. Based on this aim, the ultimate question is, "What criteria can discern good from bad, renew contemporary life and thought, and rectify modern human society?" From literature review, the deductive theory is that good and bad can be measured by the criteria of Truthfulness-Compassion-Forbearance, which can renew contemporary life and thought and rectify modern human society. This theory leads to the following propositions against circumstances of the human society:

- 1) If persons turn away from the criteria, then this will lead them to be unprincipled, amoral, or criminal,
- 2) If persons align with the criteria, then this will lead to health and happiness, and
- 3) Persons who align with the criteria have positive changes in thinking and behavior and are guided to an elevated realm of life and thought.

The book will thus fulfill three objectives. The first objective is to revisit ancient wisdom on life and thought, define the formation of Dafa wisdom in human society, and address how the great Dafa wisdom can bring salvation to contemporary life and thought. The second objective is to examine the different practices and outcomes of each realm of life and thought. Exploring whether group differences in exposures to these contextual conditions can explain how the great Dafa offers salvation to all beings and also determine individuals who align with the criteria at the heart of the book. The three aforementioned propositions will be accepted as theoretically true for the purpose of our explanation. The third objective is to validate the proposed actions using empirical evidence comprised of quantitative and qualitative data collected via seven surveys and ninety-nine Dafa practitioners' cultivation stories. This book combines surveys with storytelling which not only illuminate variables' correlation but also display their processes and patterns.

CHAPTER 2

LITERATURE REVIEW

Ancient Wisdom on Life and Thought 2.1

In modern society, people have difficulty recognizing ancient wisdom because they view it as backwards according to reasoning based on the theory of evolution (Li, 2004c). In fact, ancient wisdom is quite advanced and took a different path from today's empirical science approach by focusing directly on the human body, life, and the universe (Li, 2000). For example, the ancients focused their studies directly on human life and the universe, dared to explore the intangible and invisible, and were able to confirm their existence (Li, 2008). In the remote age, our ancestors achieved a harmonious relationship between the universe and human life, which is the highest realm of life and thought in the human world; take for example, the yellow emperor who ascended to the heavens in broad daylight (Sima Qian, 94 BC, Records of the Grand Historian, known by its Chinese name *Shiji*). This assertion was also elaborated in many ancient books such as *A Biography of Immortals*, *Dan Jing*, *Tao Zang*, *Xingming Guizhi*. Moreover, it is well known that an enlightened being's life and thought rise and elevate beyond that of the human world. They no longer have the human thought structure or think about mankind with everyday human thoughts (Li, 2004b). That is to say, they fulfill the journey of life and thought in the human world and achieve a harmonious relationship between the universe and human beings.

Here we will focus on three enlightened beings and the manifestations of their lives and thoughts across this period of human civilization. Lao Zi of the Tao School emphasized returning to the original, true self (Lao Zi, 4 BC). Shakyamuni of the Buddha School emphasized "benevolent compassion," which means treating all people and situations with righteous thinking and loving kindness (Li, 2011b). Jesus of Christianity mainly emphasized "forgiveness and tolerance," which means enduring completely without anger or grievance (Li, 1997b). The relationships among of these three kinds of life and thought values and characteristics encompass and correlate with each other (Li, 1997b). For instance, if one forgives others, then one is assumed to be compassionate because forgiveness is a manifestation of compassion (Li, 1999). If one upholds truth, then one has displayed both compassion and tolerance because the starting point is selflessness (Li, 2004).

In summary, these three enlightened beings elevated the realm of life and thought because they enlightened to a higher level of the universe's principles and laws by assimilating to truthfulness, compassion, and forbearance. They precisely revealed that

the universe is of the characteristics of Truthfulness-Compassion-Forbearance which are the righteous manifestations of life and thought. Throughout the course of human history, enlightened beings indeed preached the universe's principles and laws to human society and guided human life and thought to assimilate to truthfulness, compassion, and forbearance (Li, 1996b).

Many great sages and saints from Confucius to Socrates were inspired by the enlightened beings and their words to enrich human culture (Li, 2002). They obtained an understanding from the universe's principles and laws when they assimilated to the universe's characteristics and elevated their realm of life and thought, and they established the principles of being human and morally correct thinking and behavior (Li, 2014). For example, Confucius taught his students about the characters Decent and Villain and their conduct and thinking, which were recorded by his followers in *The Analects* (475–221 BC; Lún Yǔ: Edited Conversations). Socrates debated with his followers about the characters of kindness and viciousness and their conduct and thinking, which were recorded in Plato's *Gorgias* (424 – 348 BC).

The above examples show that our ancient ancestors highly respected and had faith in traditional beliefs and values in order to maintain human moral standards for about five thousand years (Li, 2018). However, during the process of development practices, modern societal elites promoted changes to the way of thinking and the way of survival. As a result, people have abandoned traditional culture, common values and beliefs, and moral codes originally established by enlightened beings and saints from historical human societies. Thus, it is very urgent and worthy of thinking about: what meaning lies behind the ancients' and ancestors' groundwork, what does ancient wisdom imply, and what has history been trying to tell us?

2.2 Dafa Wisdom Renewing Life and Thought

By revisiting ancient wisdom, we gained insight into how the journey of life and thought in the human world is a process of assimilating to the universe's characteristics and enlightening to the universe's principles and laws. During this process, Dafa wisdom has revealed that different levels have different principles and laws of the universe (Li, 2000). In other words, there are different requirements for different beings at different levels (Li, 1996b). Then, think about it, everyone: what does ancient wis-

dom imply? What meaning lies behind the ancients' and ancestors' groundwork? Have they been implying that the real purpose of human life and thought is to assimilate to the universe's characteristics: truthfulness, compassion, and forbearance (Li, 2000)? As a moral person, should one's thinking and behavior respect and be in line with the universe's principles and laws of truthfulness, compassion and forbearance (Li, 2002)? This is the truth. The ancients had the insight that Truthfulness-Compassion-Forbearance was the requirement of life and thought in the human world and used it to evaluate and reposition the realm of life and thought. Examples of this can be found in many books from great thinkers of the past.

However, this is the first time that Dafa wisdom declared in simple and plain words the principle that any life that turns away from Truthfulness-Compassion-Forbearance is truly corrupt, while any person who can align with it is truly a good person. These words precisely make known that the universe's characteristics are the criteria for discerning good from bad and determining one's realm. Furthermore, the universe's characteristics will forever remain unchanged despite whatever changes occur in humankind (Li, 2000).

The formation of this theory in the human world is extraordinarily important and brilliantly remarkable. Dafa wisdom revealed that contemporary life and thought have deviated from the standards of the human world, causing it to drop down and descend further to a lower realm. For example, modern life and thought manifest as materialization, variation, and strengthened wickedness; modern thinking and behaviors reflect an unprincipled, immoral, and criminal mentalities. In comparison with the criteria, the current state of contemporary human life and thought has plummeted and become corrupt, resulting in deterioration and disorder in human society. Meanwhile, it also revealed that modern epistemology has formulated values and obligations that cannot maintain the morality of human thinking and behavior and that modern civilization is not derived from the universe's principles and laws. These are the sources of social issues in modern human society.

Traditional epistemology was not created by everyday people; instead it was established by enlightened beings and saints who were enlightened to the universe's principles and laws (Li 2004a). Accordingly, it can be assumed that traditional values and beliefs restrained human thinking and behavior because they derived from the universe's principles and laws and conform to the universe's characteristics of truthfulness, compassion, and forbearance (Li, 2004b). As a matter of fact, the aforementioned manifestations of the ancients' life and thought verifies this point.

Then what has history been trying to tell us? Through literature review, we revisited ancient wisdom on life and thought, defined the formation of Dafa wisdom in human society, and addressed how the great Dafa brought salvation to contemporary life and thought. This affirmation helps us recognize and understand Dafa wisdom and allow us to renew life and thought with Truthfulness-Compassion-Forbearance. Obviously, we can clarify this truth with an enlightenment. The enlightenment is that they all come for Dafa, were formed for Dafa, and were forged for Dafa (Li, 2002; 2011b). This is exactly what history has been trying to tell us.

2.3 Conclusion

We should now be aware that billions of people are on the way of enlightenment to Dafa wisdom and renewing life and thought, and more people will join in the future because it is the original truth.

"The Original"

Many of us originate from distant cosmic bodies,
Came down with a great historical mission level by level,
Because all beings should be saved amidst the reconstruction of the entire cosmos,
Incarnated in the lowest level of cosmic bodies – the deluded human world,
Created man's civilizations and cultures in order to recognize and understand Dafa.
A call out from Dafa, the Great Way of the universe,
Truthfulness-Compassion-Forbearance are the new universe's characteristics,
Assimilate to Him and renew life and thought.

CHAPTER 3

OVERVIEW OF HUMAN SOCIETY

3.1 Modern Life and Thought

The introduction addressed causes and consequences of development practice by tracing its evolution, from its foundations to its current state. It highlighted the view that development practice brought about modern epistemology and social relations in human society, transforming life and thought into modern values and characteristics. To this point, modern life and thought values and characteristics reflect human thinking and behavior that differ from their traditional counterparts. This chapter will examine three themes of life and thought in human society that emerged within the last sixty years. It will also address factors that prompted humans to put modern thinking and behavior into practice and its consequences.

- Theme one is about "gaining power and conquering".

Many modern ideas and concepts, such as evolutionism, modernism, and liberalism, were created through development practices and have permeated every field (Gillian, 2017). People's notions have been changed by these authorities' messages, which have effectively conquered and controlled people. The world has become terribly complex through subtle influences. More seriously, humankind's traditional and proper thinking has become disordered, and modern knowledge no longer stems from the epistemology created by ancient wisdom that complies with the universe's principles and laws. As a result, these modern notions are groundless and far from the truth, making it difficult for people to distinguish good from bad or right from wrong (Li, 2014). Humankind's inborn qualities have degenerated, and their inherent nature will gradually disappear (Li, 1997b).

- Theme two is about "competing and struggling against each other for profits".

During development interventions, resource extraction and exploitation within a powerful social framework have never ceased. The rich become richer, the poor become poorer, and inequality rises. This has simultaneously contributed to corruption, crime, social exclusion, and the decline of moral values (Richardson, 1994; Hicks, 2012). Human beings no longer have a spiritual conscience to restrain themselves, and wicked thoughts occupy their minds. Life and thought have been ruined from their original nature (Li, 1997a). Consequently, these development practices have driven human attachments to materialism, and hu-

mankind's exploration is also limited to tangible things of the physical world, while faith and holy words are treated as taboo. This is the result of modern epistemology's greatest shortcoming (Li, 1996).

- Theme three is about "enlarging the scope of freedom and free will".

Development practice has fostered modern lifestyle, fashion, arts, popular products, and behavior. In addition, modern communication methods are more effective and efficient than methods of any other period of human society. However, they very easily stimulate one's addictions and preferences (Li, 2017). As soon as a trend is formed, popular things are regarded as good; people echo and share them with others. Good and bad things are jumbled together. Society seems prosperous with an abundant variety, but these are all secular and irritate human thinking and behavior. One's thoughts generally originate from one's notions and preferences and are also related to one's morality (Li, 2011a). One's behavior is directly driven by one's thinking (Li, 2011b). The result is that people are unable to resist 'Satan temptation' and fail to abide by traditional thinking and behaviors in this chaotic world. Gradually, human society has deteriorated into a state of disorder.

In the current state of society, human beings no longer abide by the requirements of life and thought and distort conventional values and beliefs. These three themes demonstrate how human thinking and behavior reflect contemporary life and thought values and characteristics. Their thinking and behavior have become unprincipled, which reflects a deviation from the universe's principles and laws; immoral, which reflects a divergence from the requirements or standard of life and thought at this level; and criminal, which reflects a distortion and violation of commitment. Modern epistemology's values and obligations have clearly failed to restrain human thinking and behavior, which has resulted in contemporary life and thought descending to a lower realm, and its solutions certainly could not work in human society (Li, 1997b). This warning urges us to introspect and elevate our realm of life and thought.

Traditional Life and Thought **3.2**

By revisiting ancient wisdom, the three enlightened beings pointed out that righteous life and thought assimilate to the universe's characteristics: truthfulness, compassion,

and forbearance. The sages and saints also taught us that in order to be moral, our thinking and behavior should highly respect and agree with the universe's principles and laws of truthfulness, compassion, and forbearance. We now understand that ancient wisdom has been directing us that Truthfulness-Compassion-Forbearance is the manifestation of the righteous state of life and thought. That is to say, being truthful, compassionate, and forbearing are true themes of life and thought. Accordingly, measuring good and bad with the criteria of truthfulness, compassion, and forbearance is the way to renew contemporary life and thought.

Over 100 million Dafa practitioners in over 100 countries cultivate their thinking and behavior with these criteria. Then, what is Dafa cultivation practice? "It is called Falun Gong, is an advanced practice of the Buddha school self-cultivation founded by Master Li Hongzhi. It is a discipline in which assimilation to the highest qualities of the universe—Zhen, Shan, Ren (Truthfulness, Compassion, Forbearance)—is the foundation of practice. The practice is guided by these supreme qualities and based on the very laws which underlie the development of the cosmos" (<http://falundafa.org>).

The following anecdotes exemplify Falun Gong's effects on the mind and body. In 1998, in Beijing, Wuhan, Dalian, and Guangdong, local medical organizations conducted five medical surveys on nearly 35,000 Falun Gong practitioners. The results showed that over 98% of practitioners experienced health improvement, and over 70% were fully cured. The Nationwide Health Survey of Taiwan in 2001 showed that Falun Gong also notably improves mental health. Among practitioners who often or always felt negative emotions before cultivation, 81% improved to rarely or never feeling negative emotions after cultivation. A survey on Healing and Fitness from Practicing Falun Gong in North America in 2003 showed that practicing Dafa cultivation is extremely beneficial.

The above evidence show that people are led to health and happiness when they align with the criteria. When we read the cultivation stories detailing their thinking and behavior, we can more deeply understand the righteous state of life and thought and how they are renewed. The following examples are taken from collections of Dafa practitioners' cultivation stories. For example, from a young practitioner's story: "I won a very tight match during the regional finals because my opponent became nervous, and I just continued to play without pursuit no matter what the score was." His state was calm and free of intention, which reflected truthfulness. From another story: "I have become very careful when facing the attachment to lust because this thought was the loophole exploited by the demon." Her state was patient and enduring,

which reflected forbearance. Since 1992, Dafa practitioners have been cultivating their thinking and behavior with the criteria and obtained enlightenment from Dafa's wisdom. Not only have they gained insight into the corrupt state of contemporary life and thought, but they also believe in the salvation of all beings by the great Dafa. They try their best to explain it logically and validate it with empirical evidence, which demonstrates kindness and selflessness, a reflection of compassion. In fact, all Dafa practitioners are measured by the criteria of Truthfulness-Compassion-Forbearance so that their thinking and behavior echo the manifestations of Truthfulness-Compassion-Forbearance at their level.

Dafa practitioners also display different transformations and manifestations at different levels once they align with the criteria and improve their realm of life and thought. For example, one Dafa practitioner expressed her miracles: "...after seeing that the hospital could not cure them, they changed their thinking and tried Falun Dafa. Through studying the Fa and doing the exercises, their symptoms of heart failure disappeared. She never again needed shocking. Even her emphysema and diabetes went away..." Another miracle happened to a Dafa practitioner: "Upon hearing the importance of reading the book for cultivation, she was very worried because she did not obtain formal education as a child. In a dream that night, an elderly man with gray hair came to her with a horsetail whisk in his hand. He waved the whisk over her book and told her that she could read now. Then the elderly man disappeared, and she woke up. After she picked up the book, she surprisingly found she was able to read it! In addition, each line she read would stand out. Since then, she began to study the Fa and do the exercises. Interestingly, although she could read all of Master's books and lectures, she has still been unable to read everyday books." Please read the collections of Dafa practitioners' supernormal experiences and cultivation insights. These stories demonstrate that abnormal states can be corrected by Dafa's mighty power once our life and thought follow the universe's principles and laws; Ultimately, measuring good and bad with the criteria will lead us to a righteous state.

Over nearly thirty years, Dafa practitioners have validated Dafa wisdom. They do not just address this with an explanation. They cultivate their thinking and behavior and assimilate to Truthfulness-Compassion-Forbearance, and then they present different manifestations of Truthfulness-Compassion-Forbearance at different levels through enlightenment to Dafa wisdom. The following three chapters contain ninety-nine stories demonstrating these in action what truthfulness is, what compassion is, what forbearance is, what they are related to at the deeper levels, and what true inner meaning is—these are the basics.

SECTION TWO

VALIDATING DAFA WISDOM WITH REASON

PUREINSIGHT.ORG

CHAPTER 4

THE EVIDENCE ONE: BETTER HEALTH AND BETTER LIFE



Practitioners exercised Falun Gong in front of the square of Presidential House in Taiwan [July 21, 2004]

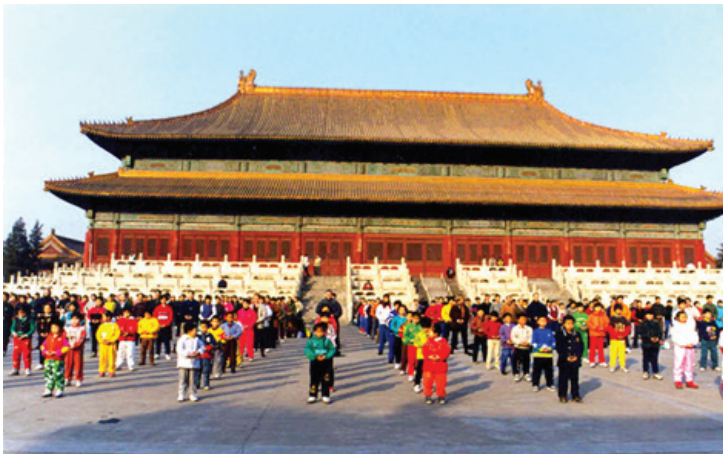
The collections of seven major surveys on healing and fitness are from practicing Falun Gong. The practitioners surveyed are from Mainland China, North America, and Taiwan. Twenty first-hand accounts of health benefits from practicing Falun Gong are documented.

Falun Dafa, also called Falun Gong, is an advanced practice of the Buddha school of self-cultivation founded by Master Li Hongzhi. It is a discipline in which "assimilation to the highest qualities of the universe—Zhen, Shan, Ren (Truthfulness, Compassion, Forbearance)—is the foundation of practice. The practice is guided by these supreme qualities and based on the very laws which underlie the development of the cosmos." Master Li's teachings are set forth in a number of texts, among which include Falun Gong, Zhuan Falun, The Great Consummation Way of Falun Dafa, Essentials for Further Advancement, and Hong Yin (The Grand Verses). These and other works have been translated into thirty-eight languages and are published and distributed worldwide. They are also available for free download at <http://falundafa.org/>.

After Master Li first introduced Falun Gong in 1992, the number of cultivators rapidly increased. By 1999, Falun Gong had grown to become the largest and fastest growing cultivation practice in Chinese if not world history.

Today, Falun Gong is practiced and cherished by over 100 million people in over 100 countries, with clubs and associations in a range of cities, companies, universities, and other settings.

We hope this collection broadens your perspective and inspires your life. Citing Online Sources. <http://www.pureinsight.org/node/6628>



Group practice in Beijing [September, 1998]

4.1

Five Independent Surveys on Healing and Fitness from Practicing Falun Gong in Mainland China

Authors: North American Dafa Disciples

I. Abstract

In 1998, in Beijing, Wuhan, Dalian and Guangdong, local medical organizations conducted 5 medical surveys (2 in Beijing) in nearly 35,000 local Falun Gong practitioners. These are the most systematic and comprehensive medical surveys performed to date. This article summarizes the five aforementioned medical surveys. The subjects of Falun Gong practitioners were from all levels of social classes with different levels of education, of which females comprised 72.9%, people over the age of 50 comprised 62.1% and those who suffered from one or more diseases before practicing comprised over 90%. The surveys show that over 98% of people who practiced Falun Gong experienced health improvement, and over 70% were fully cured. It is shown that the subjects' mental and psychological conditions have greatly improved. The average saving of medical expenses is over 2,600 yuan / person / year. The accumulative economic benefits for the whole country and society are substantial. Among these Falun Gong practitioners, most of them do not need to take medicine. Not only did severe diseases not exacerbate or relapse, but also their physical conditions improved, without medical intervention. Those diagnosed with chronic, terminal or complicated diseases also recovered. Falun Gong practitioners found they generally became younger-looking. Some elderly women even had their menstrual periods return.

II. Source of Data

The data in this article has come from the "Survey Report on Tens of Thousands of Beijing Falun Gong Practitioners" (Beijing Report), the "Survey Report on Falun Gong Practitioners' Health in Beijing Purple Bamboo Park Practice Site" (Purple Bamboo Park Report), the "Survey of the Effects of Cultivation on Improving Health in Wuhan Falun Dafa Practitioners" (Wuhan Report), the "Survey Report on the Health Status of Dalian Falun Dafa Practitioners" (Dalian Report) and the "Survey Report Summary on the Health of Falun Gong Practitioners in Guangdong Province" (Guangdong Report). The two Beijing reports were taken from two separate groups of people living in



Group practice in Wuhan [May, 1996]

Beijing without overlapping. The "Guangdong Report" also includes 298 cases from government, military and university systems.

III. Research Subjects, Method and Content

The "Beijing Report" surveyed 12,731 Falun Gong practitioners from five districts in Beijing. The "Guangdong Report" surveyed 12,553 practitioners from Guangzhou, Foshan, Zhongshan, Zhaoqing, Shantou, Meizhou, Chaozhou, Jieyang, Qingyuan, and Shaoguan in the Guangdong Province. The "Wuhan Report" surveyed 2,005 practitioners from 50 practice sites in Wuhan City. The "Dalian Report" surveyed 6,478 practitioners from the Dalian region. The "Purple Bamboo Park Report" surveyed 584 practitioners from its local practice site.

The aforementioned five surveys were all conducted by local medical professionals. The research method included group surveys, random sampling and several other methods. The survey teams devised a uniform chart and told the subjects to fill in their personal situations by self-evaluation. Local Assistants then collected the forms and a specialist used computer programs to analyze and perform the statistics. In the "Beijing Report", designated persons checked that returned forms were completely answered and those with missing answers were deemed invalid. The remaining four surveys used all returned forms.

The five surveys all collected basic information from Falun Gong practitioners (age, occupation, education level, cultivation time etc.), the effects on physical and mental health, and changes in medical expense before and after practicing Falun Gong. However, each report differed in its classification of the survey items. Thus, this summary report re-analyzes the results from each individual report in order to show the overall trends. Besides the normal content in the five reports, each had its own unique features: the "Beijing Report" and "Guangdong Report" both surveyed psychological conditions before and after cultivation; the "Wuhan Report" surveyed changes in three major bad habits; the "Dalian Report" correlated the different diseases with extent of physical change, and surveyed the change in reading ability in illiterates; the "Wuhan Report" and "Purple Bamboo Park Report" classified different diseases and surveyed the change before and after cultivation. This summary extracts data from the five survey reports based on normal situations, the efficacy of healing and fitness and changes in medical expenses.

IV. Survey Results

1. Normal Situations

2. Number of Participating Falun Gong Practitioners from Different Regions in the Five Surveys and Gender Distribution

Table 1.1: Number of Participants and Gender Distribution

Survey Report	Male	Female	Total
Guangdong Report	3,502 (27.9%)	9,051 (72.1%)	12,553
Beijing Report	3,554 (27.9%)	9,177 (72.1%)	12,731
Wuhan Report	563 (28.1%)	1,442 (71.9%)	2,005
Dalian Report	1,501 (23.2%)	4,977 (76.8%)	6,478
Purple Bamboo Park Report	174 (29.8%)	410 (70.2%)	584
Total	9,294 (27.1%)	25,057 (72.9%)	34,351

a) Age Distribution

As different regions had different age group classifications, the different results have been consolidated into the two categories, "below age 50" and "above age 50". From the results, it is evident that people above the age of 50 comprise 62.1% (Table 1.2).

Table 1.2: Age Distribution

Survey Report	Below Age 50	Above Age 50
Guangdong Report	6,076 (48.4%)	6,477 (51.6%)
Beijing Report	4,138 (32.5%)	8,593 (67.5%)
Wuhan Report	768 (38.3%)	1,237 (61.7%)
Dalian Report	1,864 (28.8%)	4,614 (71.2%)
Purple Bamboo Park Report	180 (30.8%)	404 (69.2%)
Total	13,026 (37.9%)	21,325 (62.1%)

b) Falun Dafa Cultivation Time

As different regions had different cultivation time classifications, the statistics from the "Purple Bamboo Park Report" are not taken into account here. The remaining survey reports have been consolidated into the two groups, "less than two years" and "more than two years". The results show that the majority of the practitioners had been cultivating for less than two years (Table 1.3).

Table 1.3: Falun Dafa Cultivation Times of Practitioners from Different Regions

Survey Report	Less Than Two Years	More Than Two Years
Guangdong Report*	9,076 (72.5%)	3,447 (27.5%)
Beijing Report	6,416 (50.4%)	6,315 (49.6%)
Wuhan Report	765 (38.2%)	1,240 (61.8%)
Dalian Report*	4,478 (69.2%)	1,990 (30.8%)
Total	20,735 (61.5%)	12,992 (38.5%)

*Due to several invalid responses, the total numbers in these two survey reports are less than the total numbers of subjects.

c) Education Level of Practitioners

The "Wuhan Report" and "Purple Bamboo Park Report" had conducted surveys on practitioners' education level. See Table 1.4 for results.

Table 1.4: Distribution of Practitioners' Education Level

Survey Report	Illiterate	Elementary School	Middle School	Secondary School	University or College	Post-Graduate	Total
Wuhan Report	115	371	513	549	435	22	2,005
Purple Bamboo Park Report	37	77	116	124	217	13	584
Total	152	448	629	673	652	35	2,589
Percentage	5.90%	17.30%	24.30%	26.00%	25.20%	1.40%	100%

3. Efficacy of Healing and Fitness

The aforementioned five surveys emphasize the changes in the healing and fitness of practitioners from various regions before and after cultivation. The number of practitioners who had a disease before cultivation totaled 31,054 people, comprising 90.4% (Table 1.5) of the total number of participants. From the disease classification survey of changes before and after cultivation in the "Wuhan Report" and "Purple Bamboo Park Report", it is evident that the number of different diseases was very broad, encompassing various bodily systems, of which digestive disorders, bone and joint diseases and cardiovascular diseases were the most prevalent (Table 1.7).

Table 1.5: Number of Practitioners with Diseases Before Cultivation

Survey Report	Total	Number of People with Disease	Percentage of People with Disease
Guangdong Report	12,553	10,475	83.40%
Beijing Report	12,731	11,904	93.50%
Wuhan Report	2,005	1,899	94.70%
Dalian Report	6,478	6,192	95.60%
Purple Bamboo Park Report	584	584	100.00%
Total	34,351	31,054	90.40%

From the statistical results, the efficacy of healing and fitness had been judged by three categories: one for convalescence and basic recovery (disappearance of symptoms), one for condition improvement (lessened symptoms) and one for no improvement (no significant change in symptoms). Each individual under survey was treated as the basic survey unit in the "Guangdong Report", "Beijing Report" and "Dalian Report". The survey results from 28,571 practitioners showed that 23,619 practitioners experienced convalescence and basic recovery

after cultivation (comprising 82.7% of the total), 4,616 practitioners' conditions improved (comprising 16.2% of the total) and 336 practitioners experienced no change (comprising 1.2% of the total) (Table 1.6).

Table 1.6: Changes in Diseases Before and After Practitioners Began Cultivating

Survey Report	Number of People with at Least One Disease Before Cultivation	Number of People who Experienced Convalescence and Basic Recovery After Cultivation	Number of People who Experienced Condition Improvement After Cultivation	Number of People with No Beneficial Change After Cultivation
Guangdong Report	10,475	8,118	2,137	220
Beijing Report	11,904	9,921	1,876	107
Dalian Report	6,192	5,580	603	9
Total	28,571	23,619 (82.7%)	4,616 (16.2%)	336 (1.2%)

The "Wuhan Report" and "Purple Bamboo Park Report" have used each case of disease as the basic unit of survey; classifying them into biological systems (Table 1.7). According to the two reports, there were 2,483 practitioners who suffered from one or more diseases before practicing, giving a total of 6,772 cases of diseases. Out of these, 4,296 cases led to full recoveries, comprising 72.7% percent of the total; 1,712 led to partial recoveries, comprising 25.3%; and 133 cases, comprising 2.0%, experienced no changes after practicing. There was one single case in which a disease intensified. Out of 206 cases of cryptic and incurable diseases, 137 or 66.5% led to full recoveries.

The "Guangdong Report" and "Beijing Report" surveyed the psychological states of Falun Dafa practitioners before and after practicing. It is clear that practitioners saw great improvements (Table 1.8); 86.5% believed that Falun Dafa cultivation had improved their mentality and thoughts, raised their moral standard, and positively adjusted their egos.

Table 1.7: "Wuhan Report" and "Purple Bamboo Park Report"; Changes in Practitioners' Diseases Before and After Falun Dafa Cultivation

Disease Classification	Total Number of People Suffering from Disease Before Practice	Number of Full Recoveries After Practice	Number of Partial Recoveries After Practice	Number of People with No Change After Practice
Digestive System	1,369 (20.2%)	1,035 (75.5%)	318 (23.2%)	16 (1.2%)
Musculoskeletal	1332 (19.7%)	979 (73.5%)	334 (25.1%)	19 (1.4%)
Circulatory System	1148 (17.0%)	827 (72.0%)	301 (26.2%)	20 (1.7%)
Nervous System	597 (8.8%)	436 (73.0%)	144 (24.1%)	17 (2.8%)
Sensory Organs	587 (8.7%)	387 (65.9%)	165 (28.1%)	35 (6.0%)
Respiratory System	512 (7.6%)	374 (73.0%)	133 (26.0%)	5 (1.0%)
Urinary System	342 (5.1%)	253 (74.0%)	83 (24.3%)	6 (1.8%)
¹ Blood System	20 (0.3%)	14 (70.0%)	6 (30.0%)	0 (0.0%)
Endocrine System	275 (4.1%)	209 (76.0%)	62 (22.5%)	4 (1.5%)
Skin	206 (3.0%)	133 (64.6%)	67 (32.5%)	6 (2.9%)
Gynecology	177 (2.6%)	142 (80.2%)	34 (19.2%)	1 (0.6%)
Cryptic Diseases	118 (1.7%)	69 (58.5%)	47 (39.8%)	2 (1.7%)
Incurable Diseases (includes tumors)	88 (1.3%)	68 (77.3%)	180 (20.5%)	2 (2.3%)
² Disease Totals	6771 (100.0%)	4,926 (72.7%)	1,712 (25.3%)	133 (2.0%)

Notes:

- (1) The Wuhan Report had no data for the blood system; listed are Purple Bamboo Park Report statistics.
- (2) Persons under survey may have suffered from one or more diseases before practicing; thus the total is greater than the number of persons under survey.

Table 1.8: Changes in the Psychological States of Falun Dafa Practitioners Before and After Cultivation

Survey	Great Improvements	Improvements	No Improvements	Total
Guangdong Reports	11,222 (89.4%)	1,202 (9.6%)	129 (1.0%)	12,553
Beijing Reports	10,649 (83.6%)	1,638 (12.9%)	444 (3.5%)	12,731
Total	21,871 (86.5%)	2,840 (11.2%)	573 (2.3%)	25,284

4. Changes in Medical Expenses after Cultivation

The amount of money saved in medical expenses from the practice of Falun Dafa is exceptionally notable. The "Guangdong Report", "Beijing Report", "Dalian Report" and "Wuhan Report" uniformly surveyed changes in the practitioners' medical expenses before and after practicing. See Table 1.9. [The "Wuhan Report" used a different method of division from the other three reports; hence it is not included in the summary].

Table 1.9: Summary of Changes in Medical Expenses (Chinese Yuan) Before and After Cultivation

Survey	Number of Participants in Survey	Total Amount of Money Saved on Medical Expenses	Average Amount of Money Saved on Medical Expenses Per Person
Guangdong Reports	7,170	¥12,650,000	¥1,700
Beijing Reports	12,731	¥41,700,000	¥3,270
Dalian Reports	6,327	¥15,240,700	¥2,409
Total	26,228	¥69,590,700	¥2,653

V. Discussion

The sites where these five surveys were conducted represent some of mainland China's most densely populated areas, as well as being four out of five regions with the highest number of Falun Dafa practitioners: Dalian (northeast), Beijing (north China), Wuhan (central China) and Guangdong (southern China). Only eastern China lacks related surveys and reports. Each district has its own geography, climate, human

characteristics and disease distribution. The five aforementioned surveys can provide a comprehensive comparison of the characteristics and situations of Falun Dafa practitioners throughout China.

The five surveys each gathered the Falun Dafa practitioners' gender, age, length of cultivation and other general details. The "Wuhan Report" also surveyed their professions, and along with the "Purple Bamboo Park Report", their educational levels. Thus, these five surveys also served as social surveys. The results show that the Falun Dafa practitioners had come from every social stratum of society, while possessing different levels of education. Females comprise 72.9%, while those aged 50 and above comprise 62.1%. Those who had an above-mentioned disease before cultivation comprise over 90%. It can be stated that the majority of practitioners started cultivating Falun Dafa with hopes of eliminating diseases and attaining a healthy body.

1. The Effects of Falun Dafa on Healing and Fitness

The five aforementioned surveys did not use the same form of survey. On one hand, this has created difficulties in forming a conclusion; on the other hand, the different points of views used to survey various issues provide opportunities for opening new trails of thought, thus establishing a foundation for further research.

Out of the five surveys, the "Guangdong Report", "Beijing Report" and "Dalian Report" used each individual as the basic unit of their survey (The numbers of cases of diseases were not considered). The results show that 82.7% of practitioners had complete or almost recoveries (symptoms disappeared), 16.2% had improvement (symptoms alleviated) and only 1.2% had no changes after practicing.

As with Table 1.7, the "Wuhan Report" and "Purple Bamboo Park Report" instead used each case of disease as the basic unit of survey. From the medical point of view of concrete analysis, using each disease as the fundamental unit gives abundant information to analyze. However, with each individual, physical and psychological outcome varied between complete recovery or partial improvements. The "Dalian Report" shows that 89.72% of practitioners who had had one single disease completely recovered, while 88.83% of those who had had multiple diseases completely recovered. Statistically, there are no notable discrepancies against the three reports using the individual as a unit of survey. This shows that Falun Dafa's effect on health and fitness holistically impacts the

cultivating individual, rather than particular diseases. The strengths and weaknesses of the two methods are worthy of discussion and comparison. Future surveys may choose to use the two methods simultaneously.

Falun Dafa is a great practice of cultivating both mind and body. Holistic purification and improvement can be achieved through cultivating one's mind and thoughts, or "Xinxing" [mind nature; heart nature] and practicing the exercises. Xinxing cultivation is singled out as the crux of increasing cultivation energy or "Gong". Thus, one is required to emphasize the ascension of one's Xinxing—which encompasses virtue, forbearance, discernment, and abandonment of desires and attachments—to be a good person by using truthfulness, compassion and forbearance as the standard at all times. Cultivating the body through the exercises can lead to the slowing or reversing of aging; it is a path to gaining longevity.

The results of the five aforementioned surveys have verified the efficacy of Falun Dafa in improving a person both mentally and physically. It shows to be highly efficient in healing and improving fitness, with a success rate of over 98%. Those who had complete or almost recoveries were over 70%. Many Falun Dafa practitioners experienced remarkable changes in their bodies after practicing, which were not isolated phenomena but a widespread occurrence.

The "Guangdong Report" records finding some supernormal phenomena, mainly manifested as follows:

- a) The majority of practitioners experienced dramatic improvement in their physical and mental states after practicing. The speed and efficacy of healing amazed many. Some saw their symptoms diminish within just 3-5 days after listening to Mr. Li Hongzhi's lectures or after reading the lectures at home. They felt that their entire body was light and relaxed. Most practitioners experienced their diseases disappear or health improves within a few months, or for others, within 1-2 years.
- b) Many practitioners had been taking medicine and visiting hospitals regularly before practicing. After practicing, they were not only able to discontinue taking medicine and receiving injections, but found that their diseases never worsened or recurred upon ceasing medical intervention. Rather, their health

- only improved. Among them were those who had been undergoing chemotherapy for cancerous tumors, and those who had diabetes, who were advised by their doctors to continue taking medicine. In the eyes of modern science, these phenomena are inconceivable.
- c) Among those practitioners who had suffered from diseases before practicing, some had diseases which had been classified as "incurable" or "difficult to treat" by modern medicine. Some had been referred to end-of-life care by hospitals; others had had experts conclude that their diseases were incurable. However, through cultivating in Falun Dafa, they miraculously recuperated. Upon being re-examined by the hospital, they found that the cancer cells had disappeared; the incurable and cryptic diseases had disappeared; and their health had been restored. (See appendixes for actual examples of the attainment of healing and fitness.)
 - d) The Falun Dafa practitioners not only saw their diseases disappear, but also experienced their bodies regain youthfulness. Elderly practitioners saw their wrinkles lessen; hair-color darken; the complexion turn rosier; and the skin become smoother. Many elderly women—even some who were close to 90—saw their menstrual periods return. In the "Guangdong Report", out of 298 cases within military and university systems, four elderly women over the age of 70 were reported to have experienced heavy menstrual periods. The results amply confirm the miraculous results of Falun Dafa cultivation in achieving longevity.
 - e) The four other surveys also reported the above situations as common manifestations among practitioners. The "Dalian Report" shows that 99% of practitioners achieved the effect of healing and fitness in less than a year of cultivation. Of the practitioners interviewed by the "Guangdong Report", 72.3% had cultivated for less than two years, yet 98% had achieved the effect of healing and fitness within one to two years. The comprehensive results show that 61.5% of practitioners had cultivated for less than two years (Table 1.3). Moreover, the "Dalian Report" shows that the greater the time of cultivation, the greater the number of full recoveries.

The aforementioned surveys and reports document the ability of Falun Dafa in eliminating diseases previously considered incurable or difficult to cure. The "Wuhan Report" and "Purple Bamboo Park Report" show that out of 206 cases of incurable or cryptic diseases, 137 led to full recoveries—a proportion of 66.5%. In the "Guangdong Report", out of 298 cases in military and university systems, 12 cancer patients had made full recoveries. The poisonous side effects from previous cancer treatments had also disappeared after practicing.

The aforementioned surveys have also confirmed Falun Dafa's efficacy in improving a person's Xinxing. The surveys found that practitioners made great psychological and moral improvements. Reports from Beijing and Guangdong Province show that 86.5% of practitioners believed their morality had risen and that they had attained positive psychological adjustment. The "Beijing Report" had also surveyed on practitioners who had had good health before practicing. The results show that 57.9% found that their health further improved after practicing, while 88.4% experienced improved vitality.

Another significant phenomenon reported was of practitioners commonly giving up harmful indulgences. The "Wuhan Report" shows that 99.5% of practitioners had given up bad habits such as smoking, drinking and gambling. Presently, modern medicine lacks effective methods for combating addictions. This phenomenon is something that modern medical science could not have imagined.

Another survey found that on average, a practitioner saved 2,600 yuan each year on medical expenses. It clearly shows that Falun Dafa cultivation brings very impressive economic benefits to society. The results confirm that Falun Dafa cultivation benefits the state and its people. After cultivating, practitioners not only improved their health but also their morality—thus positively influencing theirs and others' lives whether at home or in society.

2. The Possible Characteristics of Falun Dafa in Achieving Healing and Fitness

The above miraculous phenomena and concrete results experienced by Falun Dafa practitioners are considered unimaginable and a mystery by modern medical science—they are difficult to explain. Why are diseases which are incurable by modern medicine able to be cured by cultivating in Falun Dafa? Why can difficult problems which modern medicine cannot overcome be easily solved when practicing in Falun Dafa? Falun Dafa prioritizes studying the Fa [Law; universal principles] and cultivating Xinxing. The principles in Falun Dafa's main text,

Zhuan Falun, guide practitioners in improving Xinxing and cultivating away various attachments, while the exercises are supplementary. When practitioners begin cultivation, Master Li Hongzhi assists practitioners in purifying their minds and bodies. Thus, when Falun Dafa practitioners talk about their diseases having been healed, they express heart-felt thanks to Master Li Hongzhi.

In their daily lives, practitioners aim to uphold the principles of truthfulness, compassion and forbearance taught by Falun Dafa, such as by treating others with kindness and sincerity and by examining themselves first for wrongdoing when encountering conflicts. For cultivators, things that normally cause mental pressure and bad mindsets instead become an opportunity for Xinxing improvement. Modern medicine recognizes that psychological pressure is a significant element of chronic diseases, including in the circumstances of those diseases leading to sudden deaths. Cultivation can allow one to rise above the complications of psychological pressure while simultaneously eliminate the roots of many diseases.

Moreover, Falun Dafa supports its cultivators in giving up all unhealthy behaviors, habits and addictions that damage the mind and body, such as smoking, drinking, drugs and gambling; thus eliminating over 70% of disease-causing agents.

The above are things that modern medicine can understand. Although modern medicine has made these realizations, it has also acknowledged that it is extremely difficult for a person to correct their mindset and behavior. However, it has been seen that a person can truly achieve these changes through Falun Dafa cultivation.

From the perspective of traditional Chinese medicine, a major cause of diseases is seen as being pathogenic "Qi" [vital energy; amorphous substances] and the obstruction of energy channels, known as meridians—namely qi and blood stagnating. Clearing and opening the energy channels and removing the pathogenic conditions are considered effective in preventing the diseases from surfacing.

Qigong exercises are known to support energy flow through the meridians and also restore youthfulness. Falun Dafa activates and opens up hundreds of energy channels in the practitioner's body, thus dramatically purifying and improving the body.

Healing and fitness are only one aspect of Falun Dafa, as it is actually an exceedingly supernatural and profound cultivation system. Nevertheless, the aforementioned surveys show the astonishing effects on healing and fitness that cultivation brings, which is worthy of research from the perspective of both modern medicine and science.

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SPECIAL THANKS

Thank you to all the mainland China personnel who participated in the surveys.

A Survey on Healing and Fitness from Practicing Falun Gong in North America

4.2

March 31, 2003

I. Introduction

Inspired by the results of the health survey conducted in China before July 1999, [*when the Jiang's regime started to persecute Falun Gong*], several Falun Dafa practitioners in North America have conducted a small-scale health survey on the cultivation of Falun Gong.

Owing to the more complex nature of the make-up of the people in North America and that most of the practitioners in North America have a high educational background, we therefore added the item of level of education in our questionnaire. Because Falun Dafa has made it possible for many practitioners to quit smoking we added the item of smoking before and after practicing Falun Gong to estimate the number of people who gave up smoking. As for the general improvement of health conditions we made use of some of the questions the US National Health Bureau used in its "National Health Survey" of people of the middle-aged group.

We sent the questionnaires to a group of practitioners in the United States and Can-



Thousands of practitioners exercised Falun Gong in front of Capitol Hill [July 17, 2009]

ada, who were willing to take part in it and we collected 235 responses, of which 202 were from the United States, 32 were from Canada and one from another country. The comparison of the collected data on health conditions before and after practicing Falun Gong shows that practicing Falun Gong has helped in their health improvement. The data collected were keyed into EXCEL and the actual analysis and calculation were carried out by statistics software SAS and S-PLUS.

The statistics showed that the practitioners in North America are relatively young and have very good educational background. The self-evaluation on their health conditions before and after practicing Falun Gong showed that their health conditions have greatly improved. Following are the results.

II. Survey Results

1. General Information

a) Geographic Distribution (State/Province)

Table 2.1: Geographical Distribution of the People Surveyed

Arizona	California	D.C.	Florida	Illinois	Kansas
4	52	3	2	9	1
Maryland	Maine	Missouri	Massachusetts	New Hampshire	North Carolina
14	1	19	11	1	17
New Jersey	New York	Oregon	Ohio	Pennsylvania	Texas
15	3	1	1	3	3
Tennessee	Virginia	Washington	Ontario	British Columbia	Quebec
10	5	11	24	2	2

Twenty-one of the people surveyed did not specify their state/province. The above table shows the number of survey results collected from various states/provinces.

b) Gender

137 (58.3%) female and 98 (41 %) male

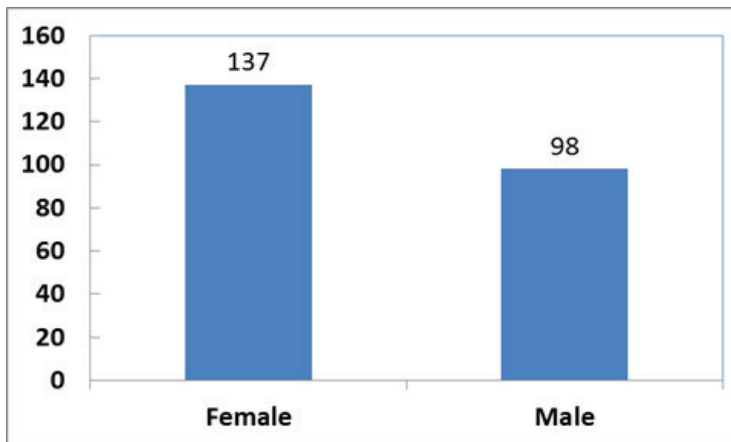


Fig. 2.1: The distribution of gender

c) Race

Among the 233 responses 226 (97 %) are Chinese and 7 (3 %) Caucasian.

d) Age

Among 230 responses the average age is 38.9 (The standard deviation is 13.6 and the age ranges from 4 to 78.)

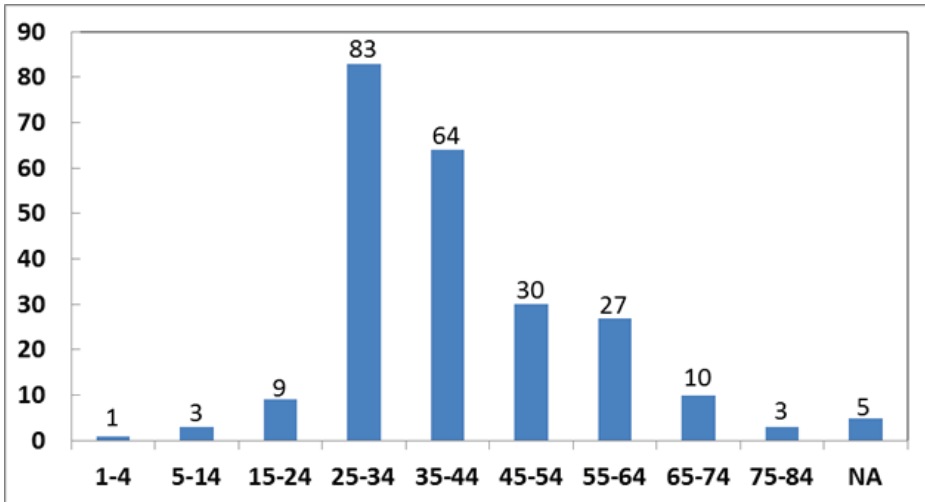


Fig. 2.2: The distribution of age

e) Length of Practice (Up to December 1999)

Among the 229 responses, the average length of practice is 26.4 months (The standard deviation is 14.2 and the range of duration is 1 to 64 months.)

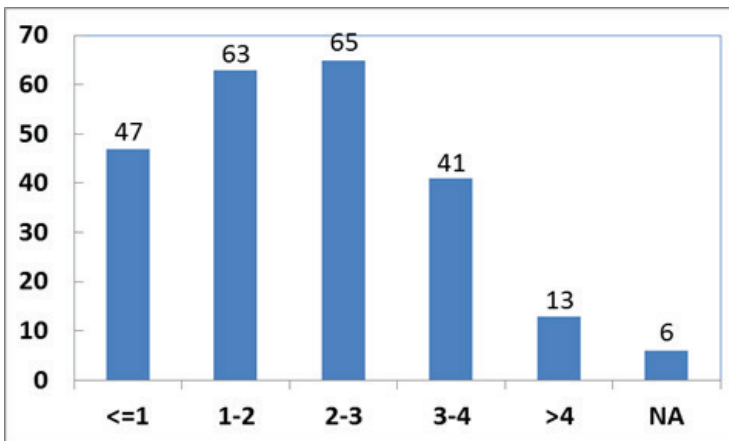


Fig. 2.3: The distribution of the length of practice in years

f) Education Level

Among the 233 responses, it has only been taken into consideration that the highest degree of education obtained by the age group of 18 years and above. (Fig. 2.4)

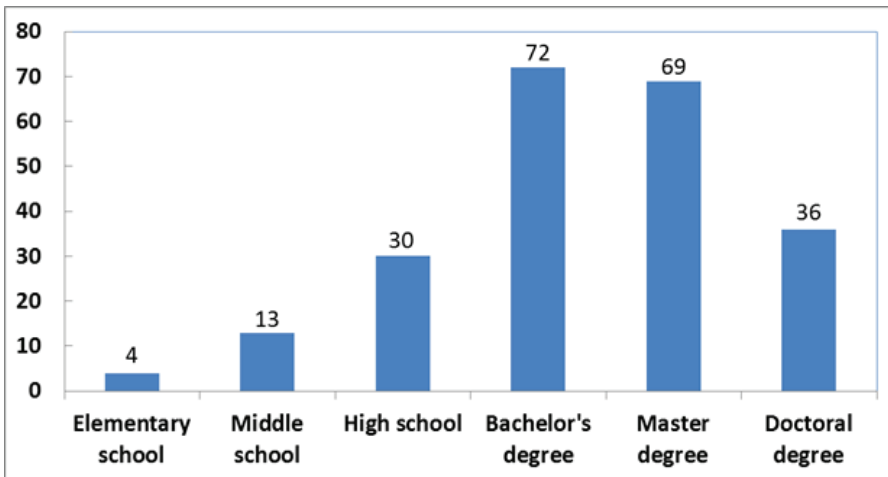


Fig. 2.4: The distribution of educational attainment

g) Occupation

Fig. 2.5 shows the distribution of business/industry employed of the people (137 people). (NPO: non-profit organization)

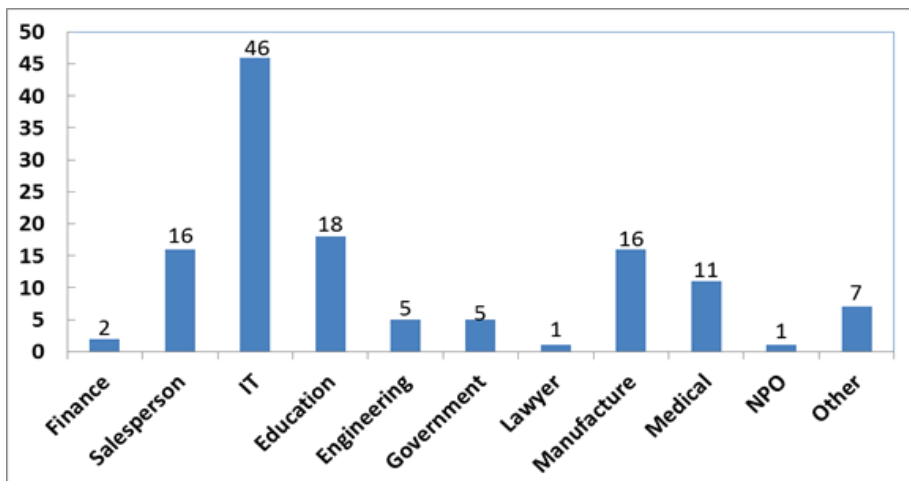


Fig. 2.5: Employment distribution

2. Health Data

a) Height and weight

Of the age group 18 and above (230 people, the average height for males is 172cm (The standard deviation is 8.2cm; the average height for females is 159.2cm (The standard deviation is 5.5cm. The average weight for males is 67.9 kilo (The standard deviation is 11.4 kilo; the average weight for females is 56.6 kilo. The standard deviation is 10.9 kilo).

b) Status of Smoking and Drinking

18 cases had a habit of smoking before practice and all of them quit smoking after practice. It only took an average of 4.58 days for them to quit smoking. 103 cases had a habit of drinking before practice, 100 cases quit drinking after practice, 2 cases drink less than 3 cups a week, and 1 case did not fill out the answer.

c) Self-Evaluation of Health Conditions Before and After Practice

The responses handed in by 230 participants contain complete information about their health conditions before practice.

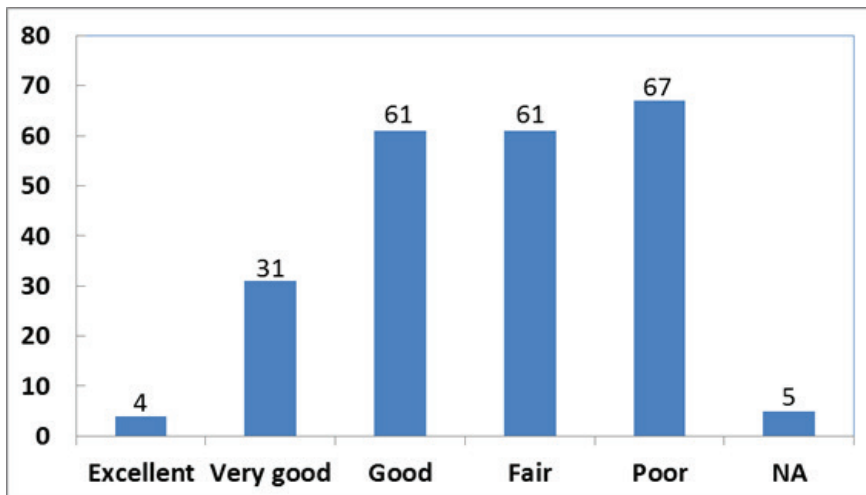


Fig. 2.6: Statistics on health conditions before practice

The responses that 226 participants handed in contain complete information about their health conditions after practice.

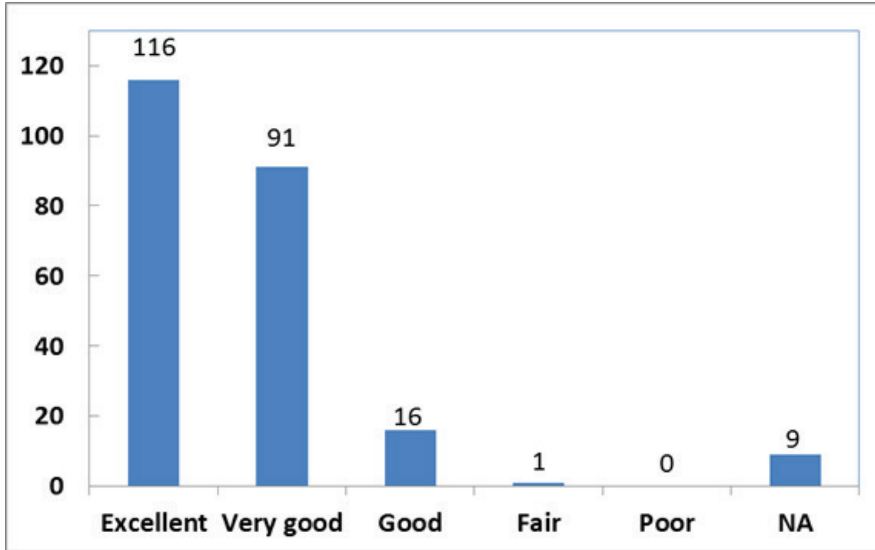


Fig. 2.7: Statistics on health conditions after practice

Table 2.2: Comparison of health conditions before and after practice

Total responses		After practice					Sum
		Excellent	Very good	Good	Fair	Poor	
Before practice	Excellent	4	0	0	0	0	4
	Very good	23	8	0	0	0	31
	Good	31	27	3	0	0	61
	Fair	23	28	10	0	0	61
	Poor	35	28	3	1	0	67
Sum		116	91	16	1	0	224

From the results of Fig. 2.6 and Fig. 2.7 as well as Table 2.2 we can see that 224 participants had markedly improved their health conditions after practice.

d) Status About Diseases Before and After Practice.

Table 2.3: Statistics on improvement of diseases after practice

Type of Disease	Total Number of Disease Cases					Total
	Total Recovery	Marked Improvement	Improved	No Change	Getting Worse	
High Blood Pressure	7	5	1	1	0	14
Heart Disease	14	5	0	0	0	19
Stroke	1	2	0	0	0	3
Emphysema or Asthma	10	2	0	0	0	12
Alimentary Canal Ulcer	35	9	1	0	0	45
Cancer	4	2	0	0	0	6
Diabetes & High cholesterol	2	2	1	0	0	5
Pollenosis	23	2	0	0	0	25
Sinusitis	13	2	1	0	0	16
Chronic Bronchitis	8	2	0	0	0	10
Kidney Failure	13	3	1	0	0	17
Hepatitis & Other Liver Related Diseases	11	3	0	0	0	14
Other Diseases	40	18	2	1	0	61

e) Status of uncomfortable symptoms before and after practice.

Table 2.4 sums up the improvement of those uncomfortable symptoms before and after practice. These symptoms had not been diagnosed by doctors. From the table we can see that the symptoms have shown distinct improvement.

Table 2.4: Statistics on the improvement of uncomfortable symptoms

Symptoms of Upset	Total Number of Cases					Total
	Total Recovery	Marked Improvement	Improved	No Change	Getting Worse	
Joints and the Surrounding Areas Discomfort Such As Pain, Stiffness & Swelling	43	12	2	1	0	48
Pain Such As Backache, Muscle Ache, Headaches and Migraine Headaches	74	14	4	7	0	99
Insomnia, Hearing Impairments	2	0	0	1	0	3
Chronic Fatigue	40	8	3	0	0	51
Other Symptoms Not Diagnosed by Doctors	40	18	2	1	0	61

III. Conclusion

This report on the health survey is a summary of the results of a survey of 235 Falun Gong practitioners on their health status. It shows that practicing Falun Dafa is beneficial to health. After practicing, the chronic diseases suffered by some of the practitioners completely disappeared, some had their symptoms reduced and smokers have quit smoking. By using a statistics model (not shown here) to handle these data it showed that the result of most of the participants indicates that the longer they practice the better improvement of their health.

Healing and Fitness Survey Report of Falun Gong Practitioners in Taiwan

4.3

Authors: Yuhui Hu, Mai He, Mengqi Liu, Lishan Huang

I. Preface

As health insurance expenditure for the whole society keeps increasing, the government's burden is becoming heavier. Improving people's physical and mental health while keeping the social cost down has become an important task for every country's government and medical circle.

Modern medicine and the current health care system swiftly developed during the twentieth century. However, the fast pace of intense modern life has made it hard for the modern health care system to fully meet people's needs for health. Besides mainstream medicine and health care, more and more people have accepted and put into practice "Alternate Therapy" [1]. Among "Alternate Therapies" recognized by modern medicine, one of the important components is Chinese medicine, of which acupuncture, moxibustion and herbal medicine are relatively more accepted by western societies. Although things similar to Qigong such as Yoga, meditation and traditional Tai Chi are very popular in western countries, Qigong itself is not widely known. With the increasing knowledge of the influence that mental, behavioral and psychological factors can have on the occurrence and treatment of diseases, psychosomatic medicine has obtained an increasing level of attention in modern medicine and health care. Western medicine has shown a strong interest in psychosomatic medicine, represented by Qigong from traditional Chinese culture. Personnel from many countries' medical circles have come to China to exchange discourse in this field [2].

As an important component of traditional Chinese culture and medicine, Qigong underwent large-scale popularization in mainland China in the 1950's and has become an important means of health care among citizens. However, positioning Qigong in the modern health care system is not clearly recognized by government administrative departments, medical circles and medical practitioners because there are many problems involved. For example, what is Qigong? How much effect does Qigong have on physical fitness? What are the factors affecting the efficacy of Qigong? How can Qigong's effect on fitness be unleashed?

From the very beginning in China, Qigong masters performed Qigong healing (or external Qi healing), but majority of the general public performed self-healing via exercises. It was often when modern medicine failed to cure diseases effectively that people turned to Chinese medicine, herbal medicine and Qigong. Practice from the last several decades has shown that Qigong is the cheapest yet most effective way to improve health, which led medical practitioners and relevant scientific research departments to carefully study Qigong. Presently there are two ways of studying Qigong in medical research. One way is to study the mechanism. For example, what is the definition of Qi? What are the components of "external Qi"? Does external Qi exist? The other way is to study the clinical curative effect, such as the effect of Qigong on hypertension, heart disease and cancer. Clinical research mainly focuses on physiology and pathology [3-5], whereas the study of psychological influence is relatively deficient [6]. Until now, there is not much research on Qigong physiology, psychology and social economy, of which the latter two are the rarest [7].

In this survey, practitioners of the currently well-known Falun Dafa (also called Falun Gong), which has over 100 million practitioners, were chosen as the subjects. Social surveys have been used to determine whether Falun Gong cultivation notably influences individual health and character from an overall physiological, psychological and social economic perspective. Attempts have also been made to give brief introduction about Falun Gong cultivation centred on cultivating character and longevity as well as its function in modern society and especially in health care.

II. Methodology

The research team comprised of scholars and experts of Pathology, Public Health, Health Economics and Biostatistics from the United States and Taiwan. The bulk of the sample was supposed to be Falun Dafa practitioners in mainland China (estimated to be more than 70 million). However, research work in China was impossible due



Practitioners formed the Falun Emblem on the Chiang Kai-shek Memorial Hall Square in Taipei [December 25, 2005]

to the persecution of Falun Gong practitioners by the CCP regime since 1999. As a result, the research team chose Taiwan, the region with the second largest number of Falun Dafa practitioners, to carry out a sampling survey.

As for the sampling design, because Falun Dafa has "easy-going management", no practitioner rosters were available. Therefore, "cluster sampling" was used by obtaining practitioners' contact information from practice sites and reading groups of various regions in Taiwan published online. This survey also took the disparity between urban and rural demography into consideration. In order to sample rural areas with relatively fewer practice sites, 365 administrative regions across the country (ranked from village to town to city) were divided into ten layers according to their extent of development. Twenty percent of the regions were selected from each layer, and all adult Falun Dafa practitioners belonging to practicing sites and reading groups in those regions were asked to answer a questionnaire. The definition of "adult Falun Dafa practitioner" is a person who is over 18 years old, has been practicing Falun Dafa for more than 2 months and has read through *Zhuan Falun*, the book that guides character cultivation of Falun Dafa, at least once. A total of 1,210 effective samples were collected at a re-

sponse rate of 75%.

This questionnaire, the "Mental and Physical Health Survey of Taiwan Falun Gong Practitioners", included the change in the amount of medical treatment used by the interviewee before and after cultivation, the change under situations of major chronic diseases suffered, the change in lifestyle (i.e. unhealthy living habits such as smoking or drinking) and information about personal attributes. Additionally, in order to draw a comparison to the health conditions of the general public in Taiwan, "Short Form-36" from the 2001 "Nationwide Health Survey", in which people were asked to self-evaluate health conditions, was also adopted. "Short Form-36" has been widely accepted and put into practice by the international medical and public health academic circles. It includes an evaluation of the two main aspects of health, physical and mental. Physical health is subdivided into four categories: Physical Functioning (PF), role restriction caused by physical health problems (Role Physical, RP), the extent of Bodily Pain (BP) and General Health (GH). Mental health is also subdivided into four categories: condition of Vitality (VT), Social Function (SF), and role restriction caused by emotional problems (Role Emotional, RE) and Mental Health (MH). According to a formula proposed by Dr. Ware, the designer of "Short Form-36", scores from 0 to 100 were calculated for each of these eight items as quantified indicators of mental and physical health based on which health conditions could be compared between different groups; the higher the scores, the better the health condition.

In terms of the analytical method, the control group consisted of the general public and Falun Gong practitioners before cultivation in order to compare differences in mental and physical health between Falun Gong practitioners and the control group. Health indicators adopted by this survey include the amount of medical treatment used, the condition of major chronic diseases, "Short Form-36" and lifestyle (i.e. smoking and drinking).

III. Survey Results

The survey results showed that females comprised 59% of Taiwanese Falun Gong practitioners (see Table 3.1), higher than the percentage of females in the general public (the control group). The percentage of elderly practitioners was also higher than that of the control group (15% of practitioners were above age 65 compared to 9% in the control group). The average household income and degree of education were both higher in practitioners than in the control group. The marriage percentage (77%) was also higher than that of the control group (56%). This was similar to some past sur-

vey results acquired in mainland China. Surveys conducted around 1998 showed that females accounted for 72.9% of Falun Gong practitioners, and 62.1% of practitioners were over 50 years old.

Table 3.1: Comparison between Falun Gong Practitioners and the Control Group

Characterization	Category	Falun Gong Practitioners (Subject)	The General Public (Control Group)
Gender	Male	41%	51%
	Female	59%	49%
Age	18-65	85%	91%
	Over 65	15%	9%
Income	Family Monthly Income (NT\$)	56000	33500
Education Level	Elementary School	26%	27%
	Middle School	12%	24%
	High School	26%	28%
	Bachelor's Degree and Higher	36%	21%
Marital Status	Married	77%	56%
	Divorced, Separated or Widowed	9%	10%
	Others	14%	34%

1. Amelioration of Chronic Diseases after Practitioners Cultivate Falun Gong

The morbidity rate of Falun Gong practitioners with chronic diseases before cultivation was compared to that of the general public (data source: Nationwide Health Survey of Taiwan, 2001). In this survey, four chronic diseases among ten major death causes were listed as examples: heart disease, diabetes, pulmonary disease and hypertension. Table 3.2 shows that about 19.3% of practitioners suffered from heart disease before cultivation compared to only 6.8% of the general public. The morbidity rates of diabetes were similar, with 6.4% among practitioners and 4.5% in the general public. Approximately 18.3% of practitioners suffered from pulmonary disease before cultivation, more than three times the percentage of the general public (5.2%). The morbidity rate of hypertension also surpassed that of the general public by about 5% (16.5% compared to 11.3%). From these numbers it can be inferred that the morbidity rates of chronic diseases among Falun Gong practitioners before cultivation were higher than those of the general public. In other words, Falun Gong practitioners' health conditions before cultivation were inferior to the health conditions of the general public.

These practitioners hoped to achieve healing and fitness from Falun Gong cultivation.

Table 3.2: Comparison between Falun Gong Practitioners (prior to practice) and the General Public

Chronic Diseases	Prior to Practice	General Public
Heart Disease	19.30%	6.80%
Diabetes	6.40%	4.50%
Pulmonary Disease	18.30%	5.20%
Hypertension	16.50%	11.30%

As for whether practitioners' health conditions improved after cultivation, this study surveyed the changes after cultivation in Falun Gong practitioners who suffered from five kinds of chronic diseases before cultivation. Approximately 54% of practitioners who suffered from severe or very severe malignancies were cured after practicing Falun Gong, while 36% experienced improvement. Approximately 41% of practitioners who suffered from severe or very severe heart disease were cured, while 51% experienced improvement. Approximately 12% of practitioners who suffered from severe diabetes were cured, while 71% experienced improvement. Approximately 46% of practitioners who suffered from severe or very severe pulmonary disease were cured, while another 46% experienced improvement. Approximately 41% of practitioners who suffered from severe or very severe hypertension were cured, while 45% experienced improvement. These data show that most Falun Gong practitioners experience convalescence or improvement even though they once suffered from chronic diseases that were difficult to cure.

Table 3.3: The Recuperation or Amelioration from Chronic Diseases after Practice

Symptom Before Practice	Severe or Very Severe		Mild	
	Recuperation	Amelioration	Recuperation	Amelioration
Diseases				
Malignancy	54%	36%	41%	35%
Heart Disease	41%	51%	34%	54%
Diabetes	12%	71%	25%	42%
Pulmonary Disease	46%	46%	41%	42%
Hypertension	41%	45%	38%	45%

2. Comparison of Mental and Physical Health Status of Falun Gong Practi-

tioners and the General Public in Taiwan

This study compares the survey results from "Short Form-36" of the "Nation-wide Health Interview and Survey in Taiwan" in 2001 and of the "Falun Gong Practitioners Mental and Physical Health Survey" in 2002. Next is an explanation of the eight mental and physical indexes in the "Short Form-36".

Measurement of "Physical Function" (PF)

The interviewees were asked, "Does your current health status restrict you from these activities?" The activities included arduous activities (such as running, lifting heavy objects and participating in strenuous exercises), moderate activities (such as moving tables, mopping the floor, bowling or doing Tai Chi), lifting or carrying food and groceries, climbing several flights of stairs, climbing one flight of stairs, stooping, kneeling or squatting, walking for more than one kilometer, walking across several blocks, walking across one block, bathing and putting on clothes.

Measurement of "Role Restriction Caused by Physical Problems" (RP)

The interviewees were asked, "Have you ever been restricted in work or other daily activities because of physical health problems?"

Measurement of "Bodily Pain" (BP)

The interviewees were asked, "How is your physical pain condition, and to what extent does it affect daily work (including going to work and household duties)?"

Measurement of "Self-Evaluation of General Health Status" (GH)

The interviewees were asked, "What do you think about your physical health status, and how do you compare with others?"

Measurement of "Vitality" (VT)

The interviewees were asked questions such as, "Do you feel energetic or exhausted?"

Measurement of "Social Function" (SF)

The interviewees were asked, "To what extent have your physical or emotional

problems impeded ordinary activities between you and your family, your friends and your community?"

Measurement of "Role Restriction Caused by Emotional Problems" (RE)

The interviewees were asked, "Has your work or other daily activities ever been restricted by emotional problems (such as depression or anxiety)?"

Measurement of "Mental Health" (MH)

The interviewees were asked, "Are you a happy, anxious, worried or calm person?"

Table 3.4: Comparison of Mental and Physical Health Status between Falun Gong Practitioners and the General Public in Taiwan

	Average Percentage (Standard Deviation)	PF	RP	BP	GH	VT	SF	RE	MH
	Both Sexes	Practitioners	92.82	89.55	81.21	81.22	74.35	86.98	89.85
(A)		-13.43	-24.42	-18.7	-18.65	-17.21	-14.01	-25.38	-15.51
General public (B)		92.21	83.61	73.33	70.42	68.25	86.8	79.4	73.01
(A)-(B)		-16.2	-33.3	-28.57	-21.78	-18.67	-17.07	-36.07	-16.55
Male	Practitioners	93.41	89.36	82.91	80.74	75.24	87.81	89.85	79.18
	(C)	-12.67	-25.37	-17.73	-18.15	-15.75	-13.47	-25.54	-14.43
	General Public (D)	93.97	86.41	77.05	72.74	70.94	87.86	81.25	75.08
	(C)-(D)	-14.66	-30.83	-28.11	-20.72	-17.9	-16.56	-34.64	-15.95
Female	Practitioners	92.42	89.67	80.06	81.54	73.75	86.42	89.86	77.28
	(E)	-13.92	-23.78	-19.25	-18.99	-18.1	-14.34	-25.3	-16.15
	General Public (F)	90.49	80.87	69.67	68.14	65.61	85.76	77.6	70.97
	(E)-(F)	-17.4	-35.35	-28.56	-22.54	-19.04	-17.49	-37.33	-16.88
Elderly People (Over Age 65)	Practitioners	83.76	78.04	78.4	78.36	72.79	85.97	83.52	79.05
	(G)	-18.9	-34.52	-19.58	-17.7	-17.76	-15.95	-32.46	-14.86
	General Public (H)	69.76	56.71	61.33	54.58	58.7	79.05	68.71	71.19
	(G)-(H)	-26.99	-46.03	-27.87	-23.23	-20.47	-23.49	-43.4	-18.26

Note:

(1) Two tailed T-tests were used in this survey to determine whether p is the

same.

- (2) *Represents $\rho < 5\%$. ** Represents $\rho < 1\%$. Data in brackets are standard deviations.

The average scores of the eight indexes of physical and mental health measured for Falun Gong practitioners and the general public were processed using two tailed T-tests in this survey. As shown in Table 3.4, aside from the scores of "Physical Function" and "Social Function" (Note: The differences in measurements of physical function are relatively easily reflected among seniors or people with disabilities; most people accomplished the activities asked in the questionnaire without difficulty. Therefore, there is not much difference in the scores, which average over 92, for Falun Gong practitioners or the general public. Most people's interactions with family members, friends and neighbors are also unlikely to be hindered by their body or emotions. Consequently, there was also not much difference between the two groups.), Falun Gong practitioners' average scores of the other six indexes were all significantly higher than those of the general public when both sexes are combined (Fig. 3.1). The scores for "Overall Health Status" and "Role Restriction Caused by Emotional Problems" were both over ten points higher, indicating that the physical and mental health of Falun Gong practitioners is better than that of the general public.

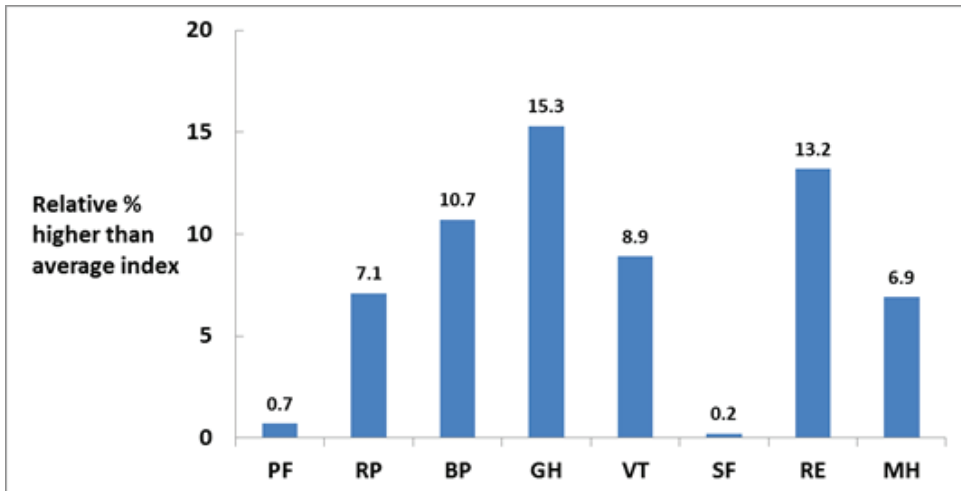


Figure 3.1: Falun Gong Practitioners' Health Indexes Overall Are Higher Than Average

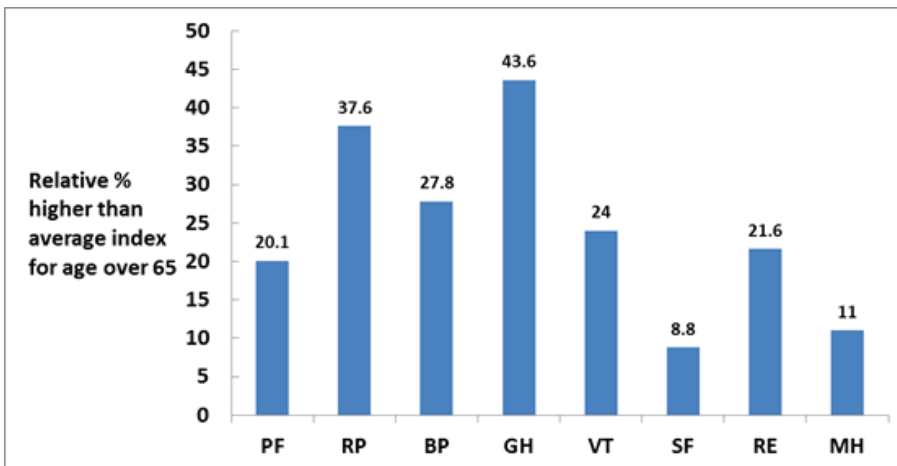


Figure 3.2: Female Falun Gong Practitioners' Health Indexes Are Higher Than Average Indexes of the General Female Public

When distinguished by sex, the differences in each score were similar to the differences obtained when both sexes were considered together. Aside from the scores for "Physical Function" and "Social Function", the scores of the other six indexes were all significantly higher in male Falun Gong practitioners than in the general male population; only the gap was smaller than when both sexes were considered. Female Falun Gong practitioners outscored the general female population in seven indexes, including "Physical Function". This shows that practicing Falun Gong does have a significant effect on improving mental and physical health for both males and females (Fig. 3.2).

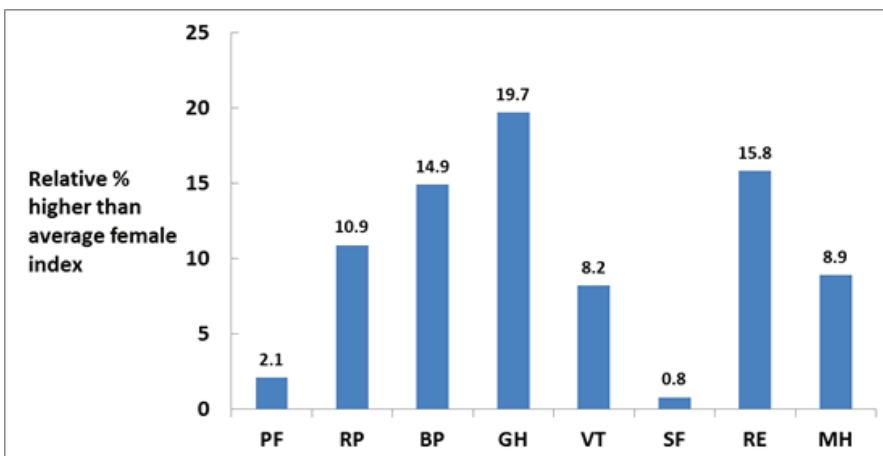


Figure 3.3: Elderly Falun Gong Practitioners' Health Indexes Are Higher Than Average Indexes of the General Elderly Public

Elderly people (over age 65) mostly include those with inferior health conditions. Does Falun Gong still have a positive effect on their health? As shown in Table 3.4, the eight mental and physical health indexes of elderly Falun Gong practitioners are all significantly higher than those of the general elderly population (Fig. 3.3). This demonstrates that cultivating Falun Gong can also significantly improve health for people who belong to relatively weak and difficult-to-recover groups.

3. Cultivation Time as an Influential Factor of Mental and Physical Health

Falun Gong practitioners' mental and physical health was not only compared to that of the general public but also compared amongst each other. Of the many different attributes among practitioners, the "length of cultivation time" was taken as the main variable in this survey. Multivariable regression analysis was used to survey "whether longer cultivation time led to better mental and physical health." Aside from the number of years of cultivation, other explanatory variables for the regression model in this survey include practitioners' health conditions before cultivation, gender, age, education background, employment status, type of occupation and other personal attributes such as number of siblings in household. The results of the multivariable regressions revealed that the longer the cultivation time, the higher the eight indexes of mental and physical health, all of which carried statistical significance (see Table 3.5). The number of years of cultivation has a rather strong effect on improving mental health, ameliorating physical pain and boosting social function. This discovery demonstrates that the effects of Falun Gong cultivation on fitness and healing are not transient or temporary but rather keep growing with longer cultivation time.

Table 3.5: Multivariable Regression Model of the Eight Health Indexes (Least-squares Method)

Dependent Variables	PF	RP	BP	GH	VT	SF	RE	MH
Explanatory variables								
Years of Cultivation	1.46**	1.56**	2.99**	1.71**	1.22*	2.44**	2.16**	3.74**
	-0.28	-0.53	-0.38	-0.31	-0.55	-0.34	-0.41	-0.4

Note:

- (1) *Represents $\rho < 5\%$. **Represents $\rho < 1\%$. Data in brackets are standard deviations.
- (2) The control variables are physical conditions before practice, gender, age,

education level, employment, occupation and number of children.

4. Time Reading Zhuan Falun as an Influential Factor of Mental and Physical Health

Aside from surveying the influence of the number of years in cultivation on mental and physical health, Falun Gong's biggest difference from other Qigong is that it emphasizes character cultivation as the key to increasing energy (please refer to Zhuan Falun). In other words, improving character will improve the effects of exercising on health. Falun Gong practitioners use Zhuan Falun, the book written by Mr. Li Hongzhi, as the standard for cultivating character, and they often read through Zhuan Falun repeatedly in order to realize more advanced principles of the Law. In Falun Gong cultivation, it is considered most important to read through Zhuan Falun and improve one's character in daily life under the guidance of the principles of the Law to which one has enlightened. Performing exercises is only auxiliary and secondary. Because character cultivation was not easy to measure, the number of times one has read through Zhuan Falun was adopted as the substitutive variable for "character cultivation" in order to examine whether it was true that "the more times one reads through Zhuan Falun, the better one's mental and physical health become". When the explanatory variable of "number of times reading through Zhuan Falun" was added to the aforementioned regression model, it was discovered that the coefficient of "number of times reading through Zhuan Falun" had a positive effect in all eight indexes, all of which carried statistical significance (shown in Table 3.6). In other words, the more times one has read through Zhuan Falun, the better was one's mental and physical health. The "Overall health condition" was the most affected index. It is worth noting that once the variable "number of times reading through Zhuan Falun" was added, the influence of the "number of years in cultivation" on each mental and physical health index decreased so much that it no longer had statistical significance. This seemed to confirm what Falun Gong has emphasized, that "character cultivation" is the most important factor in improving energy. That is, no matter how long one has cultivated, one's overall health condition will improve as long as one's character has improved; one's health improvement will be limited if one only practices the movements without cultivating character.

Table 3.6: Multivariable Regression Model of the Eight Health Indexes (Least-squares Method)

Dependent Variables	PF	RP	BP	GH	VT	SF	RE	MH
Explanatory Variables								
Years of Cultivation	0.46	0.67	0.88	2.02**	1.42**	0.72	0.57	1.06**
	-0.33	-0.64	-0.49	-0.48	-0.45	-0.37	-0.67	-0.4
Number of times Reading Through Zhuan Falun	0.63**	0.55*	0.81**	1.12**	1.01**	0.64**	0.42*	0.88**
	-0.12	-0.22	-0.17	-0.17	-0.16	-0.13	-0.23	-0.14

Note:

- (1) *Represents $\rho < 5\%$. **Represents $\rho < 1\%$. Data in brackets are standard deviations.
- (2) The control variables are physical conditions before practice, gender, age, education level, employment, occupation and number of children.

5. The Change in Physical Health Satisfaction and Emotional Feelings After Cultivation

From the last section, it can be seen from an analysis of "Short Form-36" that the mental and physical status of Falun Gong practitioners is better than that of the general public. In this section, the mental and physical health conditions of practitioners before and after cultivation will be compared. In this survey, the interviewees were asked about their satisfaction with their own health conditions and their ability to partake in daily activities before and after cultivation. They were asked if they often experienced "negative feelings" (such as sadness, tension, anxiety and worry). Statistical results reveal that only 24% of practitioners were satisfied or very satisfied with their health conditions before cultivation, whereas 79% of practitioners were satisfied after cultivation, a very large improvement (shown in Table 3.7). It can be seen from Table 3.7 that among those very unsatisfied with their health conditions before cultivation, 35% became very satisfied with their health conditions after cultivation, 40% became satisfied and 17% experienced improvement. Among those unsatisfied with their health conditions before cultivation, more than 74% became satisfied or very satisfied after cultivation.

Table 3.7: Change in the Degree of Physical Health Satisfaction and Emotional Feelings after Cultivation

Items	Before Cultivation (%)	After Cultivation	(%)
The Degree of Physical Health Satisfaction	Very Unsatisfied (18)	Very Satisfied	35
		Satisfied	40
		Average	17
		Unsatisfied or Very Unsatisfied	9
	Unsatisfied (34)	Very Satisfied	18
		Satisfied	56
		Average	18
		Unsatisfied or Very Unsatisfied	8
	Average (23)	Very Satisfied	19
		Satisfied	55
		Average	23
		Unsatisfied or Very Unsatisfied	3
Satisfied or Very Satisfied (24)	Very Satisfied	36	
	Satisfied	59	
	Average	3	
	Unsatisfied or Very Unsatisfied	1	
The Degree of Satisfaction with Daily Activity Participation	Very Unsatisfied (7)	Very Satisfied	33
		Satisfied	42
		Average	14
		Unsatisfied or Very Unsatisfied	11
	Unsatisfied (26)	Very Satisfied	17
		Satisfied	58
		Average	16
		Unsatisfied or Very Unsatisfied	9
	Average (30)	Very Satisfied	18
		Satisfied	54
		Average	27
		Unsatisfied or Very Unsatisfied	1
Satisfied or Very Satisfied (36)	Very Satisfied	30	
	Satisfied	69	
	Average	1	
	Unsatisfied or Very Unsatisfied	0	
Frequency of Negative Emotions	Often or Always (33)	Rarely or Never	81
		Occasionally	13
		Often or Always	6
	Occasionally (26)	Rarely or Never	83
		Occasionally	15
		Often or Always	1
	Rarely or Never (40)	Rarely or Never	97
		Occasionally	2
		Often or Always	1

As for the satisfaction with the ability to partake in daily activities, 36% of practitioners were satisfied or very satisfied before cultivation compared to 81% after cultivation. Statistics also show that among practitioners who were very

unsatisfied with their own abilities to partake in daily activities, 33% felt very satisfied after cultivation, and 42% felt satisfied and another 14% experienced improvement (Table 3.7). Among those unsatisfied with their ability to partake in daily activities, more than 75% felt satisfied or very satisfied after cultivation. This result shows that Falun Gong cultivation has a positive effect on improving one's ability to partake in daily activities.

Similarly, Falun Gong has a very notable effect on improving mental health. Approximately 33% of practitioners often or always experienced negative emotions before cultivation, which dropped to 3% after cultivation. As indicated in Table 3.7, among practitioners who often or always felt negative emotions before cultivation, 81% of them improved to rarely or never feeling negative emotions after cultivation.

6. Falun Gong's Effects on Abstinence of Bad Habits

Modern medicine has sufficiently recognized the effects of life style (including diets and behavior) on disease occurrence, development and recovery. Unhealthy life styles account for approximately 70% to 80% of all diseases. These mental and physical imbalances have directly or indirectly caused more than 150 billion dollars of social losses, with average loss of 600 dollars a person [8]. What is more important is that the diseases brought about by mental and physical imbalances can be prevented or changed by adjusting one's mentality and physical body: "over 70% of apoplexy, colon cancer, coronary heart disease and type two diabetes can be prevented by adjusting life style" [9]. According to statistics in the United States, half of all deaths (~50%) can be prevented. Among all the preventable causes, smoking accounts for the highest number at 19%, diets and behavior account for 14% and alcoholism accounts for 5%. These three factors combined account for nearly forty percent (38%) of the death causes, and three out of the four preventable deaths causes [10]. In contrast, infectious or contagious diseases caused by microbes only account for 4% of all deaths. According to specific material, the smoking population in China reached 350 million, residing at the top among all countries around the world [11]. According to Taiwan Monopoly Bureau's report on consumption survey, the smoking population of approximately more than 3 million people accounts for 29.56% of the entire adult population in Taiwan.

Even though it is known that smoking and alcohol addiction negatively influence

health, modern medicine's means of treating these problems is still insufficient. Falun Gong practitioners were told to give up these unhealthy additions from the onset of cultivation. Approximately 17.6% of practitioners drank before cultivation, and 10.33% smoked, lower proportions than those of the general public. Approximately 79% of smokers completely gave up smoking after cultivation (Fig 3.4), and 74% of alcohol addicts completely gave up drinking (Fig 3.5).

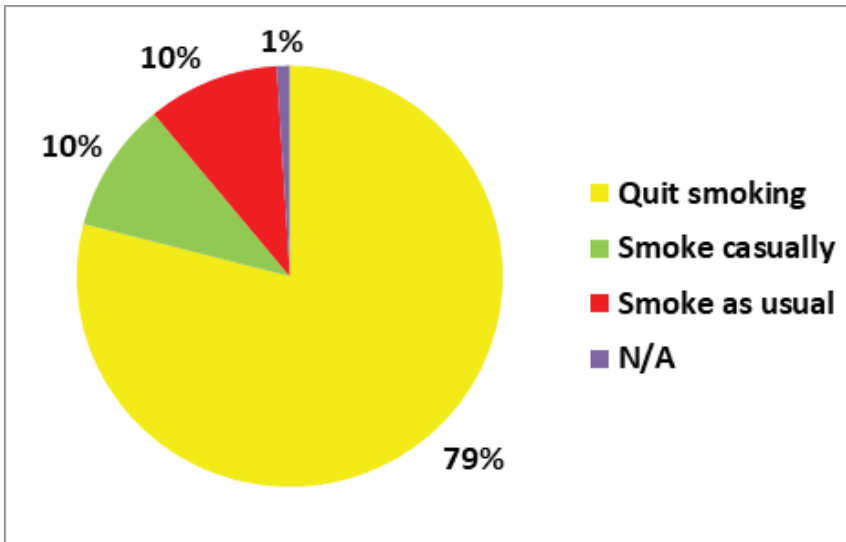


Figure 3.4: 79% of Practitioners Quit Smoking after Cultivation

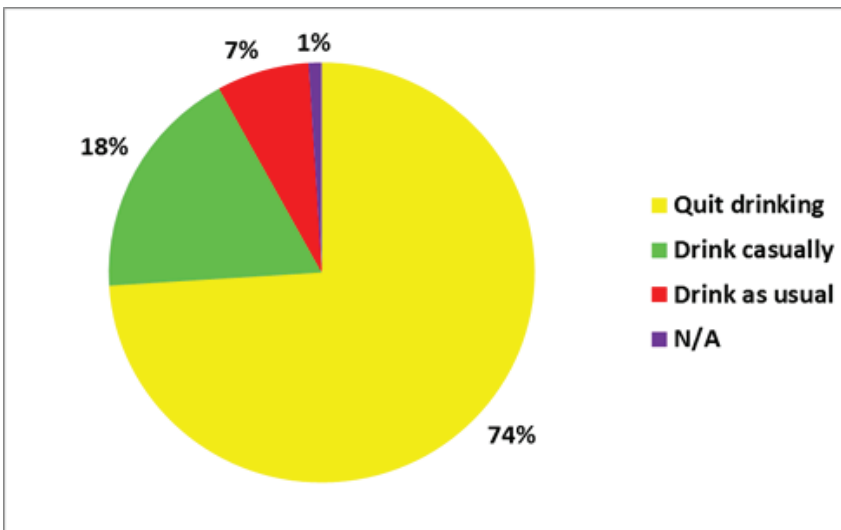


Figure 3.5: 74% of Practitioners Quit Drinking Alcohol after Cultivation

7. Comparison of Falun Gong Practitioners' Number of Medical Treatments Before and After Cultivation

Medical treatment is the primary component of modern medical care and also induces the largest expenditure. The growing health care expenditure has become a heavy burden for the government, households and individuals. Meanwhile, the currently expensive medical care cost has inevitably excluded the low-income groups in society. Therefore, improving the cost-benefit ratio of health care and providing acceptable and effective medical care for various classes of society is a rather important goal for any government. This study discusses the change in the number of medical treatments Falun Gong practitioners received before and after cultivation in order to elucidate whether Falun Gong has an effect on reducing social medical care costs. As of 2003, the Taiwanese health care system requires hospitals and clinics to stamp a cell in people's health care cards every time they received medical treatment. Every card has six cells and is replaced by a new card when all cells are full. The cards are indexed in alphabetical order; stamping the second cell of card B indicates that eight treatments have been received in that year. The questionnaire was designed according to this, asking the interviewees which card they used one year before cultivation and during the year 2002 (this survey was carried out at the end of that year). The interviewees of this survey were also asked to provide a photocopy of the medical care card they used at the end of 2002 to verify the accuracy of their answers. The intermediate point calculation method was used to calculate the number. For example, if someone answered that the B card was used, the number of treatments received was counted as 8.5.

The research results showed that, on average, Falun Gong practitioners received 12 medical treatments the year before cultivation, close to the number that people of the general public received from 1995 to 2000. However, in 2002 the average number of treatments received decreased to 6 for Falun Gong practitioners after cultivation (see Fig 3.6). It is worth noting that 6.7% of practitioners did not use medical services of the health care system the year before cultivation, a percentage that increased to 38% in the year 2002, indicating a remarkable decrease in medical demand after cultivating Falun Gong.

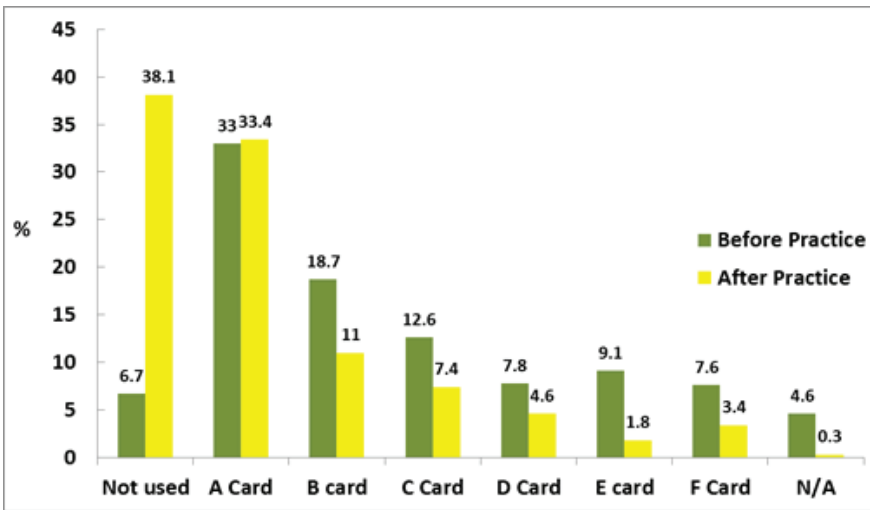


Figure 3.6: The Frequency of Doctor Visits Represented by Medicare Cards

Table 3.8: Distribution of Medical Treatment after Cultivation (Based on the Category from the Numbers before Cultivation)

Number of Medical Treatments the Year before Cultivation	Number of Medical Treatments the Year in this survey (after Cultivation)	%
25+ (17%)	0	18
	1-12	34
	13-24	27
	25+	21
13-24 (21%)	0	26
	1-12	37
	13-24	24
	25+	3
1-12 (52%)	0	46
	1-12	50
	13-24	3
	25+	1
0 (7%)	0	79
	1-12	21
	13-24	0
	25+	0

Practitioners were further categorized according to the number of treatments received before cultivation, and the distribution of the number of medical consul-

tations after cultivation was analyzed with statistics. Table 3.8 shows that among practitioners who saw doctors more than 25 times before cultivation (those who had frequent visits), 18% of them did not see a doctor in the year interviewed (after cultivation), 34% decreased the number of medical consultations to between one and twelve, 27% decreased to between 13 and 24 and another 21% remained at more than 25 times.

Those who saw doctors 13 to 24 times had more medical consultations than the general public. Among these people, 26% did not see a doctor once in the year interviewed (after cultivation), over 37% of them decreased the number of medical treatments to between one and twelve, 24% had no change in the number of medical treatments and only 3% saw an increase in the number of doctor visits.

Those who saw doctors one to twelve times before cultivation received fewer medical treatments than people of the general public. Among them, up to 46% did not see a doctor once in the year they were interviewed (after cultivation), 50% remained between one and twelve visits and only 4% saw an increase in the number of doctor visits.

These statistics show that over 70% of Falun Gong practitioners decreased their use of medical services after cultivation. Some even dropped from high medical consultation rates to zero. These phenomena suggest that cultivating Falun Gong can indeed reduce societal health-care costs by an appreciable amount.

8. Cost-effectiveness Analysis

Admittedly, the absolute value of medical use is important, but "cost-effectiveness", which is the degree of health that can be achieved with the same health care expenditure, is more important. If the "SF-36" index "Self-evaluation of Fitness" is used to measure overall fitness scores, Falun Gong practitioners' average score is 81.22, medical usage is 6 and cost-effectiveness for overall fitness is 13.53 (i.e. $81.22/6$) compared to 5.87 (i.e. $70.42/12$) of the general public. With the same expenses, Falun Gong practitioners can achieve greater health benefits. Conversely, to achieve the same state of health, Falun Gong practitioners' medical expenses are far below those of the general public.

IV. Direction of Future Research

Medical surveys just serve as starting points with the hope of attracting the health

care circle's attention and conduct joint research to discover a good way of improving mental and physical health while reducing social expenditure. China has experienced multiple political movements, such as "The Cultural Revolution", which have destroyed traditional culture. Scientific research also seriously interferes with ideology, and Falun Gong is still under persecution. In contrast, Taiwan has relatively maintained its traditional culture, providing Taiwan's medical circle the convenience to carry out this sort of research.

In the next step, individual cases can be collected, and network connections with the patient database of the Bureau of Health Promotion can be established in order to obtain more accurate disease variation information. The changes after cultivation can be measured from different levels for many diseases such as serological indicators of hepatitis patients, lung function indicators of lung disease patients and sympathetic and parasympathetic system tension of heart disease patients. "Individual Case Tracking" studies can be carried out to avoid "sample error" problems by tracking the relationship between health status and cultivation from the onset of a new practitioner's cultivation.

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The Healing and Fitness Cases of Falun Gong Practitioners

4.4

1. Incurable Diseases Miraculously Disappeared After Practicing Falun Dafa

Author: Sheng Hua, Mainland China

I'm a new practitioner of Falun Dafa and I would like to share with you the miracles I experienced after practicing.

I was in my early 40's and had been in poor health since childhood. At age 17, I suffered from a life-threatening disease—an infectious disease called hemorrhagic fever. I almost lost my life to the disease, and I remained critically ill in the hospital. Doctors told my parents to transfer me to a major hospital for treatment. It meant we had to transfer to a big hospital in the city. My parents were very kind. They realized the seriousness of my disease. They knew the distance from our home to the city was 500 to 600 kilometers. The route was so long that my parents were afraid that I could not endure the bumpy ride and it might put me in more danger. They decided not to transfer me. Instead, they asked for God to help. They believed a miracle would help me recover. I believe the deities were touched by my parents' sincerity. I miraculously survived the dangerous disease. Now, after practicing Falun Gong, I've come to under-

stand that Gods and Buddhas do exist in the universe.

I have come across many Falun Gong practitioners in my life. My wife and her parents are practitioners too. My mother-in-law became healthy and all her diseases went away after she practiced Falun Gong. She has never taken any medication for 10 years since then. Although I deeply feel the miracles of Falun Dafa, I did not start practicing straight away because of many reasons, including my attachments to recreation and entertainment. My health became poorer and poorer. My mother-in-law told me to practice Falun Dafa and explained the advantages of practice. My wife kindly said I did not need to do any housework if I agreed to practice Falun Dafa. Upon hearing that, I was very happy and thought that it would be more enjoyable to practice the exercises than do housework.

Therefore, I began to practice the exercises. At first, I was a bit reluctant and was unable to sit still. I was very restless to the extent that I felt as if grass was growing in my mind. I could not settle down to study Dafa and practice the exercises. My wife was not happy with me. I was also unhappy, saying I wanted to give up practice and preferred housework. I did all the housework such as feeding chickens, preparing food and other household chores. I was exhausted at the end of a day.

I suddenly came to realize how hard my wife had been working, and she never complained. I thought to myself, "How could she manage all the housework?" I began to change and considered these things. She undertook all the housework so I could do the exercises and study the Fa. Wasn't she trying to help me and to save me? I was touched by that. From that night on, I started studying the Fa and practicing seriously. This time, I gave all of my attention to it. Bit by bit in my daily life, I experienced a lot of miracles. For example, I had had heart disease for many years and was diagnosed with having pericardial fluid. I was so tired that I was unable to do any heavy work. I was told that the disease was incurable and was advised to keep my body maintained by staying calm and not losing my temper at all times. I had taken a lot of bitter medicines, but they never helped. Finally, I gave up treatment.

I also had another disease called vitiligo (a skin condition in which there is a loss of brown color pigment from areas of skin, resulting in irregular white patches that feel like normal skin), which I was told was genetic and had no cure. In fact, I did not bother with treatment for that reason, since it was incurable. However, after I began practicing Falun Dafa, I became healthier and healthier. My heart disease disappeared and I have never felt any uncomfortable symptoms since. More magically, the condi-

tion of vitiligo on my hand disappeared. I did not notice the disappearance until one day when I played cards with my friends. I had a nickname "big flower hand" in the past. One of my friends was very surprised to see the "flower" had gone and said: "Wow, why did the flowers disappear from your hand?" Not until then did I realize that the vitiligo had gone. I was so excited and told them it was cured because I practiced Falun Gong. We had heard about miracles from practicing Falun Gong, but I really experienced a miracle for myself this time.

Master Li Hongzhi taught us in Zhuan Falun: "Buddhism also holds that Buddhas are everywhere. If a Buddha waved his hand once, all of humankind's diseases could be wiped out; this is absolutely achievable. With so many Buddhas around, why hasn't anyone done this? It is because a person did wrong in the past that he suffers these hardships. If you have cured his disease, that is the same as violating the principle of the universe, for one can then do wrong deeds and owe someone something without having to pay for it. This is not allowed. Thus, everyone preserves the state of ordinary human society, and no one wants to disturb it. Cultivation practice is the only way to find yourself comfortably free of disease and to accomplish the goal of being truly free! Only by having people practice a righteous way can there be true salvation of all beings."

After reading this paragraph, I came to understand that Buddha only looks after you if you practice. Just like my hand, it became normal in a flash. I understand that if I hadn't practiced Falun Dafa, the vitiligo would have followed me to the end of my life. This disease is incurable. I heard that although it would not have affected my daily routine, my whole body would have become whiter and whiter, and I would have had to stay away from sunlight.

I'm lucky to have practiced Falun Dafa. I want to thank my family members for their tireless efforts in persuading me to keep on practicing. I will continue to practice under any circumstance. I've experienced the miracles of Falun Dafa. People around me have seen the changes in my body and they have begun to practice, too. I believe that they will also experience good things from Falun Dafa, including miracles.

I sincerely thank our Master Li Hongzhi for his great compassion and for saving me.

2. Cultivation Diary: The Changes in My Physical Body

Author: Xiaomei

I often read fellow practitioners' articles talking about the changes in their health conditions before and after starting cultivation. For example, they talk about having all sorts of diseases before they started Falun Dafa cultivation. After cultivating for a while, all kinds of diseases disappeared and their body became light and healthy. To those who do not cultivate this kind of phenomenon seems mysterious. However, it is quite normal to cultivators. I have not yet specifically written articles on my understanding in this area. It is not to say that I do not have personal experiences. Actually, the ultimate reason that I walk on the cultivation path is not for the sake of improving my health. The real reason is that I eventually found the true meaning of life, which I have been pursuing persistently in the past. Therefore, I do not take the changes in my physical body as the main purpose. Another reason is that I never take the physical health as the biggest happiness. If a person only lives for eating, drinking, playing and having fun; this kind of life has no meaning at all to me.

I had lunch today with my female friends and we talked about health. When they found out that I only sleep six hours every day, they asked me how I feel. I told them: "Don't you see that I look pretty good?" I told them that my HDL (high density lipoprotein) exceeds the "excellent" level. Someone said: "Yes, my HDL is high too but my cholesterol level is pretty high as well. These two standards are in parallel. What is your cholesterol level?"

I could not remember the number of my cholesterol level at that time. So after I got home, I found my medical report, which says:

HDL (High Density Lipoprotein): 71 (Very Desirable: 60 or higher)

Cholesterol: 176 (Desirable: 199 or lower)

Blood pressure: 106/70

Obviously, the indicators of my physical condition are in very good shape. These numbers, as measures of health, are hard to get for people over 40 years old.

I almost forgot what my health condition was like before I started cultivation. I can only recall that, in those old days, my co-workers used to call me "Lady Lin" (referring to a main female character who was very delicate in the classical Chinese novel, *A Dream of Red Mansions*). I was in poor health and my appearance made it seem that

I could not even stand still in the wind. I did not like physical activities when I was young. I used to read novels in bed until I fell asleep at night. In school I was the one who took the most time off for being ill. I had many diseases such as stones in my urinary track due to insufficient water intake according to doctors. It was extremely painful. Besides that I had other sicknesses indicative of my fragile constitution such as insomnia and backaches. I also had some kind of flu on an average of once per month. Whilst these were not severe diseases, I was quite fragile and felt tired easily even having had eight to nine hours of sleep each day.

In the twinkling of an eye, it has been more than 10 years since I said good-bye to "Lady Lin." Now I can fall asleep as soon as my head hits the pillow. I wake up early in the morning to study Fa and do exercises. My whole day is full of peace and joyfulness.

3. Behind the Miraculous Recovery of Two Cancer Patients

Author: A Dafa Practitioner

A few days ago, I chatted with two former cancer patients. One of them was my colleague at workplace A who had suffered from esophageal cancer. The other was my old schoolmate B who had suffered from kidney cancer. Both of them were patients with life-threatening cancer many years ago. However, they've become healthy and are in good spirits today. I'm very glad that they have recovered from cancer. In our chat, they told me about their common gratitude towards Master Li Hongzhi for saving their lives. From their gratitude, I recall the situation where I went with them to clarify the truth of Falun Gong about three or four years ago. I would like to write down some experiences about their clarification of the truth to show how Master Li looks after people.

One day in 2007, I went with my husband who is also a practitioner to a park. Alongside the lake in the park, we saw an elderly humpbacked man who was walking towards us. When he came near us, we recognized that it was my colleague A. He looked very old and in poor health with a thin sallow face and skinny body. I said, "You don't look well." He replied with a worried tone, "Yes, I suffer from esophageal cancer. It's an incurable disease. The doctor has told me I have only three to five

months to live. A colleague who had been hospitalized with me died only a month after he was discharged from the hospital. I'm 70 years old. I just live until whenever I will be alive." I replied, "Don't become so pessimistic. Be more positive with your mind and more relaxed."

Master has taught us that all people arrived in this world for Dafa. It was a chance that Master had arranged for me to meet A in order to save him. My husband and I immediately clarified the truth of Falun Gong to him. We told him about a lot of the miracles published on the Minghui website about people who had incurable diseases but had been cured when they recited: "Falun Dafa is Good" and "Truthfulness, Compassion and Forbearance are good." He was very happy upon hearing what I said. He had a desire to live.

In order to save him, we made an appointment to visit him at his home the next day. We brought him Zhuan Falun, The Nine Commentaries and other materials that clarified the facts of Falun Gong. We told him many cases about how practicing Falun Gong had improved people's health and cured their diseases. We also told him that people, including those high-ranking officials within the Chinese Central Government and ordinary civilians, were practicing Falun Gong because they had known that Falun Gong was good. It was the Chinese Communist Party (CCP) and the clique formed by Jiang Zemin who persecuted Falun Gong in China. We sincerely talked with him and he took in what we said. Afterwards, we studied the Fa with him and taught him the five sets of exercise movements. A few months later, his health had obviously improved. His back became straight and he gained weight with a healthy rosy face. He happily said to us, "Thank you for helping me when I was dying. I'm healthy now. Without your help, I would have died a long time ago." I responded immediately, "It was our Master who saved your life. Master cleansed your body and gave your health. For me, I just physically came and talked to you."

He was a patient with a critical esophageal cancer who had been diagnosed by doctors to live for only five months. But he has become healthy and well after firmly practicing for four years. He told us, "The doctor advised me to take three medications and an injection every day. However, since I began practicing Falun Gong four years ago, I don't need any medication or injections. When climbing the stairs, I had to take several breaks before. Now I climb the stairs straight up without any break. I'm determined to recite daily the true words: "Falun Dafa is good. Truthfulness, Compassion and Forbearance are good." He also asked me whether I had withdrawn him from the CCP. I told him, "Trust me. I had done the three withdrawals for you after you agreed

to quit the CCP." He laughed.

One day in the summer of 2008, I got a phone call from my former schoolmate Mr B. He told me that he had been hospitalized. I hopped on a bus straight away to visit him in the hospital. Upon seeing me, he held my hands and his hands were trembling. He said, "Friend, I'm dying. The doctor has diagnosed me as suffering from critical renal cell carcinoma. I was advised that I have only six months to live." I said to him, "Don't worry and don't be scared. You'll be cured. The doctor's words don't count. His diagnosis is not a final judgment." He said, "But the doctor is an expert. If what he said doesn't count, then whose words do count?" I said, "Master's words count. Only my Master can save you." I talked to him a lot about Falun Dafa principles. I told him that its effectiveness would be seen if he practiced by following Dafa's principles. He totally believed what I said and his pessimism vanished.

From that day on, he seriously read through all the truth clarification materials that I brought to him. Every day he recited the lucky words: "Falun Dafa is good. Truthfulness, Compassion and Forbearance are good." Before and after his surgery, his whole family took turns reciting these lucky words. He told me that he even recited these true words minutes before the general anaesthesia became effective." He said, "With such a big surgery, the doctors prepared thousands of cc's of blood for the surgery but didn't use any. The suture was removed a week after the surgery. The wound looked smooth without any mark. The doctors said it was a miracle that they had never seen before."

He was discharged from the hospital two weeks later. He saw us and expressed his gratitude to Master for saving his life. He also gave me the names of his four family members and asked me to do the three withdrawals from the CCP for them. He repeatedly said, "Please withdraw us from the CCP." I gladly wished him the best in his recovery.

Three or four years have passed. These two terminally ill patients whom doctors diagnosed would survive for no more than six months have survived. They have become healthier and healthier. It is a testament to the power of Falun Dafa. It is what Master Li Hongzhi taught us in his lecture: "When disciples have ample righteous thoughts, Master has the power to turn back the tide" ("The Master-Disciple Bond" from Hong Yin Volume II).

4. Witnessing the Extraordinary and Serious Nature of Cultivation

Author: A practitioner from Liaoning Province in China

Witnessing the extraordinary nature of cultivation

During the New Year holiday in 1999, I went to visit my mother-in-law in the countryside. While I was there, the abdominal pain that had bothered me for years worsened. After returning home when the holiday was over, my neighbours noticed my severe pain and said that even my appearance had changed. They advised me to go to the hospital. Feeling fearful of the gastroscopy, I became hesitant and did not know what to do. Right at that time, a lady who lived in my building recommended Falun Gong to me so I went to the practice site after dinner. The assistant there was warm-hearted and she showed me how to do the exercises. It took me about 10 days to learn the exercises. One day when doing the Falun Standing Stance, I suddenly felt countless numbers of Falun rotating rapidly on my body, including my arms, shoulders, elbows, back and waist. It made me feel very comfortable. When I walked on the road, it was as if someone was pushing me from behind. My co-workers said, "How come you always walk with lithe steps?" The previous abdominal pain had disappeared completely and I felt refreshed without any disease. When I watched the video lecture at the practice site one day, a practitioner who was a farmer sat next to me. A stinky smell came up as soon as he removed his shoes, and some practitioners even covered their noses with their hands. After about one minute, however, the bad smell miraculously disappeared. Instead, a pleasant and refreshing breeze came around us. I did not think much back then, but later realized that Master had helped us with consideration. Although I had practiced for only a few days, I deeply felt the wonderfulness of Falun Gong and was planning to introduce it to my relatives in Beijing. Interestingly, three days after I had that thought, I was assigned a business trip to Beijing—something unprecedented for me. At first I considered it a coincidence; later I knew that our compassionate Master was helping me.

The practice of Falun Gong made me light-hearted and everyday was full of joy. It was the happiest time in my life. However, those days only lasted three months before the Chinese Communist Party (CCP) launched the massive repression against Falun Gong. Because I had not practiced very long, the slanderous reports on television and fabricated stories puzzled me and I was not sure what to do, so I stopped watching TV. After watching the defaming media propaganda, my family's attitude changed from

being supportive after seeing the improvement of my mind and body to criticism. With this confusion, pressure and fear, I stopped my practice. Since then, my spirit fell and I was often in tears for no reason. My physical condition also deteriorated. Not only had the abdominal pain returned, I also had insomnia, depression and severe frozen shoulder on both sides of my body. In Zhuan Falun, Master said, "If you do not follow the requirements of the Fa, you are not a practitioner of Falun Dafa. Because you want to be an everyday person, your body will be reset to the level of everyday people and the bad things will be returned to you." I knew I was suffering because the karma had come back to me. With the agonizing pain, I had no choice but to see a doctor. As a result, I once again began to take medicine and various health products. Nonetheless, my physical condition did not improve, but instead became even worse. I travelled to Beijing and had an examination at the Fuxing Hospital. The diagnosis showed that I had low blood pressure, uterine tumour, cholecystitis, gallbladder polyps, liver hemangioma, gastric erosion, gastric bleeding and abnormal blood test results. My life was miserable.

Despite my ignorance and mistakes, Master did not give up on me. In 2007, I often encountered an elderly practitioner who was very determined in cultivation and treated me well. Her upright spirit—something unique to practitioners—also attracted me. Each time we met, she told me about the benefits of the practice, the popularity of Falun Gong all over the world, and that Master did not want to leave behind any practitioner. As a result, I picked up Zhuan Falun again and started from the beginning: studying the Fa and doing the exercises. I could feel the changes every day. In about one month, the menstrual period that had stopped for over a year came back. My hair turned shining and my dry feet recovered. One day, when taking a nap after lunch, I heard a humming sound, which woke me up. I felt a Falun was rotating inside my head and its size was actually bigger than my head. My eyes were still closed, but I did know that Master was adjusting my body with Falun. A physical examination at my workplace in spring 2010 showed that my blood pressure had gone back to normal. Those diseases—uterine tumor, cholecystitis, gallbladder polyps, liver hemangioma—all disappeared. Although I did not have gastroscopic exam, my abdominal pain had stopped already. All my internal organs were functioning well and the blood test results went back to normal. I was the only person at my workplace over 50 years old that had such an excellent exam result. My co-workers were all amazed by it.

Cultivation is serious

I have to admit that I have poor enlightenment quality. Even after resuming prac-

tice in 2007, for quite a long time, I only paid attention to doing the exercises and my health improvement. I did not focus on Fa study, nor did I rectify myself with the Fa. That led to a big trouble that I thought was too embarrassing to speak of. As I continued to practice, I felt it necessary to share with my fellow practitioners. It highlights the serious consequence if one fails to study the Fa sincerely or slacks off during cultivation. It can be a warning especially for new practitioners.

In spring 2008, a student left a book on Taoism in the office upon his graduation. I picked it up and took a look. There was one sentence in the book on improving one's moral standard and healing disease that drew my attention. So I took it home and read the whole book which led to a disaster. When doing the exercises later that day, I was dizzy and began vomiting. During sleep, both my legs and upper body were extremely painful as if they were being deep fried. During the day, I was too weak to get out of bed. This continued for more than two weeks. One day, I struggled and made it to Fa study at a practitioner's home. A practitioner with celestial eye open saw black substance on my neck and arms. In Zhuan Falun, Master said, "Additionally, many qigong books nowadays are false and carry a variety of messages. As one of our practitioners was turning the pages of a qigong book, a big snake jumped out of it. Of course, I will not discuss this in detail. What I just addressed are some problems resulting from practitioners' inability to conduct themselves properly; that is, those problems are caused by an incorrect mind." Master had made it very clear, but I was not clear-minded and did not have righteous thoughts. This is a very serious lesson. I continued to practice and fellow practitioners sent forth righteous thoughts for me. It took me about two months to recover.

When my husband came back from hiking in spring 2010, he said his legs felt cold and asked me for advice. Without thinking much, I suggested a method to relieve the cold feeling. Soon his legs were all right but my legs began to feel cold. Then I realized that the method I suggested was from a qigong system I had practiced in the past. This was another trouble I encountered for not following Master's words on "no second cultivation way."

My understandings

Cultivation is sacred and we should cherish this unprecedented opportunity. Regardless of what has happened in the past, we should be diligent in cultivation as Master does not give up on us. Master's compassion is beyond our imagination and he treasures us more than we treasure ourselves. Please do not miss this precious opportunity.

Cultivation is also very serious and we always need to follow Master's words as our guide. Through studying the Fa and learning it by heart, we will be able to strengthen our righteous thoughts and act according to the Fa. Any deviation, intentionally or not, could bring unnecessary tribulations to our cultivation. This could be further taken advantage of by the old forces and lead to our self-destruction.

To follow the path arranged by Master, we should participate in group Fa study and share understandings with other practitioners. By sharing with other practitioners, especially those who have cultivated solidly for a long time, new practitioners can benefit tremendously and it will be easier to overcome tribulations. I am very grateful for the practitioners who have helped me in the past.

5. Falun Dafa Saved Me

Author: A Practitioner from Houston, USA

My name is Christine. I am a 38-year-old research scientist who has been practicing Falun Dafa since January 5, 2004. In the short amount of time that I have been practicing, Falun Dafa has truly saved my life. I wish to share my experiences with you but I feel that before I can do this I need to say that all of the miraculous things that are happening to me are happening because of the Dafa and not because of anything I can do by myself.

Prior to practicing since 1999 I had been diagnosed with urinary retention, chronic bladder cystitis, migraine headaches, acid reflux disease, clinical depression, premature menopause, seizures, osteopenia, allergies, rosacea and seborrheic dermatitis. My daily medications included Hytrin, Macrochantin, Vioxx, Topamax, Midrin, Migranal, Protonix, Zolofit, Estrace, Prometrium, Phosomax, Zyrtec, antigen therapy and Metrogel. Every time my physicians get a health problem "under control" with medication, a new, worse health problem would arise requiring even more drugs. I felt like I was dying.

When I first heard of Falun Dafa I had been plagued by different diseases. I had been searching for ways to improve my failing health, and was turning more and more to oriental medicine. I had been receiving acupuncture for several months, which had

improved my health a bit. Then I started a new job where a group of Falun Dafa practitioners shared their experiences with me as well as their knowledge of Dafa. When I decided that I wanted to practice, they brought me books and videos and showed me how to do the exercises.

I began reading the Falun Dafa books on December 18, 2003. During the first week of the reading I forgot to take my Macrochantin, Hytrin, Vioxx and Phosomax over a period of a week. The following week, I forgot to give myself my antigen shots. By December 31, 2003, I realized that I had been forgetting to take these medications and that I felt better. During this period of time, I also was able to see and feel the Falun rotating as well as being able to see and feel things that I previously could not. All of the things that I was able to see emphasized to me that I was following the right path by choosing to practice Dafa.

Once I began doing the exercises, my ability to see and hear things became stronger. I could see Fashen and a cute little baby coming out of the Lotus flower picture. I could also see demons and the karmic blackness that I carry. I could hear nature talking to me from all around. I could feel if plants were happy or sad, and also how angry the earth is with the invasion of big machines, industry and pollution. I began having dreams in which demons would tempt me to follow them, or would try to torture me into submission, and only when these demons were told, "I am a Falun Dafa practitioner" did they leave me alone. I also began having dreams of events that had not yet happened. As a small child I had these dreams and had blocked them for years because they frightened me, but they returned. I also had dreams in which the importance of practicing Falun Dafa, healing the world and mankind through Fa-rectification were made clear. I realized on January 17 that I had not been taking my Topamax, Midrin, Migranal or Protonix. I got scared that my diseases would come back, so I took my Topamax on January 20 and 21. I felt horrible like I had a poison leaking out of my pores. I did not take the Topamax again, and on January 22 I discontinued all of my other medications as well.

Discontinuing my medications was like being awakened from a nightmare in which I had been dying. My body began to feel truly alive for the first time in years! I could get up in the morning with energy, and go home in the evening knowing I had done a good job and been a good wife. My performance at work was greatly enhanced. I grasped concepts I would have never understood before. The way in which I performed my research experiments changed completely as well. In performing experiments, I felt like I had an inner voice guiding me, and rather than ignoring it I

followed its advice. Experiments and procedures that I had never performed before became like second nature to me. I was suddenly able to perform them, altering the established protocols to follow the advice of the wise voice that seemed to guide me. The results that I obtained from these new experiments were even better than the expected ones from the old protocols. It was as if my mind had been asleep for a very long time, and I woke up able to think and do experiments using my mind in partnership with my newly obtained wisdom. I just suddenly knew how to do things, and my boss and I agree that it is nothing less than a miracle to suddenly have this wisdom. All of this is thanks to Falun Dafa.

Doing the exercises after quitting the medications became a bit easier. I no longer vomit or have diarrhea after the exercises every morning. Although the exercises are still very difficult (physically they require great effort for me), what they give me cannot be expressed adequately in words. My body and my soul are alive! I am healthy, and I am a better human being. I am able to be truthful, compassionate and tolerant in all my interactions with people and the world. This Falun Dafa has truly saved my life and given it meaning. I am so grateful to Master Li for allowing me to practice and for giving us Falun Dafa. I am also grateful to you for letting me share the miracles Falun Dafa has worked in my life with you.

6. Falun Gong Cured My Hepatitis B

Author: Hui

Reading the article on Dongtaiwang.com: "A Nobel Prize winner: Nation-wide fight against Hepatitis B," I can totally recall the pain of Hepatitis B carriers and I also know how hard it is to cure the disease. So, in order to help other sufferers, I would like to share my experience as a previous Hepatitis B carrier.

I am 54 years old now. When I was 22, my brother contracted Hepatitis, and so my whole family went for a liver function test. The results showed that only I had Hepatitis B virus in my blood. At that time, my index of Hepatitis was 32 units and the other indexes were normal. The doctor said the index for a healthy person was below 16 units; therefore, I was a carrier of Hepatitis B. The doctor ordered me to pay attention to my health, rest more and take medicine. I was young at that time and energetic. I

didn't feel any discomfort, so I took blood tests only twice a year and some medicine for the liver.

However, after I turned 30, my index for Hepatitis B became higher and higher: 64, 128 and 256. I got tired easily and I didn't look healthy. When I awoke in the mornings, I was so tired that I couldn't even get out of bed. I was a teacher and was listless during classes. I went to see doctors everywhere and gave both Chinese and Western medicine a try but nothing worked.

The doctor said my sickness would develop into cirrhosis or cancer of the liver and if that happens, there's no cure. I was scared. Later I was told there was a specialist clinic in a big hospital. I went to see the specialist and got imported drugs. Every day, I needed to take shots which needed to be refrigerated. For convenience, I learned how to give myself shots. Each month, I would spend 4000 Yuan (\$600 USD) on medicine, but I didn't really care how expensive it was as long as it could cure. After treatment, over some time, my index went even higher. The doctor said the index was so high that the device couldn't measure it.

When I was 41 years old, I was fortunate to read Zhuan Falun. I felt so good that I finished reading the book in three days, and so I began to practice Falun Gong. The first day, I caught a "cold" but I didn't pay much attention to it because I frequently caught colds. However, after a month of severe cold symptoms, I felt relaxed all over my body. I hadn't had that feeling in over 10 years.

I believed what Master said in Zhuan Falun that a true practitioner doesn't have sickness. Master already cleansed my body and so I didn't need to take medicine any longer, nor have I had more blood tests. I was energized every day and did some housework, which I hadn't been able to do before. Sometimes, I was really worn out, but after a sleep, I was full of energy again—like a young person. Moreover, the liver spots on my face had vanished. My face had become white and rosy. I was confident and completely healthy.

Two years after practicing Falun Gong, Jiang Zeming and the CCP (Chinese Communist Party) began to persecute Falun Gong. I was arrested, put in prison and forced to take a health test. All of my indexes (including the liver function) were good. The tests proved I was completely cured. All the doctors whom I had contacted before agreed that Falun Gong was miraculous. It was Falun Gong that gave me a healthy body.

Falun Gong not only improves morality, but also cleanses practitioners' bodies, curing difficult and complicated diseases. Such cases can be found everywhere. I hope those who read this article will believe my experience and believe in Falun Dafa! When disease or disaster happens, please recite sincerely: "Falun Dafa is good" and "Truthfulness, Compassion and Forbearance are good." Falun Dafa can bring you peace and blessings and turn danger into safety.

7. A Lifelong Student Meets Falun Gong

Author: A Practitioner from Minnesota

A miracle happened on March 16, 2002. I propped myself against a desk and tried to do the Falun Gong exercises. That very day, I was able to rise from my bed and go down the stairs to meet a few people coming to the house to read my dead husband's poems. It would have been his 73rd birthday. I was able to sit up till 11pm. The visitors who had heard that I was terminally ill said that they had not seen me look so well. I felt like a phony as if I had been faking my high blood pressure, the tremors, vertigo, left arm pain, difficulty in breathing, allergic rashes, joint problems, water retention and so on. My blood pressure was often unreadable and it was 279/135 or thereabouts when it could be gauged. I was rushed by ambulance to hospitals. The doctors said the base line of my heart was affected. I was also suffering from reactions to medications being prescribed. On March 16th, my blood pressure started dropping. Within days, it had dropped 120 points. I stopped all medications. I am no longer housebound because of my poor health.

To understand the enormity of this miracle, I need to give you a bit of my background. I was born in India 70 years ago. I came to the US via the Fulbright program 41 years ago, and married another Fulbright grantee from India. We lived in Chicago. My husband died unexpectedly nine years ago. He had been in perfect health. He was slim, had no gray hair and exercised daily. He was the author of 25 books, greatly admired and appreciated in many countries, so his sudden death was a great shock to many people.

I have been a student all my life. I received a Ph.D. from the University of Chicago. I have written several books and taught people who have become published authors. I

was working six days a week, running a creative writing school for professional men and women. My health had been poor since 1976. As a result of surgery and reactions to medications, I have had a horrible time. I needed alternative doctors, as I have had life threatening reactions to penicillin, sulfa, cortisone, steroids, fiorinol, morphine, Novocain etc. I have spent a fortune on complementary medicine. I went to the best people in each field: acupuncture, acupressure, bio-energy, yoga, biofeedback, Nam-pudripad Allergy Elimination, Nutritional Therapy, Naturopathy, Naprapathy, homeopathy, along with regular visits to chiropractor, massage therapist and reflexologists. They alleviated the symptoms but could not cure me.

I moved to Northfield, Minnesota three years ago. I was now without the alternative healthcare people. In the last year or so, I became very ill, my blood pressure was often unreadable, and I could hardly walk. I said, "Old age needs a lot of courage." My daughter was no longer sure that I would make it this time.

At that point my friend at the University of Chicago who had written a witness report in *Pathways to Enlightenment* about his own recovery played an active role in putting me in touch with the Falun Gong books. It took me three weeks to read the books, as I could barely hold the books in my hands as I lay in bed. When I had grasped some of it, I propped myself against a desk and tried the exercises. That very day, I rose from my bed and came down the stairs. It was a miracle. My Chicago friend sent me the Falun Gong video and the audio. He arranged for two practitioners to come to my house to teach me the exercises. One of them happened to be one whose witness report in *Pathways to Enlightenment*, had both amused and inspired me. They demonstrated the exercises for over two hours and then urged me to come to the practice site in St. Paul. I do not drive outside my neighborhood but my driver also started practicing and cultivating.

I have a long way to go. I have only glimpses of understanding. I realize daily my shortcomings; I have trouble emptying my mind. Having cultivated an over-active mindset, I cannot yet do the double lotus. I can only take in a page or two of Zhuan Falun each time. But I see miraculous changes: my surgery scar hurts me less, my feet feel healthier, my joints no longer hurt, and I no longer take medications, not even vitamins. My heart is not being squeezed painfully, my left arm does not hurt, I have no tremors, and I can get up in the morning without vertigo and breathing problems. I am less alienated from the life around me. I feel less anxious about the welfare of my children and I enjoy my garden more.

I am so thankful! I find that there are no words to adequately express my gratitude.

8. Falun Dafa Saved My Life

Author: A Dafa practitioner from China

I am an engineer and have been working in scientific research for 18 years.

In 1994, I had a CT scan at Hospital No. 301. I learned that I had a malignant neuroglioma (a kind of brain tumor). Just a few days after the diagnosis, I was unable to move. I had a seven-hour long operation to have the tumor removed in the Hospital. But in a follow up exam 54 days later, I was found to have a relapse. They found a 4cm x 3cm tumor. By the 84th day the tumor had grown to 6cm x 5cm. The doctors at the hospital felt quite helpless. They asked me to go home. My only choice was to wait for death. My wife brought the CT scans taken before and after the surgery to another hospital for consultation. The chief doctor of the brain surgery group studied the file and told my wife, "Do not cry. Since surgery can't remove it, the only choice is to try to prevent it from spreading further." My wife asked him how much time I had left. He said, "Based on the current situation, my guess would be three months at the most."

My wife refused to give up and consulted the Beijing Anti-Cancer Association. She was told of an anti-cancer powder that is particularly effective on brain tumors. With no other choice, I practiced Qigong while taking the medication. The condition seemed to be better controlled. However, my work unit could not reimburse me for the medical expenses. I had to pay 800 Yuan each month. An average urban worker is paid approximately 500 Yuan per month for the medication. The total salary my wife and I made together was only 850 Yuan per month. By now our family was having a very difficult time.

During the time when I was ill, my wife suffered from both mental and economic pressures. Her health finally broke down. Her hair turned gray. She developed many diseases, including a pelvic infection, enteritis and gastritis. The hospital recommended she be hospitalized. But our children and I needed her. If she had not found Falun Dafa, I'm not sure what we all would have done. Falun Dafa helped her to sustain the family. My wife began to practice Falun Dafa in 1995. On the second day of her practice, she developed diarrhoea. She ran to the bathroom seven to eight times a day for two whole months. Even so, her mental condition was excellent. She felt very energetic. Her whole body felt very light when she walked anywhere. Three months later, all of her diseases totally disappeared. Her health completely recovered and her hair gradually turned back to black. I felt such happiness in my heart! When she practiced

the sitting meditation at night, I felt clear, strong energy coming from her. I was inspired to read the two books: Falun Gong and Zhuan Falun. The profound teachings of Master Li Hongzhi deeply moved me. Now I understand the reason for being a human, the purpose of my life and the reason for my disease. Falun Dafa woke me up from the maze.

We both became Falun Dafa practitioners. I tried hard to practice and genuinely cultivate myself according to the cosmic characteristics: "Truthfulness-Benevolence-Forbearance." On the third day of my practice, all of the symptoms I had had before and after surgery showed up again. I felt pain in my waist and legs. When I did the 'Holding the Wheel above the Head' exercise, my head felt as heavy as a big rock. At noontime on October 23, I suffered such a severe headache that I felt like my head would explode. I felt so sick and weak, and I felt like throwing up. As sick as I was, I persisted in practicing the exercises and studying Master's lectures. After two days, a dent appeared on the right side of the lesion. When I had the surgery the year before, the doctors removed a piece of bone from my right temple; it is called a 'decompression window.' On December 25, I felt pain around the decompression window. I could hardly open my mouth to eat. The pain was gone after one week. On December 30, around 12:10 midnight, I woke up and felt a strong hot stream penetrating my body, just like on a hot summer day. I was drenched in sweat all over my body. About two o'clock in the early morning, I experienced the same thing for the second time. It was quite obvious that the Master was adjusting and purifying my body. I was saved. From then on, all those symptoms on my body disappeared.

After half a year of practice I recovered completely. Since then my health has always been good. It is Falun Dafa that gave me a second life. In December 1995, the work unit assigned me a new apartment. When decorating, I could carry a 100 Jin (110 lbs.) bag of cement from the first floor to the fifth floor. I did not feel any fatigue in over 20 days of work. I felt I had endless strength. In fact, I am even stronger than before I got ill. In the spring, it was time to plant trees. Since I am a Falun Dafa practitioner, I tried to do some tough work like digging the hole for planting a tree. The size of the hole was 1.5 meters, nearly 5 feet in diameter and 1.5 meters deep. There were a lot of big rocks there. I stripped off my shirt and worked hard. Finally, I finished more than I was assigned to do.

Falun Dafa teaches that a practitioner should always be a good person. In the work unit I did the dirty and tough jobs and considered others all the time. I gave up fame and personal interest. In March of this year, the supervisor told me that they wanted

to recommend me as a candidate for 'Model Worker' honor. They also suggested to me that I use some of my private connections to get a promotion. My rank was two grades lower than that of most of my peers. Before practicing Falun Dafa, I complained a lot about that because I felt my contribution and my reward were disproportionate. Since becoming a practitioner, I tried to take fame and interest lightly and truly be a good person. I told the supervisor, "I am not qualified for the title of model worker. I had been on sick leave for a year and a half. The work unit had paid so much money for my medical expenses. I had already received so much. Please give this opportunity to someone else."

Falun Dafa is the great law of the universe - a law of mighty virtue. It has not only saved my life, but also purified my soul.

9. Western Medicine, Chinese Medicine, or Cultivation

Author: Feng Ming

It is not unusual for an ordinary person who lives an ordinary life to get sick. People try their best to avoid diseases because they do not want to suffer. That is why we have so many pharmacies, clinics, and hospitals. There are three main ways to prevent or treat disease: Western medicine, Chinese medicine, and Qigong (cultivation).

Western medicine is currently the primary, or the most popular, method of the three to treat diseases. Western medicine consists of a set of clinical theories and a suite of treatment strategies ranging from injections to pills, surgery, radiation therapy, etc. By treating the symptoms, Western medicine offers direct and sometimes mechanical treatments to treat a patient. For example, fever is treated with antipyretics, inflammation with antibiotics and a tumor often with surgery.

After flourishing in ancient times and declining in modern times, Chinese medicine, on the other hand, is now on the path of resurgence. Instead of taking the direct cause-response approach like that of Western medicine, Chinese medicine diagnosis views the human body as an integrated system, using such traditional knowledge as the Meridian system, Yin and Yang theory, and the Five Elements theory. With a systemic and integral understanding of human health, doctors of Chinese medicine

highlight variables that include living in harmony with the environment and the relationship between mind and body.

For example, physicians of Chinese medicine see that strong emotions, such as anger, can cause liver damage, while panic damages the kidneys. Therefore, effective prevention and treatment of diseases involves not only medicine but also self-adjustment, ranging from controlling mood swings and bad tempers to choosing a balanced and harmonious life-style. With these changes, Chinese medicine diagnostics may have a more profound efficacy than Western medicine.

I have a good friend, a college professor, whose menstruation suddenly stopped. She felt uncomfortable and went to see Western medicine doctors many times. The doctors considered it a gynaecological problem and prescribed a number of different medicines. However, the treatments did not work. Later, someone recommended to her an experienced elderly doctor of Chinese medicine. After examination, this doctor attributed her malaise to inadequate blood supply to the stomach. He prescribed Chinese medicine, and it worked immediately. That the cause of a gynaecological symptom can be a stomach issue may appear unusual, but from this we can see how a doctor of Chinese medicine with a deeper understanding of health and disease of the human body can provide an alternative remedy with a successful outcome.

Qigong, a seemingly modern term, actually refers to cultivation practice that has a history of thousands of years. When neither Western medicine nor Chinese medicine works, people tend to seek out Qigong. For beginners, Qigong may seem to involve movements or types of exercise that regulate Qi. A deeper understanding, however, indicates that disease has its roots in karmic retribution created in the past. Therefore, to fundamentally cure a disease, one must eliminate, or more accurately pay off, these karmic debts and past misdemeanors. Additionally, one is required to be truthful, benevolent and tolerant, as Falun Gong emphasized. These three virtues provide the most fundamental way of curing disease.

I saw one medical case in Taiwan in which a middle-aged woman had breast cancer with ulcerations. After she began practicing the meditation system, Falun Gong, one day during sitting meditation she saw a silver fish with deep hatred for her. It turned out that in the past she had killed this particular fish, and the fish hated her so much that it showed up as a disease in this dimension.

However, because she had begun cultivation of the three virtues, truthful-benevolent-tolerant, Falun Gong resolved the problem the fish had with her, and as a conse-

quence, the pus in this dimension stopped, the ulcer improved and her disease disappeared.

Another story I know is about a medical doctor who lives in the U.S. He studied Chinese medicine in China, Western medicine in the U.S. and later began to practice Falun Gong. After leaving the hospital, he opened a private clinic. His charge for each patient is as follows: Western medicine: \$200, Chinese medicine: \$100 and teaching Falun Gong exercises: \$0. When asked why he chose these three prices, he replied, "If you come for a treatment using Western medicine, I am fully responsible for your health, so I charge full price. If you come for a treatment with Chinese medicine, I take only half of the responsibility, since the other half comes from your own actions—whether you can follow a good life style that I recommend for you. If you begin learning Falun Gong, however, you will be able to take care of your health by yourself, so I will help you for free."

From this example, we can see three levels of treatment. If you truly want long-term health, which would you choose?

10. Multiple, Long-Term Incurable Diseases Cured After Practicing Falun Gong

Written in February 10, 2004

Ms. Wang Yulan from Lijia Village of Bohai Township in the Xinglongtai District of Panjin City, Liaoning Province suffered from many incurable diseases before practicing Falun Dafa, including arachnoids adhesion, cerebral tuberculosis, vertebral disc necrosis, thoracic canal stenosis between T12-T13, tuberculosis, and myoma of the uterus. She often suffered from seizures. She was confined to bed as she was paralyzed. Her urine had to be discharged through a catheter, and her excrement by way of an enema. She was only able to still move her hands and head, although she couldn't reach her ears. Rolling over in bed was impossible for her. Wang Yulan was at death's door.

Her husband spent a great deal of money to find a cure, as he had to take her to several hospitals. Finally, the doctors of No. 301 Hospital came up with a diagnosis. They

spent all their money on the medical examinations and treatments. They also borrowed money from every relative and friend. They had visited the best hospitals, tried the state-of-art treatment, and spent over 100,000 yuan [The average monthly income of an urban worker is 500 yuan]. Still, not much improvement was made regarding Wang Yulan's health.

On September of 15, 1996, after surgery of the arachnoid's adhesion in No.4 Anshan Hospital, the doctor asked her to take some time to recover before the next surgery on the Thoracic canal stenosis. Wang Yulan almost died in the operation theatre. She didn't see much improvement after the surgery, though. After all these expenditures, her family couldn't afford any further medical treatment. They went home and prepared for her death.

In July of 1997, when the entire family was in despair, one of their relatives introduced Falun Gong to them. After Wang Yulan read Zhuan Falun, she thought it was a wonderful book. Every moment she was awake, she wanted to read the book. While lying in bed, she began to move her hand and try to do the exercises. She understood that it was her only hope, as at that time she had completely lost trust in conventional medical treatments.

Soon after Wang Yulan began to read the book and practice some of the exercises, she could slowly roll over in bed. When she could reach the tape recorder herself and press the play button to listen to the lectures given by Master Li Hongzhi, founder of Falun Gong, she broke out in tears in excitement. Two months later, her husband noticed her improvements. He asked her if she could still feel the myoma in her uterus. She had almost forgotten about it. She used to be able to feel the myoma, which was about 12.7 x 10.1 centimeters in diameter. However, she couldn't find it any more. Three months later, after being paralyzed for 22 months, she could sit up. She said that when she saw the green field out of the window and the bird flying in the sky, she felt extreme happiness. She had heart-felt gratitude towards the Master of Falun Dafa. It was the wonder of Falun Dafa and the benevolent Master that gave her a second life.

Wang Yulan began with the meditation after she could sit up. Four months later, she no longer needed the catheter and the enema. She could visit the bathroom now. Five months later, she could get out of bed and stand up. After six months, she could walk while leaning on the edge of the bed. In the 15th month, a stone about the size of an egg (7.5cm x 5.3 cm x 4.3cm) was expelled from her urinary tract.

The doctors were amazed and they called it a medical miracle. (Wang Yulan kept

the urethral stone for a long time. Many people saw it. The people in "610 Office"* of Panjin City, the Police Department, and the police station in Bohai Township all saw it. I saw it myself, too. It's a pity that a practitioner carried it to take photos and accidentally smashed it. Here is the photo of the smashed chunk.)

* "610 Office" is a bureau specifically created by the Chinese Communist Party to persecute Falun Gong. It has absolute power over each level of administration in the Party, as well as over the political and judiciary branches.



After broken, the largest stone is 2.6cm*2.0cm*1.1cm

It is not hard to imagine the pain Wang Yulan suffered when expelling a stone of that size from her urinary tract. She suffered high fever, chills and numbness from early evening to one or two o'clock in the morning and she also had seizures. All of a sudden, the urethral stone was expelled. Her husband was not at home at that time. When he returned, he saw her weeping in bed. He was afraid someone had hurt her. She was so excited that the only words she could say were, "Benevolent Master... Benevolent Master..." When her husband asked what happened, she took out the stone from the plastic bag. He asked where she got it. She told him that it was expelled from her urinary tract. He was really surprised, but couldn't believe it. How could a urethral stone as big as that be expelled through the urinary tract? Yet he saw the truth of it. After the stone was expelled, many of her symptoms disappeared. From then on, she no longer suffered seizures. Now she can walk while holding on to a stool. She can take care of herself, too.

It is a miracle that Wang Yulan is still alive. The medical workers know that arachnoids adhesion, cerebral tuberculosis, and thoracic canal stenosis are all terminal diseases. The miracles that happened to Wang Yulan greatly shocked the people in

the village. They all crowded into her living room to watch the nine-day lecture given by Master Li Hongzhi. The crowd even stood outside the house. A large number of people started to practice Falun Dafa and those who truly practiced benefited mentally and physically.

Falun Dafa saved Wang Yulan's life and brought hope to her family. However, she has endured many tribulations since Jiang Zemin and Chinese Communist party started to persecute Falun Gong on July 20, 1999. She was under great pressure because of continuing with the practice.

11. Woman's Terminal Cancer Completely Healed after Practicing Falun Gong for Only Five Days

Written in December 9, 2004

My name is Ding Xianglan and I am 54 years old. I live on Chengde Street in the Longtan District, Jilin City and I am a retiree of the Jilin Chemical Engineering Institute. In October 2004, I went to Beijing to visit my son and I suddenly developed a high fever. I went to a hospital in Beijing for an examination. My temperature at that time was 39.5oC (103.1oF) and I was coughing. Blood tests showed that my white blood cell count was normal. After a CT scan, the doctor found that I had terminal lung cancer. The cancerous growth was obvious on CT film. I went to Beijing for treatment and after I exhausted my savings, I went back to Jilin City. I first went to the Second Hospital of the Jilin Chemical Engineering Institute to get injections. The injections cost 200 yuan each day. I then went to the First Hospital of Jilin Chemical Engineering Institute for a CT scan, and they again confirmed that I had lung cancer.

By this time, I was so skinny that I looked totally different from how I was before. My family's financial situation was not good and my whole family was trying to arrange money for me to undergo treatment. They planned to sell our residence to get money for me to have an operation. But how could I have the heart to let them sell our residence for my treatment! At the same time, there was an employee at my institute who was also affected with lung cancer. She died only three days after she started chemotherapy and she suffered a lot. Her death gave me a heavy blow and I did not have any hope for my cancer.

When I was in this desperate situation, one of my relatives who practices Falun Dafa came to my house. She advised me to practice Falun Gong and said, "Quite likely only Falun Gong can save your life."

At the beginning I was suspicious. But I thought later, "There is no other hope for me anyway and there are so many people who still persistently cultivate Falun Dafa under such a harsh persecution. Falun Gong must be something supernatural. There is nothing wrong with Truthfulness-Benevolence-Tolerance." I made up my mind—I stopped chemotherapy, decided not to have an operation and decided to practice Falun Gong.

On November 20, I started to study the Fa and practice the Falun Gong exercises. It was miraculous, but from the first day I started to practice Falun Gong, I began to recover rapidly. I changed every day. On the fifth day, I went to the Second Hospital of the Jilin Chemical Engineering Institute for an X-ray, and found that the cancer had completely disappeared. The diagnosis of the expert was, "The lung cancer has completely healed." The doctors thought that it was incredible that in five days, a patient with terminal lung cancer could become a healthy person. My face was a healthy, glowing color and I was energetic—just like a healthy person.

All my family members and friends were astounded by my changes. Falun Gong is great! My family and I don't know how we can express our sincere gratitude to Master Li Hongzhi and to Falun Dafa. Here, I am only writing down my true experiences and I take full responsibility for what I have recorded.

12. Rebirth of a Former Pancreatic Cancer Patient

Author: Ms. Ji Hong (Toronto, Canada)

I was born in 1953. Why do I now say "I am eight years old"? Here's my story.

My family has a long history of cancer

I was born in Beijing. I originally lived in Picai Lane in Xidan, Beijing, but in 1958 my family moved to Shenyang, Liaoning Province. I remember when I was

very young my father was very upset one day. His second eldest brother just died of esophageal cancer. That was 1962 and from that point on, I became more and more acquainted with this horrible disease - cancer.

Later, I heard from my mother that my maternal grandmother also died from breast cancer. She had surgery in Shenyang. I vaguely remember going to see her in a hospital with my parents. During the Cultural Revolution, my uncle (my father's fourth eldest brother) also got esophageal cancer. I was in the army in Beijing. My uncle went to my aunt's home (my father's sister) in Beijing. I took a day off to see him. Soon after, I heard he had passed away. Then my cousin (son of my father's eldest brother) got pancreatic cancer. My aunt told me that he died just three months after he was diagnosed. Then in 1978, my father got laryngocarcinoma (larynx cancer). I was in Shanxi Province at that time. When I heard my father went to Beijing for treatment, I rushed to the hospital to see him. He had decided to quit smoking after smoking for dozens of years. He knew he had cancer and the doctor said that he could recover after chemotherapy. But soon after I returned to Shanxi, I received a telegram saying he was in critical condition. Even though I rushed back home, he passed away a few days before I arrived.

In the 1980s, my older sister also got breast cancer. She had two major surgeries and still lives today. My other uncle (husband of my father's fourth sister) died of stomach cancer in the 1990s. I went to his funeral. Seven people in my family already contracted cancer, and six died from it.

Fish that escaped the net?

At that time, I thought, "I might be the fish that has escaped the net" (an old Chinese saying). But I was not able to escape that fate. In the fall of 1995, I was very thin and felt very bad. My whole body was jaundiced. The ultrasound and CAT scan I had in Beijing showed that my choledochus (common bile duct) had expanded. I was diagnosed with cancer in the head of my pancreas. I was 42 years old then and I felt hopeless. I was not a decisive person and went for all kinds of examinations.

I suffered a lot. In Beijing, to confirm my diagnosis, the doctor did a so called "Imaging with a specially-shaped tube". He inserted a special tube into my stomach through my mouth, and pushed it into my bile duct via my duodenum. I had to sign an agreement before I could have the exam because it was so risky. In the surgery room, I could no longer tolerate the acute pain and cried out. So, the doctor stopped push-

ing the tube in. The diagnosis was confirmed and I was prepared for the surgery. We found an experienced surgeon. I begged him to save my life when I saw him. I didn't want to die. He looked at me, took a deep breath and told me to have the surgery immediately. I knew it was no use to beg anyone.

During the surgery, after the surgeon opened my stomach, he left the operation room to discuss my situation with my husband, who was in the waiting room. My cancer had developed into the final stage. If he didn't remove the tumor, I had a better chance of surviving longer than if he removed it. My husband had no choice but to listen to the surgeon. The surgeon went back to the surgery room, connected my bile duct to my duodenum to solve my digestive canal problem. The surgeon stitched my stomach together and I was wheeled out of the surgery. Whenever I thought of my child and my husband, I cried and cried. Later I was able to stop thinking about it, but I felt I had no future. Life was meaningless to me.

Then I began rounds of chemotherapy. A surgeon inserted a pump with an alloy tube under the artery in my leg. The tube was inserted through my bile tube all the way into the tumor. The surgery lasted for five hours. The surgeon was so exhausted during the surgery that he went out to smoke. He had trouble in getting the tube to the right position. While lying on the surgery table, I could feel my blood flowing to my back. I was so anxious from debility that I began to sweat profusely. Eventually the surgery ended.

However, my suffering had just begun. The chemotherapy caused all of my hair to fall out. My face was jaundiced and I weighed less than 100 pounds. When I took a bus, people on the bus shied away from me and wondered where this "ghost" came from. Every day I gritted my teeth and did a breathing exercise which was semi-effective. I took many Chinese herbs at the same time. I was muddling along. Just as what people said, "Treatment can only treat your symptoms; they can't save your life. It is just a matter of time before you die."

At the end of 1995, I went home from the hospital. Every day I drank a large mug of herbal soups. Whether it was turtle blood or fresh sea cucumber, I ingested all kinds of tonics. By the end of 1996, I couldn't tolerate the pain in my stomach any more. I felt I was in too much pain to live any more and I felt so tired. However, I was unwilling to die.

I just wanted to go to a temple and live a quiet and peaceful life, and stay away from the noisy crowds. I was so afraid of the late period cancer pain. One of my col-

league's mother had cancer. She was a Christian. In the end, when she faced death, she was very calm. I was very impressed. I also wanted to find a way to liberate my spirit, so I thought of Buddhism and Daoism. I bought a lot of books but I couldn't understand them.

I was reborn when I was dying

At the time when I was in the most pain and felt so hopeless, I came across Falun Gong. I watched the lecture videos Master Li Hongzhi, and felt what Master Li said was so right. At that time, I held no hope for my life. I am quite an open-minded person. I didn't blame anyone [for my disease]. I had cancer, and I just accepted my misfortune without complaint. So I was able to let go of everything easily, and therefore had very few stray thoughts when reading Master's books. Master told me to be a good person, so I followed what Master said to be a good person, and tried my best to follow the principles of "Truthfulness, Compassion and Tolerance". It was not just lip service. I really had to be strict with myself. I truly let go of the thought of using qi-gong to cure my disease, and persisted in studying the Fa and practicing the exercises. Without initially realizing it, I began to feel better and better. Although I still felt pain in my stomach, my meals and sleeping became very regular, and I didn't care about the pain any more. Gradually I had less pain, and the intervals between each surge of pains became longer. I was more confident. I practiced the Falun Gong exercises every morning and evening. During the day I stayed at home, studied the Fa and transcribed Master's books.

Gradually, I understood why human beings had to suffer hardships and why life was painful. Master teaches us to cultivate and follow the principles of "Truthfulness, Compassion and Tolerance" so that we can return to our original true self, to our true nature. My late period cancer disappeared without any treatment. It has been eight years since then. I feel that the past eight years have been years that I have truly lived a clearheaded life.

Whoever is sick understands one's own pain, especially if he/she suffers a terminal disease. Your family members are dearest and closest to you, but they can't help you. Doctors treat your disease, but they are unable to save your life. When I was suffering from cancer, I could hardly describe how lonely or how hopeless I felt. The inconstancy of human relationships disappointed me. I felt life was so painful and there was no end to the suffering. I had already reached the end of my life, just like a candle extinguishing. At that very moment Master's Falun Dafa saved me, and saved me from the

endless pain in my mind and body.

I want to tell you from the huge changes I have experienced that Falun Dafa is a righteous Way. It is a great law that improves people's mind and body. Since 1999, Jiang's regime manipulated every state apparatus to defame and slander Falun Gong, but it had no effect on me at all. Tens of millions of Falun Gong practitioners in China all have their own experiences of how they benefited from Falun Dafa just like I did. That's the reason why Falun Gong practitioners persist in their peaceful appeal no matter how brutal the persecution has been during the past few years. "A favor the size of one drop of water shall be repaid with a spring of water" (an old Chinese saying). There is no way I could pay back Master for saving my life, but I will never do anything against my conscience, tell lies or drop stones on someone who has already fallen into a well.

I share my story with you and hope you have a fair and clear understanding of Falun Gong. I also hope everyone who is dedicated to justice will call for help for tens of millions of Falun Gong practitioners in China who are being persecuted, and help to reduce their suffering. Please understand our true heart and our true intention.

I have been practicing Falun Gong for eight years now. Falun Dafa saved my life. Without Falun Dafa, I might not be alive today. Although I am 50 years old, only the past eight years are the years when I have truly understood the meaning of life. So I say, I am eight years old this year!

13. A Uremia Patient near Death Regains Her Health

May 23, 2008

In January 2007, Xiao Hong (pseudonym) who lives in Kangping County, Liaoning Province, was diagnosed with having a kidney stone. She was taken to Kangping County Hospital for treatment. The kidney stone was broken apart by the treatment she received, but the pieces failed to pass out of her body via her urine. Later, she had blood in her urine. She was also having difficulty breathing, her stomach was very bloated and she could not stop throwing up. The County Hospital treated her as a patient who was suffering from a stomach problem. About four days later, when her

symptoms did not go away, she was transferred to the Shenyang City First Affiliated Hospital, where she received an operation to remove the kidney stones. However, she was diagnosed with uremia, which shocked her family: Uremia is a disease associated with kidney failure. When the hospital decided that medication would not help her, they recommended she be transferred to another hospital.

In order for Xiao Hong to receive treatment for her disease, her family looked everywhere for medical help. First, she was taken to the Panjin City Hospital. Later, she was transferred to the prestigious Qinhuangdao City Kidney Specialist Hospital, also known as the Beidaihe 281 Hospital. Because she had suffered kidney failure and the kidneys were no longer functional, she needed kidney dialysis three times a week. The cost for this treatment was 500 yuan each time. Hemodialysis was also performed at 1,500 yuan per treatment. Her creatinine level exceeded 1,200 while the normal level is 100. Xiao Hong was already extremely weak and could no longer walk on her own. She was moved around in a wheelchair and she also needed a catheter to help her urinate.

As time went on, her symptoms worsened. She vomited whatever she ate, including the herbal medicine prescribed by the hospital. She felt discomfort throughout her entire body. She was weak, unable to sleep, had difficulty breathing, and spoke in a very low voice. Her life was in danger. Her family made arrangements for her to receive a kidney transplant, in case all other treatments failed. However, the success rate was not very reassuring and the expensive medical costs would have been a great financial burden for the poor farmers. By this time, Xiao Hong's family had spent over 50,000 yuan on her medical treatments. Was there any hope for Xiao Hong?

When Xiao Hong's mother-in-law saw that Xiao Hong was deteriorating daily, her heart was very saddened and she would often cry when no one was watching. Later Xiao Hong's aunt learned about her condition. This aunt is a Falun Dafa practitioner. She called Xiao Hong and said, "Only Falun Dafa can save you. As long as you recite 'Falun Dafa is Good,' 'Truth-Compassion-Tolerance is good' with a sincere heart, you will be all right." The aunt also told her about how a leukemia patient recovered by sincerely reciting "Falun Dafa Hao." Xiao Hong and her husband knew the truth about Falun Dafa and had withdrawn from the Communist Party. After the phone call, Xiao Hong's husband immediately said, "If our aunt tells us to recite these two sentences, then we shall recite them!" The two of them started to recite "Falun Dafa Hao," "Zhen-Shan-Ren Hao." They recited these two sentences over and over.

One day passed by, and then the second day passed by. Gradually Xiao Hong could sleep and she had more energy and her physical discomfort was disappearing. She could eat again without vomiting. When the renal tests were taken, the creatinine number had dropped from 1,200 to 800. Gradually it dropped from 700 to 600 and finally to 100. Every test she was given showed improvement until the renal function was completely normal again. Xiao Hong had faced insurmountable odds, and because she had such a miraculous recovery, her family found this somewhat unbelievable and was happy beyond description.

Uremia, a disease that would make anyone fearful, was overcome by Xiao Hong through reciting the phrases "Falun Dafa Hao" and "Zhen-Shan-Ren Hao" with a sincere heart. She regained her health. Even the doctors from the prestigious Qinhuangdao Kidney Specialist Hospital thought that this was an unbelievable and miraculous recovery.

Learning the truth about Falun Dafa, withdrawing from the CCP's Young Pioneers, the CCP Youth League and the CCP, and sincerely reciting "Falun Dafa Hao" and "Zhen-Shan-Ren Hao" is what made this miraculous event occur.

14. I Miraculously Recovered from Tuberculosis

Author: Lian Zhongping (Written in November 29, 2004)

I am 52 years old and live in Lianjia Village, Zhangshe Township, Pingdu City, Shandong Province. I started practicing Falun Gong in April 2002. I used to suffer from severe pulmonary tuberculosis and was once diagnosed as being terminally ill. Without Falun Dafa, I would not be alive now and my family wouldn't be so harmonious.

Back in 1997, I often had fevers and coughed up blood. I assumed it was only inflammation in my throat and didn't take it seriously. I simply took some anti-inflammatory tablets. Even medical exams at the hospital didn't indicate a problem. Later my fever persisted, and I started to spit up blood. I began to have trouble breathing, and then realized that the problem was serious. My family persuaded me to be thoroughly tested. I had a CT scan, which showed that I was in a late stage of pulmonary tubercu-

losis, and I had to be hospitalized. After forty days of hospital treatment the symptoms seemed to stabilize, but over the following two years, the symptoms recurred again and again. Each time I had to be hospitalized and the symptoms were worsening.

In the spring of 1999, my health started to deteriorate badly. I continually spat up blood, and experienced unbearable pains. Soon I was not only spitting blood, but also coughing out the rotten flesh from my lungs. A hospital diagnosis showed my lungs looked like chicken-wire, littered with holes. The largest hole was as big as a ping-pong ball, and my lungs were almost totally rotten. The doctor told my family that no doctor could cure me. "Get ready for his funeral," he said.

Because I continually felt like I was suffocating, I wasn't able to sleep for a single night in the four years between 1999 and 2002. Instead, I had to half sit and half lie down. As I couldn't leave my bed, my wife and daughter had to take care of everything for me, including administering medication and injections. My family used up all of our savings trying to cure my disease. My wife had to seek financial help from our friends and relatives, and our debt skyrocketed. As we couldn't afford the hospital bills, I had to take the medications at home. By this stage I had turned into a bag of bones. At 5'9" tall, I weighed a mere 35 kilograms (77 lbs.). I looked like a ghost, and even doctors were shocked when they came to give me injections. As a matter of fact, eventually none of them would come.

Seeing the sadness and exhaustion of my wife and daughter, and thinking about the struggle I had to go through each day, I felt I'd rather die. Nevertheless, every suicide attempt I made was stopped by my family members, so I wasn't able to fulfill my wish.

Things just kept getting worse, and both my wife and my older daughter showed the symptoms of coughing. They both were diagnosed with the same disease as mine. As soon as I heard this, I fainted. When I woke up, I felt that my life was an endless dark tunnel, and that devils were trying to push me over the edge of a cliff.

April 23, 2002 was a turning point in my life. A Falun Dafa practitioner came to my home to introduce Falun Dafa to me. While he was explaining to me what Falun Dafa was, I felt my whole body warming up, and it was very pleasant. He left me an audiotape of Master Li Hongzhi's lectures as well as the book *Zhuan Falun*.

The day after I listened to Master Li's lectures, I was surprised that I stopped spitting blood! My health was improving gradually. On the seventh night, when I was

about to fall asleep, I saw Master Li, and I was very happy. Silently pressing his fingers on my chest, Master Li seemed to be measuring my chest, finger by finger. I felt very comfortable as Master Li's fingers were passing over. The next morning, I was able to get out of bed. As I studied the Fa [Law and principles] and practiced the Falun Dafa exercises, I experienced tremendous changes in my body. I got off my bed and attempted to walk. One step, five steps, ten steps, I started to walk longer and further. One day, when I was walking outside my home, our neighbors were all stunned, "Lian Zhongping can walk outside!?" Everyone praised Falun Dafa when they learned that it was Falun Dafa that saved my life.

Four months later, a fellow practitioner invited me to go to another practitioner's house three miles away to study the Fa. I hesitated, and my family was unsure if I could walk that far, because I was just starting to recover from my disease. Finally, I decided to go. On the way home, I felt as if someone was pushing me. I didn't feel tired at all, and I was very happy. As soon as I arrived back home, I knelt down in front of Master Li's picture. My eyes were full of tears. I was so grateful to Master Li and to Falun Dafa from the bottom of my heart. Falun Dafa gave me a second life. Master pulled me away from the brink of death.

Born in a poor farmer's family, I never attended school and was unable to read. So at the beginning, I could only listen to Master's audiotapes or ask my family members to read the book to me. During the group study when it was my turn, I had to pass because I couldn't read. I was very unhappy about this, so I made up my mind, "I must learn to read Zhuan Falun." I picked up the book. It was full of words, and I knew none of them. I asked Master to teach me. Simply with this thought, I felt that I could recognize most of the words as I opened up the book. Except for a few words, I was able to read a whole page! Day and night, I kept reading the Fa. In as little as four months, I was able to read Zhuan Falun and other Falun Dafa books as if I was fully literate!

Witnessing the miracles I experienced, everyone in Lianjia Village was astonished. Young or old, everyone knows that I was officially diagnosed with a terminal disease, but recovered. Everyone knows that I was once illiterate, but now I can read all of Zhuan Falun.

I'm sharing this personal experience of mine in order to help those who have been confused by Chinese communist party's propaganda about Falun Dafa, and to let more people know the wonders of Falun Dafa,

15. Goodbye to Depression

Author: Siqi from Taiwan (Written in August 14, 2005)

When I was 25 years old, I got postpartum depression after I delivered my first child. From then on, my life became dark. Tortured by this disease, I could not eat and sleep. My chest felt stuffy and my stomach was uncomfortable. I lost interest in everything.

No Sleeping for a Long Time—at the Edge of Collapse

Over the next 10 years, I consulted both Chinese and Western doctors and tried all kinds of folk medicine and many sports. I even prayed to God and sought divine guidance. I tried so many methods and wasted so much money but I could not get rid of my depression. For so long I was not able to fall into a deep sleep for even a single night. I was on the edge of collapse and I became weaker and weaker.

There were days where I would see my doctor in the morning and go to the emergency room in the afternoon. Even though my cabinet was filled with Chinese and Western medications, my health continued to deteriorate. I had to hire a babysitter to care for my 5-year-old son. My husband did all of the housework. He supported the family and, at the same time, took care of me and our two daughters who were in elementary school. I could not do anything to help.

The mental pressure became heavier and heavier. I could not release it. I laid in bed all day long and felt that my life was extremely miserable. I felt I would rather die than live like this. I had often thought of ending my life. If my husband heard a noise in the night, he would get up and check on me, worried that I would commit suicide.

The Change in My Life—Great Joy

I continued to visit the Chinese medicine doctor, spending 5,000 yuan (translator's note: Taiwan currency) every time. In September 2002, there was a big change in my life. I participated in a Falun Gong nine-day seminar which was introduced to me by a relative. Surprisingly, after the second day of the lecture, I fell into a deep sleep. I was very amazed. When I saw the Chinese doctor after the second lecture, he felt my pulse and said with surprise, "Why has your pulse changed so much? Everything is different now."

My husband accompanied me to the nine-day seminar. He agreed with Falun Gong's principles. He also learned it together with me. He used to drink alcohol and he quit without any problems. My spirits improved. When the nine-day seminar ended, I never again saw a doctor or took any medicine. My daughter said, "My mom never gets mad like before without any reason." I don't have to hire a babysitter anymore since I can now care for my son by myself.

Now, I feel so free and I eat well and sleep soundly. I feel so light while walking. In the early morning, my whole family does the exercises together and reads Zhuan Falun. My three kids are quick learners and very astute. My family is now harmonious and my life is fulfilling. I'm so full of joy in overcoming depression and having my life changed by Falun Dafa.

16. After Depression Led to a Serious Drug Addiction, Falun Dafa Saved My Life

Author: Chen Ronghui from Taiwan (Written in June 02, 2005)

In a little over a month, I got my health back after being a heroin addict and in a state of desperation. I am still amazed by the extraordinary power of Falun Gong, and I would like to do all I can to tell people that Falun Dafa is good and Falun Dafa saved my family.

My Life Became a Joke

My name is Chen Ronghui. I live in Pingdong County, Taiwan. I run a transportation business with a monthly income of 300,000 to 400,000 Taiwan dollars. My four children were well behaved and I had a great family. Unfortunately, my wife took to gambling and was in debt for hundreds of thousands of Taiwan dollars. Not only that, she even had an affair at the same time. Before we were divorced, she wanted to marry another man. I was very shocked by all this and was totally lost. My happy life turned into a living hell overnight.

I had to shoulder my wife's debts. She threatened that if I did not agree to a divorce, three lives would be on the line. I wanted to sue her for polygamy or sue the man for

adultery but could not decide. On her wedding night, I went to the police station, but the police said that they would have to go to the wedding banquet in uniform and take down information about the guests before they could prosecute them. I gave up. I walked into their wedding banquet. Seeing the guests, I wished her well. I was so lost, and could not understand why life had played such a joke on me.

I Started Taking Drugs

On April 2001, my two daughters came home from the university. I put down my name and their mother's name on a piece of paper and asked them to write their names under whoever they would like to live. When I saw all four names under mine, I could not help but hug them all. They were all weeping and they called me "Daddy" altogether. I said to myself, I have to be responsible for them and help them succeed in life. I also agreed that their mother could visit them. However, after the passage of four years of a lonely life, I became addicted to heroin. I gambled with the happiness of my family, and I still tremble when I look back.

I was lonely after the divorce and resorted to drinking. But the hangovers were just killing me. Then by chance, I was introduced to heroin. At first, I mixed it with cigarettes. Then I used needles to inject the drug. I used heroin because I did not feel the headache inflicted by drinking, and it was cheaper. I sank even lower and could not kick the habit.

Perhaps fate has it that I should not die. My two daughters found out that I was taking drugs and threatened to quit the university if I didn't quit. I promised them that I would not inject any more drugs, and also followed their advice to see a doctor in the hospital. The doctor could not believe that at my age, I was doing what some troubled youngsters do. After taking medication, I quit for some time, but went back whenever I was stressed. I felt guilty and ashamed when I thought about my daughters. I needed more heroin each day. Sometimes, when I couldn't get the drugs from the dealer, my withdrawal symptoms became very serious and I felt so miserable. But I still had a wish to quit. Every time after I took an injection, I took some medications. My kidneys and liver were seriously damaged and I was swollen all over. I was dying.

God of Fortune Arrives in My Family

My daughters kept writing to me, telling me how they felt about my drug addiction, and how they worried about me and felt disgusted about fact that I was taking drugs.

They did not expect that something they only saw on TV would happen in our family. But they did not know how to help me. Although I promised them that I would quit, I didn't do so until I had all kinds of health problems. At this time, the god of good fortune arrived in my family.

During the Lunar New Year holiday, my brother and sister found out that something was wrong with me. My sister suspected that I was still taking drugs. They questioned me and I told them everything. My sister suggested that I practice Falun Gong and throw away all my medications. Therefore, under the supervision of my sister, I finished watching the nine lectures by Master Li Hongzhi. All my family practiced with me to encourage me. At first, I did not have enough energy, and when I had an attack, I had tears in my eyes and a runny nose. I was so miserable. But a miracle happened. After a week, most of my swelling disappeared. After another week, a rash developed which covered my body. I could not keep any food down. As soon as I covered myself with a blanket, I felt itchy as if thousands of ants were biting at me. I could not sit or stand, nor could I sleep at night. But I still went to work at the transportation business during the day. My sister went with me to make sure that I was fine. The rash disappeared after a sleepless month and I am so grateful to Master Li.

My Children Witnessed the Magic of Falun Dafa

My children witnessed how I recovered without taking injections or medications and they were very impressed. My daughter wrote to me, "To tell you the truth, I did not believe in Falun Dafa at first even though my aunt recovered from cancer because of it. Now that I see my dad's rebirth, I really believe in Falun Dafa. I am so grateful. It saved our whole family. It prevented four children who had lost their mother from losing their father. It saved us all."

My Last Few Words

I have to thank my sister, who brought me Falun Dafa. I came to realize the purpose of life when I was in desperation. I am no longer lonely. Let me say this again: Falun Dafa is good.

17. From Crippling Pain to Becoming Pain-Free and Healthy

Author: Clearwisdom correspondent Zheng Yuyan (Written in December 25, 2010)

Ms. Dai Yiwei is a beautiful girl from Taiwan. She has always been a top student at school. She went to the Taipei First Girls' High School and National Taiwan University, the best schools in Taiwan. She also obtained two Master's degrees from the University of Connecticut in biotechnology and computer engineering. However, when she was thirty years old, her wonderful life suddenly encountered a huge change.

Ms. Dai Suddenly Had a Car Accident and Suffered Severe Internal Injuries

Before she graduated from the University of Connecticut, she had already been hired by a company at a high salary. In 2005, only one month after she started working, another car hit her car from behind on her way home. In the accident she suffered severe injuries as well as a light cerebral concussion.

The doctor asked her to take one month off and rest. However, a month later, she had not gotten any better, and more places in her body began to ache. Then the doctor suggested, "It seems to be getting worse if you rest. You should try exercising." Taking the doctor's advice, she went back to work.

Several months later, her health condition became worse. At first, only the joints at the hip, knee and wrist (where she suffered from the collision) hurt the most. Then all the joints in her entire body began aching. In the end, it even became difficult for her to walk. Every time she took a single step, she had to rest for a minute. After she took another step, she would rest for another minute. As a result, she quit her job and returned to Taiwan for medical treatment.

Upon returning to Taiwan, she found an orthopedic surgeon of Chinese medicine. He massaged every joint in her hand and pulled on the joints all over her body. The doctor told her, "Every joint inside your body has been dislocated, which is why you have so much pain." She asked, "Then why didn't the x-rays show any problems?" The surgeon answered, "All the dislocations are within the range of measurement of error for an x-ray. That's why they weren't discovered earlier. However, not it's too late because they have become old injuries, and they are almost impossible to cure now."

Worse still, she later developed some neurological sequelae and a condition called fibromyalgia, which is incurable using western medicine. She lost the ability to live on

her own. Her breath, body temperature and blood sugar levels all became abnormal. She passed out very easily, and any movement of her body caused great pain. Wherever she went, she needed to take an oxygen tank with her; otherwise she might pass out at any time. Once when she was at the hospital, she woke up because of the tremendous pain. She wanted to ask the nurse to give her some morphine, but the pain was so great that she could not speak at all. She said, "I didn't know in the past that we needed so many cells in order to speak. Every cell in my body was suffering great pain. I used all my willpower and strength to endure the pain. I didn't even have the strength to make a sound."

Learning Falun Gong to Save Herself

Because she wasn't cured in Taiwan, she decided to go back to the United States to rejoin her husband. Three days before she went back, she found a traditional Chinese medicine doctor who specialized in joint disease, so she wanted to give treatment another try. That doctor had remarkable medical skills; she used a pricking pin to assess the condition of her kidney, liver, stomach, bones and bone marrow. All the blood samples she obtained from Ms. Dai Yiwei's acupuncture points were black, indicating that all of these organs were problematic. In the end, the doctor told her, "Now, no one can save you; you should save yourself. You can try practicing Falun Gong, which has the power to heal all your diseases." Ms. Dai said, "She gave me a Falun Gong flyer and a flyer about the persecution. She encouraged me to learn Falun Gong from the Falundafa.org website. I took these two precious sheets of paper with me back to the US."

After she went back to the States, she did not begin learning Falun Gong right away. After her husband left for work during the day, she had to do the housework on her own, which led to the immediate dislocation of all her joints. She lay in bed for two weeks before she felt better.

Later, she asked her mother to take her back to Taiwan for further medical treatment, but her mother told her that they had spent all their savings on her previous treatments. If she wanted more treatments, they would have to borrow money to do so. Thus Ms. Dai thought she should try practicing Falun Gong. In the beginning, she treated Falun Dafa as an ordinary qigong practice. She did the exercises, but her hip joint became dislocated again, so she had to stay in bed and could not get up because of the pain.

She thought, "Maybe I did something really bad in my previous lives that I need to repay for the rest of my life." She felt sorry for herself the entire night. Then she thought that since that the Chinese medicine doctor so seriously recommended Falun Gong to her, maybe she should look more into Falun Gong before she gave up so easily.

The second day she went to the Falun Dafa website, which recommended that all new practitioners read the book Zhuan Falun. When she read the book, she was amazed. The next day, she visited the website the again and saw that it suggested that all new practitioners finish reading Zhuan Falun all the way through without stopping, and so she did.

When she read: "Think about it, everyone: What matter is it to teach qigong toward high levels? Isn't this offering salvation to humankind? Offering salvation to humankind means that you will be truly practicing cultivation, and not just healing disease and keeping fit," (Zhuan Falun). She was deeply touched. As she continued, she read: "One should return to one's original, true self; this is the real purpose of being human. Therefore, once a person wants to practice cultivation, his or her Buddha-nature is considered to have come forth" (Zhuan Falun). After she finished reading Zhuan Falun, she was very excited. She believed in the truth of everything explained in Zhuan Falun, and she made up her mind to practice Falun Gong.

Remarkable Recovery after Practicing Falun Gong

The next day after she read through the book, she found that her hands and entire body were no longer in pain when she awoke. It was not painful when she got up and walked downstairs. All the pain that she suffered in the past two years disappeared. It was like a dream that all the pain disappeared overnight, but she was not sure if she was granted the opportunity of another life. "Has Master started to take care of me? There are indeed divine beings, and they are so powerful. I have felt it myself although I didn't really see them."

Two days later, she still did not feel any pain. She went to the practice site and she meditated for thirty or forty minutes with her legs in the half lotus position. She did not experience joint dislocation but instead felt very comfortable. She became very excited: "Now I know I am Master's disciple."

After she started cultivating Falun Dafa, all the diseases she had were cured overnight and she became healthier. On May 11, 2008, after practicing Dafa for eight

months, she attended the celebratory "World Falun Dafa Day" event for the first time. She said, "On this day, we celebrate Master's birthday and express our gratitude towards Master. I can only repay Master by cultivating more diligently."

18. Inspirational Story of A Woman's Recovery from Severe Degenerative Diseases through Practicing Falun Gong

Author: Described by Meixian and edited by Yijun (Written in July 28, 2002)

Meixian lived a miserable, pain filled life for over a decade, but now she happily talks about how she gained a new life after cultivating Falun Dafa. The following is Meixian's story:

In March of 1988, when Meixian was 52 years old, she was in pain all over her body. The results of a medical examination showed that there was a 5 cm large tumor in the right hemisphere of her brain that affected her sight and hearing. The tumor had already damaged her visual and audio nerves as well as some other nerves. Various complications arose after the tumor was removed. Meixian's body and organs had degenerated to the point that her tongue and teeth could not touch each other, which caused food to drop out of her mouth when she ate. Her eyelids could not close, she could not see or hear clearly, she had difficulty speaking, and she was losing the use of her withered limbs.

She could only walk slowly, as she had difficulty controlling herself. Her body was very bent when she walked and she would often bump into people or objects. She had to rest for a long time after even small movements. Half of her face twisted to the left and caused her facial expression to be very stiff. She could only speak slowly, word by word, and her lachrymal glands [glands that make tears in the eyes] were out of control, causing tears to run down her cheeks. She always had to carry a towel to wipe her tears. She would also often lose consciousness without any warning. Various parts of her body had degenerated so badly that she had to depend on other people to do everything in her daily life. In order to improve her physical health, she tried many kinds of treatments, such as physical therapy, traditional Chinese medicine, even folk medicine, etc. She said, "I lived a miserable life at that time."

She often asked herself, "Is there any method that could help me not rely on other people anymore? Do I have to be this way for the rest of my life?" One day, she saw a TV news report on Falun Gong which mentioned that this practice was very good. At that time she had a wish to learn it, but didn't know where to find it.

Three years ago, she saw Falun Gong in a park. The next day, she made a great effort to walk to the practice site in the park, where other practitioners taught her the "Falun Standing Stance Exercise." But Meixian had difficulty raising her hands to her chest. Her hands felt so painful that she had to put them down. After she went back home, she thought, "It is too difficult to practice the exercises! I won't go tomorrow!" However, when she woke up the second morning, she still slowly walked to the practice site in the park to learn the practice. Each day, she felt very tired after she finished and wanted to give up, but some power pushed her to go to practice again the next morning.

Three months later, Meixian suddenly realized that she didn't even need to take the pain medication that she had lived on for many years. This was a big encouragement for her, so she continued practicing the exercises. Gradually, she could raise her hands to her eyes and then slowly above her head. She was also able to extend her practice time from a few seconds to minutes to finishing half an hour's exercises. Her feet also changed. At first, she could not bend them into the single lotus position in the sitting meditation but with practice she made continuous progress. Over the next three years she found that she was able to do many things in her life that she had not been able to do before. Her ability to walk improved as well as her confidence in herself. Falun Gong emphasizes that practitioners must upgrade their state of mind, so they read the book and study the Fa together after finishing the exercises. After practicing the exercises for some time, Meixian also started to read Zhuan Falun. At the beginning, she could only read one or two words. She worried about wasting other practitioners' time, so she thought, "I won't read the book. It will be good enough if I just practice the exercises!" However, her fellow practitioners encouraged her to participate in group study in the evening. One practitioner explained to Meixian the relationship between reading the book, studying the Fa, and cultivation. Meixian really wanted to cultivate, so she decided to start reading the book again.

Meixian started by slowly reading one word after another. Then she would read one sentence and rest for a while before reading the next sentence. In this way, Meixian improved her ability to read the book. Now, 65-year-old Meixian not only has clear eyesight, but can also speak smoothly. She can also read the book and study the Fa

together with other practitioners at the same speed. She can speak fluently and also discuss questions with other practitioners.

Meixian's story is not an unusual one among Dafa practitioners. However, her personal experiences make her tell everyone from the bottom of her heart, "I thank all fellow practitioners for helping me and I thank Master Li Hongzhi for his compassionate salvation!"

19. Falun Dafa Made Me Walk Again

Author: A practitioner in Jiujiang City, Jiangxi Province
(Written in October 23, 2009)

I started to learn Falun Gong on October 17, 1997, when I was suffering from sciatica, bedridden, and totally dependent on others for help. The extreme pain made me wish to die as soon as possible. Especially the pain in my left foot was excruciating. I had not had a good night's sleep for nearly two months and I thought about committing suicide. When my husband found out about this, he told me not to think this way because someone would come to rescue me. He also told me that he and our two children were glad to have me with them.

On October 17, 1997, my husband's prediction came true, because a relative came to our home to rescue me by advising me to practice Falun Gong. He told me how wonderful Falun Gong is. At the time, I knew nothing about it and was a little hesitant to practice. That afternoon, when my husband came home and heard about what the practitioner had told me, he persuaded me to try it. After supper, my husband carried me to the exercise site and I began to learn the five sets of exercises. When I started to learn the second set (Falun Standing Stance) and after I had closed my eyes, I suddenly felt something coming out of my left foot and the pain disappeared at once. I did not realize then that Teacher had purified my body because I had not yet read Zhuan Falun. After finishing the exercises my husband prepared to carry me home, but I said that I could walk by myself. He did not believe it until I started to walk in front his eyes and returned home. It was really marvelous!

The next day I even shouldered about 15 loads (each weighing around 160 pounds)

of coal using a pole and two baskets. Early in the following morning, I went to the exercise site by myself to practice. Then I threw away all the medicines I had. Since then I have never taken another pill and my body has remained healthy and strong. In addition, my whole family benefited from my practicing Falun Gong. My two kids used to suffer from all kinds of diseases before, but after I started practicing Falun Gong, none of them have suffered diseases since.

Many other miraculous events happened after I started practicing Falun Dafa. Soon after I started to practice, I learned to drive a motorized tricycle to make money. I once gave a ride to two persons to the Jiujiang Railway Station. On the way down a hill my bike was hit by a large bus; it was thrown from the road into a 7-8 meters deep ditch. I was not frightened at all, and it felt as if the motorbike was held up by some force and then touched bottom lightly. Nobody was injured. Later, when I thought about it, I got so scared that my knees buckled. It was exactly as Teacher has described it.

Once, I took a customer to a bank to withdraw cash. I later noticed that he had carelessly left his bag of cash in my tricycle, which amounted to tens of thousands of yuan. I went to a lot of trouble to find the owner. When I finally handed the bag to him, he had not even noticed yet that he had lost it. He was astounded and wanted to sincerely thank me. I told him that it wasn't necessary because I am a Falun Dafa practitioner. I told him that he should thank my Teacher who requires me to be a good person according to Truthfulness, Compassion, and Forbearance. Following this incident, everyone realized that I was a good person, and my business improved.

20. Falun Dafa: Health Benefits, Anti-Aging, and Beyond

Author: Jingduan Yang, MD; John Nania

Falun Dafa, a Cultivation Practice

Falun Dafa (pronounced "fah-loon dah-fah") was first taught publicly in 1992 by Mr. Li Hongzhi. Mr. Li traveled throughout China presenting ten-day workshops that included lecturing for one and one-half to two hours each day, plus teaching Falun Dafa's five sets of exercises. He introduced it under the label of qigong, but clarified

that Falun Dafa is best understood as a comprehensive self-cultivation practice with ancient roots. True cultivation practices do aim at improving physical health and vitality, but their overall goal reaches beyond that: transform the whole person, physically, mentally, and spiritually. A genuine cultivation practice is always firmly rooted in ancient culture and passed down from prehistoric times unadulterated. Falun Dafa meets this criterion, having been carefully passed down in lineage fashion from teacher to disciple for thousands of years.

Falun Dafa understands that three principles form the basis of human living and the universe. The three principles contained in the words Zhen-Shan-Ren translate into Truthfulness-Benevolence-Forbearance or Truth-Compassion-Tolerance. The task of a Falun Dafa practitioner is to act according to these principles at all times. As a complete system of mind and body cultivation, Falun Dafa does indeed include gentle physical exercises and meditation, but the key to this cultivation is for the individual to improve his or her xinxing (mind-nature or moral character) in order to maximally assimilate to Truth-Compassion-Tolerance. Zhuan Falun, the main text of Falun Dafa, defines xinxing thus: "It includes virtue (a type of matter), tolerance, enlightenment quality, making sacrifices, giving up ordinary people's different desires and attachments, being able to suffer hardships, and so on. It encompasses various things. Every aspect of xinxing must be improved for you to make real progress. This is a crucial factor in raising energy potency... Once you improve your xinxing, your body will undergo a great change. Upon xinxing improvement, the matter in your body is guaranteed to transform." One key aspect of cultivating one's xinxing is the giving up of mental attachments. Mr. Li writes, "To tell you the truth, the entire cultivation process for a practitioner is one of constantly giving up human attachments." Attachments can be thought of as not only the thought patterns behind such obviously problematic behavior as substance addictions, but also other compulsions and desires that can dominate or distort a person's thinking. Another aspect is examining oneself to see ways to better conform to Truthfulness-Compassion-Tolerance. This self-examination enables a person to naturally give up addictions, desires, and selfish emotions. Force is not involved, but comprehension of the principles increases awareness and causes gradual change. The text Zhuan Falun provides instructions and examples that serve as a guide. One learns how to cultivate by reading the book. Cultivation of xinxing is primary; exercises and meditation are essential, but supplementary. Falun Gong has four standing exercises with gentle, slow movements. In one exercise, Falun Standing Stance, the arms are held motionless for several minutes in wheel-shaped positions. In the three others, the hands trace along the paths of the body's energy mechanisms, or

patterns of external energy flow. While the exercises stretch and strengthen the body according to Western paradigms, a deeper purpose of these exercises is to reinforce these unseen energy mechanisms. The fifth exercise, a seated meditation, involves initial hand movements, followed by tranquil sitting. In all of the Falun Dafa exercises the mind remains aware (i.e., not in trance state), but empty of thoughts and clear. In none of the exercises do practitioners use special techniques, such as guided imagery or breathing.

Who Can Practice?

Participants range in age from young children to the elderly. While participants come from all walks of life, a large number are medical doctors, PhD scientists, or technical professionals.

Falun Dafa's emphasis on cultivating *xinxing* means that newcomers can be in any physical condition, even those who are paralyzed or who have had limb amputations may practice. Practitioners must understand the principles of the practice, but those who are illiterate or have reading disabilities can study them via audio-visual media. Because Falun Dafa cultivates both mind and body, practitioners must remain in full control of their consciousness and free of strong mental attachments to any disease. People with psychosis or in a critical or terminal stage of physical disease are not able to practice.

Health Improvement and Anti-Aging Effects

If an individual can cultivate according to the principles, focusing on *xinxing* and setting aside physical complaints, significant or even dramatic improvements are apt to emerge. Anecdotes of rapid and extensive changes abound. As one example, Connie Chipkar, 60, has practiced Falun Dafa for three years. She reported her experiences at the 2000 Great Lakes Falun Dafa Conference in Ottawa. Of the benefits to her health, she said, "I am living proof of cultivation 'side effects,' which I would call miracles. I came to Falun Dafa an aging 57-year-old and was exhausted with living. I needed an afternoon nap every day. While I have added three years to my age, I have become younger looking, my wrinkles have almost disappeared and my energy is continually growing. I need less sleep than previously and I'm feeling better, stronger, more clear-minded and healthier than I ever have." Similar reports of dramatic improvement in health and vitality are common. Some positive effects often reported include peaceful and clearer mental states, stress relief, improved interpersonal relationships,

increased self-confidence, release from addictions, increased energy, decreased need for medication, resolved infertility, younger appearance, and disappearing signs and symptoms of chronic disease, among others.

In China, several large-scale surveys were conducted in major cities to help the Chinese government evaluate the practice. In 1998, one survey was conducted at more than 200 exercise practice sites in five Beijing districts. More than 12,700 completed questionnaires were analyzed. The majority of respondents (67.5%) were more than 50 years old and 30.8% were 20 to 49 years old. About half of the respondents (52.6%) had practiced Falun Dafa for 1 to 3 years, and 49.8% reported three types of disease. Only 6.6% reported being healthy prior to taking up the practice. At the time of the survey, 58.5% reported full recovery, 24.9% reported basic recovery, and 15.7% partial recovery. Those who reported feeling energetic increased from 3.5% to 55.3% after taking up the practice, and 80.3% reported significant improvement in overall mental health. It is estimated each practitioner saved the state up to 3,270 Yuan (equivalent to 10 months' income for the average Chinese at that time) in medical expenses per year. This and similar surveys prompted one official from China's National Sports Commission to proclaim that practicing Falun Dafa "can save each person 1,000 Yuan in annual medical fees. If 100 million people are practicing it, that's 100 billion Yuan saved per year in medical fees" (US News & World Report, 2/22/99).

U.S.-based researchers in basic sciences have begun to show interest in studying Falun Dafa. Dr. Lili Feng, professor of immunology and molecular biology at Baylor College of Medicine in Texas, examined the life span and function of white blood cells, neutrophils in particular. Her preliminary results showed that the in-vitro life span of neutrophils from Falun Dafa practitioners was 30 times longer than that of control groups and they also functioned better.

Dr. Guohua Liu, a biophysicist from U.C. Davis, reports that the contraction force of cultured cardiac cells was increased 175% after several minutes' exposure to the energy field generated by Falun Dafa practitioners while they were practicing the exercises. While these surveys and studies strongly indicate the existence of the health and anti-aging effects, they shed no light on the mechanism at work.

Understanding the Mechanism & the Paradigm

How do we understand these positive health effects and the underlying mechanism of Falun Dafa practice? From the modern Western medical perspective, we can appre-

ciate that elimination of stress and unhealthful lifestyles and habits would reduce the incidence and severity of serious medical conditions, such as cardiovascular disease, cancer, hypertension, substance-related diseases and sexually transmitted diseases. But we aren't able to fully understand why this is so, nor can we identify the mechanism.

From the traditional Chinese medical (TCM) perspective, we are able to understand a little bit more about the mechanism. First, emotional stress is the fundamental cause of health problems; it makes the body vulnerable to external pathogens. In Falun Dafa, cultivating xinxing and practicing Truth-Compassion-Tolerance helps people to have happy and peaceful minds, which eliminates the primary causes of disease.

Second, TCM holds that qi (pronounced "chee") is a living energetic force, and its sufficient, smooth, and properly directed flow is the key to health. Third, in the view of TCM, blockage of energy channels, also called meridians, is the direct cause of pain, tumors, and many other health conditions. To keep meridians open through such means as acupuncture, massage, or tai chi is the essential element of successful TCM treatment.

Falun Dafa exercises address the second and third points by helping to regulate, facilitate, and supplement the flow of qi, which helps people maintain health by opening the meridians, thus healing or preventing many conditions. Through practice, one not only opens all the meridians, but is also continually widening them. This is unique to Falun Dafa. Mr. Li writes in *Zhuan Falun*, "In the end, thousands of energy channels will join together and turn one's body into one without any energy channels or acupuncture points; they will join together to make one whole body...At this point, one's body will basically be transformed by high-energy matter."

TCM holds that qi is bound to diminish as aging occurs, therefore causing dysfunction. But how can this process be slowed, stopped, or even reversed? And how can blockages be eliminated? In answer to the Yellow Emperor's question about the secrets of longevity, his wise minister Qi Bo replied that the key is to have a "clean heart and few desires." However, modern TCM explains little about why this is so and how to achieve a "clean heart and few desires." Western analysts require a paradigm shift to comprehend TCM. Similarly, to understand the effects of Falun Dafa, one must approach it from a new perspective and understand it from within its own paradigm. The forms of energy and the substances involved in Falun Dafa are deeper and are composed of smaller particles than the energy and substances recognized in the Western

and TCM paradigms.

Typical qigong practices increase and purify qi. Falun Dafa, meanwhile, works on a different type of energy called gong, or "cultivation energy." Qi is ubiquitous and is found in all living things. People all have qi, but it inevitably diminishes with aging. Gong, in contrast, is developed only in the bodies of those who practice xinxing cultivation. The higher one's xinxing, the greater the quantity and higher the density of one's gong.

Practitioners who cultivate their xinxing are actually changing the energy and substances in the body. Over time, as xinxing is cultivated, gong continues to increase regardless of chronological age. Gong is the energy that exerts powerful anti-aging effects and repairs the dysfunction of cells and tissues in the body. To clarify: It is not the five exercises, but the cultivation of xinxing that increases and refines gong. Only xinxing cultivation can achieve the state of "a clean heart and few desires."

Further Understanding the Paradigm

Different paradigms involve different approaches, different modes of thinking and different lexicons. To understand Falun Dafa's paradigm from within the paradigm, healthcare practitioners are strongly advised to read one or more of the Falun Dafa books in their entirety. The introductory book is Falun Gong. The complete system is in Zhuan Falun, which is a self-edited transcript of the actual lectures that Li Hongzhi gave in China in the early 1990s. The optimal method is to read either of these books steadily and daily straight through until the end. Reading isolated sections, stopping to re-read passages, or pausing a few days to digest the contents will disrupt the continuity of the book and drastically diminish or eliminate your chances of comprehending this paradigm. Do not expect to understand everything the first time through, but do read straight through with an open mind. This is the only way to give the new paradigm a fair chance.

An integral component of this paradigm is its method of dissemination. All the books and audiovisual materials needed to learn Falun Dafa are available for purchase, but they are also available for free on the internet. Experienced practitioners willingly help beginners with the exercises and answer questions. The principles of Falun Dafa require that practitioners may not accept a fee or compensation in any form for assisting others in learning the practice.

Falun Dafa is a practice of self-cultivation; cultivating xinxing is primary, and it

stands to reason that one could not improve the xinxing of another person by external means. It must be a self-motivated, individual, and free practice. Practitioners search within themselves, but also gather in groups to verbally share their experiences, insights, and understandings of the writings. Locations of regular exercise and study groups, with contact information, can be found on the internet.

Why is Falun Dafa Banned in China?

In early 1999, a Chinese government survey estimated that 70 to 100 million people practiced Falun Dafa. On July 22, 1999, the leadership of the Communist regime declared Falun Dafa illegal. The numbers tell the tale: too many people doing something over which the communist party could not directly exert its authoritarian control made the leaders nervous. This was despite the fact that the government had earlier presented awards to Falun Dafa; despite the prominently aired fact that the government was saving millions of dollars in reduced socialized medicine service fees in China; and despite the fact that Falun Dafa practitioners become exemplary workers, devoted family members, and law-abiding citizens.

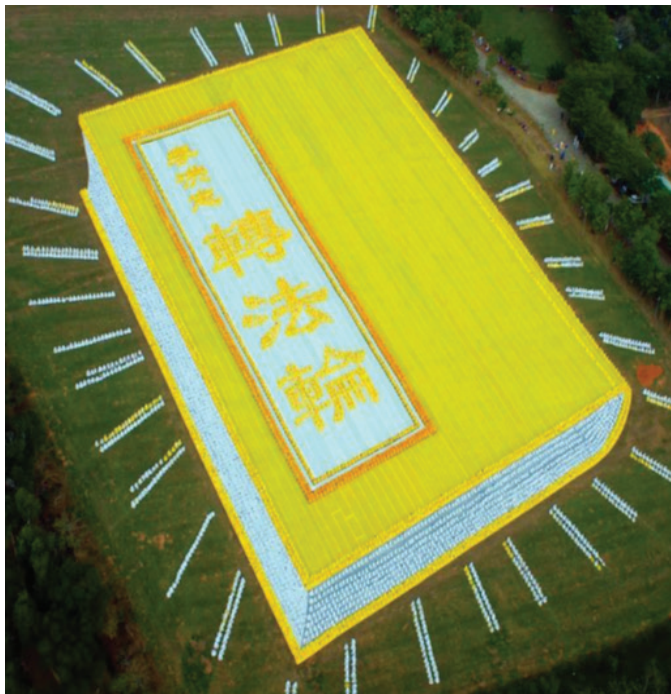
It is common knowledge that Falun Dafa practitioners in China improve their health markedly and use healthcare services much less than average. Most governments would be falling over themselves to promote a system that encouraged harmonious, lawful behavior in tens of millions of its citizens and saved them money in the national budget. In contrast to the brutal suppression faced by practitioners in China, hundreds of local government bodies in many of the 40 other countries where Falun Dafa is practiced have issued proclamations and commendations that praise Falun Dafa for the improvements in health and morality it brings to their citizens.

The Chinese leadership's senseless campaign of persecution has resulted in thousands of peaceful, healthy practitioners being detained, imprisoned, and/or confined in mental hospitals. More than 3,000 have died as a result of torture administered by the authorities. For more information on the situation in China, visit <http://www.faluninfo.net>.

For more information on Falun Dafa or to find local practitioners, visit <http://www.falundafa.org>.

CHAPTER 5

THE EVIDENCE TWO: DAFA PRACTITIONERS' CULTIVATION STORIES



More than 6,000 practitioners from Asia-Pacific countries gathered in the Waipu District of Taichung City, Taiwan, to form an image of the book Zhuan Falun [November 21, 2009]

The collections consist of forty-two cultivation stories from Dafa practitioners from over ten countries. Today, with human morality deteriorating rapidly, people are fortunate to find such a pure land and practice true cultivation for both mind and body.

The brutal persecution of Falun Gong by the Chinese Communist Party (CCP) is still continuing in China. Under such circumstances, Dafa practitioners follow Truthfulness-Compassion-Forbearance to improve their moral character and health while undertaking various efforts to stop this persecution. Dafa practitioners have been experiencing miracles for nearly 20 years, confirming the power of Dafa.

Falun Dafa, also called Falun Gong, is an advanced practice of the Buddha school of self-cultivation founded by Master Li Hongzhi. It is a discipline in which "assimilation to the highest qualities of the universe—Zhen, Shan, Ren (Truthfulness, Compassion, Forbearance)—is the foundation of practice. The practice is guided by these supreme qualities and based on the very laws which underlie the development of the cosmos." The book and video resources are available for free download at <http://falundafa.org/>.

Today, Falun Dafa is practiced and cherished by over 100 million people in over 100 countries, with clubs and associations existing in a range of cities, companies, universities, and other settings.

We hope this collection broadens your perspective and inspires your life. Citing Online Sources. <http://www.pureinsight.org/node/7317>

Cultivation Experience **5.1**

21. Life of Adventure and Discovery in the Great Buddha Fa

A Dafa Disciple from Ireland

[PureInsight.org]

This is my ninth year of cultivation practice in Falun Dafa. It all began with my receiving two books in the post: Zhuan Falun and Falun Gong. They were sent to me by an Egyptian friend, who is an Australian practitioner. I had always regarded him as very level headed and sincere, so I thought that these books must be important. I read Zhuan Falun, once and then I read it again. I have never left it down since.

To get this far in my cultivation I have had to be very determined and make the decision that I wanted to cultivate only in Falun Dafa. During this time, because of the many forces, distractions and tribulations, I have had to, on many occasions, call upon and live our Revered Master's advice in Zhuan Falun, "When it's difficult to endure, you can endure it. When it looks impossible and is said to be impossible, give it a try and see if it is possible. If you can actually do it, you will indeed find: 'After passing the shady willow trees, there will be bright flowers and another village ahead!'"

Master describes cultivation practice, in essence, as continuously letting go of all our attachments. I find for me, that this is similar to continuously taking farewell to all the things in life that I will not be bringing back home with me. Some 'good byes' are very casual, some are care free and easy, like things that I have outgrown, and then some good byes are very painful and some are very traumatic.

Sending Forth Righteous Thoughts is in itself a tonic for me. My Righteous Thoughts have evolved to the point where I realize that I have a connection with everything I encounter. So I focus my Righteous Thoughts at dissolving the source of my attachments, notions and bad habits, dissolving my own attachments, and constantly cleaning house. The Righteous Thoughts at set times I use to disintegrate and dissolve demons and issues on a cosmic scale.

Master says in Zhuan Falun, "The ability to achieve tranquillity is gong, and the depth of ding indicates one's level."

In the beginning because I had many anxieties, it was not easy for me to enter into ding. I realized from the beginning not to be distracted, attached or pursue any technique to enter into tranquillity. Gradually, I am finding it easier to clear out my head, relax and enter into ding. The exercises are an opportunity for me to give my brain a sunshine holiday from all the chatter, bustle and turmoil of the world and reset my life. I have come to realize that there is no such thing as setting aside time for the Fa. The beginning and the end and the compass, for everything in my life is the Fa. Every aspect of my life is processed by the Fa. My approach is: asking how would a Divine Being handle this situation?

In about 1997 I was diagnosed with a genetic condition called Haemochromatosis. This is a common genetic condition in the Irish people. In essence, what happens is that all the organs and joints in the body absorb too much iron. Gradually all the organs are overloaded with iron leading to chronic fatigue, exhaustion and death. It is a fatal condition and my mother died from it.

About three years ago the hospital recommended to me that they should commence draining my blood to reduce the iron overload. Because I regard myself a Dafa practitioner, I did not want to go along with this. I decided that I would continue with my cultivation, study the Fa more, be more diligent in doing the exercises and Sending Forth Righteous Thoughts, and be more diligent doing what a Dafa disciple should do. While doing the exercises my knees and bones were in a terrible condition, the pain was excruciating, and my entire body was in convulsions with the pain, which seemed endless. I was raving with the pain during the fifth exercise that was so deep into my bones. At the end of the exercises I would lie down moaning and groaning for about ten minutes, until one day I realized that all that moaning and groaning negated all my cultivation efforts. Moaning is not part of Ren. A disciple is required to endure with dignity.

I endured with the exercises and I continue to make amazing breakthroughs. Now I look forward to doing the fifth exercise. Last year I went back to the hospital to have my iron count measured. The Consultant told me that I do not have Haemochromatosis. He said it so casually, and, or dismissively, as if I had never been diagnosed with the condition. I recently had my iron levels monitored this year, and there are no issues reported. Doctors, I have found can unnecessarily be very defensive if you alert them to non – medical ways of life.

I would like to emphasise that the approach I took with this condition was my own

personal decision. It was not a careless or haphazard decision, as I value my own life, and it is not meant as medical advice for anyone. Falun Dafa is a complete cultivation system of mind and body. My meditation is to be diligent, steadfast and wholehearted in my cultivation of Falun Dafa and assimilate to the characteristic of the cosmos Zhen Shan Ren, and to fulfil all the vows I made to Master before the dawn of history.

During that time also, I was diagnosed with very high cholesterol. Before becoming a Falun Gong practitioner, I would have been anxious about this, as my father and my uncles died from heart disease. The doctor prescribed strong medication for me. I did not take it, and just carried on cultivating. The next year I got a test and my cholesterol level had gone back down to normal levels.

About two years ago I was under a lot of stress. I began losing weight and fading away, many of the health conditions I had as a teenager returned. I was in a very critical condition. My system was grinding to a halt and I was not able to work. I asked Master about this and He reminded me that I did ask Him to dig out those old conditions.

During my cultivation practice, I have come to realize that because of our xinxing cultivation and kind nature Dafa disciples are very sensitive, this is not the same as Qing. I avoid, as much as possible, being critical, offensive or judgemental of my fellow practitioners. I also thank Dafa practitioners for your kindness and encouragement towards me.

Until recently I was of the opinion that if I saw an attachment in another practitioner, I would think to myself that that was none of my business, or that that has nothing to do with me. Likewise, if someone pointed out an attachment in me, I would think that that is none of their business and, or I didn't ask their opinion. Master points out that we have a duty of care to point out our attachments for each other. For me, the main part is that that needs to be done with compassion, and with kindness. Otherwise it is counterproductive.

Master said in Teaching the Fa at the 2004 International Fa Conference in New York, "When everyone is discussing something, you may get upset over someone expressing disapproval of your idea, but if nobody raises objections and everyone says, "This is a pretty good idea, and that one's not bad either" – so that nobody gets offended – I'd say that these students aren't being very responsible to Dafa or to their own cultivation. They don't dare to speak up when they see a problem. That is being too attached to self, and that's selfishness. If you deal with a problem without the attach-

ment to self and calmly put forward ideas about how to tackle the problem well, I don't think others will feel uncomfortable upon hearing it, because you're doing it for the Fa."

Master said in Teaching the Fa with the Asia- Pacific Students, "Dafa is cultivation and there's nothing else."

In my cultivation practice I have come to realize that being short of personnel for all the projects we have is not the critical issue. In my opinion it is a matter our level of commitment, determination and diligence. In the very first exercise Master teaches us how to do the work of a thousand hands with our two hands alone; how to easily carry a mountainous burden; and how to topple a mountain. When I review each day, I am alerted to where I waste valuable time and opportunity for Dafa.

One evening after the last FZN, I was meditating and a "loud and distinct" inspiration came over me. What I heard was: "24 Hours Left!!" I immediately knew exactly what it meant. Master was alerting me that if I knew that there was only 24 hours left until the Fa Rectification of the Cosmos, what would I do with those 24 Hours? It was very startling. Now I live each day as if it is my last day on earth. This is not an irrational tendency on my part. I improve on all a Dafa Disciple should do with the gift that Master has given me. My life is: How do I fulfil all the vows I made to Master before the dawn of history. I try to make a connection with everyone I meet, in a dignified way. I do not want to come across as if I am trying to sell them something. I realize that, I may never have another opportunity to offer them the salvation of Falun Dafa.

If I may say, in my cultivation journey I am very inspired by the xinxing and the articles sent to Minghui website by Dafa practitioners in mainland China. You are an inspiration to the entire planet and beyond, for all time. Your courage, endurance and righteousness in the face of appalling atrocities against you and your families are beyond compare, and can only be comprehended through the Fa. It is my duty to make sure that the world does not forget your sacrifices and tribulations, and that you are not forgotten, and you are not on your own. I am humbled to be in your midst.

Master continually inspires us and puts everything we encounter into perspective. Master said in Teaching the Fa at the Western US Conference, "From the Fa you've all realized this principle: in this cosmos no being will suffer in vain. This is especially true for someone who cultivates Dafa, and on top of that is a Dafa Disciple in the Fa Rectification period – as long as he's still in the Fa, no matter what ends up happening

to him, what awaits him is Consummation."

Master said in Cautionary Advice from Essentials for Further Advancement, "If every one of you can truly understand the Fa from the depths of your mind, that will truly be the manifestation of the Fa whose power knows no boundary - the reappearance of the mighty Buddha Fa in the human world!"

During the summer, I participated in an 11 Town and City Tour, of both the Republic of Ireland and Northern Ireland, both for Workshops and Truth Clarification. Some Tours were by invitation and the others were arranged by the co-ordinator. Everywhere we went the people lined up to sign our Petitions. When Irish people discover what forced organ harvesting is they can hardly take it in. We hear people ask in dismay: Why is there not a worldwide outcry about this!! People of every race, creed and nationality, young and old, stop by to study our A-frame display boards, and want to support us to end forced organ harvesting. Dafa brings everyone together. Some people tell us that they are Catholic or that they are Christian but they still want to sign our Petitions. They often say that they admire us and thank us for what we are doing. In spite of the onslaught of modernity Irish people are still very kind and compassionate.

In the town of Tralee I saw a very elderly gentleman studying our display boards. I asked him if he would like to sign the Petition to end the atrocity. He exclaimed to me: Oh what a world. I am proud to sign my name there. It was a very moving experience.

The Petition drives, it seems to me is Master giving the people an opportunity to make a stand, to give the people a voice, and an outlet. People are crying out for something to be done about this atrocity, regardless of the economic consequences for them, because it is the right thing to do. When meeting with public officials and the media, I emphasize the quantity and the broad national extent of these Petitions: the voice of the people. It gives them courage.

The Chinese practitioners that work on the streets getting Chinese tourists to quit the CCP are very remarkable practitioners. I have noticed that when Chinese tourists first see them, they do not even want to look at them. They deliberately turn their heads away 180 degrees. Then in just a few minutes, or less, suddenly they are on friendly, smiling terms with the practitioner, and quitting the CCP.

This is my current understanding, kindly correct any errors.

Chinese version: <http://www.zhengjian.org/node/155670>

22. Ready to Take a Big Step

A Dafa Disciple from United Kingdom

[PureInsight.org]

I would like to share my recent cultivation experience over the last two and half months. This period of time has been a truly amazing cultivation experience that I hope will encourage you.

I've had serious sickness karma for many years. However, I do not want to dwell on this issue. The reason I tell you is that if you experience a tribulation like that, then hopefully you will be able see that you can still step up in cultivation no matter what.

Recently I had many tribulations: my boss did not favor me for a long while and then fired me from my job; my family relations with my wife became extremely tense to the extent that I had to move out short term; and I had sickness karma, which was extreme. It was like in Zhuan Falun Lecture 9: "An ordinary person cannot stand suffering such hardships and will think: 'What am I living for? Why don't I find a rope to hang myself and put an end to everything?' I am just saying that one must be able to suffer the toughest hardships of all."

During this time I shared my situation with practitioners and discussed things from the perspective of the Fa. I was touched that practitioners who I had not previously had deep conversations with opened up to me when I explained my situation. I moved to a place close to some practitioners. During this time we all encouraged each other to study together and share from the perspective of the Fa. We also did the exercises together.

I got a job interview for the highest Art establishment in the country, The Royal Academy of Arts. In the morning of the interview we did the exercises together and read a lecture. They had worked on the Zhen Shan Ren Arts project and had leaflets to give me, so I could clarify the truth at the interview. At the first stage interview there were three people interviewing me including the deputy finance director. I answered all of their questions well and explained the Zhen Shan Ren Arts project, including some of the work I had been involved in on the project.

Then they asked me if I had any questions. I asked how well the recent famous Chinese artist's exhibition went. They told me that it went well, but they had difficul-

ties getting funding because the artist was very critical of the Chinese government. As a result all the banks that normally sponsor these events dropped out because they did not want to offend the regime. As a result of this, the Academy did Internet crowd funding for the first time and managed to obtain funds to put on the exhibition. It turned out to be the most successful exhibition of the year. I smiled and commended them on making the show happen. I said to them that this institution is a place of virtue, and this is where I want to work.

Not long after, since I was not working, I had an opportunity to travel to the European parliament in Strasbourg for a truth clarification project to urge Members of the European parliament to sign a declaration to investigate the issue of Forced Organ Harvesting in China. The trip went well, and I was able to put down my baggage so to speak and immerse myself in doing the best I could to help save sentient beings. We worked in pairs, and I was partnered with a Taiwanese practitioner whom I had not met before. We worked together well by building a plan for the day and carrying it out. We all returned home with a sense that we had made some progress.

Upon returning to London, I continued to look for a job and kept up Fa Study and exercises with local practitioners. Then another opportunity came up to go to Strasbourg. There was an update to the ongoing organ harvesting report that massively increased the number of estimated forced transplants, so we had reason to speak to everyone again and also to the Members of the European parliament to whom we had not spoken before.

Travelling up to Strasbourg again by minibus this time, I had a heavy heart. I was thinking things like, "I have sickness karma and I'm not in a good state" and "I have so many personal issues to resolve, which I have not addressed". I also thought, "It's not going to be possible to have as good a trip as last time."

On the first morning in Strasbourg, we did the exercises and Fa Study. Then we went to the European Parliament. Outside the parliament there were many practitioners doing Hong Fa and I could feel the energy field. When I went into the building, we went to a café that was a central meeting point, and I saw practitioners from many different countries all coordinating together. I was deeply moved by the sight, and a tear came to my eye. I felt all the notions in my field all around my body drop off, and I could see the nature of matter. Master has talked about the pace of Fa Rectification as it is reaching the surface dimension. To me, I saw my body as a universe with Fa Rectification charging to the outside. It was so close to the surface that I could see the

light in me and in the practitioners around me.

We then went off in our teams to arrange meetings with UK MEPs. I called a senior MEP who I later found out was responsible for trade in Asia including China.

I said, "Hello Mr D., I have come to Strasbourg from the UK, and I would like to tell you about declaration 48 - Forced Organ Harvesting in China."

He said in a brash well-educated upper class tone, "Look, this can't be happening. Perhaps on a small scale, some triads perhaps."

I said, "I think we should meet face to face."

He said, "Perhaps this evening then."

I said, "5:30, I will come to your office then. Does this suit you?"

He said, "Maybe, we will see."

After putting the phone down, I felt that should I speak to this person, it was not going to be a light conversation, and I needed to be ready for it. We still had most of the day ahead of us. We clarified the facts to MEPs and their assistants and got some of them to sign the declaration. When 5:30 approached, we headed off to the meeting I had arranged.

As soon as we sat down, he fired a lot of questions at me, particularly around economics, to which I mostly didn't know the answers. I said to him firmly, "I don't know about that. I'm here to tell you about forced organ harvesting in China." I believe he respected me for being honest, so now I had my chance to lay down some facts. I told him that China says it does 10,000 transplants a year. However just two of the 900 transplant centers accounted for this alone. So what's happening in the other 888 transplant centers? These centers would only be constructed if there were a profit to be made!

He said, "You can't go and accuse the Chinese state of mass murder."

I asked, "Who else could do this on this scale?"

There was silence, and he looked me in the eye. I looked at his left eye for quite some time, then looked in his right eye. He then smiled at me. I then smiled back.

He said, "I knew when I spoke to you this morning on the phone that you were someone with strong willpower."

We then went into a conversation covering what Falun Gong is, what the Chinese Communist Party is, how the persecution started and who Jiang's henchmen are, in particular Zhou Yongkang, Luo Gan and Bo Xilai.

At this time, I felt Master had pushed me up to a very high level. It was like tuning a radio into a new station with the reception extremely clear.

When I mentioned Bo Xilai, he told me he was friends with him. I was not moved by this and proceeded to explain Bo Xilai's connection with organ harvesting in Dalian. He listened and didn't challenge me. He then looked me in the eye. I could feel everything changing around me. I didn't need to speak at these moments, as I knew the power of the Fa was running through me and was changing this person's thoughts.

He picked up the phone and started to call people and asked if they knew about forced organ harvesting. He called three people in the UK and one in Canada. He wanted to get some assurance from the people he knew. He then called who I believe to be one of his assistants, a Chinese man. We later found out from another MEP that he is the only MEP who has a Chinese assistant in China. He answered the phone, and Mr D. asked, "What do you know about organ harvesting?" The response was, "This is Falun Gong; they made up some stories. I know because they said that one of my local hospitals is a transplant center, and it's not. Actually I've been there, and it is a normal hospital." The words sounded so empty and baseless.

When Mr D. put down the phone, I said to him, "You don't need me to tell you whether this person is speaking the truth or not." Again there was lengthy eye contact.

He then explained his Christian beliefs in some detail. It felt like the meddling deities were trying to get in, but there was a screen blocking them. "You are not allowed in here," I told them. I listened to the MEP and said in my heart, "I'm not here to challenge your beliefs. I'm here to help you be saved."

He said that he would not publicly sign the declaration but that he would do something better, which was to ask people in China what they expect to do about forced organ harvesting.

He said to me, "Do you really think this is the best way to go about this? Do you think this will make a difference?"

I said, "This structure has enabled me to have this conversation with you."

There was eye contact again, and I believe at that point, he understood at a deeper level why we had come to speak to him. We then wrapped up the meeting and left. Normally the meetings with MEPs lasted about five minutes, but this one was 1.5 hours. I was deeply moved by the experience and shared what had happened at the Fa study with European practitioners that evening. The problem I had was sleeping that night. I only had three hours of sleep, and the next day in parliament was very hard

work because my energy levels had dropped. On day three, I didn't go into the parliament as I had to leave via the minibus early, so I did Hong Fa for a couple of hours outside the parliament. We did one exercise, then sent forth righteous thoughts, then another exercise, then sent forth righteous thoughts, etc. When I sent forth righteous thoughts, I thought of the conversation I had had with the MEP. Master's energy came back to me. My righteous thoughts had been strengthened.

On the trip back, practitioners shared a lot about their experiences, and we sang Falun Dafa songs. I truly felt part of the one body of practitioners, Westerners and Chinese.

Soon after arriving back, we had a parade in central London marking the July 20 event. I had sickness karma in the morning, but knew I had to attend. The parade went well, and we finished at the North face of Trafalgar Square, where there was a large Hong Fa with practitioners attending from all over the UK. I was given a placard to hold saying Stop the Persecution of Falun Gong. I stood there for an hour but didn't feel tired. Then a practitioner had a break and handed me a bigger placard that read Stop Forced Organ Harvesting in China. She said to me, this is very powerful. I thought so too.

I continued to stand in the same location, and I thought of the conversation I had had with the MEP where Master had lifted me up to a great height. Tears came to my eyes, and my heart was filled up with energy. It felt like a bomb had gone off. I could see the effect of my energy field. I could see people walk into the field, and I could see their notions fall away from their bodies. Some people asked me questions, and I knew that when I spoke, my words were reaching that being directly.

One man came up to me and asked, "Is this really happening?"

I replied, "Yes, it is."

He said, "This is an act of war! We have to send the troops in!"

I said, "This is really happening."

He said, "This is an act of war. We have got to go in and get them out of there. Where can I find out more about this?"

I said, "Watch a documentary called Hard to Believe online."

He then wrote it down. Actually, for this individual, I don't think it was that hard to believe. By this time, I was still standing in the same spot, and I explained to some practitioners what was happening. I continued to stand there until my ankles went numb... then my lower legs...then my upper legs...then my forearms went. I had ex-

perienced the state where Master talked about the optimum state of transformation when doing the sitting meditation, and it feels like parts of your body have disappeared. However, this time I was standing in Trafalgar Square with thousands of people around me. I had been standing in the same spot for three hours.

After a while, I think I was attracting a bit of attention from practitioners. At that point a rather forthright practitioner came up to me and said, "You come here and hold this banner up." I had a feeling that if I told this practitioner that I was currently experiencing the transformation of the body at the optimal state, he wouldn't quite appreciate my situation too much, so I walked over to the pole that needed to be held up. After some time, my Strasbourg team partner came over and said to me, "You're good at clarifying the truth to people. Go and do that." So I did. Words came quickly, and I was able to get straight to the point in answering questions.

The sun was shining, and it was a truly magnificent day. I didn't want to leave at the end of the day. Before leaving the square, I looked back at the practitioners packing up. I thought to myself, "Are we going to have another event like this? Is this the last time?"

Even though I had not eaten all day and had been standing up for 7.5 hours I did not feel tired and was full of energy, so when I got home I did the exercises.

The next week, I shared about my experiences at our weekly Fa study. I felt my heart was connected to my words, and energy was building in my body. I realized that through face-to-face sharing, I was cultivating and solidifying righteous thoughts. Because the events that had happened were so clear in my mind, I didn't fail to get my point across. Having to write this sharing down now seems a bit odd to me because the last few months, I have been speaking directly from my heart.

After Fa study that day, we had a Hong Fa at St Martin's, so I went directly there. It was another good event, and I cherished the opportunity. After the event, I walked for 30 minutes through London, recounting and reflecting on how the day had gone. I eventually got the train home then had dinner, worked on a project for half an hour, then sent forth righteous thoughts at 11pm. I didn't feel sleepy even though I'd had a busy, long day. Around midnight, I went to sleep, but five minutes later, someone in the house made a noise, and I abruptly woke up, not anxious at all. So I sent forth righteous thoughts and ended up doing it for an hour. Then I lay on my bed awake. I felt compassionate with no desire, just a wish to help all beings. Another hour went past. I sent forth righteous thoughts for another hour, then had another break, then sent forth

righteous thoughts again for another long period of time. By this time, the room was starting to become light, so I did all the exercises, then got ready for work. I felt fine at work with a strong energy field.

A couple of days later at work, I sat down on my chair in the morning. I started to recall the events of the past few weeks, and a tear came to my eye. At that moment it was like a bomb had gone off again. Each heartbeat was a shockwave after the blast. It felt like I had changed everything around me, the people around me and even the building.

Master said in Lecture at the First Conference in North America, "It would be impossible for you to practice cultivation if your body were to change too quickly on the surface. You would want to weep over everything you saw." When I read this recently, I knew what was happening to me. Recently, I have been able to let go of attachments. Then nearly instantly I would feel a change in my body. Rapid changes were and are still taking place. Master, I am so grateful for what you have done for me.

After 27 years of enduring severe sickness karma, something was unlocked from my body. I have been in a prison for this time, and the last 16 years as a practitioner I have been imprisoned because of my attachments, with the light from Master shining through my window. Two and a half months ago, I walked out of that prison.

Master says in Zhuan Falun Lecture 9, "For someone with a lot of the black substance, however, there is an additional procedure. It is like a product that a factory makes: Others all come with ready-made material, while this person comes with raw material that needs to be processed. It has to go through this process. Therefore, he must first suffer hardships and eliminate karma, so as to transform it into the white substance, forming this substance of de."

A small amount of pain is still there, but it is bearable without the mental torment. There is supernormal ability there. Perhaps I can keep it if I maintain a good state. However, I know that this ability is only for saving sentient beings. In Zhuan Falun, Master says there is some truth in the saying Buddha is in your heart. Through my recent experiences, my understanding of those words is completely different. I will follow my heart, and my heart is truly with Master.

By the way, I got the job At the Royal Academy of Arts. I was travelling back from Brussels after working on the last leg of the organ harvesting project, and I got a call advising me that I had gotten the job. The timing was perfect. It brought a tear to my

eye again, not because of material gain in the human world, but because it seemed as if Master was putting his hand out to me and saying "Trust in me." Master, more than ever I trust in you now.

Some of you may have heard me share at the recent National Fa study. Upon traveling to the study on the bus, again a tear came to my eye, and it was like a bomb going off another time. I knew I had been given this power for a reason, so I had to share my recent experiences to as many practitioners as possible. When this bomb goes off, everything changes, and it feels like nothing can stop me. It was a very special experience for me. I had never spoken so openly from the heart to so many people. I could see that practitioners were very attentive. I believe I encouraged some practitioners. I will treasure that experience. Fa Study and sharing are the form given to us!

Chinese version: <http://www.zhengjian.org/node/155680>

23. Little Western Dafa Disciple's Experience Sharing

A Little Western Dafa Disciple

Part 1

[PureInsight.org]

During the summer and autumn of 2013 until springtime 2014, I experienced a different cultivation process compared to before. I will tell you my story here about how I could observe my rise in levels and then my stagnation during the last year or so. But first I would like to share something about how I obtained the Fa as a Westerner and also some stories from my earlier years of cultivation.

When I had just turned five years old my father met an old man through his work. That man is quite learned and has been a professor at University. He can speak many languages including Chinese. This man had practiced some Qi Gong in earlier years and he used some abilities at a lower level. One day he saw a picture of me and then he told my father that I was unusual because I had a "white mind and body". He told my father that I was suitable to practice Qi Gong. My father did not know anything

about Qi Gong so he went to the library and borrowed a book about another form of Qi Gong. That Qi Gong was very dangerous so my father attracted an animal spirit during meditation and became scared and quit that practice.

Later, he went online to search for "high-level Qi Gong" on the Internet. He found Clearwisdom (old version of English Minghui) and as soon as he saw Master meditate on the mountain his heart jumped from joy: "This is my Master, I want you as my Master!" My father had already known that his Lord would come back and help him in this lifetime. During the mid to late 1980s he had a supernormal experience that his Lord would give him something amazing that ordinary people could not understand when he reached middle age. When he saw Master's picture online he suddenly remembered his childhood experience and became extremely happy, it was like coming back home.

As soon as my father obtained the Fa I started to develop supernormal powers and I was attacked by six types of demons just after I heard about the Fa, the worst one being a kind of frog that tried to chew me up. I could see and hear many things from other dimensions and I told my father about many things I had experienced. Sometimes I was not allowed to tell my father anything from other dimensions. Master made me mute and if I wanted to say something no sound could come out from my mouth and then I knew that these were secrets that I had to keep to myself.

At that time, I was very innocent and pure and I used to ask my father questions like, "How did Master practice cultivation when he was young? How could Master climb so high up in the Heavens?" Once I asked my father why we must cultivate. My father replied something like, "We cultivate in order to be able to climb the heavenly ladder back up to heaven and go back to our original home." I replied with joy, "That's so easy; I have already climbed the ladder to heaven!" At that time, I did not practice the exercises or study Fa regularly because my mother would not allow me to. But at night I was taught by Master. Sometimes my father would find me in my room at night talking in my sleep, sitting cross legged next to my bed etc.

Supernormal powers can be funny and one time when I woke up, I grasped my bed sheets and looked inside them and I could see a world inside with bushes and trees. Another time, I realized that I had not yet met any dragons in other dimensions so I went into other dimensions and found a few dragons as soon as I wanted to see them, but they flew away.

Another time, I looked into a straw of grass in the garden and saw another world. I

had all kinds of experiences at that time. My spirit once flew out and visited my kindergarten when I was in my grandparent's house. I observed when the kindergarten teacher told the kids there to clean the room. Then I flew back to my grandparent's house. I could also see many things in the future such as disasters coming to our region. After a year, when my father had clarified truth in our village, I saw that Dafa saved this area, the disaster had diminished.

Sometimes my grandmother had tears in her eyes because she could see my compassion towards my little sister because whenever she did naughty things I always wanted to take responsibility for her wrongdoings.

Once when I was seven years old, we visited an aunt in a big city far away. When we drove into that city I could see a huge Falun spinning in the sky and I was also allowed to have a small glance inside the amazing Falun. Our aunt and her family had not much faith in Gods or belief in Falun Dafa and in the evening after having dinner I asked my father if I was allowed to speak out to everyone. I believe Master controlled my mouth at that time and I have no memory of the event anymore. I told them from my heart, "There is just one human being in this world who has a big heart for others. His name is Mr. Li Hongzhi and he is as big as the whole Universe". Our relatives were shocked and could not say a single word after I had spoken. They all went to bed immediately and never said anything more about it.

Once when my state was very bad, I said bad things about Dafa. Afterwards I walked out of the house and immediately slipped on some ice and bruised my face. I experienced immediate retribution for my bad deeds.

Later on, I had a very special experience. My father had bought a terracotta warrior for me on a business trip and one morning I got into ding just when I was waking up.

In this state, I first went into a macrocosmic dimension and I could see the earth being smaller than a grain of sand. Master manifested as an omnipotent terracotta warrior in that dimension. Later on, I moved into an earthly dimension where I could see all the world's people lined up in rows according to their respective amounts of karma (ye-li) and virtue (de). The world's people were divided in two groups with exactly 50% in each group, one group counted as "good people" and the other group counted as "bad people". And the picture was dynamic as people did good or bad things. As soon as I entered that dimension I had a thought in my mind to find Evil Jiang Zemin (ex-leader of Chinese Communist Party in China). I searched through the whole dimension but I could not find him and I concluded that he had already been

wiped out at an earlier stage.

The group of bad people held their arms up in the air to try to protect themselves from impending danger from the sky. The good people were not afraid and just continued as normal. The bad people who had done unpardonable evil had no height at all and they were like empty shells. Master had an all-encompassing shield covering the whole earth. Master focused the strongest part of his protective shield over the good people. Among the good people there was a certain group of people that had received a special protective shield from Master that protected their whole body. This group was less than 25% of the world's people at the time and each one of them had received a special substance from Master's all-encompassing shield. I also saw protective shields of other great enlightened beings such as Buddha Shakyamuni and Jesus. Shakyamuni's protective shield was particularly big but still nothing compared to Master's shield.

At that time, I could see 70 million Dafa practitioners of varying levels manifesting as terracotta warriors with different kinds of armour. At that time, 30 million practitioners had reached the golden armour level which meant they had reached the minimum standard. I could see that each Dafa disciple was responsible for one piece of land on earth but I also saw unique cases of practitioners who were able to shield two pieces of land on earth. These practitioners could use their energy shield to protect one area and their Gong column to protect another area. Human words are very limited and I cannot explain things more clearly.

Master said in *Teaching the Fa in San Francisco, 2005*, "I will address this from another angle: it is an act of compassion for Dafa disciples to save all beings, and you are trying to save as many sentient beings as possible. If you are able to save half of the human beings, then Master will truly be happy for you!"

Master said in *Explaining the Fa during the 2003 Lantern Festival at the U.S. West Fa Conference*, "There were indeed 100 million people in Mainland China who were reading Zhuan Falun before. They had obtained the Fa back then, and I was taking care of them. You can't say that they weren't Dafa disciples. There were 70 million who were doing true cultivation, and back then there were in fact 100 million Dafa disciples total."

Whatever I see can usually be found in Master's lectures and has some degree of relevance. These are just some of my experiences at my limited level of understanding and these can only be considered a truth at my very limited level. Please point out

anything inappropriate.

Chinese version: <http://www.zhengjian.org/node/137696>

Part 2

Last summer was a turning point for me after my father came back from the 2013 International Experience Sharing Conference in New York with a lot of new insights and great inspiration, after meeting and sharing face to face with several foreign practitioners from different countries around the world, including mainland China. We have noticed that when my father raises his level, I will usually also be able to raise my level. It seems like there is a common order to our cultivation that sometimes makes me a mirror of my father's cultivation state. The following stories describe some of the things I experienced during the last 12 months of cultivation.

Last summer, we went on a small trip to an island. On the way there we stopped at my grandparent's summer house in the country side. That night, I suddenly felt that I wanted to study Fa and for the first time I opened Zhuan Falun on my own initiative and started reading out loud by myself. By coincidence, I opened the book in chapter five where Master explains the different Tai Chi symbols and the characteristics of the Qimen cultivation school. After I had studied the passage about the Qimen cultivation school, I felt that my heart moved a little when my father asked me if I came from Qimen.

After studying, I went to bed and immediately my whole head started to hurt a lot and I felt like my whole bed was flying up into the air, higher and higher. I could not see with my third eye at that point and I did not know exactly what was happening, but the pressure was very high. Later my father told me about the placement of Xuanguan. I believe that my first placement of Xuanguan happened that evening.

The following day, we drove to the Island and later in the evening we were meditating on a slope facing the ocean. I suddenly entered a very deep state and I could feel that my whole body became disconnected from this world and I cut off all shackles to the human world. Nothing could touch me anymore, not even school would bother me. The feeling was wonderful and indescribable and I just wanted to continue and continue the meditation. Master's enormous benevolence enveloped me during that wondrous state.

Later, when we came back from the trip, we attended a big Dafa activity. I was in-

terfered with and I felt tired. My mind was not upright. On the contrary, my little sister did very well and handed out Lotus flowers to other kids. Now I clearly see my shortcoming compared to my sister when going to public activities. She had great courage and walked up to strangers and handed them materials, while I felt shy in public and wanted to escape my responsibilities. My conclusion was that I have not cherished my Fa study and exercises enough and still had a mindset similar to ordinary people in this aspect. The difference was in my attitude.

After continuing to study and practice a little bit more I started to be able to observe my gradual ascension by just observing the color levels during the exercises. I was allowed to see every color from the bottom level to my highest level. Colors of a higher level seem to be aggregated of lower level colors. It seemed like my third eye visions became more limited as my level rose but sometimes I would be able to observe things clearly and I could feel things in my heart. A major breakthrough came when I broke through to the triple World Fa. I lingered at the level of crystal white color, level 81 as we understand it, for some time before finally seeing a wonderful red color, though it was completely different from the red color one sees in the triple World Fa. I believe the red color I saw belonged to the first layer of beyond triple world Fa (Arhat level). After a short while, I continued to elevate and one day I had a test during exercise. Suddenly a black door was shown to me on one side of my path. I figured that there must be interesting things behind that black door, but then I realized that if I opened that door I would probably get into deep trouble. So I just ignored it and continued onwards.

After breaking through triple world Fa things changed quickly and one day I suddenly reached the transparent level of the second layer after passing through another nine levels. It seemed to me that after breaking out of triple World Fa the progression was faster than before but each time I reached a new transparent level it took some time to break into the next layer. When being at the second transparent level I could see a new type of law wheel at a quite remote distance. It was silvery with many, many shining details that I could not see clearly.

In November, I could see Master sitting at the center of a big Falun seriously 'Holding One Palm Erect' when a big black substance approached the Falun from the Universe. It was about 10 percent of the size of the big Falun, but I felt that it could not enter the big Falun and Master eliminated all of it.

A little bit later I broke through the second transparent layer and entered into the

third layer. The colors became more and more exquisite.

I had some experiences during the exercises from time to time. Once I came to my father's house after not practicing for some time. When I did the standing exercise I started out at the beginning of the third layer. Suddenly a kind of "laser beam"(Gong column) came up in front of me and started pulling me up through the Universe at lightning speed. After an extremely long journey I passed through nine levels of the Universe and arrived at the red color of the fourth layer. Actually I had already been at the transparent level of the third layer before but I had fallen down a bit after not studying for many days. According to our calculation and understanding the first level of the fourth layer has the beautiful number of $100(81+9+9+1)$ and perhaps corresponds to the initial Tathaghata level.

Around January 2014, I could see the blue level (5th level) of the fourth layer. After breaking through two more levels I was at the purple level of the fourth layer and then I had major interference and lost my track. As mentioned before, it has been our experience that I follow my father's cultivation progress closely so when he gets off track I also get off track.

As a little disciple, I cannot clarify truth as an adult and save as many people as an adult Dafa disciple can do, but perhaps my personal cultivation is easier since I have accumulated fewer attachments as a kid.

At one point during spring time, I could only see black during meditation. It is only recently that I have become more stable and my level slowly went up again. I believe that as a little disciple it is very important to practice and study on our own initiative with the right attitude and not only because our parents tell us to do it. Now, when we go out to hand out fliers, my father never asks me to go with him, but instead lets me make the choice. I always choose to go with him and do the truth clarification when I have the choice. I will usually feel energized after doing truth clarification.

During standing exercise on the December 15, I experienced the global event that will soon happen in the human dimension. I cannot explain it clearly in human language but there will be a new situation in the human world after that event. I was not allowed to know the exact date of the event.

Another time, Master let me levitate up to another dimension and I was allowed to see a big Falun spinning in one direction with many practitioners from all kinds of ethnic groups sitting inside the Falun at various places. It was a wondrous, special

feeling and I could see that every practitioner could be seen as a dot inside the Falun at a distance. Together they formed a macroscopic Falun. Then there was mystery as all of the practitioners disappeared while the Falun turned around and started spinning in the other direction. At that moment the Falun looked like a material Falun and no practitioners could be seen, nobody was left anymore. Our enlightenment is that the practitioners that were sitting inside the swastikas perhaps originated from the Buddha school system and the practitioners inside the four taichi symbols perhaps came from the Daoist system and had originally been Daos. Those practitioners that were sitting in various other places of the Falun that are outside the tai-chi and swastika symbols may have been Gods or other divine beings in the past.

A poem from Master (Hong Yin vol.II) says:

Nothingness

Not nothingness, not emptiness, not anything

No goodness, no evilness, beyond the utmost

Moving forward, hundreds of millions of things can form

Moving backward, completely nothing remains, forever a mystery

February 22, 2001

These are some of my experiences at my very limited level of understanding. Please point out anything inappropriate.

Chinese version: <http://www.zhengjian.org/node/137744>

Part 3

The very first time I sent forth righteous thoughts (SFRT) I was transported into a war zone in another dimension. I saw many Dafa disciples battling the evil beings and they had armor of all colors, for example bronze, silver, gold and rainbow, different kinds of weapons and different vehicles. I could see that I had a quite exquisite sword and wore a silver armor while battling the evil beings from my battle horse. I felt quite powerful at that moment. My father had a golden armor and was flying on a fire spewing dragon and he used two simple swords, one in each hand, to battle the evil beings, and his dragon also helped him eliminate the evil beings that were hiding. I had seen both types of swords in a book about ancient warriors that I had read earlier. I was chuckling a bit because my father's hair was very long and black and he looked like a Daoist without a hair bun and with long hair that had fallen down over his back and

shoulders. At the same time he had a quite feminine face, perhaps because his main spirit is a girl. Over his heart the red-blue Tai-chi could be seen spinning, the same as me.

The first time I SFRT for a fellow practitioner was a memorable experience for me. This practitioner had just been diagnosed with stomach cancer at the time. While raising my right palm I was transported into another dimension and I could see that this practitioner had pushed out all the evil sickness karma beings from his body during his SFRT and I could see him at level 87 on the heavenly ladder, which is a level beyond in triple world Fa, so the evil beings were not allowed to stay inside his body anymore. However, the evil beings were desperately gnawing on his divine body from the outside and tried to re-enter again. I SFRT from level 93 at the time, and my father SFRT from level 95. My little sister did not SFRT with us at that moment, but I could see her down at level 60, about the same level where I had seen her half a year before. I was quite worried for her at the time, but later she progressed upwards and became less emotional.

Interestingly, I had magic weapons, i.e. a magic bow that I used to vaporize many evil beings. I had previously seen a movie about a divine being having a magic bow. Now I had received my own magic bow. My father told me to send out the symbol of "Mie" throughout my universe. I told him that I not only sent out the symbol of "Mie", but that I also help this practitioner eliminate a lot of evil.

This practitioner is now in a critical condition and he does not come to group study at this moment because of his physical condition. He lives in a quite remote village and I believe his mind is interfered with by many ordinary people's notions and therefore he has not studied enough and he does not know many things about Fa rectification. He understands personal cultivation quite well, but it is not enough during this period of Fa-rectification cultivation. We can only hope that he will realize a solution in time.

Another time, when I SFRT, I imagined a box filled with equal amounts of white and black substance. After SFRT I noticed that a tiny amount of black substance had been transformed into white substance.

One day I heard about a veteran practitioner who had just passed away. She had cultivated for almost 20 years and in the end she passed away despite being very diligent on the surface doing all the three things. When I heard the sad news about her, I could see that she had to leave the human dimension because of her thoughts. Cultiva-

tion is very serious, practitioners must have righteous thoughts. If she had kept righteous thoughts all the time, that would be another result.

Once I was transported into the future, to the future land of China, and I was practicing the second exercise on a grass field outdoors at a scenic spot. I wore the yellow practice suit and I was quite satisfied. Interestingly the whole environment was exactly like the backdrop scenery during the Shen Yun performances with beautiful palaces, mountains, lakes etc.

These are some of my experiences and understandings at my very limited level. Please point out anything inappropriate.

Chinese version: <http://www.zhengjian.org/node/137745>

Part 4

In school, I liked to play Ping-Pong during breaks and one day our teachers told us that they would have a school competition between all the school classes. I usually beat all my classmates at Ping-Pong and I was chosen to play a match against my classmate about who would become the number one player of our class. I had a wish to win the match and become the number one player, but as soon as that thought came out I could not play Ping-Pong well. My friend beat me easily and my hand could not work properly during the match. I had to let go of my attachment to personal fame and gain and let him be the number one player.

During the school competition I had to play a decisive match against another boy from a neighbouring village. I knew this boy quite well and I have played with him before. The match was extremely tight and the spectators were also very excited. In the end, I turned around a big deficit in the last set and won the match by playing powerfully without pursuit. My friend was quite sad after the match and I comforted him and did not show any joy in respect towards him.

Afterwards, we shared why I could win this match. Everything is in Master's hands as long as we are righteous. We enlightened that the reason I could win was because I played for my class (not myself) and also that my cultivation state was quite good.

Later on, I became the number one player of my class and my class also won the whole regional competition and will compete in the nationals next year. I won a very tight match during the regional finals, because my opponent became nervous and I

just continued to play without pursuit no matter what the score was.

All my classmates know about Dafa and they have done the Dafa exercises during our sports class. Afterwards, they were very happy and several classmates continued to sit in double lotus during other classes with other teachers.

Recently I went to an activity in a big city. I had a chance to join some practitioners when they were clarifying the truth to Chinese tourists. There were tourists from the whole world at the square and I could see that the Chinese people were very different from other people.

Sometimes, as soon as I sat down in quietude I could hear the evil beings from other dimensions. I believe they are after my life and I have found that the only way to make them go away at that moment is to recite the word "Mie" in SFRT.

The thing that I usually notice first about ordinary people is whether they have divine belief or not at their surface body. If someone has divine belief I usually see good things coming to them in the future, while if they have no divine belief they are disconnected from the universe and I see tough times ahead of them.

These are some of my experiences at my very limited level of understanding. Please point out anything inappropriate.

Chinese version: <http://www.zhengjian.org/node/137746>

24. How a "Tigress" Turned into a Good Wife and a Kind Mother

Fazi, a Dafa disciple in Hubei

[PureInsight.org]

When I was young, I was a sickly child. Brought up by indulgent parents, I was spoiled and my mouth was always open for food. Luckily, my grandparents believed in Buddha and took my sister and me frequently to temples where we worshiped Buddha. Though rebellious in my childhood, I was quite obedient when we visited the temples, I would kowtow to the Buddha statue with great respect. My sister, who went with me,

stubbornly refused to kowtow to the Buddha statue. When returning home she would complain to my mother, "Grandpa asked me to kowtow to a mud statue, I won't do it."

When I grew older and got a job, my colleagues called me Lin Daiyu (a sickly figure in an ancient Chinese novel). At that time, I was often hospitalized, given injections and underwent surgery. One after another, I contracted hyperthyroidism, appendicitis, nephritis, phthisis, cervical spondylitis, lumbar spondylitis, insomnia, fibroid, ovarian cysts, etc. After marriage and labor, my health worsened, by the time I was in my 30's, I was lying in bed unable to go to work. My salary was stopped by the company I was working for.

In desperation, I went to the hospital every day to see specialists; I took Western medicine, Chinese medicine and tonics. After several years of treatment, I didn't feel any better, instead more diseases appeared. With my deteriorating health, my temperament got worse. Though I didn't fight with or curse other people I often lost control of my emotions at home, shouting loudly to vent my frustration and anxiety. After a while, each time I got angry, my husband would say that I was a tigress showing off my power, and often called me "tigress" in front of my child. I deeply resented this name, but had no way of dealing with it. At that time of my life, I had lost all hope. I was beginning to prefer death instead of life.

Soon, spring of 1999 came around and I came across a group of people in a park doing morning exercises. They sat on the ground with beautiful music playing in the background. Their eyes were slightly closed; they looked calm, amiable and attractive. I spontaneously walked up and asked what kind of exercise they were doing. The answer was Falun Gong (also called Falun Dafa). On hearing that it was a Buddhist school exercise, I said I would like to learn. The instructor (who was a volunteer) saw that I was very weak, so he took out a book from his pocket and gave it to me. I saw the title of the book was 'Zhuan Falun'. Without much discussion, the instructor told me to go back home and read this book. He said, "If you can achieve what is required in the book, then you can come to learn." I was puzzled. It was the first time I heard that learning an exercise required reading a book first. Unable to hold myself back when I got home, I opened Zhuan Falun.

The moment I saw Master's Buddha image in the book, I was immediately struck by an indescribable feeling, like a long lost close relative had finally found me, though we had never met before. Even stranger, when I was reading the book, my tears would not stop. Every sentence in the book struck me deep in my heart. I kissed the book

again and again after reading it. I have read a lot of books in my life, but I had never read such a good book as this. Weeping while reading, diarrhea struck in the afternoon. I knew roughly from Zhuan Falun that Master had already started cleansing my body. Usually, after several bouts of diarrhea I would be feeble and very weak, but not this time; the more diarrhea, the more energetic I became. I continually read the book for three days. What I could remember from reading the book at that time was the requirement for disciples to not hit back when attacked, to not talk back when insulted, to strive to be a good person, not to kill etc. After reading the book, I went and found the practice site coordinator and asked to learn the exercises.

After that, I learned to strictly control myself. I did not get angry at my family members, and measured every word and action according to the requirements of "Truth-Compassion-Tolerance". Every day, I studied the Fa and delighted in doing the exercises. I lived steadily and surely, I even smiled in my dreams. The ancients have a saying, "Having heard the Dao in the morning, one can die in the evening." I had obtained the Fa in the most desperate time of my life. How lucky I was, I was the happiest person in the world! From studying the Fa and doing the exercises, all my diseases vanished without a trace in a short period of time. My body was as light as a feather. I felt clean and youthful.

Fifteen years have passed since I started cultivation and I've never taken one pill. Half a year after I first read Zhuan Falun and learnt the exercises, I went back to work, my colleagues all marvelled that I looked younger and that my bad temper had disappeared. I thought about others first when doing anything. I didn't compete or fight for power or gain, I treated people with kindness. My colleagues all said, "Is Falun Gong good or bad? Just look at the great change in her and you can tell." I did my work with cautiousness and conscientiousness, respecting my superiors and helping my colleagues. When I was not at work, I washed the clothes, cooked meals, and took care of my old mother and my son. My husband worked part time in another region, because of unemployment where we lived. He could only come home on New Year's Day or some festivals. I no longer complained or haggled over everything and my husband no longer called me "Tigress." Dafa requires us to unconditionally look within for our shortcomings and to think of others first when doing things. My husband was very moved after seeing the great changes in me and said that he would practice Falun Gong later on.

A few years ago, our residential property was taken from us forcefully by the Chinese Communist Party. My husband said he had no time to come back and help.

I worked during the day and took care of my mother and son at night; I spent a lot of time looking for cheap property to buy and painstakingly supported the whole family in silence. Even so, I still went out to tell people the truth about the CCP's persecution of Falun Gong and asked them not to be fooled by the CCP's lies and deceit. In addition, I had to face illegal harassment from the evil people from the 610 office (Chinese 'Gestapo'). Dealing with these things would have been unbearable for me before I started practicing Falun Dafa, at that time I had to ask my husband to get water for me when I wanted to drink. I would only speak, but never had the energy to gesture with my hands. I would get angry at little frustrations. After beginning cultivation however, I'm not irritable anymore and I restrain myself at every moment with "Truth-Compassion-Tolerance". When my husband got angry I would tolerate it, I never quarreled with him after learning Falun Gong.

One day, my husband didn't return home until late. The day after, I found a strange phone message asking him to go out. In a sudden rage, I felt very wronged and lost. I felt that I had given everything I had for our family. I was good in every respect, and earned a higher income than my husband. After being unemployed for many years, my husband still done this dirty thing, it was hard to take. I was very angry. After a while, I calmed down and looked within and saw that I had an attachment of envy, a postnatal formed notion of 'struggle' and that I had developed a grudge against my husband. I restrained my anger and thought instead about my husband's hard work and loneliness, working away from home. I thought more about his benevolence and virtues. I then had another look at myself and realized that I had only been taking care of my mother and young son, but had neglected my husband because of being too busy.

The next day, I told my husband that he needed to look after his health better when working away from home, don't associate with bad people, and don't compromise his integrity during the later years of his life. If I were not cultivating, I definitely would not have let the matter rest so easily. It was the profound and extensive principles of the great law - Dafa that has remolded me, it was the compassionate and great Master who scooped me up from hell, washed me clean and metamorphosed me from being a tigress to a good wife and a kind mother.

Now that I have retired, my son has obtained his postgraduate degree and got himself a good job. My mother is now in her 90's and can take care of herself. My husband is also about to retire. I thank Master and Dafa, I would like to tell everyone, "Falun Dafa is good; Zhen Shan Ren is good".

Chinese version: <http://zhengjian.org/node/129668>

25. From Young Practitioner to True Practitioner

A Dafa Disciple in Seattle

[PureInsight.org]

I. Growing Up Under Master's Protection

My mother obtained the Fa in 1997. I was 2 years old and unknowingly predestined with Dafa. At that time, my mother read the Fa to me daily and taught me to memorize Hong Yin. My mother said that I was very smart. She would read me a poem once or twice, and I could memorize it. Before I was 2 years old, my health was not good. Every other day, I needed to go to the hospital for medicine and shots. My mother said I was pitiful at that time. When the doctor gave me a shot, I cried and shouted, "Please be gentle!" However, since I obtained the Fa, even when I get sick, I recover in less than a day. Although I was young, I knew I was eliminating Karma. Master was cleansing my body. I remember one time I saw my classmate's cheek wrapped in two leaves for a few weeks. I was told that the leaves were medicine for curing mumps. I was curious, so I also stuck one on my cheek for fun. That night, my cheek began to ache and was soon swollen. I did not care about it, but after a few hours, it was so painful that I could not eat. I suddenly realized that it was the mumps. My mother and I immediately sent forth righteous thoughts and studied the Fa. At around 10 pm, my swollen cheeks finally got better. This obstacle was completely sought by me. Under Master's protection, I've passed through many obstacles and now live a healthy life. I became a Fa-rectification period practitioner.

In 1999, the persecution started. My mother and other practitioners traveled to Tiananmen Square to clarify the truth. They were illegally sent to labor camps for three months. I was 6 years old at that time. My mother did not reveal her identity, so the police could not find our house for any searches. Before my mother traveled to Beijing to clarify truth, she told me what might happen. Although I was already mentally prepared, I was still very scared when my mother did not return home. My grandmother and father told me that mother was on a business trip, but I knew that she went to clarify the truth. It was a proud thing to do. My father did not know that I also cultivated. Every night, I hid at home to read Zhuan Falun and send forth righteous thought. Only during Fa study would my heart not be shaken. Every night, I longed for my mother's return, and I slept crying. After mother's return, we secretly practiced and studied the

Fa. At that time, my xinxing was good and my celestial eye was open. When we studied the Fa, I could see that all the words shined with light. One time, my mother and I argued and did not maintain our xinxing. I told my mother that I saw a demon next to the lamp, and we immediately understood that the demon was interfering with us. Due to the persecution in our area, we could not often study in a group. Sometimes we hid in a basement. During the summer, it was hot and stuffy. At night, we studied the Fa together. I slept on the ground using newspapers as a mattress. My mother told me I slept well there because the field was very good. With Dafa, every day is enriching.

II. Master did not Desert Me When I Was Not Diligent

In 2003, my mother was again illegally detained in a labor camp and transferred to brainwashing classes. She was imprisoned for a year and a half. I was in the third year of elementary school. It was different this time because my mother's boss worked together with the 610 office to persecute her. They knew our home address and came to search our house. I still remember that night. The policemen took away all Dafa books except Zhuan Falun (Volume II) which was hidden under my bed. My mother was taken that day and was imprisoned for a year and a half. During that time, our area was persecuted severely. Many practitioners were arrested. I was the only young Dafa practitioner, and I could not contact other practitioners. I did not have practice music. I only had one copy of Zhuan Falun (Volume II), and I secretly read it every night until one day, my father found the book while cleaning my room and destroyed it. At that time, I cried watching him destroy the book. My heart was hurting, but I was helpless. I was afraid to tell my father that I also practiced Falun Dafa. Afterwards for a year, I became a total ordinary person. I played and ate with classmates. I did not study well, and I swore. Although I knew I should not be this way, there was nothing I could do. At night, I thought of my mother. How was she doing? I asked Master and Dafa to protect her and punish those bad people. During this period, father brought me to the labor camp to see my mother once. I was totally blinded by what I saw at the surface. The policemen were nice to us, which made me not worry about my mother. I knew that once the sentence was over, my mother would be released. Therefore, I became even more wanton in ordinary human society.

When my mother was released from labor camp, I did not recognize her. She was very thin, and her hair was cut short. We spent a long time restoring the mother-daughter relationship. When my mother noticed my state of living, she wanted me to return to cultivating Dafa. At that time, I was sucked into ordinary people life, so I blew her off. Now when I think about it, it was Master borrowing my mother's mouth

asking me to return to Dafa. It was my low enlightenment level, and I complained. After I returned to Dafa, my academics improved, and my relationship with classmates also improved. I started clarifying the truth. I spent a long time helping a very good friend quit the CCP. I was very happy for her. I never felt like this before. I felt that it was Master who encouraged me. As I entered middle school, I continued to carefully clarify the truth to my classmates. Sometimes if I felt that my truth clarification was not good enough, I invited the classmate back home to let my mother continue the truth clarification. At night, my mother and I would post truth clarification posters and pass out truth clarification flyers and CDs. I finally returned and continued to walk the path of a young Fa-rectification practitioner.

III. Cultivate Wholeheartedly

Although every day I did what a Dafa disciple should do, I sometimes did not want to study the Fa or practice the exercises. My mother would urge me to study the Fa, but I felt annoyed and thought it was puberty. I would not stay like this forever. This is my cultivation path. It was not right to let my mother lead my cultivation. Therefore, under Master's arrangements, I moved into a dormitory when I entered high school and lived by myself, which helped me grow steadfast in Dafa and become a true practitioner. It also laid the foundation for me to study abroad. In my dormitory, the bedroom was for six people. However, when it was time to register, only two showed up. One student lived close by and decided not to live here. Therefore, the six person bedroom only had two people. In the entire building, only our room had two people. Others were jealous. I deeply felt that Master always arranges the best for Dafa disciples. When I met my roommate for the first time, I felt close to her. I said to her that we were predestined, and in our last life, we knew each other well. Of course, I helped her quit the CCP. Without my mother pushing me, I began to study the Fa on my own. If I did not read Fa on a particular day, I felt uncomfortable. During the day, when I interacted with other students, there were many xinxing tests. I often looked inwards, and when I studied the Fa, I always found the answer. This was the environment Master gave me to help me grow from a young practitioner to a mature practitioner.

In 2012, my mother decided to send me to the United States. She did not want me to live in a country without freedom of belief. She wanted me to do more Dafa work in the United States. With this hope and under Master's protection, I came to Seattle in September. With the help of a Canadian practitioner, I made contact with Seattle practitioners. In the area I live, there are no practitioners. Most practitioners live around Seattle and Seattle's northern area. It was hard for me to find them. For the first two

weeks, I met some Chinese students who drove me to Chinatown, and I learned how to get there. I remember the first time when I met a practitioner, I needed help buying Zhuan Falun. I needed to retrieve the book at Mrs. Ma's shop, so I went to Chinatown by myself and spent half a day to find her shop. Next, Mrs. Ma introduced me to Mrs. Liu's mother. I was surprised that Mrs. Liu's mother was also from Xi'an. When I saw her alone clarifying the truth in Chinatown, I was touched. I truly felt that this is a free country. Thereafter, almost every Saturday, I would go to Chinatown and help Mrs. Liu's mother hang banners and clarify the truth. Sometimes, when there were westerners reading the display boards, I would use my broken English to talk to them. If I did not know what words to use, I asked for Master's help and suddenly the words came to me. Truth clarification in Chinatown exposed many attachments including fear, fear of losing face, fear of people not listening, etc. I always felt depressed when I returned home, and then I studied the Fa and looked inwards. One time, I was passing out flyers on a street corner. I gave an elderly person a flyer and said, "Quit the CCP and receive a good life." He pushed me away and said, "You are all traitors of China! Go home and study!" My heart immediately felt sad and tears almost fell. Nobody had ever said that to me before, and I felt hurt. When Mrs. Liu's mother saw me, she comforted me. She said that in the past, someone even knocked her down. I slowly looked inwards. This was to expose my fear of being scolded. I felt sorry for that elderly person. One time, that elder badmouthed me. I smiled to him and continue passing out flyers. My heart was not shaken. I believe I had raised my level.

After a while, I became more familiar with local areas, and I could take the bus to travel to places. I could join more Dafa activities. Also, fellow practitioners helped me a lot. It made me feel that I am not alone and that fellow practitioners are like part of my family. Since the beginning, I have been helping in Dafa activities such as Shen Yun promotion and collecting petition signatures for stopping organ harvesting. I feel that sentient beings are waking up. Many Chinese people are beginning to understand. For example, I was afraid of rejection when clarifying the truth to my classmates. In reality, it was my attachment blocking me from saving people. Master arranges predestined people around me so that I can clarify the truth to them. When I clarified the truth to my classmates, they were all receptive. They did not reject Dafa or badmouth me. Moreover, they loved being around me. My roommate has a hot temper. One day she told me, "When I am around you, I do not get angry." I understood in my heart that if it were not for Master or Dafa, I could not change myself or change others this much.

However, I still have many areas that are not diligent. For example, I need to catch

up my exercising. Sometimes, when my attachment is exposed, I do not realize it, and I think it was part of me. At a particular time period, the attachment to lust was a big interference to me. My surrounding classmates were all in relationships. I felt that this was normal. In reality, it was not, but I did not realize it. Then, during that time, a boy started treating me well and caring for me. I did not reject it and felt it was okay for someone of the opposite sex to care for me. Because I lived alone in a foreign country, it was inevitable for me to want someone to care for me, but this was demon interference. It took me two to three weeks to enlighten and awake from this illusion. During this period, I had no energy, and I did not want to study Fa or do homework. Bad thoughts filled my head, and I was foggy-headed every day. I thought to myself, "I cannot continue like this." I searched for lust-eliminating related sharing articles on Minghui. I studied Zhuan Falun, looked inwards and sent forth righteous thoughts. When I correctly faced this issue, that boy no longer looked for me, and I felt much better. When I am blessed with Dafa, the whole world is bright. After that situation, I have become very careful when facing the attachment to lust. Master stressed the importance of the attachment to lust. I enlightened that because I had not faced this issue before, I did not pay attention. I thought it could not interfere with me. This thought was the loophole that the demon exploited. I am writing this issue down because every practitioner must pass this obstacle. The evil can easily persecute you with this attachment. We need to always keep righteous thoughts. We must not forget the task we are here for in the ordinary human society.

Master said, "Whoever of you can 'cultivate with the heart you once had' will definitely achieve Consummation" (Fa Teaching at the 2013 Greater New York Fa Conference). We all need to follow Master home, and we must be strict on ourselves and not forget the heart we once had.

I take this opportunity to share my experience with fellow practitioners and expose many of my attachments. Please kindly point out anything inappropriate.

Chinese version: <http://www.zhengjian.org/node/123772>

26. After a Long Search I Finally Found Wonderful Falun Dafa

Benny from Denmark

[PureInsight.org]

Greetings Master! Greetings Dafa practitioners!

Grace to Master, I got the opportunity to share my cultivating experience, here at this European Fa conference with other Dafa disciples.

The search for the eternal truths

Very early on, Taoist and Buddhist ideas inspired me. Here I sensed a profoundness that I could not find at other places. I collected the so called 'wisdom' from many traditions: from mystics to philosophers of the East and West. But then two situations happened in my life that made it all upside down.

About 9 years ago I succeeded in giving up an old hatred to the German people whom I thought was the cause of holocaust. It was an indescribable relief to get rid of this irrational hatred. Almost at the same, my wife was very worried about our eldest daughter and asked for help from some spirits of the universe. This caused a very unpleasant experience of a demonic being coming to our home. For three nights this being disturbed our home and tried to enter our bodies. This was a hard blow to me and I therefore sought for some remedies. In 2004 I got in contact with the only German Dafa practitioner in Denmark and we hereafter studied Dafa together.

I studied Dafa with an open mind and understood at once it was just what I had sought for all my life. It was like awakening from a deep dream. I realized the immense profoundness of Dafa and felt very lucky to have obtained Dafa. My entire search stopped. I realized that Master had been there all the time and taken care of me in those difficult times. The truth that was revealed to me was a very strong experience. I wanted to cry aloud in front of everyone, but I held myself back as it might be difficult for people to understand. I began to cultivate my interior instead. Later on, I understood that it was my destiny to wander all these ways so that I can find our Master in the end. No words exist to express my gratitude. Thank you Master.

Solid cultivation of Dafa whereby learning to look inside and cooperate unconditionally

I cultivated myself and looked inwards and hereby came to understand the Fa better. When I participated in Shen Yun, Free China and other Dafa projects, I sensed the various forms of disturbances from other dimensions. These were caused oftentimes

by my own human attachments and thoughts in combination with the evil old forces' arrangements.

After some time I realized that I had become quite a new and different human. My mentality of competition and my outer strife were all gone. Now the challenge was how to cultivate to be part of the whole harmonious body to validate Dafa and save sentient beings.

I looked at conflicts in the beginning as something negative. In my cultivation environment we often looked outside and criticized the main coordinator's shortcomings, instead of looking inside to release the old attachments. I also took part in criticizing for a short while. After some time I realized that finding faults from others was a waste of time and in contradiction with Dafa. I therefore decided to cooperate with the coordinator. It was really hard to keep hearing those criticism and evaluations from some Dafa practitioners. Slowly I understood that once again, I was looking outside instead of inside when dealing with conflicts. Listening to those negative words means that I also carry wood and gasoline to the fire, instead of dissolving these conflicts within myself.

At the same time I experienced a big tribulation. I was responsible for sending out press releases to media and politicians and repeatedly made the mistake of sending them from a wrong mail account. I was criticised with some hard language. This was fair enough but nevertheless I made the same mistakes again. I was very disappointed over myself and felt sorry to have failed and had some hard days. It was as though I could sense the negative thoughts of others toward me. It made me feel even worse. Later, I slowly understood everything from Dafa and came to my senses. A bad situation was turned around to become a positive situation.

I sensed from this experience the power of thoughts and learned the importance of my benevolent nature. I could not stand thoughts of thinking negatively or critically about other Dafa practitioners.

I am now very grateful to the somewhat harsh words from these practitioners. Later on, they apologised to me for their words, but they did not need to, because they helped me a lot. So, in these situations, what is lost is only my pride and nothing else. I now really have not many negative thoughts about other practitioners. After this experience, I understood more about the importance of having the righteous mind.

Cooperation with Free China screenings and other Dafa projects to save sentient beings

Some time ago, I got the chance to save sentient beings through screening of "Free China" in Denmark. The cooperation and coordination of the project has been really well and the response has generally been positive and touching. To me it has been a giant privilege to show the film, to tell the truth about the persecution and about Dafa.

It was a surprise to me at the beginning of showing the film around Denmark. It was as though I already knew these people (more than half of them) that came to the screening, even if it was the first time I saw them. I recalled Master's words from the Fa Teaching at the 2013 Greater New York Fa Conference as "To give people one more chance."

Before the screening, I sometimes had human thoughts appearing in my mind and wondered if the audience could accept Dafa and understand the evil nature of the CCP. When that happened my head became very heavy and it was as though something impure was trying to come out, but retained by my human thoughts. After being more mature in my cultivation, these attachments are easier to discern and release. The film shows itself the truth and also helped me to understand more about the persecution.

After a screening for some young women from Odd Fellow Lodge, I experienced a big change of these women. While preparing for the screening, I overheard their talks among themselves about nightlife, chasing young men and that sort of things. Their words, conduct and appearance was definitely very bad. After the film and discussion I saw they had totally changed. They were quite calm and thoughtful and they looked well and it was as though they lightened up from within. They expressed admiration for Dafa practitioners' courage in China. I have oftentimes experienced such reactions after the screening and they were very touching.

This tells us that there are many sentient beings waiting to be saved and waiting for a chance to position themselves to the righteous side. The audience often asked, "We really know now how brutal the CCP is, but what can we do?" So, subsequently we talk about what they can do.

There is hope for all sentient beings, if they just get the chance to know the truth of Dafa.

Thank you, revered Master! Thank you, fellow practitioners!

(Speech at 2013 European Falun Dafa Experience-Sharing Conference in Copenhagen)

27. The Cultivation Experiences of a New Beijing Practitioner

A new Beijing practitioner

[PureInsight.org]

Greetings, Honorable Master and fellow practitioners.

I am a Beijing practitioner who obtained the Fa in 2011. Before I had obtained the Fa, I was practicing Buddhism: I had several Buddha statues in my home, and I used to burn incense, kowtow, and read scriptures everyday. When I passed by temples during holiday trips, I would make a donation to temples including the temple where I was converted. Despite the fact that I spent a lot of money, did a lot of kowtowing, all my friends said that I still had a bad complexion that was dark and gloomy. Even lots of make-up didn't improve my complexions.

A practitioner introduced Falun Gong to me in 1995 when I was doing physical exercises in the morning. She tried to persuade me to start the practice but at that time I thought only the elderly do Qigong exercises. It wasn't something for me since I was still young. Now, when I think about it, I find that it was very foolish of me, and I missed such a great opportunity of learning Dafa, and had wasted a whole decade.

It was compassionate Master who didn't give up on me, and arranged for me to obtain the Fa 15 years later, during my pregnancy. Although I was at the advanced maternal age, everything went smoothly when I was giving birth. My child has never been to the hospital due to illness; he is very easy to bring up and very healthy. This is all because of Dafa and Master.

Since I had obtained the Fa, I have gained and understood a lot, and even had some miraculous experiences which would always stay fresh in my mind. Here I would like to share a few of them with fellow practitioners.

Right on the day I obtained the Fa, I had a dream where I saw many people, old and young, male and female who wore black robes. Then they left me together. I understood later that the dream meant that the bad things had all left me and it was Master who cleared them out.

During pregnancy my feelings were very clear when Master purified my body. One day in a dream, I saw that the inside of my abdomen was in a state of pandemonium

and then became clear all of a sudden. The black smoke was gone, the intestines were folded neatly, and all organs were placed well in order. There was a very bright and red dot in my abdomen and I thought it was the fetus. After that, the whole pregnancy went very smoothly without any illness and I really felt my entire body was light.

A veteran practitioner told me that "The Buddha-light illuminates everywhere", and cultivation would truly bring one good fortune. This was true for me. My workplace does building materials business. Despite that the property market being in depression in the past two years, the business did very well since I obtained the Fa. Every year was at the saturation level with many customers directly knocked on our door. Also my husband used to get fever two to three times a year. This has changed too as he hasn't got ill for several years.

On July 21, 2012 it rained heavily in Beijing. I heard that some people died because of it and some factories were damaged. There were deaths in the workplaces close to us, but overall our factory was not affected.

My child is still too young to talk, but every time when he saw Master's photo "quietly watching the world", he always pointed and shouted with shining eyes, and seemed to be very happy. Every time, when I recited "Lunyu" from "Zhuan Falun", he would immediately settle down, staring at me. The look of his eyes was as if he had seen something. Fellow practitioners said that this child came to me in order to obtain the Fa and he would definitely become a little Dafa disciple in the future. I know that he is helping me cultivating too. For example, when I was not in a good status, as soon as it was a few minutes before Send Forth Righteous Thoughts, he would wake up and start crying. I know this was interference and if I look inward the situation would improve.

Generally, if I had something which I couldn't understand, as soon as I opened up the MingHui website, I would see articles related to the solution towards my problem. It's really like Master knew everything which I thought. When Master eliminates karma for me, I always felt the back painful when I was sleeping during the night. However, this had never affected my daily lives.

Now my body is very healthy and the dark and gloomy complexions has gone and changed to brightness. I find that reading MingHui and sharing with practitioners is very helpful for me. When I was with many veteran practitioners, they were all talking about Fa Rectification things. Although I couldn't understand all, I felt that there were surges of cold lumps coming out of my back and the energy was very strong. A practi-

tioner said that I suddenly became beautiful and radiant. This was because in the righteous energy field the bad things in my mind and my body all got eliminated at once.

In fact, I'm not very diligent as I do the exercises sporadically—on one day and off the next. I also have strong attachments to beauty, shopping online, and watching TV series, and I still couldn't reach the Master's requirement of doing the Three Things. Despite all of these, I have already gained so much, I really feel ashamed to Master, to Dafa. I have seen a sharing article written by a fellow practitioner in the recent two days, in which the title enlightened me that I shouldn't become someone who "used to obtain the Fa".

Once I tried to download films from "strange tales from a Chinese studio", the downloading process broke off several times, but I didn't enlighten to it, and carried on watching. As a result, my complexions became really bad after watching, almost turned green. Only after having shared with fellow practitioners did I understand that there were bad things in it. Cultivation really is a serious matter!

As this is my first time writing an article, I feel a little agitated and I wrote whatever came to mind. My description of the wonderfulness of Dafa is not comprehensive enough. Master please forgive me for this.

Thanks to Master's compassion.

Chinese version: <http://www.zhengjian.org/node/118759>

28. When My Heart Was Disturbed

A Dafa Disciple in Mainland China

[PureInsight.org]

I used to have low self-esteem. After the Tangshan City earthquake in 1976, my face was left deformed and I dared not look others in the face, fearing they would laugh at me. Since then, I avoided showing myself off in front of others. I liked to sing, but never tried to attend performances or contests organized by my school. Nonetheless many classmates still laughed at me and humiliated me—with some even call-

ing me humiliating nicknames. That deeply hurt me, making me less confident. The only relief I had was my good grades at school, for which I earned the respect of my teachers. They often gave me opportunities to answer questions or asked me to write down answers on the blackboard, however because of this, those students who usually laughed at me were even more reckless. That made me very upset.

It was like this all the way to college graduation. It was not easy because others always looked at me strangely and I had a very low self-esteem. Although I wanted to succeed and did not want to fall behind, there was nothing I could do to change this. That was why I felt bad. Whenever someone humiliated me in front of others, I always felt hurt. Sometimes I would wonder why it was my fate that the deformation had brought me such a miserable life. For those who laughed at me in public or privately, I hoped for revenge one day.

Fortunately, I began to read Zhuan Falun in 1995 and have been practicing since then. With the depression and hatred removed, I was very relaxed. I spent a lot of time studying the Fa. My mind was purified and it seemed nothing could upset me. I felt most fortunate and began to have a smile on my face.

However, cultivation is a long process. On the surface, the attachment was removed, but deeply buried human notions still existed. If someone yelled at me, I still felt very bad.

In Zhuan Falun Master said, "But normally when a problem arises, if it does not irritate a person psychologically, it does not count or is useless and cannot make him or her improve."

There was such an incident recently. Before the Chinese New Year, my employer gave some rice and vegetable oil to employees. A co-worker asked me to pick up her share since she would not be at work then. However, the person who distributed the oil made a mistake and misplaced one bottle. He thus wanted to deduct one bottle of oil from me. I did not agree and still took the vegetable oil as other people did. When I looked back upon leaving, I saw him talking with others about this. He was furious and other people were also looking at me. It was similar to what Master said in Zhuan Falun, "Accordingly, his mind cannot get over it and is still bothered by it. It could be that his mind is hooked on it. He always wants to turn around to look at the faces of those two people. Upon looking back, he sees the two wicked-looking faces in a heated conversation. He can no longer take it and becomes very upset. He may even pick a fight with them right away. "

I studied the Fa for two hours that evening, but could not calm down since I was still thinking about this. As I looked within, I knew it was not due to that person or his words, since he was not around me. All of the disturbance came from myself. Because my self-esteem was hurt, I felt bad. I needed to recognize that the sense of self-esteem was not part of me.

Thinking this way I felt better, and when thinking about things further, I realized it was actually a good opportunity for me to improve and I needed to thank that person. In fact, the person I needed to thank the most was Master. Master has done so much for me to improve by letting go of all degenerated notions. I need to cultivate more diligently.

Chinese version: <http://www.zhengjian.org/node/116552>

29. Cultivating Falun Dafa Tremendously Uplifts Both My Body and Heart

A Dafa Practitioner in Austria

[PureInsight.org]

Time passes like flowing water. In October 2012, I will have been in my stumbling cultivation for fifteen years.

During my fifteen years of cultivation, my body and heart have quietly gone through tremendous changes in the process of gradually assimilating to the Fa. I am no longer a selfish person who fights for fame and benefits and struggles with sentimentality and desires. All of these tremendous changes and rapid improvement were gained from the cultivation of Falun Dafa.

Because I was a bit gluttonous and had a big appetite, I was chubby in high school; my weight reached 196 pounds. I was often made fun of by other people because of my weight. I never took this to heart however, and I even thought it was pretty good and that there was no need for me to change.

Now, after looking back, I can see very clearly how strong my attachment to eating was; especially to meat and other foods, this attachment and love of eating could not

be any stronger. It had been right in front of my eyes for a long time, but I had ignored it and covered it up for more than ten years.

If there are loopholes that we ignore or cover up, there will eventually be consequences. This attachment to eating made me suffer a lot in my cultivation.

After starting cultivation in Falun Dafa in October of 1997, my chubbiness caused me to sweat in pain while sitting in the single lotus position. That coupled with the karma-eliminating elements of the practice itself, and the immense pain caused me to be extremely fearful whenever I thought about doing the sitting meditation. This would then cause me to sometimes avoid doing the sitting meditation. At that time I still did not enlighten to get rid of my attachment to eating and change my physical shape.

2002 was my first year in Austria. Once, a fellow practitioner and I went together to a small town to run a Falun Dafa Information Day event. When we were sending forth righteous thoughts (SFRT) together, because my legs were big, I had trouble sitting in the full-lotus position and it was extremely painful. My right leg would fall down not very long after I sat in the full lotus position and I had to hold it up with my left hand while SFRT to prevent it from sliding down.

At the time, a Western practitioner corrected me, saying, "This is not the right posture for SFRT." His kind reminder made me feel very embarrassed. I think this practitioner's words themselves were to wake me up, but I did not enlighten to it. At that time my weight was about 212 pounds. After that, an event took place that directly caused me to have the thought to relinquish my attachment to eating and to change my body shape.

One day I rode my bike to deliver newspapers in Stadtpark Park in Vienna, Austria, and saw a crowd of people and a group of Chinese officials. A stocky person who looked like a Chinese official asked me, "What do you do for a living?" I said, "I'm a laborer." Then he said, "I don't think you look like one."

I knew he was making fun of my chubby appearance and that he was implying that I did not look like a laborer who would work diligently for a wage. At that time I did not guard my xinxing very well at all; I did not want to hear words that made me feel uncomfortable. I ridiculed him back, "You are not skinny either!" Later, I saw a picture of that person on a local Chinese publication and discovered that he was the previous ambassador of the Chinese embassy in Austria. His hometown was in Shandong

Province.

This incident encouraged me to make a steadfast resolution to change my body shape, which is to say that I resolved to let go of my gluttonous heart to all the food that I love to eat! I resolved to manage my diet and try to model my body shape like one of the male dancers in Shen Yun.

Master said, "The Fa can break all attachments, the Fa can destroy all evil, the Fa can shatter all lies, and the Fa can strengthen righteous thoughts" ("Drive Out Interference").

Overcoming Difficulties in Reciting the Fa

I don't know if it was because of the indulgence of my gluttony towards eating meat that my attachment to lust was being invisibly magnified as well. During two months of 2004, I stumbled severely on lust because I did not guard my xinxing well enough. At that time my heart felt like it was dead, such that even the color of the sky seemed to be grey to me, having no vividness at all. I was depressed and in pain for a long time. I often asked myself whether I was able to continue my cultivation and whether I was still qualified to practice Falun Dafa. I could not control my desire towards eating back then, especially toward meat. It really was like I could not do without eating meat. Overeating and overdrinking almost became a way to release my pain. I don't remember clearly how chubby I was at that time. My weight was about 243 pounds at the heaviest point. Even sitting in half lotus was very difficult and painful, while sitting in full lotus was totally impossible.

Master is compassionate toward every practitioner; He is always giving us opportunities to correct our mistakes. One day coincidentally, I saw on the PureInsight website a Chinese version of a Korean prophecy book *Ge Yan Yu Lu*. The part about Falun Dafa touched me to the point that I was absolutely stunned. I had a thought that I cannot keep being depressed like this. I aspired to breakthrough this seemingly unsolvable dilemma.

I have dreamed numerous times that I was taking an exam. My score went from failing to passing, and then to stagnating. I agonized over how I could break through my current situation. During that period, I read a lot of articles published by fellow practitioners about reciting the Fa. They touched me a lot. I felt that if I were to recite the Fa, I would be challenging myself, and it would be the best way to make myself more diligent. It was time for me to recite the Fa. I once clearly dreamed that I became

the proctor during an exam.

Looking back now, it appears to me that those were all Master's compassionate arrangements and reminders. He gives disciples who are aware of their mistakes and want to work hard afterwards a precious opportunity to correct themselves. As the Fa-rectification rapidly moves forward, I think such opportunities are becoming fewer and fewer.

Before, I used to study the Fa by reading Zhuan Falun cover to cover. However, I found that I often could not concentrate properly while studying like this, so I had to constantly stop and reread the words that I missed. Since November 2005, the way I have studied Zhuan Falun is by memorizing the Fa using sentences as units (based on the lengths of sentences, I usually memorize about two to three sentences as a unit).

Since April 2009 I started reciting Zhuan Falun based on the unit of paragraphs. The requirement I set for myself was that if I make a mistake or miss one character, I have to recite this paragraph again. Using this method to study the Fa was a test and a process of refinement for the steadfastness of my heart for cultivation. It has been really painful for me to recite the Fa. I have given up countless times. I don't know how many times I have quit. In my heart I have always thought that I must not quit, and instead need to be more diligent. So every time, I would start reciting again not long after I quit. By August 2010, it had taken me about a year and four months to finish reciting Zhuan Falun through memorizing paragraphs.

As I improved in reciting the Fa, I gradually realized that I should completely give up my attachment to eating. It was also time to change my physical shape, because my chubbiness interfered with my cultivation and demonstration of the exercises. This was a stumbling block in my cultivation path so I had to remove it!

With my diligence in reciting the Fa, plus regularly doing the exercises, my weight was dropping gradually. I was able to control my desire for food and my heart of indulgence. I failed numerous times during this period, alternating between skinniness and chubbiness. I found that this attachment has been accumulating for most of my life, and it was hard to eliminate.

At that time I would walk for about one and a half hours to tourist destinations with materials on my back and deliver newspapers. I would recite the Fa while I was walking. This method worked as a benign start for the change in my body shape.

In this more-than-a-year period of reciting the Fa, I would sit in full lotus if conditions permitted. I felt that by doing it this way my mind could focus easier, and I could concentrate better, and the overall outcome of reciting the Fa was better. Of course when the pain in my legs reached the point where I could not continue, I would loosen my legs, and then cross them again after my legs were not painful anymore in order to not affect reciting the Fa.

Now the way I study the Fa is still by reciting the Fa. I don't recite the Fa based on sentence units anymore, but instead based on the length of Master's words and the amount that I'm able to remember at one time.

Reciting the Fa Stimulates My Exercise Practice and Changes My Physical Shape

Since I began practicing cultivation, because of the difficulties caused by elements of my being overweight and karma elimination, I couldn't sit in the full lotus position for very long during the fifth exercise. At Stadtpark Park, I saw a Western practitioner sitting in the full lotus position during the fifth exercise. I was thinking, "When am I going to be able to do this?" To stop my chubby leg from sliding down, I started using a belt to tie it up. I started by managing to sit in full lotus for a long and painful half an hour.

To meditate well, I had to suffer double the amount that practitioners with a normal physique did. It really took me to the very extreme limits of forbearance; it was really unspeakably painful! It's hard to look back at those days.

Doing the fifth exercise is magical. My body would be warm even in winter. Sometimes my palms and forehead would sweat even while doing the exercise in well below freezing temperatures. Of course, most of the time, I would sweat because of the pain I was in. It was so very painful. I persisted for a year and suffered for a year as well. As my body shape gradually returned to normal, I no longer needed to tie my leg with a belt. Now I can sit in full lotus for two hours.

As I improved at reciting the Fa and practicing the exercises, I found that my body was changing as well. Now I can mostly control my attachment to eating, except sometimes when going out to eat with friends. In recent times, I have been cooking basically all vegetables for myself.

I changed from loving to eat meat, to not favoring any type of meat, to recently being able to pleasantly accept meals that consist of vegetables only. My desire for eating

became smaller and smaller to the point that I no longer needed much calorie intake for my daily needs. I also naturally learned to control and restrain my calorie intake from food. For instance, normal people require 2000 calories a day, but I might only require 1500 calories a day. Following this path, my body weight has reduced from the previous 243 pounds to my current weight of 152 pounds. I have lost around 90 pounds!

As my body became thinner, I found that meditating in the full lotus position became easier. Now when I do the fifth exercise, there is no longer any heavy pain. At most, I would feel a little uncomfortable during the last ten minutes at the end. Every week during group exercise in the park, when I finish the fifth exercise, I will not come out of the full lotus position. Instead, I keep my legs in full lotus and wait until the fifteen-minute SFRT is over, and then take my legs down.

During the fifth exercise, if my heart was not calm, or my legs were painful to the point that it was hard to endure, I would usually quietly recite the poems that I could remember from Hong Yin. For example, reciting more than ten poems would take me approximately five minutes; so reciting them twice would take me approximately ten minutes. I used this method to help myself suffer through the most painful days in meditation.

Although my current state during meditation hasn't reached the wonderful feeling of sitting inside an eggshell, I believe that as long as I persist in being diligent in doing the three things and in improving my xinxing, I will reach it eventually.

Delivering Truth-Clarification Newspapers

Some time ago, I sent truth clarification materials to people in Mainland China using the Internet. I urged them to quit the Chinese Communist Party (CCP) organizations by giving them examples and feedback about other people who have quit the CCP, and clarifying the truth to them.

In April this year, a fellow practitioner ordered two sets of Chinese truth-clarification newspapers from a German practitioner. In two months, the body of practitioners in our local area together delivered them to Mainland Chinese tourists that came to Vienna to travel. We also utilized this opportunity to talk to the tourists about quitting the CCP. This became the major Chinese truth-clarification material that we used for getting Chinese tourists to quit the CCP at our Stadtpark Park exercise site. There are four long benches in the park that we use to place truth-clarification materials that

are in German, English, Chinese, etc. Behind the benches is the lawn, which is our exercise site. Some tourists would voluntarily take and carefully read the materials while we are doing the exercises. Some Chinese tourists would spontaneously ask for information and learn about the truth from us Dafa practitioners, while some of them would pleasantly quit the CCP. Of course, there are ones that refuse to take or read our truth-clarification materials.

Stadtspark Park is a famous tourist site in Vienna. It is not merely an exercise site, but a window for tourists from different countries around the world to learn the truth about Falun Dafa. It is a window into a world that is against the persecution and for people from Mainland China to quit the CCP.

In my almost fifteen years of cultivation in Falun Dafa, my body, heart, and conduct have been continuously corrected and merged into the Fa. I also require of myself to really accomplish and reach the state of having my every thought, every word, and every action in the Fa for every moment in my future cultivation.

No matter how long the future path is, I will unconditionally look inward, improve my xinxing, and diligently cultivate myself to pay back Master's benevolent salvation.

Chinese version: <http://www.zhengjian.org/node/112783>

30. Everlasting Memory, Blessed Times

A Dafa Disciple in Guangzhou, China

[PureInsight.org]

By the early 1990s, Qigong had been popular in China for nearly 20 years and there were over 2,400 schools of Qigong spreading in various regions with more than 100 million people taking part. Within the qigong community a lot of fake Qigong Master's appeared and created Qigong Schools which deluded and confused people. It became difficult for people to tell the real from the fake. In 1993, when my son was just eight years old, my husband died in an accident when he was sent abroad to work. As we were very close, I was struck by extreme grief and nearly fell to pieces after

he died, which resulted in many of my ailments being aggravated. To help me recover, my family members and friends introduced me to quite a few Qigong practices to study. I once attended a nationwide exposition of Qigong held at the Guangzhou Tianhe Sports Center where I saw Qigong masters curing diseases for patients. Most of those Qigong masters looked wretched with dark complexions. I did not receive a good impression from them and felt quite uncomfortable when I saw them rolling over the floor trying to cure patients. As a result, I did not study any school of Qigong.

Attending the Third Lecture Class Held by Master Li in Guangzhou

In April 1993, Falun Gong spread to Guangzhou, the city I lived in. The great, merciful Master Li Hongzhi came to spread the Great Law in the beautiful southland, a place famous for the fairy tale of "five sheep helping the Chu Kingdom harvest." The sky and earth of the Sheep City glowed. One of my husband's friends attended one of the early Falun Gong classes held in Guangzhou on October 1993. In January 1994, the time of the third Falun Gong class, the couple who had already gained the Fa came to my home to see me. They introduced Falun Gong and described it as a Qigong with great virtues. They also told me the Master, who was extraordinarily skilled, was holding a class then, and they advised me to attend the class. Strangely, maybe the predestined time had arrived, I agreed quickly. That very night they led me to the ticket office to buy a ticket for the class.

First Meeting with Master

That night I dashed for the Guangzhou General Labor Union Auditorium. It was the second day of Master's Fa lecture. Before the class began, the staff were selling the book *China Falun Gong*, Master's Buddha-pictures, and Falun badges. I bought a copy of *China Falun Gong* and happened to see many students queuing for Master's autograph. I walked into the queue with full enthusiasm too. When seeing that the beginning time for class was approaching, I felt worried and jumped to the front of the queue and said "Teacher Li, could you please give me an autograph?" Master was busy giving autographs, and upon hearing me, he raised his head, glanced at me, and said: "There are lots of autographs to be given and the class will begin soon, I can't do it for you today." I looked at Master from close range and was surprised to see that Master looked very familiar and friendly. Not only did Master have a friendly facial appearance and felt full of spirit, but he also had very rosy, fine-textured skin without any visible pores; it looked even better than an infant's skin! It was not until later when at-

tending "Teaching the Fa at the International Experience-Sharing Conference in Beijing" that I realised Master, who came to save us, had a different origin and construction than us. Master said he was 43 years old then but he looked very young, just like in his 20s. During a break in the class my friend asked for help from workers of the general meeting to get an autograph of Master for my book. I was quite pleased. Later after studying the Fa, I understood that as long as a book was written by Master, every character in it had Master's Law Bodies behind it with the same supernatural powers. In the early stages of spreading the Fa, in order to save as many sentient beings as possible, Master spared no effort in giving autographs or curing diseases to satisfy the desires of students. How vast and mighty was the Buddha's grace! When thinking of it now I shed tears.

As our seats were located upstairs, we couldn't see Master clearly, but the voice of Master teaching the Fa was so penetrating with every sentence shaking my spirit just like a thunder clap. A feeling occurred to me then that Master's talk was not all about curing diseases and acquiring a healthy body like other ordinary Qigong. Rather he was teaching about human body cultivation from its simplest to the most complex as well as profound Fa principles covering other dimensions, all lives, and the cosmos's structure.

With His boundless great wisdom, Master spoke fluently and spontaneously without using a prepared speech and kept the teaching at a level that all the students could understand. When teaching, Master paid close attention to the students' thoughts and would suspend the teaching to explain any unsolved questions in our minds.

Master Purified My Body

I didn't know what was wrong with me as I felt sleepy and then fell asleep after listening to the lecture for a while. No matter how my friend beside me tried, I just could not be awakened. For two consecutive days I behaved like that. I could not sleep well at home as I was suffering from neurosis, but I slept quite well there. Later Master explained in Zhuan Falun that "A small number of people might even fall asleep, and then they'll wake right up when I finish talking. Why does that happen? Because there are diseases in their heads, so they have to be adjusted. There's no way people could stand having their heads adjusted, so you have to anesthetize them. They don't know it, though. But for some people the hearing part doesn't have any problem. They sleep soundly but they don't miss a word, they hear it all, and then they're alert, and some of them don't get sleepy even if they go a couple days without sleep" (Zhuan Falun, "The

Second Talk"). Master was adjusting my body.

When the fourth day came, I felt full of energy without the usual headache or soreness. All suffering and diseases were gone. I said to a friend: "Master has said: In cultivation one must bear hardships to reduce karma. Tomorrow I will ride here on my bicycle; you guys don't need to pick me up." Suffering from endometriosis and an ovarian tumor, I was pampered and spoiled and hadn't ridden a bicycle for a long time. Now that I was fully cured I could ride my bicycle even at night without fear. As my home was quite far away from the class venue, I had to ride for 50 minutes, which surprised my family members, saying: "What kind of Qigong is so miraculous? A person immediately becomes so strong!"

Master Opened the Celestial Eye for Students

Later during the lectures Master said he would help us to open our celestial eye when he began talking about it. We were told to stretch out our hands to see whether there were Law Wheels rotating in our palms. Some people said they could see them, others said they couldn't. I couldn't see at that time but felt a burning sensation in my palm. However, afterward I saw an enormous, white, transparent pillar of light extending to the ceiling over Master's head. At first I thought it was a theatre spot light so I went forward to take a look. There was not a lamp above on the ceiling. When I asked other students, they all said my celestial eye was opened and what I saw was Master's gong pillar. Many other students also saw Master's gong pillar but it was translucent and golden in color.

The last day after finishing the lecture series, Master said he would help students by cleansing their bodies. Master asked all students to stand up and then stomp their feet. Left foot first, then right, continually alternating stomping their feet. I saw a lot of black and pathogenic qi being cleansed out by Master when we stomped our feet, together with harmful spirits that were attached to each person's body. I also saw several of Master's Law Bodies surrounding each student and busy cleansing their bodies, placing all kinds of cultivation mechanisms in them, and installing some other things. It was just like setting up a crucible or furnace and gathering chemicals to make elixir.

Master Gave Too Much for His Students

During the third class, Master made large hand signs on stage after finishing teaching. Everyone felt it was very beautiful, attractive, and wanted to learn. Master made

it clear that this was teaching the Fa to layers upon layers of sentient beings in the cosmos and asked everyone not to be attached.

After attending Master's classes for several days, I felt reborn and thoroughly changed. First of all my body was purified, lightened, and became free of disease. My mind became better, with the depression and melancholy lifted and joy filling my heart. Though a lot of the contents of the classes was not fully understood yet, I felt this Master was so great especially since he could teach a principle with so many profound meanings. Where do human beings come from? Where will they go after death? What's the real meaning of coming to this world? Why do human beings suffer so much? All the questions I had desperately prayed for but could not get an answer to were made clear by Master in the Fa teaching. The true spirit of human beings came from higher levels of the cosmos; the purpose of coming to this world was not to be human beings but to cultivate and return to our origins. I felt as if I had been blown up by some magic power and I had been enlightened when resuscitated. My whole self had been emptied of the pain of losing my husband and all anxieties in my life disappeared. Light and warmth filled my heart and I felt an unspeakable joy. So I vowed silently that I would cultivate diligently, following Master to break away from the abyss of misery, the mortal wheel, and back to my real home in heaven.

I later heard from some veteran students that before holding a Falun Gong class, Master would send out many forms of gong and big Law Wheels to fill the venue. Master would also send out many smaller Law Wheels to cleanse and adjust students' bodies. Master's Law Bodies would also do many things for students. When the gong came back it was contaminated and must be washed. Master said that he felt tired when it came back to his body. Upon hearing this I felt very sorry. In addition, when Master toured around the country to hold classes his life was very hard, having to regularly eat only instant noodles and fast food. In the past, Masters were supported by disciples who must provide the very best of things. But our merciful, great, revered Master never asked for a penny from disciples, he only asked for goodness in people's hearts. In "Teaching the Fa at the Conference in Switzerland: Master said: "I've given my utmost concern not just to you, but to all lives. I have almost depleted everything of mine for all lives". I just want to tell you that you should cherish this undertaking that your Master is carrying out! You have to do well in cultivation. Don't miss this chance." Recalling this now, no matter what disciples do we cannot repay Master's grace in saving us!

Attending Master's Fourth Lecture Series in Guangzhou

From July 19-27, 1994, Master held the fourth Falun Gong class in Guangzhou. The time of this class coincided with my eight-year-old son's summer holiday, so I bought a ticket for him to listen to the teachings of Master together with me. Because I went to buy the tickets very early, our seats were located near the front. My son was seated in the first row while I was seated in the second row, and we had a clear view of Master. Later, the organizer, the Provincial Qigong Association, asked us to give our seats to a high-ranking official in the province, so we brought a small bench and seated my son in the aisle to listen to the class.

What Master Taught Was the High Level Great Law

This time there seemed to be some differences in Master's Fa teaching from the last time. In the third class Master taught the Fa in the form of Qigong and still spoke about a lot of Buddhist stories, but this time it was different. Master began bringing people to higher levels, saving people through systematically teaching the Fa. Master said (paraphrasing): "In the previous few classes, students in Guangzhou had a difficult time understanding what I was talking about, so I worked on their minds and now they can understand what I am saying." In the beginning, many students did not realize that what Master had taught was the Great Law of Cosmos, the real Buddha Law. Many people came to the class with ideas like curing illness, opening the celestial eye, or listening to theories, etc. Later everyone understood what it was; they knew how to cultivate themselves and how to improve their character.

The classes occurred during summer and the auditorium was crowded and hot. Some students were fanning their fans while listening to the class. Master taught us that we should be full of great aspirations while minding minor details, and asked students not to use their fans and that as long as we kept calm, we wouldn't feel the heat as much and instead would feel a cool breeze. We were told not to make loud noises when standing up from the benches and not to be late to the class or else others would be affected while listening to class. These compassionate words of Master still linger in my mind to this day.

My Mother's Heart Disease Was Cured Remotely by Master

Master cleansed everyone's bodies again during this class, asking everybody to think of a disease they had and then stomping their feet to shake it off when Master gave the command. When Master gave the command, everyone stomped in unison with a loud "bang." At that moment, Master heard that someone was not ready, so

Master asked everyone to do it a second time, with another "bang" after everyone stomped in unison. After that Master said (paraphrasing): "Veteran students, pay attention, today you have been given an advantage. As your bodies have already been cleansed, you can think of one of your relatives. Today I can cure diseases for them." My mother's serious heart disease immediately came into my mind. Master asked "Are you ready?" Students answered "Yes." In a flash, Master said "Done." Later when I went back home I told my mother about this. My mother said something unusual happened to her heart that night, just like a flash of light followed by strong warmth. During an examination in the hospital later on, it was found her heart disease was really cured. So my mother also made up her mind to practice Dafa with me and later she spread Dafa to local places and became the local Falun Dafa assistance center coordinator.

Master Reinforced My Son's Abilities

After attending the lectures for three or four days, Master advised students to write down their experiences and comments of the classes. I had strong feelings about the class so I wrote a large essay to describe my experiences. When Master was taking a rest during the break, I brought my eight-year-old son up to the side of the stage. Seeing Master sitting calmly, I went up and said softly "Master Li, I've written an article of experiences, I'd like you to look at it." My son handed it over quickly. After patting my son's head a few times Master said: "This young lad is not so bad." It was not until later that I knew it was Master doing anointment and reinforcing abilities for my son. Previously my son was clumsy in study and got sick often. But after this he became as hard as nails and very clever. He was always a top student in class, and was recommended for admission to a key middle school. In addition, when talking about experiences during regular Fa study, he had quite a deep understanding of Dafa like a little adult; he also guarded his character quite well, being lenient and calm when suffering losses even at such a young age. Later when I was persecuted for practicing Falun Gong and put behind bars, he lived and studied by himself without grudges or regrets and was admitted to a key university; later he became a postgraduate student of Lingnan College of Sun Yat-sen University with the top grade in the admission exam.

Thank You, Master!

When teaching the exercises during the class, Master came down from the stage specifically to correct my movements. I was inexplicably touched inside, and felt like crying; it was like Master finally found me, a predestined disciple, among all sentient

beings. That very night I dreamt that Master's body was like a sacred, tall mountain on which I was a naughty infant who went down to the three realms dragging on Master's fine hair. At that moment, many Buddhas, Daos, and Gods who came through history to save beings from higher dimensions were gathering every day at the highest layer of the three realms, holding meetings and debating on issues of saving beings. They seemed to be arguing for turf, claiming the different parts of the earth where their ethnic group lives, and saying those human beings were theirs. They also seemed to block Master from going down into the three realms, saying they were capable enough to save beings in the three realms, and a God as high as Master was unnecessary. How could they know that Master would do an even bigger thing, as big as rectifying the Law of the Cosmos? I felt muddled because I was a new student of Dafa and I could not understand the meaning of this dream and didn't pay it any attention. Later when my understanding deepened through Fa study I could understand just how predestined with Master cultivators are and that is why they can gain and practice Dafa in this special period! All had vowed to Master in heaven to help Master rectify the Law. How much glory it is to become Dafa disciples in the Law-rectifying period, and how important are the responsibilities!

Meeting Master and obtaining the Fa was the happiest time in my life. No matter how hard the tribulations became, I never gave up cultivation and walked through firmly. The cultivation environment in mainland China is challenging right now, and the three things are difficult to do, but with Master in my mind, the distance is no longer far and the years are no longer lonely and cold—instead there is light and wisdom in my heart. No amount of words can describe the infinite gratitude I feel toward Master's saving grace. I remember there is a song called "Master, thank you!" which describes the genuine feelings of Dafa disciples. The lyrics are as follows: "Falun Dafa shines in my heart, warm and full of promise, teaching me truthfulness, compassion, and tolerance, to be a good person. Master, thank you for bringing me home. Master, I will follow you to return to my origin."

Chinese version: <http://www.zhengjian.org/node/112902>

31. Start from Compassion

A Taiwanese practitioner

[PureInsight.org]

As a substitute teacher in a primary school, I used to teach in different schools almost every year. Usually it was not a problem for me to acclimate to new surroundings. However, when I took someone's class last year, I met with a big ordeal to test my character. Although I gained the Fa many years ago, my personality and temper were not good enough because I hadn't changed very much. From superficial interaction with people, they might not have perceived any of my bad character traits, but for myself, in my inner heart, I knew that I was far from meeting the requirements of the Fa.

The Most Prominent Barrier of Character I Met While Being a Substitute Teacher

I mainly taught fifth or sixth grade pupils in primary school. Although it was a primary school, these pupils were not easy to teach. Also, my bad temper made me correct them directly when they made mistakes rather than lead them on systematically with kindness. In addition, I was a classroom teacher and I taught many classes, but with more students involved, I started to lose patience (This is a big problem with my personality). Such negative emotions were accumulating with time, which in turn started to increase the students' negative emotions as well; some of them even made a nickname for me behind my back, and the class order turned worse. I didn't even want to go to work. Among the different classes, there was a class that was particularly bad. Pupils often made so much trouble in this class that I couldn't teach them anymore. I had been thinking for a long time before I decided to complain to their instructor. The first time I complained, the instructor solved the problem and the students' behavior issues were restrained temporarily. However, it did not take long before they returned to their original state. When they passed by my teaching class, they would deliberately call out my nickname and quickly run away. This bothered me so much that I gradually started to lose confidence in being a teacher. Finally one day, I caught a student who had called my nickname. I did not expect that he was in the class that I had complained to the instructor about before. I made up my mind to complain to their instructor again. It was lunch time, what I did not expect was the first thing he said: "Why does an English teacher come for me?" My heart sank at that moment, but since I was there, I could not go back empty-handed. What I never suspected was the fact that this time the instructor was not even on my side, but instead scolded me immediately in front of many students. As a teacher, I don't mind being scolded by another teacher, but it was very embarrassing for me to lose face in front of so many students. Later, I returned to my classroom without eating anything and closed all the windows and

doors. I felt too sad to cry; I started to look inward.

Looking Inward When Sad

I remembered that when some local practitioners from my area had criticised me more than once in front of many other practitioners, I endured it in silence and even felt a little relieved because I felt that I hadn't lost face at all. I had learned to accept criticism from other practitioners without rancour, which is something that I understand meets Master's requirements. However, I failed to dig out the attachments hidden deep in my heart. In other words, in dealing with people or situations, such as practitioners and students, I just paid attention to dealing with things with reason and ignored the importance of mood and compassion. As I thought through this, I understood the problem more, so I wrote it down on a piece of paper over and over: tone of voice, kind heartedness, reasoning, and thank Master. I knew that it was Master who wanted me to improve my xinxing. Although I realized this, I still failed to sleep well because I had no idea of how to put it into practice. Based on the fact that this issue has been accumulating for a while, many students from different classes had a certain antipathy towards me. Meanwhile, they would talk about this in private, so any news would spread quickly. I knew that this was related to some factors in my cultivation, but what on earth could I do?

Continuously Letting Go of Self: My Changed Mentality Gradually Contributes to the Environment Around Me Changing

I knew that I had to let go of self. I discussed with the students about what they thought of my teaching methods. I listened to their suggestions, and later, I asked them to vote on a way that was acceptable for the majority of them. I also promised that I would follow the result of the vote. After that class, I felt that a greater part of the karma between the students in that class and myself had been reduced. It felt as if a huge wall had collapsed totally.

After a while, one day I ran into their instructor in the bicycle shed. We both were a bit embarrassed. I let go of self and started talking: "Teacher XX, I have made some changes to my English class. I have no idea if the students have had any objections? If they do, please let me know." At that moment, the instructor felt my compassion. He also said: "Teacher YY, I don't know what methods you have used to make the students no longer hate your class, but please don't push yourself too hard..." Suddenly, I felt the wall between us was reduced.

However, it had not finished yet. There were no more problems in regards to this class (which was the one that was the biggest challenge), but there were still some other classes which had different problems. One morning in a teacher's meeting the Principal said, "Everyone, when you get back to your classroom, please tell your students not to criticize teachers on the Internet because of the legal issues involved..." At that time, I imagined that it must have had something to do with me. After the meeting, when I returned to my classroom, I used my name as a search term on my computer, and I saw that some students had attacked me on the Internet indeed, which made me depressed again because I felt this directly struck my heart. However, I immediately realized that this must be related to some factors to do with my cultivation. Therefore, I reinforced my will and read through the content from the students involved. I benevolently asked her to delete it, regardless of the fact that she could get into trouble legally, although I would let it pass. Later, I found that I really didn't mind that much. In addition, I treated the students as usual and gradually their grievances towards me disappeared as well.

Because there were 10 classes in grade 5 and 6, I always tried to cultivate myself strictly to make up for some things which I haven't done well with previously. Among all the classes in grade 6, there was one with big problems; there were a few girls who had bad attitudes towards me. This situation lasted for a long time—until the last ten days in May when our school had a volleyball competition and students from another school came to compete. In the classroom, the students were clamouring to watch the match and they didn't want to have class. The graduation exams for grade 6 were coming soon in June and our class was not finished yet. I was about to stop them from watching the volleyball at once, when I thought to change my approach and said: "It's ok. We will still have class, but we can finish early, and you can watch the match as soon as we finish." Consequently, the class order was better than usual. When they were watching the teams play, they were still happy although the formal match had already finished. I also found that the invisible gap between my students and myself was immediately reduced a lot with our natural chat.

One day it happened to rain hard when school was over. Because many students had no umbrellas, they had to wait in a school building. I always put an umbrella in my bag, so I didn't worry too much about the rain. I was supposed to leave, but I didn't. I noticed that some students were running towards the bicycle shed, but there was no difference between it and the other school building for them to wait in. Because there were no buildings between them, some students had to run to the bicycle shed in the heavy rain. I started taking the students one by one from the teaching building to the

bicycle shed (it was unlikely for teachers to do this). In order to do this, I walked back and forth numerous times and even lent my umbrella to a student because I also had a raincoat which was enough for me to ride my bicycle. These things didn't matter much to me, but from then on I felt the invisible wall between myself and a few classes had collapsed.

Mid-June was graduation time for grade 6. The school's yearbook was distributed a few days before graduation. Almost every student from grade 6 asked for my signature. I couldn't imagine this 3 months before. During this time, I kept looking inward and thinking of how I could make things better, which not only changed my students, but also changed myself. Although that was a hard time, it was also the period in which I had improved fastest during my 9 years of teaching.

Because I was a substitute teacher, the day when the school administrative meeting was held was the last working day for me in that semester. After the meeting, I met the teacher who scolded me in front of his students, and I stepped forward to say, "Thank you." He politely replied, "No worries, no worries. I didn't do anything, but finally you got through." I said with a smile, "Yes, I really got through it!" I really thanked him, and thanked Master who had provided me with the opportunities to improve, and also made my personality and temper change radically. I try my best to keep in mind Master's words: "I have not only taught you Dafa, but have also left you my demeanor. While working, your tone of voice, your kindheartedness, and your reasoning can change a person's heart, whereas commands never could!" ("Clearheadedness," Essentials For Further Advancement)

With what I have been through, I feel that I was experiencing a transformation. I sincerely thank Master for His merciful arrangements. Otherwise, I would have never realised that I had such big problems. I also appreciate Master's Fa guiding me and helping me to break through layer upon layer and eliminate many attachments. Luckily, I didn't bring shame on Dafa, and I will walk on the path of practicing Dafa openly and with dignity.

Chinese version: <http://www.zhengjian.org/node/112325>

32. First Steps into the Great Law

A French Dafa Practitioner

(Experience Sharing at the 2011 European Fa Conference)

[PureInsight.org]

I am a French Dafa practitioner. My husband and I have been practicing Falun Gong for two years now. Before practicing Dafa, we were already following our inner guidance. At one point my inner voice told me I was ready to empty myself of Qi and to receive higher energy. I could sense it was a powerful white energy; it was very pure compared to Qi, which seemed very dirty.

My husband checked on the internet to see if what I had enlightened to was real. The only person who talked about Gong in such a way was Master Li Hongzhi. We immediately watched the nine lectures.

When listening to the Fa everything became clear. My heart was finally at peace as I had found what I had been looking for since I was a child. We then learned the exercises on our own by watching the videos on the internet, and we studied Zhuan Falun.

When I practiced the first exercise, I nearly fainted, then vomited many times. I knew the Fa was really powerful, and it was cleansing my body and mind, but what struck us the most was the protection that Master's Law bodies gave us. Before Dafa, we were aware of different dimensions and entities and some of them had attacked us very violently.

When we first received the Fa, we could sense the red dragons and bad entities that did not want us to practice. However, what is said in Zhuan Falun and what Master conveys is so righteous that it was obvious to us that it was the Great way we had been looking for.

We were already familiar with the process of looking within, but Dafa made it so much easier. The peace and harmony in our minds and hearts stabilized our lives. My husband used to get angry easily; he is now more self-tempered and gentle. I used to be very controlling but now it is a lot easier for me to let go of things.

Clarifying the truth

Whenever we can, we talk about Dafa, distribute flyers in our town, and participate in different projects. For example, if we buy something on Ebay from a Chinese person, we always tell them the truth about Dafa and they thank us. What I like most is clarifying the facts when the Celestial Marching Band is marching down the streets. The energy is so powerful and I feel I am like a king delivering the good news that Dafa is here to save people. When I talk to people with an open heart I can see right through them and they are always grateful for the heart to heart exchange. I never think that the people belong to me; I only wish for them all to awaken and go to their rightful places according to the Fa.

Some personal experiences and enlightenments

I sometimes don't understand practitioners' behavior or way of thinking. Recently, when I was practicing in the park, I came to understand that no matter how hard it is to get on well with a person, be it a practitioner or an ordinary person, I should always be compassionate.

When thinking about that, I saw that I was turning into a beautiful white lotus flower, which then led me to understand that I should never criticize anybody's idea, as it was as if I was preventing a seed from blooming. As soon as I enlightened to this new understanding, I could feel all the dead seeds in my belly blossom. In the past, my attachments, emotions, and notions had prevented those seeds from growing. Now there were so many little white lotus flowers blossoming everywhere within the different layers and dimensions of who I am. I could feel the Fa rectifying me and helping me to open up to a higher truth. I became aware of how much I had restrained myself and others. A practitioner is here to free people and help them awaken to their inner beauty. To be able to accomplish such a task, we need to respect ourselves and others.

The following is a passage from "Dafa disciples must study the Fa:" "I've told you before that when a god creates something, one thought is all it takes and immediately it will be done. With the highest gods, even when creating universes, one thought is all it takes for it to immediately be done. That's because such is the height of their wisdom and the strength of their power, and there exists such a huge field within their realm, and so many planes of particles are within that field. If the particles spanning each and every single plane from big to small are indeed alive, then think about it, as soon as [that god] forms some intention in his mind, all of those molecules, all of that strength, and all of those particles are alive, and all of them, however large or miniscule, at the same instant do their part and carry out whatever the command is."

I came to understand that the same principle was true on earth with Dafa practitioners. We all belong to Master. Whenever He has an intention, we are like His little molecules that should make His wish come true. The more we study the Great Law, the purer we get and the easier it is for Master to use us. Things are put together without too much effort or coordination, as we are guided.

When we don't study the Fa well, and don't look within for shortcomings, we are useless. As Master said in "Dafa disciples must study the Fa:" "If you don't cultivate yourself, how are you to help me rectify the Fa? How am I to make use of you?"

As I see it, a Dafa practitioner is righteous and effective when strength comes from deep within and pushes him forward through all dimensions and space-time. To truly assimilate to the Fa, it can only spring from within our heart and soul. In this state, we can rectify whatever needs to be rectified, be it people, situations, objects, or things from other dimensions.

Let me tell you about something I experienced not so long ago. I was about to use a new mouthwash. I was wondering if it was a good thing to do when suddenly, my inner voice said to me: "Do you think this mouthwash is going to rectify you? Well, let me tell you, you are a Falun Dafa practitioner, you are the one who will rectify this mouthwash!" As I had the liquid in my mouth I could feel all the molecules, worlds, and entities that composed the mouthwash and I was indeed rectifying them. I realized I was saving and rectifying the entities in other dimensions that were linked to the objects which are in my house and around me wherever I go!

I understood long ago that the key to broaden our understandings and eliminate shortcomings is to think in a multidimensional way. The more we align and assimilate to a human way of thinking the more we are like ordinary people, whereas the more we open up to a multidimensional perspective, the more we come to understand how things are related to one another and the causes and effects of different situations. The key is the Fa, as the more we study the more we elevate and the clearer the picture gets. But without sincerity of heart and a systematic and righteous introspection, it's very hard to be efficient and fulfil our duty as Dafa practitioners.

Everything is limitation and illusion. As I was thinking about how I keep on going from one state to another, it felt that there was no end to it. I said to myself: "I keep reproducing the same pattern on and on..." reminding myself that even compassion was an attachment at a Tathagata level. I was wondering how I could get out of that. The answer enlightened my heart: meditation is the way to wu wei, emptiness, a land of no

forms, no notions, just Zhen Shan Ren in its pure vibration.

Saving people is so important

The message in my heart is that a Dafa practitioner should never get attached to anything. When we are this way people will come to us since we are fully assimilated to the Fa. I once experienced hearing the souls of ordinary people and other different entities calling for us to save them. It was really dreadful and sad; I cried that day. We can't let them down, we are here to save them, and for this reason as a Dafa practitioner, it is of utmost necessity to let go of oneself and unconditionally abide by the three universal principles. It is the only way we can do well and fulfill our vows.

This Law is so precious that words are far too small to give it tribute. Each of us is part of the Falun Dafa body. If we all bloom together like a lotus flower, we will make such a wonderful pond that no evil will dare to persecute Dafa or Dafa practitioners. Ordinary people will start blooming from within and nobody will be able to stop such a powerful transformation. I understand that Master is waiting for us to accomplish such a task, and that is the only reason we came down to assist our dear and beloved Master.

This is a part of my experiences and understandings so far as a Falun Dafa practitioner.

Thank you Master, thank you everyone.

33. Skin Ailment Miraculously Disappears After Practicing Falun Dafa

Sheng Hua, Mainland China

[PureInsight.org]

I'm a new practitioner of Falun Dafa. I would like to share with you the miracles I experienced after practicing.

I was in my early 40's and had been in poor health since childhood, before I began to practice and study Dafa. At age 17, I suffered from a life-threatening illness—an

infectious disease called hemorrhagic fever. I almost lost my life to the illness, and I remained critically ill in the hospital. Doctors told my parents to transfer me to a major hospital for treatment. It meant we had to transfer to a big hospital in the city. My parents were very kind. They realized the seriousness of my illness. They knew the distance from our home to the city was 500 to 600 kilometers. The route was so long that my parents were afraid that I could not endure the bumpy ride and it might put me in more danger. They decided not to transfer me. Instead, they asked for God to help. They believed a miracle would help me recover. I believe the deities were touched by my parents' sincerity. I miraculously survived the dangerous illness. Now, after practicing Dafa, I've come to understand that Gods and Buddhas do exist in the universe.

I have come across many practitioners in my life. My wife and her parents are practitioners too. My mother-in-law became healthy and all her illnesses went away after she practiced Dafa. She has never taken any medication in 10 years since. From these things, I deeply feel the miracles of Dafa. But I did not straight away start to practice for many reasons, including my attachments to recreation and entertainment. My health became poorer and poorer. My mother-in-law told me to practice Falun Dafa and explained the advantages of practice. My wife kindly said I did not need to do any housework if I agreed to practice Dafa. Upon hearing that, I was very happy and thought that it would be more enjoyable to practice the exercises than do housework.

So I began to practice the exercises. I was a bit reluctant and was unable to sit still. I was very restless to the extent that I felt as if grass was growing in my mind. I could not settle down to study Dafa, nor practice the exercises. My wife was not happy with me. I was also unhappy, saying I wanted to give up practice and preferred housework. I did all the housework such as feeding chickens, preparing food and other household chores. I was exhausted at the end of a day. I suddenly came to realize how hard my wife had been working, and she never complained. I thought to myself, "How could she manage all the housework?" I began to change and considered these things. She undertook all the housework so I could do the exercises and study Fa. Wasn't she trying to help me, to save me? I was touched. From that night on, I started studying Fa and practicing. This time, I gave all of my attention to it. Bit by bit in my daily life, I experienced a lot of miracles. For example, I had had heart disease for many years and was diagnosed with having pericardial fluid. I was so tired that I was unable to do any heavy work. I was told that the illness was incurable and was advised to keep my body maintained by staying calm and not losing my temper at all times. I had taken a lot of bitter medicine, but that never helped. Finally, I gave up treatment.

I also had another illness called vitiligo (a skin condition in which there is a loss of brown color pigment from areas of skin, resulting in irregular white patches that feel like normal skin), which I was told was genetic and had no cure. In fact, I did not bother with treatment for that reason, since it was incurable. However, after I began practicing Dafa, I became healthier and healthier. My heart disease disappeared and I have never felt any uncomfortable symptoms since. More magically, the condition of vitiligo on my hand disappeared. I did not notice the disappearance until one day when I played cards with my friends. I had a nickname "big flower hand" in the past. One of my friends was very surprised to see the "flower" had gone and said: "Wow, why did the flowers disappear from your hand?" Not until then did I realize that the vitiligo had gone. I was so excited and told them it was cured because I practiced Falun Gong. We had heard about miracles from practicing Falun Gong, but I really experienced a miracle for myself this time.

Master taught us in Zhuan Falun, "Buddhism also holds that Buddhas are everywhere. If a Buddha waved his hand once, all of humankind's diseases could be wiped out; this is absolutely achievable. With so many Buddhas around, why hasn't anyone done this? It is because a person did wrong in the past that he suffers these hardships. If you have cured his illness, that is the same as violating the principle of the universe, for one can then do wrong deeds and owe someone something without having to pay for it. This is not allowed. Thus, everyone preserves the state of ordinary human society, and no one wants to disturb it. Cultivation practice is the only way to find yourself comfortably free of illness and to accomplish the goal of being truly free! Only by having people practice a righteous way can there be true salvation of all beings."

After reading this paragraph, I came to understand that Buddha only looks after you if you practice. Just like my hand, it became normal in a flash. I understand that if I hadn't practiced Dafa, the vitiligo would have followed me to the end of my life. This illness is incurable. I heard that although it would not have affected my daily routine, my whole body would have become whiter and whiter, and I would have had to stay away from sunlight.

I'm lucky to have practiced Dafa. I want to thank my family members for their tireless efforts in persuading me to keep on practicing. I will continue to practice under any circumstance. I've experienced the miracles of Dafa. People around me have seen the changes in my body and they have begun to practice, too. I believe that they will also experience good things from Dafa, including miracles.

I sincerely thank our Master of for his great compassion and for saving me.

Chinese version: <http://www.zhengjian.org/zj/articles/2012/3/25/81503.htm>

34. Understanding "Tolerating the Intolerable"

Qing Lian

[PureInsight.org]

I've been cultivating for more than 10 years now and in all this time I've been fumbling along, learning lesson after lesson. I must have generated lots of worry for Honorable Master. From the beginning, it was difficult for me to look inward, but gradually after running into many conflicts I learned how. However, sometimes, I still find it difficult to look inward thoroughly and unconditionally, especially when a conflict is very strong. For example, on time the practitioners from my study group told me I was doing something wrong, but I didn't think that I was. Back then, I felt very uneasy about looking within.

At another time I was not cultivating diligently and news came through that some fellow practitioners had been arrested. My family started to ridicule me for being a practitioner. I couldn't tolerate the criticism anymore and began to argue back angrily with them. I felt very sorry afterwards. I realized that I had not kept calm nor upheld up my Xinxing. It was like I kept making the same mistake again and again and I felt extremely depressed. As a result, I started to slack off. In seeking comfort, even though I had certain regrets, I decided to quit doing anything. Then I woke up one day feeling very sorry for myself. I had not lived up to the expectations of Honorable Master and had wasted too much precious time. What should I do? I was anxious, yet, I felt almost like there was nothing I could do to change myself.

A few days ago, sitting alone at home I began thinking aloud: "What shall I do? I really need to do something to change myself." Honorable Master must have worried for me, and the old evil forces must have been happy to see my current state. I said to myself: "I will stop it right away. I won't slip away anymore." Suddenly, it occurred to me that I needed to "tolerate the intolerable." I had always followed this principle

whenever I felt physical pain or when I was doing the cross-legged sitting meditation exercise and my legs seriously hurt. Yet, I had never realized that I should also practice this principle just the same when in a Xinxing conflict. As practitioners, we all know that to upgrade Xinxing is crucial to one's elevation in cultivation so I told myself, "I will tolerate the intolerable from now on in Xinxing conflicts."

Well, conflicts appeared right away. The other day, my husband who is also a practitioner, started to criticize my dress and uttered many bad words about how I looked that day. I was always very sensitive to how I dressed in public, still needing to get rid of vanity. With such strong self-esteem, whenever people made fun of my appearance, I would feel very angry. That day, my husband kept criticizing my dress, over and over again. I started to recite, "Tolerate the intolerable," in my heart, kept calm and stayed quiet. In the end, I said to my husband: "Look, I don't have the time to change [my dress] right now, you can stop it." My husband stopped muttering after that.

This morning, my husband was doing the exercises when suddenly a water pipe broke. My husband told me to get up, commanding that I fix it and do this and that. I was sleepy after staying awake until 2am the night before. I was very unhappy and unwilling to follow my husband's orders. Then I reminded myself of the principle "tolerate the intolerable." Without grievance, I completed all the things my husband had ordered me to do and fixed the pipe.

After enlightening to this simple principle, my unstable cultivation stabilized. I feel greatly indebted to Honorable Master and have made up my mind: I will diligently cultivate myself and follow Honorable Master back to my original home!

Chinese version: <http://www.zhengjian.org/node/111080>

35. I Brought Back My Child's Lost Soul

A Dafa Disciple

[PureInsight.org]

I am going to share a true story that happened to me about 10 years ago. My daugh-

ter was a very healthy baby girl and was seldom sick up to age three or four. But one day, she began to cry for no reason and couldn't eat much. She would just cry all day until midnight. Her condition continued like this for three days. My wife and I didn't know what to do about it, so we took our daughter to the hospital for a check-up. Even the hospital did not know what to do. Then, a female elder took a glance at our baby girl and said, "The child is in shock...lost her soul. By all means you can try to burn a postage stamp for her." I quickly went to get a stamp, but the female elder insisted it had to be a used stamp. I didn't have one and I couldn't find one at the time. "What should I do?" I kept asking myself what to do.

I told myself not to panic, and then I thought, "Stamp? Why a stamp? Why did it have to be a used postage stamp?" Suddenly I realized it was because a stamp is for delivery and my child had lost her soul due to shock. Therefore, a stamp might be able to deliver back my child's soul. Since a human had used the stamp, it was entitled to the power and ability of delivery. Wow, it is really that all God's creatures have their own function in nature. But on second thought, I had been practicing Dafa for many years. Am I not more capable than a postage stamp? Right away I sat in the meditation position and focused my attention on using my Gong to get back my baby girl's lost soul. I closed my eyes just the same as when we send forth righteous thoughts.

That night, after I finished Fa study and was almost asleep, I heard a child's voice yelling at me, "Daddy! Daddy! Help me up!" I knew that it was my child's lost soul just returned, but I couldn't see her as my third eye was not opened. At the time, my wife and baby girl were asleep in another room. So I used intent to talk to my child's lost soul. "Go to the room where you are sleeping with your mother." She replied, "I call out loud for mom, but she can't seem to hear me! I can't climb up to the bed by myself. I need help." Then I used my intent again. This time I focused even harder and for quite a while to pull her lost soul up onto the bed. After that, I called my wife to bring the child to my room and I told her what had just happened. At first, my wife was a bit skeptical about carrying the child from the other room to my bed, but straight away my daughter stopped crying and fell right to sleep.

The next morning, she had woken before me. By the time I awakened, she was already playing on the floor as usual as though nothing had happened to her.

36. Cultivation Pieces: Validating the Fa in one's Surroundings

A Dafa Disciple outside of China

[PureInsight.org]

A couple of days ago when reading "Upgrading Xinxing" in Lecture Four of Zhuan Falun, Master Li said, "One volunteer director at a city's Dafa instruction center went to a factory to see how Falun Dafa practitioners were doing with their practice. The factory manager came out to meet him in person: 'Since studying Falun Dafa, these workers have been coming to work early and going home late. They work very diligently and will do any assignment the boss gives. They also no longer compete for personal gain. By doing so, they've made the whole factory take on a new look, and the factory's economic returns have also improved. Your practice is so powerful. When is your teacher coming? I'd also like to attend His lectures.'"

It somehow reminds me of the early times, when I had just become a Falun Dafa practitioner. Although I had a very limited understanding of the Fa, I tried very hard to portray a good image in public as a cultivator, at least in my heart I told myself to do the best I can. But in recent years, I am not as diligent as before and even find all kinds of excuses to hide my ordinary human attachments. I could only imagine if someone did an evaluation on my cultivation by interviewing my family members, colleagues, neighbors, and friends of mine; how would the evaluation turn out? What would they say about me? And what would they think of Dafa through me? Would there be more positive comments than negative ones? Or would it be the other way around? It scares me when I think about it. We cultivate in ordinary human society, therefore what we say and do impacts the people around us on how they see Dafa and are able to be saved through us in our everyday behavior. No one, including me as a cultivator, should treat this lightly.

There are times when my wife has told me that when I wash the dishes, I only clean the inside but not the outside. I didn't think it related to my cultivation until she complained about it consistently. My cultivation loophole manifested in the way that I did the dishes. In my mind, I try to do everything right according to the Fa's requirements, but when it comes to actions that associate with everyday people, oftentimes I find myself doing or saying things without much consideration. And I thought being inconsiderate was just part of being normal in everyday life, or just being too busy to pay attention to all the details. But deep down inside me, I know that a true cultivator

would not behave this way. I began to wonder: "How am I able to be compassionate toward others even in difficult situations? How can I divinely achieve that, and have that kind of righteous thought based on the Fa's requirements?" To translate that to an ordinary level is to have a peaceful and understanding mindset, and being positive.

Oftentimes I feel so blessed to be able to cultivate, but when I think about the people I have been in contact with, day to day over the 10 years of my cultivation, how many of those people have seen the greatness of the universal principles of Truthfulness, Compassion and Forbearance manifest in me? I do have a good understanding of the Fa and when doing Dafa projects, I also sense the great urgency for saving people. Moreover, I still question myself why I don't do well on many different levels in my everyday life for cultivation? If a person does not do well in life, it might be because of his/her accumulated karma and human notions, but he/she could be the representative of a large group of beings from a universe waiting to be saved. Dafa has been spreading for 20 years now and the persecution has been going on for 13 years. If we don't take our great mission seriously, what other chances do we still have?

I gained some understanding after attending a recent local Falun Dafa celebration activity. Since it was a local activity, most attendees were local practitioners and I have known most of them for years. Strangely, when I see practitioners from my local area, I often think of their attachments or the poor impression of them from the past that I have remaining in my mind. I know all these thoughts are unrighteous and relate to Thought Karma, and although I tried to eliminate it, I still could not clear it away completely. Then one day, I was watching a quite magnificent performance of the Celestial Marching Band. Instead of seeing the attachments of the local practitioners that were in the band, and the negative impressions I had toward them, I saw that the practitioners in the band have changed so much; everyone has become a Dafa particle, validating Dafa like shining gold. Then I realized that although we originally came from different places and have our differences, we are here to attain the Fa and more importantly assist Master with Fa Rectification. Along the way, through cultivation, we are to elevate to a divine level by getting rid of all human attachments, and by doing our best to save sentient beings in all ways. If we care too much for other's flaws or imperfections and if we don't look within unconditionally, it can cause interference among practitioners.

Through Fa study I came to an understanding that the old forces never think Dafa disciples are good enough, so they create interference and troubles at different levels for Fa rectification. As Dafa disciples, we should not only see our fellow practitioners

with the most positive attitude, but also cherish what we have come so far for in this time. We should support each other as much as we can with righteous thoughts; together we do our best to assist Master and His Fa Rectification. We are the only hope for sentient beings and it is the Fa's requirement for us to fulfil our missions. Every time when I watch Shen Yun's dancers perform on stage with the most pure smiles, saving beings through the great powerful energy, it touches my heart deeply. We are the new lives that are created by Dafa, therefore we are able to most righteously support each other as practitioners and compassionately offer salvation to sentient beings.

Chinese version: <http://www.zhengjian.org/node/110710>

37. Miracles Seen After Righteous Thoughts

Mu Chun

[PureInsight.org]

I always feel fortunate to practice Falun Dafa. In the past, I had a bad temper and many illnesses. By following the principles of Truthfulness-Compassion-Forbearance, I improved significantly both physically and mentally. Through my experience, I learned the importance of Fa-study as well as following the Fa. Master is also helping us all the time.

Both my wife and I began to practice in 1997 at the age of 70. One month later, my wife's curved back, which had been arched more than 20 degrees, became straight and my illnesses disappeared. We enjoyed our life with no illnesses. However, because I slacked off in cultivation, my Fa-study was poor and my understanding of the Fa was shallow.

One day in late 1998, my right leg became painful, and the pain got worse and worse. I should have known it was due to illness karma and should have overcome this with righteous thoughts. However, my mind was not righteous and one day I lost all movement in my right leg. With one leg paralyzed, I could not do the exercises. My child, who was not a practitioner, sent me to the hospital.

A hospital examination revealed a foreign substance in my backbone and a small piece of tumor was removed in surgery. Although I regained movement in my right leg, it was powerless. I also had a cramping feeling in my right arm. In addition, my chest was burning and my back was in pain. The doctor said my stomach had moved upward to a similar level as my lungs. I could no longer lie on my back in bed; otherwise, I could not breathe.

At that time, the persecution had started and the peaceful cultivation environment no longer existed. I could not find other practitioners and felt lost. One day, when taking a rest in a nearby park, Master helped me come across another practitioner. Through discussion I learned all Dafa disciples insisted on studying the Fa, doing the exercises, and clarifying the truth to people. As long as we had faith in Master and followed the cultivation path, there would be no difficulty that we could not overcome.

My wife and I resumed Fa-study and continued to do the exercises. However, mistakenly I still considered my symptoms an illness and thought Master would help remove it as long as I continued to practice. I passively endured the symptoms over the past 12 years. It was indeed painful, but I continued to practice and kept doing the three things.

On March 26 earlier this year, my wife and I were reading an experience-sharing article in Minghui Weekly. In the article, the practitioner cited Master's words in "Teaching the Fa at the Conference in Switzerland," "For example, some people know that healing is not Falun Gong's purpose, so they think: "Then I won't do it to get healed. I understand that the purpose isn't to heal my ailments, and I won't mention healing. I won't ask for healing either." Yet in their minds they're still thinking, "As long as I do the exercises, Master is sure to clear out my ailments." You see, in their minds they're still thinking, "As long as I do the exercises, Master will surely clear out my ailments." That bit of thought is still there, buried deep in their minds. They still want me to resolve their health problems, which is to say, they're still attached to their ailments." My wife said, "Aren't you experiencing the same situation?" I thought about it for a while and agreed with her. I decided to completely let go of the remaining attachment and walk my path well during the final steps of Fa-rectification.

With that pure thought, a miracle happened. During the night on March 28, I felt things in my chest moving. Finally I was able to lie down on my back in bed and breathe easily. Then two days later during sleep, I heard people talking as if one person was working with several others to pull and stretch my body. Then I felt the con-

straint on my chest was released. The pain in my chest, along with the cramping feeling, was gone. My right leg could move at will. I was very grateful for Master's help. So many years had passed. Had I understood this issue sooner, I would not have taken such a long detour. It was my own problem that Master had suffered for over so many years.

As an 86-year-old practitioner, I highly recommend Falun Dafa to everyone. It will benefit all of us. Please cherish this opportunity.

Chinese version: <http://www.zhengjian.org/node/81977>

38. The Miracles of Falun Dafa That I Have Witnessed

Qing You

[PureInsight.org]

A practitioner came to my home in late 2008 and clarified the truth to me. After understanding the truth, I began to cultivate Falun Dafa. I was very impressed when reading the books because the content was so profound. Although my understanding of the Fa was very shallow, it satisfied my curiosity to read about the structure of the universe, human history, as well as various worlds of Buddhas, Taos, and Gods. As I was reading Dafa books, I could feel that every sentence had deeper meanings and every sentence told us how to be a better person. I knew Falun Dafa was good and decided to cultivate. With that thought, Master helped purify my body and I could feel warmth in my abdomen area. I knew Master had installed Falun and many energy mechanisms. Many miracles happened in the following two years and here are some of them. I hope they can help more people understand Falun Dafa.

Recovery from Illness

My father has had a migraine for over 30 years. When it happened, he was in great pain, being unable to eat, and vomiting. Every time it took at least 24 hours to get over it. He had travelled to many places nationwide searching for a cure and had tried various types of Chinese medicine as well as Western medicine. Nothing worked. He had

one surgery in 2007 at the Tiantan Hospital by a renowned surgeon educated in the US. The surgery consisted of two operations and discontinued the trigeminal nerve. But it did not help, either. Out of despair, my father began to cultivate Falun Dafa. Within three days, the persistent illness was gone. During those three days, my father had many experiences that are described in Zhuan Falun.

I used to have a frozen shoulder, and it recurred from time to time. After learning martial arts and practicing various combat techniques, the situation got even worse. The illness recurred after I gave birth to a baby, and it became more persistent. I tried a compress and plaster, but they did not work. Every night, my shoulder was painful and I had difficulty sleeping. The pain miraculously stopped on the first day after I began to practice Falun Dafa and it never came back. Master has cured our illnesses without seeing us or asking us for a penny. In addition, He is taking care of all genuine practitioners.

Several Dangerous Situations Involving My Daughter

As a pre-term baby at birth, my daughter was very weak and often sick. She benefited as well after my family began to practice Falun Dafa. One day before delivering the baby, I heard from CCP news media that Sanlu brand baby formula was proven to be the best baby formula closest to natural human milk. I bought it without hesitation. Fortunately, my daughter did not like it at all and did not even take one drink. Later, when the scandal of Sanlu baby formula was exposed I was very scared. Had she taken Sanlu baby formula back then, she might have died already.

When my daughter was young, we had many of her diapers hanging in the room. The ceiling was damaged by water. One day, she was crying. I had to pick her up from bed and put her in another place. Then the ceiling collapsed, right at the place where my daughter was lying previously. Her crying saved her life.

One day after taking a shower, I forgot to turn off the natural gas. Because all the windows and doors were closed, my mother, my daughter (less than 100 days old), and I were all poisoned. My mother had a headache; my daughter kept sleeping, while I had a headache with an irregular heartbeat. At the critical moment, my cousin called me saying there were many natural gas poisoning incidents. She reminded me to check if all the appliances were turned off. I immediately remembered that the natural gas for the water heating was left on. This way, we got out of danger again.

On another occasion when I was sewing a button, I went to dinner before putting

everything away. Later, I thought mother had taken care of it and she thought I had taken care of it. It was not until about 30 hours later that I noticed that the sewing needle was on my daughter's winter clothes near her waist. At that time, the winter heating system had not started yet, and it was very cold. My daughter had been wearing her winter clothes the whole time. In other words, she had that needle on her regardless of whether she was eating, sleeping, or being hugged by us or playing. At that time, she was less than 100 days old. Had the needle pricked her, it would be unimaginable.

One day, when my daughter was less than one year old, she suddenly had a fever. The doctor said her temperature was less than 38.5C (101.3F) and he did not want to use medicine. I carried my daughter and recited to her "Falun Dafa is good" as well as "Truthfulness-Compassion-Forbearance is good." Soon afterwards, her fever was gone.

My husband, who is not a practitioner, one day encountered an old lady who is a fortune teller. The old lady did not take his money but told him many things only he or the family would know. My husband was very surprised. The old lady also said my mother's place was golden and shining with many high level beings. She did not know mother and I were practitioners. But she said my daughter was taken care of by high level beings too.

It seems to me, that all these incidents were not accidental. Falun Dafa is indeed the truth and it is extraordinary. Please stop defaming Falun Dafa from now on; otherwise, whoever does so will receive serious retribution.

The Story of a Cell Phone and MP3 Player

When my daughter was very young, it took a lot of time to take care of her and I often had no time to study the Fa. Therefore, I studied the Fa using the electronic book function of a cell phone and listened to Fa lectures on an MP3 player. The MP3 player's battery did not work well in the beginning, but as I continued to listen to the Fa, it seemed to last longer and longer. For a period of time, I did not study the Fa much using the cell phone. I even used it to play games instead. Then I found that the cell phone could not be recharged. I took the phone to a retail store, but the store technician could not find anything wrong and was able to recharge it without any problems. I had several cell phone chargers, but it seemed none of them worked with this cell phone. Then I saw similar stories on Minghui where practitioners had improved their

xinxing and communicated with printers to solve problems. So I sent forth righteous thoughts and said to the cell phone, "I am sorry that I did not do well in the past. You are here to help me study the Fa, but I have done it very poorly. Please forgive me and I will do better later." I then connected it to a charger. It has worked well and had no problems since then.

Several Recent Miracles

Cheng is Rong's girlfriend and they are both friends of mine. After graduating from college, however, they found jobs in different cities. Several days ago, Cheng's workplace had an opportunity to recruit government officials. Rong wanted to apply but did not meet certain registration requirements. I was with them at that time, and I clarified the truth to them about Falun Dafa. Rong agreed to quit the CCP and its affiliated organizations. Cheng also recited, "Falun Dafa is good" and "Truthfulness-Compassion-Forbearance is good". About 10 minutes later, Rong tried again and he was approved for the registration. They were very happy and said Dafa is extraordinary.

Several days ago, my friend Xiang (who has already heard the truth and quit the CCP) had an accident. Someone stabbed a four-inch knife into her body during a robbery. She remembered I told her in the past to recite, "Falun Dafa is good" and "Truthfulness-Compassion-Forbearance is good". She recited it and asked Master for help, saying, "Master Li, please help me. I cannot die; otherwise, nobody will take care of my child." A doctor checked and said she was almost killed. During her examination and treatment, Xiang kept reciting, "Falun Dafa is good" and "Truthfulness-Compassion-Forbearance is good." She did not feel any pain. The doctor as well as the nurses were surprised that she was so strong. Due to her own experience, Xiang has recently begun to practice Falun Dafa.

I hope more people will have a better understanding of Falun Dafa after reading the above experiences.

Chinese version: <http://www.zhengjian.org/node/81863>

39. My Cultivation Experience

A Dafa Practitioner from Poland

(Experience Sharing at the 2011 European Fa Conference)

[PureInsight.org]

Greetings Master, greetings fellow practitioners.

My name is Mateusz and I started practicing Dafa a few years ago. I wish to share with you about one of the periods of my cultivation.

Making a step to clarify the truth

During my cultivation I have often wondered what is the best way to clarify the truth and reach the largest possible group of people. Up to this day in Poland we haven't had our own media, art exhibition, or marching band, so there was no project that I could join and make a systematic effort in clarifying the facts to people. Through Fa study I realized that in the current situation the best approach to take is explaining the facts to people near metro stations on a daily basis. At the beginning I didn't have a clear idea on what to do. I decided to take a petition and flyers and just tried to catch people and have a talk with them. My first impression was that people were indifferent; everyone was busy and no one wanted to stop and talk for even a moment.

I remember that the biggest thing to break through was the issue of suppressing attachments like irritation, impatience, or the feeling of lust when talking with pretty ladies. I also had to conquer human thinking which contained a lot of notions; it had an obstructing effect when talking and sometimes got me caught in a heated debate or an endless discussion. I started doing solid Fa study before I went out to clarify the truth and through this my thoughts and spoken words had sufficient energy and were without interference from human notions or attachments. I tried to explain the situation to individuals in a dignified and open manner. The facts I gave them were naturally accepted.

After a while I realized that the best way to make the facts easier for people to understand and to get them to sign the petition was through maintaining a benevolent heart and serene expression whilst making sure that every word I spoke came from a kind heart and a thought that I want to save this person. This approach worked well. People began to stop to talk to me and I collected between 10 and 15 petition signatures every time I went out.

After a while I learned how to use righteous thoughts in such moments. If I saw a person on the other side of the road, I sent righteous thoughts in their direction and tried to create an energy field to isolate the person from any bad factors that may not allow them to hear the facts and sign the petition. After a while I began to see a unique phenomenon. It seemed that the people who passed by would send various non-verbal signals showing me exactly which person I should approach to explain the facts. This method was effective, but the whole time I was thinking about what I could do to save more people.

After a few weeks, an idea came to my mind that I should try to do exercises near the subway station. I knew that the exercises could produce a strong energy field, which can also cleanse the surrounding area from any bad elements. So I decided to try it. At the beginning the biggest difficulty to overcome was the attachment of fear, which manifested in my body like pulsating matter causing great physical and psychological discomfort and making it difficult to breathe. I also experienced a whole mass of human thoughts and notions like, "It would be a strange thing for people to see. What will people think of me?" A sense of shame and a whole range of emotions flowed out. But amidst this tangle of human thoughts was a little righteous thought: "All people are here for the Fa and waiting to find out the truth. They are lost in delusion, and if your conduct is right, there will be some beings who can help you." It seemed that this thought emanated a golden light so I decided to keep it in mind and not pay attention to the negative thoughts, because I knew that it was only a matter of time before they would be eliminated. Indeed, after I'd done this three times everything went naturally, without interference from those old thoughts.

Gradually while improving in this method, another idea came to my mind telling me how I could clarify the truth to larger groups of people. Along the pavement I put a roll of information banners about the practice and the persecution in China and I put out some materials in different languages, the petition, and information on why people should sign the petition. I tried to do two hours of exercises and after each session, the petition had between 30 and 50 new signatures. Many people took leaflets and even more of them read the banners. Many people later browsed the FalunInfo.net website and signed our petition online. I really appreciate my period of cultivation at the metro station because I learned how to clarify the truth better, get rid of attachments in an accelerated manner, and develop a compassionate heart. I felt that Master always supported me and often helped me to enlighten to various attachments, or things that should be improved in my cultivation, by giving me hints from the mouths of different people with whom I spoke.

For example, once I talked to a writer who talked about his book. He was a wise man and he understood that both the world and society operates according to certain rules. I started to tell him about Falun Gong and its main principles. I had just finished when the man suddenly looked at me. I felt as if his look pierced through my soul, and I felt a strong benevolent field. The man said, "You talk about the principle of Forbearance, but I see that you are patient, only at the surface." Next, the whole string of sentences he spoke formed a logical description of my attachment, aiming at the core, and thus allowing me to understand it. After he finished speaking, I was speechless. I knew that it was Master who mercifully pointed out where I should improve. This kind of thing happened quite a lot.

In the period of metro station activities I tried to impose strict requirements on myself and develop stronger righteous thoughts, because I've seen that improvement in cultivation was reflected in the quality of clarifying the truth and being less prone to interference. There was a period of time when I got up in the early morning before work and listened to the Guangzhou lectures, and then I would go to the metro station to do the exercises and clarify the truth. I read other lectures in the evening. It was a time when progress in both understanding the Fa and noticeable changes on the surface of my body took place almost every day. The ding state was easy to achieve a few minutes after starting the meditation and gradually I saw more and more touching scenes in other dimensions, where the vast amount of evil that tries to block people is quickly eliminated by many righteous elements. For example, when sending forth righteous thoughts, the emitted thoughts assumed a shape like swords of different sizes, decimating evil beings. I felt as though the layers of hard material that surrounded my heart were crushed and the attachments that existed in different parts of my body were dissolved, each time getting smaller and smaller.

Of course there were also cases when I didn't guard my xinxing well, or lacked sufficiently strong righteous thoughts. Almost immediately, according to the law of mutual-generation and mutual-inhibition, interference would pop up thwarting my completing the exercises and clarifying the truth. From the very beginning of my cultivation the greatest difficulty was the attachment to lust. I felt as though it was a cluster of degenerate matter, which got stimulated when I saw a pretty girl, experienced the smell of women's perfume, or looked at a billboard featuring ladies dressed in a provocative manner. Once, when I meditated and lacked the strength to dissolve this kind of thought that tried to drill into my head, a few young girls gathered around me and giggled, interfering in my performing the exercises. They sat near me for half an hour and then took the petition and began to write on it. I finished the meditation to

validate the Fa to them. I went to the petition, and they'd written in big letters "I love you." I knew that the evil factors used my loopholes and thwarted all efforts to clarify the truth that day.

There were other similar manifestations. For example a group of drunken young people would suddenly appear from nowhere, or several people would show up trying to get money from passers-by, or some street band started to play right nearby. Once I was even battered by a drunk guy. From these experiences, I deeply realized that to be able to do a good job in saving people, the most important thing is to have an unshakable righteous thought in your mind—to validate the Fa and help Master. With this everything goes well and the results are very good. But if we are going to validate ourselves, or when the attachment to elation or showing off appears, or if we fail to suppress bad thoughts, then the results are the opposite and interference appears in the blink of an eye.

However, every time I went home after being at the metro station, I thought about what can be done to save more people and it often made me sad. One day, after I finished the meditation, a young man came over to me and we started chatting. The guy signed the petition, had a very positive view about Falun Gong, and expressed his willingness to help in improving the banners so that they can be put in a vertical position. We talked a little bit and finally he said something which forced me to think seriously. He told me the parable of the starfish. The story goes as follows:

"One morning an elderly man was walking on a nearly deserted beach. He came upon a boy surrounded by thousands and thousands of starfish. As eagerly as he could, the youngster was picking them up and throwing them back into the ocean. Puzzled, the older man looked at the young boy and asked, "Little boy, what are you doing?" The youth responded without looking up, "I'm trying to save these starfish, sir. They've been washed up on the beach and cannot survive long out of the water." The old man chuckled aloud, and said, "Son, there are thousands of starfish here and only one of you. You are never going to be able to help them all!" Holding a starfish in his hand, the boy turned to the man and said, "I may not be able to help them all, but I can make a difference to this one!"

After he told me this story, he shook my hand, and said, "Good luck in saving another starfish," and walked away. I knew that Master was giving me a hint, but at the beginning I wasn't clear on how I should understand it. I thought to myself, "Maybe Master is satisfied and is giving me a hint that activities at the metro station really are

having an impact in saving people?" But on the other hand I thought that such activities didn't save many people, and in addition there are only a few practitioners but so many people in the whole country. This made me sadder and I again started thinking about what could be done about it. Shortly after this event, the main coordinator suggested we could open a Polish edition of the The Epoch Times newspaper. We had a thorough discussion about it. I remember that every time we talked about it, my heart was filled with enthusiasm and a smile appeared on my face. I knew that I had received a response to a major dilemma in cultivation that had bothered me.

Although it is a complex project that requires systematic work and making many sacrifices, the force of the newspaper in saving people and the extent to which it can influence society are great. Moreover, the project is based on cooperation, which creates the perfect cultivation environment for the group and is the best way to quickly improve oneself. Master said that the power of one practitioner is equal to the power of many ordinary people. I realized that the strength which comes from two practitioners cooperating together is not only a force two times stronger but is multiplied. Master said in Fa Teaching Given at the Epoch Times Meeting: "If you can find a way to cooperate well, to be of one mind, and apply all your strength together in one direction, then, with the abilities you have, you will really be an unstoppable force. So what I'm wondering is, do we have to wait until you've cultivated better before you get close to that and increase your [collective] strength?"

With these words I wish to finish the essay and kindly ask you to point out if my understanding is not in accordance with the Fa.

Thank you Master, thank you fellow practitioners.

5.2 Cultivation Insight

40. One Year of Cultivation Can Be Counted as Ten Years

A Dafa Disciple

[Pureinsight.org]

I ran into a fellow practitioner's father, who was more than 80 years old, at his home. He said his father-in-law told him before he passed away that, "At the age of the Law's end there will be a living Buddha descending to the world to save people. One year of cultivation can be counted as ten years. Three treasures will be given to you as travelling expenses to lead the son back home. I cannot catch up with this, your parents can catch up one small part, you are bound to cultivate well."

By reckoning, these words were said around the year 1949. It is really miraculous to know 50 or 60 years ago an event that is occurring today.

People in the past were pure and good. They were blessed and given revelations by gods. His father-in-law was able to tell his future about heavenly secrets before death. He was able to understand some of his father-in-law's words, "Visible Buddha saves people; one year of cultivation can be counted as ten years." This means the Fa is good. But what does "three treasures as travelling expenses" mean? It was not until sometime later when he obtained the Fa that he suddenly saw the light. Don't "three treasures" refer to the three words, "truth-compassion-tolerance"! Travelling expenses are what one spends on a trip, yes? Without cultivating truth, compassion, tolerance, one cannot go back home, just like one who lacks travelling expenses. It is so wonderful!

Fellow practitioner's father and his offspring all cultivate Falun Dafa. When sharing with him, he really understood how precious the Fa is. Therefore, he often encouraged fellow practitioners to cultivate well! "One year of cultivation can be counted as ten years." It is really one chance in a thousand years! In the past, people cultivated and then died, then cultivated again in the next reincarnation. No one can achieve consummation in one life time. However, cultivating Falun Dafa can make people achieve consummation in several tens of years! Yes, it is very lucky to obtain the Fa, one should cherish the Fa!

In the past, his father-in-law guarded this heavenly secret to the end of his life. Now, this very good Gong and Fa is being told to more and more people, therefore, at the risk of being captured or losing one's life, Falun Dafa cultivators pass the heavenly secrets to common people.

Once in a suburb, I wanted to clarify the truth to an old person along the road. When the topic was introduced, he spoke loudly, "Now! Food has no food taste; humans have no traits of being human. Some people in their 40's cannot even walk a straight line."

Aren't the words of the old person correct? What would it be like if society continues to develop like this? One would even sweat hearing this. How hopeless it is with the virtual downslide of human society, there is no way out. Falun Dafa can lift people's hearts. If everyone can acquire himself with the standard of truth-compassion-tolerance, if everyone can consider other people first when doing things, human society will get better and beings will have future.

Chinese version <http://zhengjian.org/node/135094>

41. Setting an Example to Verify the Fa

A Dafa Disciple

[PureInsight.org]

Over 16 years of Dafa cultivation, I have made it to today through a rocky, stumbling path. Under the guidance of Master's infinite benevolence and Dafa principles, my thoughts have gradually returned to my original true self. Cultivating Dafa has made me turn a new leaf and transformed me into a new person. People feel pleased when drinking, content when smoking, joyful when playing mahjong and at ease when fishing. They consider that really living their lives. Cultivators, however, know the true meaning of life and have reserved mindsets. Even if they're poor, cultivators remain bright inside. Ordinary people will never understand this. I used to often talk with colleagues about Dafa principles and reincarnation, yet they were contemptuous and thought cultivators were too idealist, impractically pursuing nothingness. I couldn't change their minds. Next, I would like to share my cultivation experience at work; that is, setting an example for others in order to verify the Fa.

I am a teacher in the countryside. The school that I work for set up a concession stand and a mess hall on which people casted their covetous eyes, and leaders tried every possible means to take a side profit. Under the Communist Party's domination, no officials are clean-handed, and they gain special perks in favorable positions. Teachers collectively operated the concession stand and the mess hall. Somehow, school leaders, whether good or bad, all directly or indirectly interfered with the operation. Meanwhile, they profited either publicly or privately, promoting corruption. Teachers

choked with silent fury, were eventually infuriated and decided to collectively vote on a concession stand and mess hall manager. Before the election, they reached a consensus that the ones who practice Falun Gong pursue no fame or gain and are not corrupt. They did their utmost effort to elect me to be in charge of the cash deposit and withdrawal.

I knew I would not have smooth sailing and would possibly wind up causing discontent when running the concession stand and mess hall. It was an arduous task, so I didn't want to take the responsibility. Nevertheless, the thought of being a Dafa disciple who practices "Truthfulness-Compassion-Forbearance" and Master teaching us to think for others manifested, so I decided to shoulder the burden. Given that it was everyone's wish, I made up my mind to put in my best effort.

I bore in mind that I am a cultivator who abides by the Fa and must set an example to alter coworkers' perspectives. I could never have covetous thoughts while managing the account. I thought to myself that Master requires us to put ourselves in others' shoes in every aspect. What should I do to run the business better and earn credit from the teachers who held shares? I concluded that I first had to save money, cut down expenses and then shop around to stock in with guaranteed quality and lowest prices. The main customers were students. The business revenue mainly came from students' consumption at the concession stand and their dining cards. The money was handed over to me, so it would have been very easy for me to do something with it. Some teachers came up with ideas and told me how to reap profit under the table. Nonetheless, I didn't share the same thoughts and was aware that I practiced Falun Dafa. Only by accomplishing what Master demands and letting go of fame, gains and fortune and physically and mentally putting it into practice can one be a true cultivator. Therefore, I couldn't go with the flow. On the contrary, I had to maintain my xinxing level.

So how could I concretely obtain optimal effectiveness? The easiest way was to open up account handling (it had been the other way around). Every operation's revenue and expenditure were listed in chronological order, which was self-explanatory. School- teachers were content, and I felt relieved. After a semester, the revenue nearly double compared to previous periods run by the leaders. My colleagues benefitted and acknowledged that Falun Gong is good and stopped speaking ill of Falun Gong. This showed that Dafa disciples' setting a good example has a significant influence on ordinary people. In short, Dafa disciples have to truly cultivate themselves in order to verify the Fa.

42. A Little Insight after Changing a Notion

A Dafa Disciple in China

[PureInsight.org]

When I was young, I always heard elderly people say, "If your left eye flickers, you will have good fortune. If your right eye flickers, you will have disaster." This adage has been deeply ingrained in me. Every time my left eye flickered, I would have a very good day, and I would be in a good mood. Every time my right eye flickered, I would have lots of unfortunate events. After experiencing this multiple times, I began to believe this saying.

After I began cultivation, I did not realize that this was an ordinary notion. I have been illegally arrested multiple times. One time right before I was arrested, my right eye flickered a lot. I sensed that something bad would happen, so I sent forth lots of righteous thoughts. The minute before I was arrested, my right eye flickered three times. Once I was released from jail, I still did not realize my holes in cultivation and treated that saying as the truth.

An event a few days ago made me realize that this was an ordinary notion and gave me the impetus to change it. A fellow practitioner's daughter was about to get married, so he asked fellow practitioners to take this opportunity to help his wife change her misunderstandings toward Dafa. Because he had been persecuted multiple times, his wife's attitude towards Dafa changed from supportive to not supportive. She had a misunderstanding towards Dafa. A few days before going to the fellow practitioner's house, my right eye was flickering. I thought to myself, "Is it unsafe to go to that practitioner's house? His name is on the provincial and municipal lists." The night before going, I had a dream that I was arrested. The evil asked me a few questions, but I suddenly realized that the questions were weird, so I did not respond. It turned out that they thought my understanding had improved, so instead of being sentenced, they sent me to a labor camp. When I woke up, I still felt that it was unsafe to go to the fellow practitioner's house.

The next morning, I told my wife (a fellow practitioner) about my right eye flickering and about the dream. She said, "Do not be bound by human notions. My right eye was also once flickering, and I also had some suspicions. However, I then thought that I needed to overcome this notion, and as a result, I managed to convince someone to

quit the CCP. We are cultivators. We should not let human notions stand in the way." I then went to that practitioner's house. On the way, I suddenly understood. In "On Buddha Law" from Zhuan Falun, Master mentioned that there were three types of notions that must be changed: ordinary people's notions, the longstanding way of thinking, and the rigid way of thinking. Wasn't my notion of flickering eyes one of these types of notions? How could I bring it into cultivation? I started sending forth righteous thoughts to eliminate these notions. After discussing with my fellow practitioner's wife, I felt that a shell surrounding me had been dissolved and my mind was clear.

I thought of two excerpts from Master's Fa, "So for the beings of the old cosmos, and this includes all the elements of beings, when it comes to the Fa-rectification and what I choose, all beings' harmonizing and completing things according to my choices and contributing their best ideas and approaches—not to change what I want, but to harmonize and complete things according to what I've said—is the best thought a being in the cosmos could have" (Explaining the Fa During the 2003 Lantern Festival at the U.S. West Fa Conference). "Don't worry about what's going to transpire in the future, it's enough if you know inside what you should do, carrying the Fa in your mind, doing whatever needs to be done, and doing whatever you wish to do, as long as Dafa needs it" (Teaching the Fa at the Fa Conference at the U.S. Capital). As the beings created by Dafa, we must use Dafa to guide us. How can we be manipulated by human notions? We should have Fa in our hearts and do what Master wants. We should do whatever Dafa needs. If we do them with notions, it is easy to go astray. That would be the same as walking on a path arranged by the old forces, a path to destruction.

From this lesson, I learned how frightening it can be to be led completely by human notions. As a Fa-rectification period Dafa disciple, I should be willing to face my human notions, always use Dafa to guide me and always have Fa in my heart. Only then can I do the three things well, completely negate the old forces and save more sentient beings.

The above was my own understanding at my level. Please point out anything that is not in accordance with the Fa.

Chinese version: <http://www.zhengjian.org/node/128388>

43. The Nature of Reality

Ben Grinberg

[PureInsight.org]

Falun Gong teaches people to be good. Whatever does this is the true meaning of life. Falun Gong is based on the principles of Truthfulness, Compassion, and Forbearance. It can be said that these three characteristics embody the ultimate principles of morality. Being that the practice of Falun Gong is based upon these principles, I propose that Falun Gong is the purpose of all existence and that all sentient beings exist for Falun Gong.

Falun Gong, also called, Falun Dafa, is a traditional Chinese meditation practice. Its fundamental purpose is the enhancement of moral character. Enhancement of moral character is the fundamental purpose of life. The ultimate expression of enhancing moral character is saving sentient beings. Hence, Falun Dafa practitioners save sentient beings. They do this by exposing the Chinese Communists Party's (CCP) persecution of Falun Dafa practitioners. This saves sentient beings by reviving their conscience.

In modern times, the emphasis on moral character has been lost. People view things strictly in accord with their own self-interest. Because modern science has created a form of existence that is unsustainable, the only way to preserve our existence is to return to a traditional form of living based on traditional morals.

Pollution is destroying our air and environment. Because human beings are so deeply attached to modern technology, they are unable to, as a collective, renounce this technology and return to a harmonious, traditional, non-technological way of life. The only way this can happen, and thus, the only way to avoid the decay of our air and environment, is to give up self-interests, and to act for the sake of others, not for the sake of ourselves. By doing this, human beings will stop following the path of self-destructive development of modern society. But the only way for people to awaken to selflessness is to revive their conscience. The way to do this, fundamentally, is to expose to the world, the CCP's persecution of Falun Gong.

The reason for this is that Falun Gong is the only event of pure good, and the opposite pure evil, the Chinese Communist Party. Falun Gong is a teaching of Truth-

fulness, Compassion, and Forbearance. These are the principles of Falun Gong. They are purely and ultimately benevolent. The Chinese Communist Party is a gang based upon fear, lies, and violence. It is inherently evil. History has given rise to this event, the CCP's persecuting of Falun Dafa practitioners, as the final and ultimate chance for human beings to redeem themselves of their sinfulness, wickedness, and selfishness, and to revive their conscience. It could only happen at a time like today—a time when moral character has completely been de-emphasized and the ultimate evil, the CCP could arise—a time when the only thing that could save sentient beings is something that is fundamentally pure and benevolent; the teaching of Falun Gong, also known as Falun Dafa. That is, the teaching of Truthfulness-Compassion-Forbearance. Hence, it is the ultimate test as to whether a human being can choose right from wrong, can save his conscience, and can preserve his own life. The test is to understand that Falun Dafa is good and to oppose its persecution by the CCP.

The Chinese Communist Party is the ultimate evil for its ideology to hate what is good. Hence it persecutes Truthfulness-Compassion-Forbearance by persecuting Falun Gong. The Chinese Communist Party hates what is good because communism denies the existence of God. With this denial, human beings lose all sense of responsibility before the laws of the universe. That is, the laws of Truthfulness-Compassion-Forbearance. These laws define morality. Once human beings are no longer responsible for the consequences of their actions, they are free to do as they please so long as they can get away with it. They no longer feel that they are responsible for their actions unless society punishes them. Thus, the morals of the entire society disintegrate. This comes from the atheist doctrine of communism. Communism replaces belief in God with belief in man's freedom to fulfill all of his desires. Yet, this is impossible. For all human beings will face illness and death. By developing modern science to escape this reality, we have lost our conscience and no longer follow the principles of Truthfulness-Compassion-Forbearance. Thus, the only thing human beings have accomplished with their hedonistic worship of technology is to create intractable societal, technological, and medical catastrophes that create endless suffering and enslavement to modern technology. Human beings no longer know joy. The closest that they are able to get to happiness is the temporary fulfillment of their selfish pursuits, or, at best, to busy themselves enough to where they do not feel suffering. Yet their lives are without a sense of fundamental purpose and preciousness. This is the result of the communist doctrine of replacing belief in God, with the worship of human selfishness.

Falun Gong is the ultimate righteousness, the ultimate goodness, because it is aligned with and teaches the ultimate principles of goodness: Truthfulness-Com-

passion-Forbearance. This is the fundamental Truth of the universe for these are the fundamental principles of selflessness, benevolence, altruism. Everything else, to one degree or another, is polluted with human self-interest, and is thus, to one degree or another, deluded. That is, it misses the mark of what the authentic truth is. For the objective truth is impartial. It is not influenced by human self-interest. Only Truthfulness-Compassion-Forbearance is the ultimate truth. Only Truthfulness-Compassion-Forbearance can reveal what the authentic truth is.

Truthfulness-Compassion-Forbearance is the source of existence itself. It is the source of reality. The reason for this is that the ultimate origin of matter is metaphysical. It does not come of matter for the depth of matter is infinite. Take any particle, and it is still made of something. That means that whether or not it can be divided with modern technology, it is still divisible. It is divisible infinitely. For any particle of matter divided, must still be made of something: two halves. And each half, divided, will be made of two more. And so on, infinitely. Therefore, we cannot physically detect the origin of matter. We can only know of its existence intellectually. At some point, we can understand, a physical particle of matter arises. In fact, it comes from our consciousness. Matter arises from thought. Thought is the origin of matter. The proof is straightforward. When a human being thinks, certain parts of the brain become active. Depending on the nature and intensity of the thinking, more or less electromagnetic activity arises in the brain. This may cause hormones to be secreted or blood pressure to change. This isn't referring to uncontrolled thoughts when an external stimulus causes certain thoughts to arise. This refers to when a human being him or herself, intentionally engages in thinking. This thinking will always produce physical activity in the brain. It will make neurons move. This can cause secretion of hormones. It can change blood pressure. All of these are examples of physical reactions and energy arising from the mere use of thought. Thought itself is the source of all matter, for there is nothing else in the universe that can create energy, matter, out of something non-physical. That is, consciousness, a non-physical entity within the material world, creates physical energy that makes neurons move. That manifests as electromagnetic energy.

The basis of thought is each individual human being. That is, each individual consciousness. A human being must willfully engage in thought and only then do certain parts of the brain become active. Otherwise, they will not. You, yourself, then, are your consciousness which, when active, manifests as brain activity. Your consciousness is influenced by brain activity, but, ultimately, it is your consciousness which is in control of it. In control of how you think; how your brain acts. Then you, yourself,

are an entity that controls the brain. Whether or not consciousness resides in the brain, it is a separate entity which dominates the brain. Fundamentally, a human being is the consciousness, or, in other words, the soul, or the spirit. It is not the body. A human being has a body, and a human being's spirit resides in the body for a certain amount of time. Once the body dies, the spirit remains. For if consciousness independently causes thoughts to arise in the brain, it is not the brain and neither is it the body, which is controlled by the brain through the consciousness. It is simply consciousness, or, the spirit, the soul. In order to control the brain, this entity must exist in some form that is independent of the body; otherwise, consciousness itself, you yourself, could not cause physical brain activity. So it must be something within some form of existence in a dimension which is not within our material dimension. Hence, when the body dies, the consciousness, you yourself, still exists in some dimension of time-space.

Then what creates consciousness? Truthfulness-Compassion-Forbearance. How? Because Truthfulness-Compassion-Forbearance is the source of reality. It is the ultimate Truth. How is this? Reality itself is three things. It is form, substance, and existence. These are the three inextricable components of reality. Each one contains the other two. It is like the three dimensions of time-space. But, fundamentally, these components are from Truthfulness-Compassion-Forbearance. Without any conflict, there is perfect harmony. Conflict is a disruption in harmony. Hence, harmony itself is the true nature of things. The way things actually work. It is existence itself. Once something disrupts harmony, it disrupts existence. Hence conflict amongst people destroys the existence of relationships. Disharmony in the body destroys the body. Psychological disharmony incapacitates one's ability to think. This is the true nature of compassion. It is not an intentional pursuit of doing "good". It is the inherent manifestation of harmony—state without conflict. The same goes for truthfulness and forbearance. They are not intentional actions rather, they are the inherent manifestations of a state of pure harmony, a state that has no conflicts. To get to this state, one must cultivate honesty, kindness, and forbearance. This puts the emphasis on forbearance. It must be done with diamond-like determination! Only then can one reach the state of harmony where all this comes of itself. In a conflict-filled world, it is disharmony itself which allows one to cultivate harmony. For when encountering conflict, only then can one forbear to cultivate Truthfulness-Compassion-Forbearance, thus becoming aligned with the principles of reality, and becoming harmonious.

Because Truthfulness-Compassion-Forbearance is the very nature of reality, the very source and originator of all reality, it is certainly the creator of our consciousness, our spirits, as well. Hence, we are able to perceive this ultimate truth within

our minds. Yet, it is that which is wicked which resides in our thoughts, which goes against the cosmic characteristic of Truthfulness-Compassion-Forbearance which creates delusions in our minds and makes us follow false thoughts. These thoughts are not our true selves. They are the manifestation of the wickedness that exists in our minds which, arises from selfishness. The wickedness in our minds is created by selfish thoughts, wicked thoughts, and selfish and wicked actions. This is what Buddhism calls karma. It manifests in another dimension as a black substance which cuts one off from Truthfulness-Compassion-Forbearance. In this dimension its manifestations are disease, conflicts, and tribulations. Its effect is to make one suffer. This is always its effect. Hence, it is inherently evil. It is anti-existence.

On the other hand, the righteousness in one's thoughts is pure harmony, something which is purely assimilated to the cosmic characteristic, Truthfulness-Compassion-Forbearance. To give this concept a word, it is virtue. Virtue is fundamentally assimilated to Truthfulness-Compassion-Forbearance. Hence, it is the reflection of the fundamental Truth of the universe. Virtue is a reflection of the authentic reality of the universe. In terms of substance, in other dimensions it exists as a pure, white substance. It is the true essence of matter. The more virtue that something possesses, the more pure it will be. In the human world, it manifests as great blessings, abilities, strengths, and well-being.

Truthfulness-Compassion-Forbearance is the fundamental reality itself. It could only come of an inconceivable source that is beyond all human conception and has no form to speak of that can be grasped with a human mind.

This ultimate source is from God. By being able to perceive this ultimate Truth, the human mind is connected to the ultimate Truth, which is connected to God. If one willfully shuts down this truth in the mind, one turns to selfishness and the worship of one's own ego. There is simply nowhere else to go—either to God or to selfishness. That selfishness is the creator of Hell. One can choose which path to take. Yet the things outlined here are based on reason. Truthfulness-Compassion-Forbearance defines right and wrong inherently. One has only oneself to blame for choosing what is inherently wrong. And the inherent consequence of that will be suffering. That is the nature of reality itself.

The fundamental choice of where one will go is to understand that Falun Gong is good and that the CCP is bad. The CCP is the manifestation of the ultimate selfishness, real evil, on earth. Falun Gong is the teaching of Truthfulness-Compassion-Forbearance, the principles that created the universe and all things.

44. Experience from a Western Practitioner: Everything is a Sentient Being

Orally stated by a Western practitioner

[PureInsight.org]

Master said in Zhuan Falun that, "When your Celestial Eye reaches the level of Fa Eyesight, you will find that rocks, walls, or anything can talk to you and greet you." I found this was indeed true.

Thirsty Batteries

One weekend when I was about to leave work to come home, the industrial batteries in my equipment called out, "Help! Help! We need water. We're very thirsty." I thought the workers for the next shift would do that and decided to ignore them. However, the batteries began crying sadly, saying that no one remembered to add water to them. They also said they would burn out if workers on the next shift continued to use them without adding water. Hearing these words, I decided to stay a little longer.

We have eight batteries in total, and they were specially made for industrial use. Some are as big as washing machines and cost about \$3,000 each. Although I had to work a little longer, adding water to them would really benefit the company as well as the batteries.

After I added water to all the batteries, they were very excited and kept chatting with each other. Even after I returned home, they were still talking and laughing, as well as thanking me again and again. Because it was too noisy for me to sleep, I told them using my mind that it was time for me to go to bed. They turned quiet immediately.

A Story About Equipment

One day my boss called me over the phone. He asked me to listen to the noises coming from some equipment to determine the problem. Through the phone, I heard the equipment talking and described the problem as well as which part to replace and its size, but my boss didn't believe me. Nonetheless, he asked me to come in person and figure it out. After arriving there, I solved the problem within an hour. Before that, my coworker and my boss had been working on it all morning, but couldn't figure out

the problem.

Then a manager from another branch called me. He said his equipment had a problem for two days, and eight workers from four shifts had worked on it but couldn't fix it. He had contacted the vendor to come at a cost of \$2,000 per hour. He asked if I could come over and take a look before the vendor arrived. I went there and solved the problem in 15 minutes. It was not because I had special skills for the equipment. With the supernormal ability of Fa Eyesight, I could communicate with it and learn what had happened.

Another episode with the same equipment happened last week. Several technicians wanted to operate it but it didn't work. The manager asked me to come over and I started the same program. The manager told me they had tried the program several times already and it failed. I said it should work this time and it did. The equipment told me it only wanted to receive instructions from me and it was waiting for me to come.

Things like this happened many times after I began to practice Falun Dafa. It was Dafa that gave me wisdom. Many coworkers thus called me a "superman." One day when overhearing that my boss was moving me to another post, they were all very sad. With an emotional tone, they said that only I could understand them and take good care of them.

Other Stories

One day, the car my wife was driving sent me a message from hundreds of miles away, telling me that some parts needed to be replaced. Another time, a practitioner's car asked me to tell the owner that the brake system needed to be repaired. She said she had done her best to protect the owner, but couldn't hold it any longer. When I came across buses or vans that carried Shen Yun performing artists, those vehicles often greeted me and told me their stories.

Not all the animals, plants, or matter communicated with me. For example, at the entrance of the park where we have the group exercises, only one out of the three rocks talked with me. It said it had been through eons of numerous cycles of sea water and dry land. It showed me the patterns on the surface, one layer after another. It said it would be free again after weathering and collapsing.

In Zhuan Falun, Master said, "If you reincarnate into a piece of rock, you will

be unable to come out in ten thousand years. If that piece of rock is not smashed or weathered away, you will never be able to emerge. Attaining a human body is so difficult! If a person can truly obtain Dafa, this person is simply most fortunate. A human body is hard to acquire—that is what it means."

Interestingly, even fake stones made of plastic sometimes talked with me, asking me to take them home. It is indeed true that everything is a sentient being.

One day, I was walking past the gardening center of a shopping center. The flowers were chatting with each other and one of them—a yellow ball cactus—began talking with me. She cried and begged me to buy her. She said she was the most beautiful one among them—which was true—and hardly needed any attention except for some water. She was still begging me even after I walked away. Touched by her courage and sincerity, the other flowers became quiet and didn't say anything, hoping her dream could come true. Thinking the flower wanted to stay in a practitioner's home, I took her home. One year has passed, and I still have the yellow flower. Her head is always dropped low, indicating her thankfulness.

My friend's computer once died completely. When I was repairing it, the computer began to talk to me. I was thus able to fix it in a very short time.

Another time, when passing by a fish tank, I saw the scene in other dimensions: the fish was swimming in a very large area of water. The fish tank was like a diverse and gigantic world in other dimensions.

One day, one of the diamonds on my wedding ring was gone. I was very upset and hoped to find it. Two days later, when talking with a new coworker about this, I heard a voice calling me, "I'm here." I looked around and knew it was familiar with the voices coming from all the equipment and parts in the factory. But who was it? Then, the voice continued, "I'm your diamond. Look how shiny I am!" Then I saw a shining item by the wall corner and it was the diamond between two bricks. The diamond said to me "Please put me back on the ring and don't replace me with another one." From this we can see that not only each ring but also each diamond on the ring is a sentient being. Not only that, the wall, and each brick on the wall, was an independent sentient being. They often chatted with each other as a group.

One day I was training a new coworker on how to use the equipment. He was wounded by the equipment parts many times with scratches and was bleeding. I talked with the equipment, which said it did not like the new coworker and only wanted me

to stay to take care of it. The equipment also knew my former employer was planning to hire me back with a higher salary. By then, all the pieces of equipment were crying in sadness, saying they wanted to unite so that only I could repair them. This way, my current employer would have to give me a raise to keep me. They told me that they could help me for a raise or promotion. I thanked them and explained to them that I could not do that as a Dafa practitioner. After all, a practitioner could not harm others for personal gain. The equipment thus began to accept the new coworker and no longer gave him a hard time.

One day at midnight, a man was walking by my house and swearing. I did not think much about it. Then thousands of grasses, garden plants, and trees called out loudly with fear. I calmed down and was able to hear one tree say to me, "Please go out and check. That man didn't leave, but climbed onto the roof of your neighbor's house." I went outside and the man was indeed on my neighbor's house. He left after seeing me. I didn't know why all of them were also scared of him—probably he was a dangerous person. When I later reported this to police for a report, all the grasses, plants, and trees were telling me details on what the man wore and looked like. However, I couldn't tell the policeman that the information came from the plants.

About a month ago, I was assembling a machine at home and had to make a complicated part for it myself. Then, I heard my mother—who already passed away—talking to me, "My son, you don't need to spend so much time making a new part. Don't you remember that you had a similar part in the past and you put it in my pink cabinet drawer? It should work." I opened the drawer and it was there. So I quickly finished the machine.

There was another thing that happened after my mother's death. One day in the early morning, I heard her calling me. I was half-asleep and nonetheless walked to the family room. The electric socket that connected to the table lamp was sparking and it was very risky. Had my mother not let me know about this, the house could have caught fire that day.

Now when encountering something difficult or problematic, I always calm down and miracles can happen. For example, if I look for something and can't find it, I can hear it talking once I calm down. One day, after spending a long time looking for a tool, I asked it why it hadn't called me earlier. It said it called me, but I didn't hear it because of my anxiety and frustration.

Everything is a sentient being. As Dafa practitioners, we need to cultivate well and

not let down the expectations of these sentient beings.

Chinese version: <http://www.zhengjian.org/node/113292>

45. The Story of Meditating in the "Full-Lotus Position"

A Dafa Disciple

[Pureinsight.org]

When reminiscing how I became able to meditate in the full-lotus position three years ago, I really feel grateful for the turmoil concerning "a 0.89 mu (0.147 acre) piece of land".

Since I started to learn and practice Falun Gong, I had been doing meditation in the half-lotus position for ten years. I knew at that time "we actually require the full-lotus position" (The Great Way of Spiritual Perfection). However, my legs hurt as soon as I sat in the full-lotus position, and I could not bear it for more than ten minutes at a time. Thus I was not eager to practice meditation or send forth righteous thoughts for over ten minutes. If I did practice meditation and send forth righteous thoughts, I only sat in the half-lotus position.

However, something happened to me unexpectedly one day in 2011. My husband's niece brought her brother, sister-in-law and cousin to me and asked for the 0.147 acre piece of land back which they had given to my husband ten years ago, but which I did not want my husband to take. My husband and I even had a fight about it back then. I was not able to persuade him, and we accepted it. Because the niece's whole family had already moved, and there was nobody to farm the land, she gave the land to her uncle. We had been farming the land for over ten years when they came to claim it back.

This reminds me that although I did not want my husband to accept it at the time, he was determined to have it, and both his sisters were witnesses and promised, "There will not be a problem for sure." My husband and I had a big fight, but the turmoil of "giving land" still happened. The land is valuable now. Everyone is money

oriented. Relatives, friends, parents and children care nothing about their blood relationships and friendships and turn out to be enemies for the sake of money. It is so in everyday people's society. Our family is not an exception. That is why the turmoil of the niece "claiming the land back" happened.

According to everyday people's principles, should I let it go? I had a hundred words to shut their mouths. Being her uncle proved to be an unspeakable hardship for my husband. In order to take back the land, her whole family even made a careful deployment: the niece invited my sisters-in-law, her father-in-law and her second uncle. She made a big ruckus. Her second uncle proposed a compromise. Her father-in-law obtained an agreement form from somewhere and asked my husband to sign it with his fingerprint. They used all means they could think of to get what they wanted.

I asked her father-in-law, "Do you believe in Falun Gong?" He said, "I don't believe in it. If what you believe in is not monetary, it is useless in today's society." I did not say anything more so he would not create more karma. The scene before my eyes was really like "the culture revolution atmosphere". Nobody was on my husband's side, but if I did not let them have the land at that time, they couldn't do anything.

However, I remembered I am Falun Dafa practitioner. I did not care about it that much, so I did not keep the land. I laughed at them and felt sorry for them. I laughed at them because they did not care about blood relationships for the sake of money; I felt sorry for them because they did not know enough to worry about the catastrophe that would soon occur. I told them about the truth of Falun Gong a long time ago. They were not against Falun Gong, but they thought it would not work without money in today's society. Thus they valued money over family, which is beyond reproach for everyday people. I understood them very much. Looking at their menacing and piteous demeanors, driven by money, I said to my husband, "You sign it for them. I will not be mad at you. Even though I am poor materialistically, I am rich in spirit." My husband said, "If you really mean it, then I am going to return the land to them." Because I often read Zhuan Falun to my husband when I have time and he reads information about the truth, he benefits a lot from Dafa and understands these things. The turmoil of "claiming back the land" was calmly settled.

There were all kinds of comments after that. Some said that I was "stupid", a "fool", a "coward", "easily persuaded", etc. I let these go with a smile because I am a practitioner. "We do not seek what everyday people want. Instead, what we get is something everyday people cannot obtain—even though they want to—except through cultiva-

tion practice" (Zhuan Falun).

I unexpectedly succeeded. I am a practitioner, and I must conform to Dafa's requirements in every regard. Thus the turmoil of the 0.147 acre land was settled. Master noticed this simple thought. The next morning when I practiced meditation in the full-lotus position, I easily finished the hour-long meditation with the melodious exercise music, and my legs did not hurt at all.

The breakthrough of meditating in full-lotus position suddenly made me realize that Master had seen that I had given up the attachment to competition and the attachment to self-interest and upgraded my xinxing. Master helped me so that I could meet the requirement of meditating in the full-lotus position. It also made me understand more deeply the content of Master's teaching: "When your xinxing is upgraded, your gong will increase. One's gong level is as high as one's xinxing level, and this is an absolute truth" (Zhuan Falun).

Please benevolently point out anything that does not agree with the Fa.

Chinese version: <http://www.zhengjian.org/node/138557>

Power of Dafa **5.3**

46. A Crying Baby Shows the Power of Dafa

A Dafa Disciple

[PureInsight.org]

I live in an apartment building. A young couple live in the unit next door. They moved in one year ago, after they married. The couple both work in another city and as a result, I didn't get much of a chance to meet them. Three months ago, I learnt that they had a baby. I decided to take a moment to send some congratulatory gifts and introduce myself. I helped clarify the truth of Falun Gong to the wife and also helped her quit the CCP on that day.

One night, I was busy doing a Dafa-related project when I heard the couple's baby crying very loudly. At first, I didn't pay any attention. However, for whatever reason, I kept running into issues with my Dafa project. It felt very odd. What was going on? I had never run into such issues before. Was Master giving me a hint? The baby had been crying for quite some time and it seemed like it was crying louder and louder, sounding close to exhaustion. I began to worry. If the baby kept crying like that, how would the baby get on? I didn't have the courage to intervene, but the baby's cry bothered me so much that I couldn't keep calm. Suddenly, I realized that the baby was crying out to me wanting help. He was asking me to tell him, "Falun Dafa is good, Zhen Shan Ren is good!" It seemed that the baby had been waiting for a long time for me. He had gone through numerous tribulations before reincarnating as a baby and to live next door to a Dafa practitioner. I immediately developed compassion and I couldn't sit there anymore. I decided to visit the baby and the family even though I was still not familiar with them. I picked up an anti-firewall software program and went to knock on the door of my neighbor.

My neighbor didn't open the door even after I knocked several times. I figured if the wife was from some other city and if her husband was not at home, she wouldn't be willing to open the door. So I said: "I am your neighbor, please open the door." The door was opened, and it turned out that only the wife and baby were at home just as I had suspected. The baby was still crying loudly. I asked what was wrong with the baby. The wife said that the baby's stomach was bloated and didn't want to be nursed. I asked whether I could hold the baby. She nodded. I told the mom to take a rest and let me take care of the baby for a while. What a surprise, as soon as I lifted the baby, the baby stopped crying right away; the baby threw up a little milk and blew his nose a little bit. In my heart, I kept telling the baby that "Falun Dafa is good, Zhen Shan Ren is good." The baby gradually calmed down, two watery big eyes smiled at me. I also smiled. I said to the baby: "Don't cry now, baby." The baby replied right away with a gurgle as if he really understood what I was telling him. It seemed that the baby was trying to tell me that he won't be crying anymore. How could a three-month-old baby talk? Could it be some kind of coincidence? I tried one more time and said to the baby: "Look, daddy is working, mommy is tired taking care of you, be good to your mommy." The baby immediately replied with another gurgle that sounded like a "yes". It was really amazing to witness such a scene. If I hadn't experienced it myself, I wouldn't have believed it. The baby's mom was very happy; she didn't know how to thank me. I then put the baby on the bed. The baby kicked his fleshy little legs, and his chubby face was full of smiles. Obviously, the baby was very happy and contented

now. It was just incredible to think that just a while ago, this same baby was crying like crazy! The baby's mom was very curious as to what had happened. She asked me, "Why did the baby listen to your words? Why did the baby stop crying right after you held him? Why couldn't I do that?" I told the mom that I had been telling the baby in my heart that "Falun Dafa is good, Zhen Shan Ren is good." I then continued to tell the mom that she should murmur this phrase in her heart whenever she ran into problems; her problems would be resolved right away! The baby's mom listened attentively to my words. I then gave the mom my anti-firewall software program. I told her how to use the program so that she could get access to overseas' internet and learn more about Falun Dafa. The mom nodded and said, "Sure, I will do that."

I really wanted to thank Master for his mercy. As I decided to visit that baby, I immediately felt the power that Master had bestowed on me. I didn't have any confusion in my heart; my righteous thoughts were very powerful. After I had finished this article, one hour had passed. I didn't hear a single cry from my next door neighbor's house throughout this period of time. Ever since then, I had not heard a similar loud cry from the baby. I also felt a little embarrassed as I had doubted the power of the two phrases before. Master had just shown me the power of Dafa through this incident. Many thanks to the honorable Master!

Chinese version: <http://www.zhengjian.org/node/137333>

47. "You Are a Miracle!"

A Dafa Disciple

[PureInsight.org]

My neighbor's sister-in-law is sixty years old. One night she suddenly had cerebral haemorrhage and bled profusely. After surgery, she didn't wake up for eight days at the intensive care unit, and her life was on the line. After saying "Falun Dafa is good", "Zhen Shan Ren is good", she awoke after four to five days. When she returned to the general ward, the doctor walked in, pointed at her and said, "You are a miracle. You are a miracle!"

This occurred near the end of 2012. My neighbor's son called and said his mother had a brain haemorrhage, and it had been eight days since her surgery, but she still could not wake up in the intensive care unit. I said I would immediately go visit her, but he said now was not a good time. Visitors were only allowed between 2:00 and 2:30 in the afternoon.

The next day before 2:00 pm, my husband and I rushed to the hospital. Her son told me, "Aunt, my mom became sick the other day at midnight. Pictures revealed that it was a cerebral haemorrhage, and she had bled profusely and was now in a dangerous state. The doctor said there was no need for surgery because she wouldn't survive past the next morning; the best result of the surgery was a vegetative state.. What was there to do? Who could we consult at 3:00 AM in the morning? We couldn't just watch her "leave", so we agreed to the surgery. After the surgery, she stayed in the intensive care unit. It was 5,000 yuan after a day and 10,000 yuan after two days. After eight days, we had paid 40,000 yuan. It was hopeless."

Her son pointed at the bed behind the door and said, "My mother is on that bed. She won't respond even if you scratch her feet or pull her eyelids."

I put on a gown and shoes and went inside. Before me was a person whose head was swollen, hair was shaved completely and had a bag on her head similar to the bags used to hold cantaloupes. Had her son not told me she was on this bed, I wouldn't have recognized her. Aside from heavy breathing, there were no signs of life.. I found such a state of living very sad! I moved close to her ears, cupped both hands and said, "Sister-in-law, I am Li Zi here to see you. If you want to wake up, you must remember 'Falun Dafa is good, Zhen Shan Ren is good!' You must sincerely recite in your heart, and you will definitely awaken. Did you hear what I said?"

I saw her kick a little. Oh, she had heard me. Great! I looked around and saw that there were eight beds with patients who all had the same illness. Her son clung onto her eyes and urgently shouted, "Mother, can you see me?" His mom had no reaction. I was saddened inside. I asked myself, "What could I do in this half an hour?" (I haven't had illness in so many years or been to the hospital. I thought it would be just me seeing her in this half an hour rather than her whole family.) I told her again, "You must sincerely recite 'Falun Dafa is good, Zhen Shan Ren is good', and you will definitely awaken. Did you hear what I said?" She kicked her blankets twice again. A little while later, I told her the same thing again and asked if she heard me. She kicked her blankets twice again. I was very happy; she really did hear me!

When I left the room, the doctor entered, came back out within a minute and asked me, "She has no reaction. What were you doing for so long here?" I smiled without saying anything, and then I told her husband, son and daughter-in-law, "If you want your wife, your mother to quickly awaken, you must sincerely recite 'Falun Dafa is good, Zhen Shan Ren is good'. Then she will definitely awaken. Only Dafa can save her life." I also told them that I had told her already and that she understood and kicked the blankets three times. Her son asked wide-eyed, "Really?" I said, "Really. She's reciting it. If you help her recite it, she will definitely awaken."

When I returned home, I thought, "Can they recite it sincerely? If they don't recite it sincerely, then the results will not be as expected. I immediately found two copies of "Miracles after sincerely reciting 'Falun Dafa is good'". The next morning, I bought some food and went to the hospital in the cold. Her daughter-in-law saw me and said, "Aunt, it's so cold outside. Why did you come?"

I said, "I must come. Otherwise, if you guys don't understand the truth and don't recite it sincerely, then the results will not be good. You've paid 10,000 yuan in two days. How can anyone afford that?" I gave her the two booklets and told them to read it. I told them to recite sincerely after understanding it. "How much better would it be if your mother could awaken sooner, suffer less, and you guys pay less money?" I could see her daughter-in-law was touched. She said, "Aunt, rest assured. We will definitely sincerely recite it."

Four to five days later, I went to visit her again. She had already come out of the intensive care unit and returned back to the general ward. The doctor entered the room, pointed at her and said, "You are a miracle. You are a miracle!" (In all cases of severe cerebral haemorrhage, no one had ever woken up.)

Another four to five days later, her son called me and said his mom had left the hospital, so I went to visit her.

She held my hand with tears in her eyes and said, "Li Zi, the doctor even said the best result of my surgery was a vegetative state. Now I've awakened, and I must thank you." I said, "You should thank Falun Dafa and Master Li Hongzhi; you should also thank yourself and your family. You believed and did what I said. It was Dafa and Master Li Hongzhi who saved your life."

Seeing that we arrived, her son went to prepare a meal and wanted us to stay to eat. Her husband said, "I used to not understand people who practiced Falun Gong. I be-

lieved the CCP's lies and thought that you shouldn't practice because the government forbade it. I didn't know Falun Gong was a Buddhist cultivation way. Only now do I truly realize that Falun Dafa is a righteous Fa. I've also witnessed Falun Dafa's might. I now support you wholeheartedly. Practice it well!"

She said, "No one can say Falun Gong is bad. I will tell them Falun Gong saved my life and that reciting 'Falun Dafa is good, Zhen Shan Ren is good' will bring good fortune."

Seeing that she was speaking very clearly, retained all her memory and her whole family had understood the truth, I truly felt happy for her and her family. I also felt the miracle of Falun Dafa creating new lives!

Chinese version: <http://www.zhengjian.org/node/137177>

48. My Four-year-old Grand Nephew's Life Hanging by a Thread

A Dafa disciple in Liaoning Huludao

[PureInsight.org]

I am a Dafa disciple in Huludao of Liaoning province. During the 2013 New Year holiday, my nephew came from Guizhou to spend the holidays with family. An unknown widespread epidemic happened in Guizhou. My nephew had brought the virus home. My younger sister, brother and their family members were all infected and had fevers so they took injections and medicine. I was the only one not infected.

My younger brother had a four-year-old grandson, who had it the worst and was sent to the hospital in the city. The doctor's diagnosis found hydrops (water) on his lungs and he had a fever of nearly 40 degrees. A critical condition notification was sent to my brother's family. The boy's condition kept deteriorating. There was neither respirator nor other relevant medical equipment, so they suggested a change of hospital for the child and sent him to a hospital that specialized in treating children with severe illnesses. Thereupon, family members immediately brought oxygen bags and rescue apparatus and hurried for Shenyang with doctors from the hospital. Before, I

advised the relatives present to recite "Falun Dafa is good" many times, but they did not believe my words. They didn't believe Dafa had unimaginable supernatural power, so what could I do? I was only wanting to help.

When arriving at the Shengjing hospital in Shenyang, since there was a family acquaintance there, the doctor immediately carried out a thorough diagnosis for the child. The result was that the child had been infected with the most serious onychoma, hydrops and air in his body had inundated his whole lung. The most urgent thing was to discharge the hydrops in his lung. So the doctor prepared the child for an operation.

Because my son and daughter-in-law were in a hurry to go back to Nanking, I rode back to my home in Huludao that night. After sending my son and daughter-in-law off, I called my brother in Shenyang asking about the child's condition. My brother, his wife, their son and daughter-in-law were in despair. There was only one thought in my heart: For the sake of the child, all of my relatives must recite "Falun Dafa is good!" So I appealed to them on the phone: "Don't hesitate anymore, rectify your heart and recite "Falun Dafa is good", everyone must be pious! Throw away all distracting thoughts! Recite without stopping!" I told my brother and his family: "Now the child is in his most dangerous time, any medical means cannot help him, only my Master can really save this child!"

I also called all my relatives and their families to recite "Falun Dafa is good! Zhen Shan Ren is good!" Then I burned incense for Master's Buddha Image, and knelt for a long time before Master's Buddha Image. I wasn't sure how long had passed before I saw Master's image and a woman holding a bag beside Master ready to take a boy away. I saw Master say something to the woman who was about to take the child and she reluctantly released her hand. After a while I saw a calf peeing unceasingly, and it suddenly occurred to me that my brother's grandson was born in the year of cattle. I called my brother and his family. The child can be saved, they can be relieved and I told them to recite "Falun Dafa is good" unceasingly.

Later when doctors made the last diagnosis before the operation, they found to their surprise that the water and gas inundating the child's lung were gone altogether with the onychoma. It was really an eye-opening event for the doctors. After diagnosing repeatedly, my brother and his family were told: "The child is free from any disease, there is no need to operate and no therapy is needed." The child also awakened from the high fever and cried that he wanted to drink "Wahaha" (a kind of soft drink in China) and eat noodles.

My sister called me and shouted loudly: "If we had known your Dafa was so effective, we would have recited earlier!" I said: "Didn't I ask you to recite at home? But the last thing you wanted to do was to believe me! Now that the medical treatment didn't work and you guys turned to whatever doctor you could find, you recited Buddha Amitabha, invited some sort of great immortal, but never believed when I ask you to recite 'Falun Dafa is good'. After speaking, I told them to go on reciting 'Falun Dafa is good!'"

Later my brother brought the child back from capital city of the province. He told me that when they were about to leave the hospital, they saw a family from Xing city coming to Shengjing hospital to see a doctor. Their child also had an infected lung. My brother then told that family to recite "Falun Dafa is good".

My brother also came across an officer from the provincial procurator who took his critically ill child to the Shengjing hospital for treatment. That child was suffering hepatonecrosis and was being rescued in the ICU. Not knowing who suggested to that prosecutor, but he was carrying a big bag full of money. Whoever he saw in difficulty, he gave several tens of thousands of money. It was meant to exchange safety for his child through this kind of charity. At that time, the prosecutor took from his bag □20,000 when he saw my brother's family, saying that my brother did not seem to have much materially and that he wanted to give this money to my brother's family. My brother refused firmly and told him the supernatural phenomenon which happened in his family after reciting "Falun Dafa is good!" Later we heard that the prosecutor's child was moved from ICU to the normal ward.

This story was that Dafa helped my grand nephew arise from the dead, which has been known by more and more people.

Chinese version: <http://www.zhengjian.org/node/126795>

49. Dafa is Supernatural

A mainland China Dafa disciple

[PureInsight.org]

I am 70 years old this year. I am a little old lady who is only 1.5 meters tall and weighs 40 kilograms. I have obtained the Fa for over 10 years.

During the past several days my son was stocking New Year's merchandise, and consequently brought home a car full of alcohol. There were a total of 40 boxes, each box containing six bottles. Each box weighed approximately 7.5 kilograms. All of this had to be moved into the house.

I live on the sixth floor, and there is no elevator. At the time, I wasn't able to find anyone to help either. Only an old lady living a floor below was able to help. We asked her to watch the car from downstairs while I and my son did the moving.

The old lady even said to me to stop practicing Falun Gong. I had no time to explain to her as I carried the alcohol with my son. I held a box in each hand, hence I moved two boxes a trip. In one breath I made a total of over 10 trips.

During the 2nd trip, the old lady asked me to rest, saying that I was already so old and shouldn't tire myself. I said that I wasn't tired. The Falun in my lower abdomen was rotating continuously. My two legs were light as feathers. I walked as if I was flying. Not even my 30-year old son could keep up with me.

In total I made 13 trips, which rendered the old lady dumbstruck. She said, "You are way too good. To just make one trip empty-handed would leave me gasping for breath. Meanwhile, you carried a box in each hand, made over 10 trips, and yet your face is not red nor are you short of breath. You really are amazing."

I told her, "This is all the result of practicing Falun Gong. If this was me before, let's not even mention making 13 trips. Making just one trip empty-handed would have been too tiring." She said, "I know that you used to have a body full of illnesses. Now you are so healthy. This time I have truly seen what practicing Falun Gong is like."

After she went home, she told this to her family members. Her son-in-law was actually a cadre and he used to say that Falun Gong was bad. However this time, he never said those things again. Having powerfully validated Dafa and saved sentient beings, Dafa truly is supernatural.

Chinese version: <http://www.zhengjian.org/node/126332>

50. Two Stories About the Power of Falun Dafa

A Dafa Disciple

[PureInsight.org]

Glasses Gone

When I was four years old, my parents sent me to a kindergarten where I got my eyes examined before entering the class. The kindergarten teacher later told my parents that my eyesight was not good. My dad then sent me to a hospital for a detailed eye examination. It was found from the exam that I had already developed myopia and cataracts, and the doctor told my dad that it was impossible to completely cure my eyes. However, my dad didn't give up. He searched everywhere to find a way to cure my eyes.

In 2010, I was seven years old. My dad was preparing to take me out to have yet another eye exam when my mum said to him, "Ask the kid to say 'Falun Dafa is good'". My dad didn't believe in my mum at first, so my mum took me to see a person. My mum told me that this person was a fellow Falun Dafa practitioner. I went with my mum to visit that Falun Dafa practitioner. Upon receiving us, that person told me to take off my glasses and said that I just needed to say "Falun Dafa is good"; that would be enough to cure my eyes. I had already gotten tired of my glasses by then, so I immediately took off my glasses.

I then followed that uncle and uttered, "Falun Dafa is good." In a few days, I started to notice that my eyesight was not that blurry. It was getting clearer and clearer. My dad then decided to take me to the hospital. The doctor who examined my eyes was very surprised and kept saying, "Incredible, that's really amazing." My dad was also astonished.

From then on I started to practice Falun Dafa. As a junior disciple, I'd like to thank Master very much. I will follow Master along the path of Fa rectification and assist Master in turning the Fa wheel. Dafa shines like jewelry in my heart. From the bottom of my heart, I want to thank Master, thank Dafa and, of course, thank all those selfless Dafa practitioners.

A Big Heavy Iron Door Hit a Practitioner's Grandson

On Chinese New Year's Eve of 2012, practitioner A's family members gathered around to celebrate the upcoming Chinese New Year. While they were having dinner, they did not pay too much attention to her grandson who was playing with a wooden stick at the front door. The door was made of iron, it was very heavy and it would usually take four men to lift the door. Suddenly, they heard a loud "thud". The big iron door became loose for some reason and fell right on top of her grandson. They did not hear any cries, and everyone was terrified. Her husband was shocked so much that his legs were shaking.

She was also surprised right then, but she immediately reminded herself: "I am a Falun Dafa practitioner. My whole family will benefit from my practice." So she shouted out loudly at once: "Falun Dafa is good, Zhen Shan Ren is good, Master, please help save my grandson!"

Four men rushed to lift the iron door, and she grabbed her grandson from underneath. She told her grandson to say "Falun Dafa is good, Zhen Shan Ren is good". He listened to her and uttered those words. She then asked her grandson whether he'd gotten hurt. He shook his head in response. She then touched his body and found that there were no bruises at all. She said to everyone, "Ok, it's fine now. The Master of Falun Dafa has just saved my grandson!" Everyone was surprised to see what had just happened before their eyes and said, "Too amazing. We now really believe in the power of Falun Dafa. Falun Dafa is indeed good!"

Chinese version: <http://www.zhengjian.org/node/128122>

51. Some Supernatural Experiences

Li Hao

[PureInsight.org]

I've been practicing Falun Dafa for more than 10 years now. I've had many supernatural experiences while studying the Fa. I'd like to share three such experiences here to validate the power of Falun Dafa.

At one time, I was not very diligent in my cultivation. I often ran into interferences while studying the Fa, I would feel sleepy while reading the Fa. I knew that this sleepiness was not a proper state for me so I tried very hard to overcome it. However, the power of a human being was very limited; I had difficulties in suppressing my sleepiness state. One day while I was holding the book of Zhuan Falun, I was again felt sleepy. While I was in a trance, the Master made me see my divine image, I was battling with a group of "sleepy devils" with a sword, the old forces were trying very hard to interfere with my Fa study and I was determined to fight them off. I woke up right away and immediately realized that this "sleepy state" was actually forced upon me by the old forces. I started to send forth the righteous thoughts at once to get rid of such interferences and I resumed my normal Fa study afterwards without any problems.

Once while I was studying the book of Zhuan Falun, I suddenly enlightened to one principle. I felt as if my body had been shocked. Right then I saw one body of myself from another dimension rising from the ground. The body stood up and then shook off the dirt that had accumulated throughout numerous universal epics then walked away with great strides. I was very excited to see such a scene, and I came to understand yet another principle: matter and spirit were of the same nature, as soon as one's mind elevated, one's body would change right away. One's other bodies in all the other corresponding dimensions would change dramatically just the same. This experience once again validates the power of Falun Dafa. Falun Dafa can save all the sentient beings in the universe. One's body in this physical dimension may not show much change, but those corresponding bodies in other dimensions have already made grand changes. Those changes are so magnificent, even those heavenly beings would marvel at such changes.

One day while I was reading the following phrase from the book of Zhuan Falun: "Every single word in my books has my image and Law Wheel, and every sentence is my words—do you really want me to still sign something?" I suddenly felt that many Fashen and numerous Falun were jumping out from the book; they were all rushing towards me. At the same time, I felt that my soul was leaving my body and it was flying in a vast space that was illuminated by the words from the book of Zhuan Falun. I felt that my darkish body was dissolving while it was flying, in the end, my body started to shine brightly and it was completely assimilated into Dafa becoming one Dafa particle and immersed into Dafa. After going through such an experience, I came to understand what Master was referring to when he mentioned that Dafa could purify a human body just like what a steel furnace did to a piece of wood. I understood that Dafa was so powerful. It was extremely easy for Dafa to cleanse a single human be-

ing's karma. A human being's karma was nothing when confronted with the power of Dafa. As soon as one's Xinxing improved, all such purifications were done in no time.

In the poem of "Advance Wholeheartedly, Enlighten Righteously", Master says: "Study the Fa without idling, changing in the process; firmly believe without budging, coming to fruition—lotus forms." I sincerely hope that every fellow Dafa practitioner can become a genuine Falun Dafa practitioner. Let's do the "three things" well, let's assist Master rectify the Fa, let's save as many sentient beings as possible so that we can reach consummation soon.

At the same time, I'd like to call to all those who have already heard about the truth of Falun Dafa, please cherish Dafa; I hope you will soon become a Falun Dafa practitioner yourself so that you can start cultivating and get to return to your original home. I also hope that everyone will be moved by the power of Dafa, everyone will get to know Dafa better. For the Chinese people, I hope that they will join in the movement of the "three quits" so they would survive the final catastrophe, and live a peaceful life.

Chinese version: <http://www.zhengjian.org/node/125084>

52. Cultivation Story: Meditation Saves Life, Womb Gains Rebirth

A Harbin Dafa Disciple

[PureInsight.org]

I am a veteran practitioner, who luckily gained Dafa and started practicing in December, 1994. I am 76 years old this year with low literacy, so I let a fellow practitioner write out two miraculous things that I encountered during cultivation, in order to validate Dafa's supernormal power and magic.

First Story: Meditation Saved the Life of my Husband Twice

I deeply understand and feel the principle that one person cultivating benefits the entire family. My husband (not cultivating now) is 79 years old. In 1994 he was being

urgently treated in the hospital for serious illnesses, because he suddenly had cerebral thrombosis. I nursed him both day and night. Meanwhile, the family member of a patient in another room gave me Falun Gong to read. That night I spent the entire night reading and kept reading the next morning and finished the book. At that time, I felt that I seemed to have turned into a different person. There was a kind of indescribable joy in my heart. I decided to cultivate this practice right away. Since then I walked on the path of returning to the true origin and cultivating Falun Dafa. Because I cultivate, my husband has benefited too. His illness turned for the better and he was discharged from hospital and went home. Afterwards he could even take care of his daily matters by himself.

In 2007, because I had an argument with my husband on some matter, he suddenly fell on the floor in the room, his face turning blue and lips turning purple. He stopped moving and became unconscious, just like dying. At that time my heart was very calm. I did not intend to move him but picked up an object and carefully placed it under his head. Then the principle in Zhuan Falun appeared in my head: "You might unknowingly adjust the bodies of people who are within the range of your field, because this field can fix all wrong states". Therefore I sat on the floor next to my husband and started doing the meditation to strengthen the energy field. Meanwhile, my 7-year-old granddaughter kept crying, "Grandmother, grandfather is not doing well. He can't move. Call my mom and two uncles and let them come home..." I told the child, "Your grandfather's true soul went out to play. Don't be afraid. He will be back soon..." When I was meditating, as I was sitting for longer, my brain became emptier, my heart became calmer, and my body became lighter that it kept feeling like it was about to float up. After about three hours, little granddaughter suddenly yelled, "Grandfather is awake! Awake!" I opened my eyes and saw that his hand was moving slightly. I continued meditating without moving. When his hands, feet, and whole body were able to move, I got up to help him onto the bed. Gradually he recovered to normal and was out of danger.

After about three months, my husband and I again had a little conflict because of some issues in the family and I said some angry words. My husband was sitting on the bed with his face turning iron blue because of anger. He could not talk. I saw that his belly was getting bigger like a balloon being blown up. At the end his belly was swollen and round that I was afraid that he would explode. There was only air going in but not out and he seemed to be getting worse and gradually lost consciousness. Since I had the experience of that first time, my heart was quite stable that I immediately sat on the floor again and started meditating. After one hour, two hours, four hours, I sud-

denly heard the sound of my husband passing gas. Although he was all right, I did not move and kept meditating. The sound of passing gas became faster and louder that after a while he went to the bathroom by himself. I could hear the sound of him passing gas, just like a car tire losing air that it kept buzzing. After around twenty minutes, I saw with my tianmu that a big piece of black substance flew out from the body of my husband, going from the bathroom, passing through the room, and flying toward the outside of the window. I immediately stopped meditating and went to the bathroom to see my husband. Everything recovered normally for him. My tears unconsciously fell in appreciation of Master saving the life of my husband again! These two times of meditating made me truly feel that there is nothing impossible if we truly believe in Master and the Fa. Thank you Master for looking after and protecting me every single moment! Thank you venerable Master for benevolently saving people and sentient beings!

The experience of my husband recovering from death twice by Master's salvation deeply moved him. Now, he does not only say, but also writes with left hand (his right hand cannot move) "Falun Dafa is great, Truthfulness Compassion Tolerance is great"; he listens to or reads Dafa truth clarification materials every day; from the bottom of his heart, he also supports me to go out to do the three things and save people and sentient beings. Now my husband can mostly take care of his own daily matters and his health is getting better. There are 4 or 5 people in our neighborhood that had the same illness at the same time as my husband and they were younger than my husband. They all passed away. Therefore, he deeply appreciates the salvation by Master and Dafa. Facts have proved what Master said in Zhuan Falun, "you cultivate a true teaching, so when one person cultivates, others benefit"

Second Story: Rebirth of Womb

In 2008, my husband suffered cerebral thrombosis and he left home to go to a nursing home in the countryside in Yichun area, Helongjiang Province, to recuperate for three years. Meanwhile, I was able to contact local practitioners and harmoniously cooperate with them to assist Master rectify the Fa, do the three things well, and save sentient beings. There was a practitioner named Dongmei (nickname) whose cultivation story is unforgettable. Before Dongmei started cultivation, her womb was severed in the hospital by operations because of advanced womb cancer. She was also often mistreated, such beaten and insulted by her husband. Dongmei became on the verge of a breakdown. In the end, she couldn't even go to work and sat at home all day, dull and quiet... Her own mother and aunt are Dafa disciples. Seeing this situation, after dis-

cussion, they decided that the method of ordinary people could not help Dongmei anymore and only Dafa could save her. Therefore, the two practitioners went to Dongmei's home every day to study the Fa and do the exercises. After three months, Dongmei seemed to have become a different person. Both her body and mind were healthy and everything returned to normal. Her family became happy as well. But no one could expect that in July 20, 1999, the CCP started forcefully persecuting Falun Gong. One day, Dongmei went out to send truth clarification materials to stop the persecution and save people. But she was unlawfully persecuted and falsely sentenced to one-year labor forced education. She was arrested at Wanjia labor camp in Harbin city. One day after she was allowed out, when she came back to the cell and entered the door, the evil guard was a rogue to the extreme that he put Master's photo on the ground and people were allowed to enter the cell only if they stepped on the photo. Dongmei seriously said to the policeman, "Li Hongzhi, Master was the one that saved my life; I would rather die than step on Master's photo." After she finished, she suddenly hit her head on the wall. A big lump immediately appeared on her head. After seeing this, the evil guard said, "Ok, ok, you don't have to step on the photo; you can enter the room now."

After seven months, the false appearance of "Hepatitis B infection" suddenly appeared on Dongmei's body. The labor camp immediately let her go home. After she got home her family took her for a hospital checkup, but no disease was found and everything was normal. Dongmei enlightened: it was the magnanimous and benevolent Master who saved me out of the devil's den. Not long after, the lower part of the body of Dongmei started to bleed again. She did not pay much attention when it happened once in labor camp, because it healed after a few days. She was confused this time. Where does the blood come from if there is no womb? Her family took Dongmei to the hospital to check. The doctor said, "Your womb has been severed. What method did you use for treatment? How come a new womb has grown?" Dongmei said, "I just practice Falun Gong." The doctor said, "This practice is so good! So miraculous! Hurry up and keep practicing!" After a while, the doctor continued, "No panacea can make you grow a new womb." This news started to be spread locally, like a myth, which almost every household had heard about it.

Dongmei is 51 years old now. Both she and her husband have been picked up by their son to live in a big city. She is still diligent, cultivating solidly, and doing the three things. If Dongmei herself sees this message, please add on if there is anything missing.

The two cultivation stories described above are what I understood at my own level. If there is anything incorrect, please kindly point out.

Chinese version: <http://www.zhengjian.org/node/120055>

53. Dafa Miraculously Changed a Boy With Autism

A Dafa Disciple in China

[PureInsight.org]

In 2010, my mother brought my autistic nephew to visit my family. When the boy laughed he would roll his eyes upward; it really was terrible to see him laugh. The boy was also incontinent, unable to speak clearly, and unable to understand others. The tainted milk powder that he used to drink when he was young had also damaged his kidneys. The boy caught colds easily; it was almost a routine thing for him to go to the hospital to get shots. Sometimes, he would suddenly twitch. My mother found it too tough to take care of the boy so she brought him to me.

I started to teach my nephew to say: "Falun Dafa is good, Zhen Shan Ren is good." At first, he was unable to say the words clearly, however, after two days he was able to utter the characters very clearly. He liked watching Shen Yun Performing Arts DVD's very much, and also liked to listen to Dafa songs. Every day, he would sit down and watch the show. I also showed him Master Li's nine-day seminar videos and later on taught him to recite Hong Yin. He picked up the poems very quickly, and it didn't take too long for him to memorize them.

After around 20 days, my nephew had changed completely. He was now able to take care of himself, he could speak well, and he was able to recite many Tang dynasty poems. When my sister heard of the news, she decided that the boy should stay with me for a while longer, so I could guide him more.

My nephew stayed at my house for one year and three months. The boy can now recite all of the poems from Hong Yin, and he can also recite "Lun Yu" from Zhuan Falun. My nephew has also memorized more than 300 Tang dynasty poems and learned

more than 2,000 Chinese characters. He is able to write numbers up to 10,000, and at the same time he has picked up many English words and phrases. The boy has even developed an ability to memorize things right after reading over them once or twice. In addition, my nephew has also now become physically strong.

After my nephew returned home a short while ago, the boy's father and some other family members were not able to recognize him at first. The power of Dafa has once again been witnessed. My sister's family also expressed great gratitude towards Falun Dafa and towards Master Li Hongzhi!

Chinese version: <http://www.zhengjian.org/node/119529>

54. One Key Unlocks All Doors

Xiao Mei in Jilin Province, China

[PureInsight.org]

All the Buddha Statues Broke into Pieces

I used to cultivate as a lay Buddhist and I had never gained any crucial enlightenment there. In 1995, my mother gave me the book "Zhuan Falun" and told me that the book could save people. She said that as soon as I decided to learn the Fa from the book, I would be taken care of by Master. I understood that no heavenly deities are looking after human beings; none of the religions in this world are taking care of people anymore. Only Master has the power to take care of me. I sincerely took the book and started to read it seriously. The day I finished reading the whole book, Master cleansed my body for me. One day when I was doing the exercises, suddenly my mind went blank and I couldn't remember anything at all. After I eventually woke up, I immediately realized that all my illnesses were gone. As a matter of fact, Master had removed all my illnesses while putting me into a coma-like state.

I didn't like to walk too much. When I went out, I'd always ride on my bicycle. However, I lost two bicycles in two consecutive days. I didn't become angry; I thought that maybe Master was giving me a hint that I should no longer rely on bicycles, so

I decided to walk to work. I found that it was almost like flying when I was walking on the street; my body was as light as a leaf, as if there was nothing inside my body. I saw Falun spinning everywhere on my body. One day, when I was doing the standing stance exercise, I clearly saw a yin-yang image on my abdomen (it was a part of a Falun); it was busy adjusting my body. I also saw many Faluns spinning around in my house.

I decided to practice Falun Dafa solely, so I returned all my Buddhist scriptures to the temples. That same night, I had a dream. I was sitting on an airplane in the dream, flying towards some far-away distance. There were numerous Buddha statues on the airplane. Suddenly, all the statues broke into pieces, turning into useless dirt. This immediately reminded me of the phrase "The Four Great Elements have weathered away / And the old Fa is disintegrating" (7-8) from one of the Master's poems in "Hong Yin Vol. II".

I Saw Master's Fashen Everywhere

In 1996, one fellow practitioner gave me a ticket to watch Master Li's Fa lectures on video in a local auditorium. As soon as I got inside the building, I saw a ray of bright light rushing towards the middle of my eyes. After I finished watching the video and walked out of the auditorium, I suddenly saw Master's Fashen everywhere. They were on the ceiling and on the walls. On Master Li's picture, I also saw numerous Fashen that were placed layers upon layers against each other. At the same time, I saw one heavenly ladder. I even climbed onto the ladder, and when I looked down from the ladder, I found that the human world was filled with filth and evil.

Cultivating Through Hardship

I used to work in a paper manufactory, in the cafeteria. I prepared and made all the breads and noodles for the cafeteria. There was one food manager named Chen in my work unit whose husband was the factory director's assistant. Chen basically managed everything in the cafeteria. Due to her husband's close association to the executive team, Chen had a very strong temperament and everyone around was afraid of her. Prior to my cultivation in Falun Dafa, I had a very close relationship with Chen; we used to talk about almost everything, about our families and things of that nature. Right after I started to practice Falun Dafa, everything went very smoothly for me. However, one day, out of nowhere, Chen threw a terrible fit at me, calling me names and such. As soon as I tried to refute, my throat felt so coarse that I couldn't even

speak out. I immediately remembered Master Li's words on how cultivators should deal with conflicts, that we should not fight back when caught in a fight, or shout back when being yelled at. I said to myself: I shouldn't lower myself to the same level as her; I will refrain from doing any fighting in return. I started to recite Master's articles titled "What is Forbearance (Ren)?" and "True Cultivation" (Both articles are available in the book of "Essentials for Further Advancement"). I was hoping that Chen would stop her fit if I kept reciting the articles. However, Chen became even angrier towards me. The situation got even worse and there was clearly an indication that it was going to escalate, that Chen was going to create even more trouble for me.

Chen started to ask me to do those tasks that were obviously not part of my duties. When some other people offered a hand to help me, Chen refused such help altogether; she simply pinned me down and demanded that I myself finish those jobs. I was asked to clean up dirty stuff, and all the physically demanding jobs were assigned to me. Strangely enough, during those days when I was under such an enormous pressure already, there were even more people coming to the cafeteria to eat. Even workers from other branches came to visit the main factory and dined at the cafeteria. There were so many dishes to wash, and I was asked to pick up every single plate from the cafeteria and wash those plates one by one. I kept working continuously without any break. Some of the employees knew me and when they noticed that I had such a busy schedule, they would bring their dishes to the kitchen sink so that I didn't have to go and pick them up from the dining hall. Chen noticed it and told those people to stop doing that. She told those employees that I was on a rehab and no one should get close to me. After eating an apple, Chen would throw the apple kernel on the floor I was walking on, and proceed to shout at me with whatever dirty words she could think of. When I tried to go home after work, Chen even tried to stop me at the door. When I went out, Chen followed and continued to yell at me and asked me to stop. Chen then ran to me, grabbed my long hair, and started to beat me. Throughout all these tribulations, I kept smiling back to Chen; I never said a single word nor did I ever fight back.

I was very afraid of little bugs. Chen knew that. On several occasions, Chen got a couple of big caterpillars and put them inside the room where I prepared the flours to try to frighten me. I was also very afraid of killing live chickens; I am especially frightened by the bloody scene that arises after a chicken is just killed. Chen would then throw a half killed chicken that was still kicking into my room in an attempt to scare me to death.

In my factory, many workers often stole papers and brought them home. Everybody

knew it; everybody had already gotten used to it. Chen once asked me to go to the work shop and steal some papers for her. I refused and Chen began to punish me for my refusal. She asked me to use a cart to move logs under a scorching sun, a job I was not supposed to do at all. Chen also asked to prepare extra flour. She would then sell off all of the pancakes that I cooked before dining time. When workers came to have lunch, there were no pancakes available and I had to make them again. I had to make more pancakes, almost double the usual amount, and this kind of workload placed an enormous amount of pressure on me. Whenever the factory was giving out free things, most of the time I was not given a single thing. Alternatively, if I did get something, the things I got were always not that good at all.

So, in this way, Chen had been giving me a very hard time for more than a year. Gradually, I got rid of all my complaints—my feelings of being treated unfairly. I didn't develop any hatred towards her. On the other hand, I began to feel sorry for and very compassionate towards her. One day, Chen grabbed my hair and beat me for no reason. The next day, Chen was seriously hurt on her way to work. She stepped on a pile of broken glass, which cut the soles of her feet; her feet were covered in blood and she had to stay at home. Many people said that Chen had received her punishment at last for her brutal treatment of me. However, I didn't delight at all over Chen's incident. I said to myself, "Chen, I am sincerely indebted to you; I thank you very much!" After I developed this mentality, I began to notice that Chen changed her attitude towards me completely. She stopped yelling at me and didn't give me a hard time anymore. One day while on our way to work, Chen took my hand and said to me: "You are such a nice person. I don't understand why I treated you so badly. I really do not understand why. I am terribly sorry for that!" She burst into tears and I cried as well. In a few days, Chen was transferred to another work unit.

One Key Can Open All the Doors

People often say that one key can only open one door. However, I had an experience where I used one key to open all the doors. After Chen was transferred away, my cultivation was again on a smooth path. I felt that my cultivation energy was rising daily. I was always very early to work in the morning. One day, I got to the cafeteria a little earlier than usual and I went to the food warehouse to try to pick up some rice to prepare for breakfast. There was no one at the warehouse yet. Since I didn't have the key to the warehouse, I thought, "Why don't I try using my house key to see whether or not it can open the warehouse door." To my surprise, I opened the door with my key. When I got into the warehouse, there were some more rooms to open, and I used

the same key to open them all. There were all kinds of material in the warehouse; one could easily take whatever one wanted for oneself. However, I didn't have any intention of doing that; I just fetched some rice and left.

Everything Has Its Own Spirituality

During one particular period of time, I noticed that items on pictures and the flowers on my quilts all appeared to be alive. They didn't seem to be just one dimensional at all. They all appeared on a three dimensional space, looked like real flowers, and yet were much more beautiful than the flowers drawn on the pictures or weaved on the quilts. Of course, ordinary people would not be able to see such things. I also noticed that the water on a picture was able to flow freely, the bird was able to sing, the people were able to speak, and I could sense a breeze under the tree.

I also noticed that whenever we make a stroke with our brushes on paper, the stroke would move by itself. The color of the stroke was different for different people. Some strokes appeared darker—this always indicated that the person who made the stroke carried a lot of karma. Those with less karma had brighter strokes, but these strokes were also grayish. When a practitioner made a stroke, the stroke would appear very shiny—some of them were extremely bright.

Master Li says in Zhuan Falun: "...it doesn't matter how good or bad your handwriting is, they'll have energy!" Master Li also mentions in Zhuan Falun: "Some people's comprehension just doesn't improve. Some folks just go and start marking up this book of mine. Now, those of us with open Third Eyes can see that this book is full of dazzling colors, and sparkling with golden light, and every word is in my Law Body's image. If I lied I'd be cheating you, so I'll tell you: the marks you make are so dark, and you dare to just mark it up like that?" Indeed, every word from Master's book is true.

Trees Greeted Me

There used to be several very tall trees in the front of my father's house. People asked my father to cut down the trees and promised to give my father 20 Chinese yuan for each felled tree. When I heard of it, I hurried back to my father and told him to stop doing that. He stopped, and when I looked at the trees again, I saw that those trees were all cheerfully greeting me and smiling back at me, clapping their branches. Later on, however, those remaining trees were still cut down and removed by the evil CCP.

Chinese version: <http://www.zhengjian.org/node/118510>

55. A Miraculous Story

A Dafa Disciple in Mainland China

[PureInsight.org]

Early one morning during last fall, fellow Dafa practitioner Mr. Zhang took me with him to drive to the countryside to do some truth clarification work. We were waiting at a traffic light when suddenly a taxi car ran into the rear end of Mr. Zhang's car, breaking the bumper and crushing the trunk.

Mr. Zhang got out of the car and started to talk to the taxi driver. He asked the driver to walk to the curbside to discuss the accident. Many people witnessed the accident and approached the scene. A bystander said: "Well, it's the taxi driver's fault. Look at the damage—it will cost at least a few thousand Yuan to get it repaired." Then the taxi driver started to tell his side of the story: "My mom's in the hospital and I need to make more money to pay for her medical care. I sped because I wanted to take more passengers to try to earn more. I didn't expect to hit your car. If I pay the cost for the damage now, I am afraid I won't be able to pay my mom's hospital bill, and I will have trouble paying my living expenses as well. What should I do?"

Mr. Zhang smiled and replied: "Brother, I don't want you to pay a penny. I just hope you are ok. You can go now, just be careful with your driving." As soon as Mr. Zhang uttered these words, all the bystanders stopped talking to each other right away, and the taxi driver was also surprised. Suddenly, one man shouted: "Hey, you've run into a kind-hearted fellow today!" The taxi driver became excited and asked Mr. Zhang: "Brother, how can I not pay you back?" Mr. Zhang shook the taxi driver's hands and said: "Brother, I am a Falun Dafa practitioner, I won't accept a penny from you. Let me tell you one thing to help you stay safe: you need to remember that 'Falun Dafa is good,' it will help you overcome disasters and bring fortune to your life." The taxi driver shouted at once: "Falun Dafa is good!" Many people around were also moved by Mr. Zhang's kindness and started to shout: "Falun Dafa is good!"

After we had reached the destination later on, our truth clarification work was amazingly successful. Usually, it would have taken more than three hours to distribute all the truth clarification documents in that area, but that day it took us less than an hour. We also helped more than one hundred people quit their CCP memberships, which was almost double the usual amount.

After we got back to Mr. Zhang's home and decided to take the car to a mechanical shop we noticed that the rear bumper had already miraculously recovered from the damage by itself. There was only a small scratch on the bumper, and there was absolutely no need to fix the car anymore. Right then, we realized how important one's thoughts were. Mr. Zhang's one kind thought after the car accident created a miracle right before us!

Chinese version: <http://www.zhengjian.org/node/116482>

56. A Dafa Practitioner's Death-Escaping Story

A Western Dafa Disciple

[PureInsight.org]

I am a Falun Dafa practitioner. I have had some amazing experiences on escaping from life-threatening accidents that I'd like to share with everyone.

Firstly I was involved in two separate car accidents. The first accident happened about two months after I started to practice Falun Dafa. No one was injured in that accident - while my car was ruined, the other party's car was not damaged at all.

In the second accident, a car was heading toward me at high speed, an invisible wall suddenly appeared between me and the other car came to a sudden stop. Neither my car, nor my body had a scratch.

When the policeman came over, he couldn't understand what had happened. Considering the other car hadn't hit my car, why was the other car's front bumper damaged? And, if my car was hit, why wasn't there a single sign of damage on it?

In the third occasion, I was standing on top of a ladder as high as a two-story building cutting tree branches with a motorized trimmer. It was still day time, and the trimmer was just filled up with gas, and could be used for at least two hours.

As I was stepping down on the ladder, the next thing I remembered was being suddenly awakened by my dog. It was pawing me, in an effort to pull me up. The front of

my shirt was covered with the dog's paw prints and it was ripped in a couple of places. It was getting dark, and I couldn't remember what had happened, and why I was lying on the grass. The motor trimmer was very close to my side and it had stopped with the fuel tank emptied. Fortunately, it didn't fall on me. With great difficulty, I managed to find my glasses in the grass a few metres away. I had no idea how my glasses were thrown so far away. I only felt my back was hurting and I could have fallen on some gravels.

I had a feeling that the back of my head was swelling, and it was hurting really badly. When I touched it, I found that the spot was swollen and bruised. My skull was really painful. I felt wobbly and disorientated. My legs felt like they were not touching the ground. However, I was still able to stand up. Although I was a little disorientated at that time, my main consciousness was still very clear and sharp. As I always firmly believe in the power of Master, I started to send forth righteous thoughts and to do the sitting meditation exercise to deal with the tribulation.

In the following three days, I had difficulty driving, and it was almost impossible for me to work as usual. I was starting to lose my memory. Thus, it was quite easy for me to forget things.

Some of my friends at work told me that I must have fractured my skull, and that the fractured bone pieces might have cut through the blood vessels, which could explain the blood coalesce and soft swollen the back of my head. They also mentioned that since I had fallen from such a height, even if I had not suffered many broken bones, my head still could have experienced some kind of severe percussion from the shock. There were simply too many cases where people had fallen to death from such heights.

As my company had bought me a health insurance cover recently, many of my colleagues asked me to go to the hospital right away otherwise my insurance cover could be invalid.

I did not follow their advice as I firmly believed there was nothing to worry about, because only Dafa have saved my life. So, every single day after work, I practiced the exercises and sent forth righteous thoughts.

On the third or fourth day after the accident, as I was doing the sitting meditation exercise, I entered into a very deep meditative state, and suddenly, I saw Master. Master recalled my memory to let me observe exactly what had truly happened that day.

The old evil forces had realized that they couldn't directly ruin Dafa practitioners' human bodies. They, however, wanted to use the ladder and the trimmer to take away my life. On that day, when I was about to go down the ladder, from another dimension, the dark hands of the old evil forces suddenly pushed the ladder. As a result, my foot missed the ladder and I fell to the ground in a free-fall with a body weight of about 200 pounds.

Right before I was about to reach the ground, Master suddenly appeared. Master extended his arms out to break my fall. My body, then, rolled from Master's arms to the ground. Because I had fallen from such a height, the speed at which I reached the ground was so fast, I lost consciousness upon impact.

During my deep meditation, Master gave me a hint: everyone, even those Dafa practitioners who have already cultivated very well, could not have survived from such a fall, without Master there to save his/her life. By making me miss the ladder, the old forces were trying to take my life. Master, also, hinted that I should use my divine-powers to heal myself. So, I commanded all my cultivated particles to attack the blood clot and to repair my wounds. I observed the cultivated particles busily doing their jobs for a while.

After I had finished the sitting meditation, I touched the back of my head, only to find that there was no longer a bump, pain or itchiness. I no longer felt any dizziness at all. My memory quickly recovered, and my mind was unusually clear. I felt much more energetic than I had been before the fall.

I want to sincerely extend my gratitude to Master. I have become even more firm in my belief of Master and the Fa. Furthermore, I have a greater respect for Master and the Fa. Thanks again for the Master's blessings.

Chinese version: <http://www.zhengjian.org/node/115166>

57. Gratitude Towards Master

A Dafa practitioner in Mainland China

[PureInsight.org]

(1)

My celestial eye has been open during my cultivation. One day after reading Zhuan Falun, I was able to see Master surrounded by gods on a dark night. A giant long spear went through Master's upper body, from his chest to his back. Master was serious and solemn, and he looked forward. Whenever recalling this scene, I was deeply touched. Master saved me from the hell, helped me to bear karma accumulated throughout history, eliminated my illnesses, and changed me to a healthy person. I remember Master once inserted a hollow pipe into my body and removed the pus through the pipe. I thus became a healthy person. When thinking of these things, I always remind myself to do better as a Dafa disciple, that is, to cultivate better and save more sentient beings.

(2)

When we have the heart to save sentient beings, Master gives us some hints. After all, Master is always beside us.

One day, a middle-aged woman was riding a bike with a bundle of Chinese yams on the bike. She hit a bump on the road and all the yams fell off the bike and onto the road. I helped her pick up the yams and tie them up. I told the lady the facts about Falun Gong. I also recommended that she quit the CCP and she agreed. Then I suddenly had a stomachache and it lasted a long time. During the sitting meditation at that time, Master showed me a scene. There was a monster on the woman's back and it said to me, "Since you are saving her, I will let you forebear for her." After I understood this, Master helped me and the stomachache was immediately gone. I was very grateful for Master's help.

(3)

I was detained for a period of time in the past several years, which made me very sad. After returning home, Master and fellow practitioners helped me, and I was able to rejoin the efforts to validate the Fa.

One night I had a dream. There was a door next to me and it was locked. I begged Master to open the door. Inside the door, it was dark with a weak phosphorescence—the light came from the bones of dead people. I was scared since it was a door leading to hell. I called out and asked Master to help me. Then I returned to the world where there was sunshine and a blue sky.

I was very touched when waking up from the dream. I saw that there is not much left for us to do to validate the Fa. We have to remain diligent and walk our path well.

(4)

My celestial eye has been open since I began to cultivate. I was therefore able to see some scenes in other dimensions. I know Master has helped me many times in the past 17 years of my cultivation.

Before the recent CCP's 18th Congress, the old forces attempted to persecute me again. They took out a prehistoric contract and forced me to follow it. It seemed that I had to die in order to pass this test. In "Fa-Lecture During the 2003 Lantern Festival at the U.S. West Fa Conference," Master said, "But all the same, Master doesn't acknowledge them. And you shouldn't acknowledge them either. Do things well in an upright and dignified way, negate them, and strengthen your righteous thoughts some. 'I'm Li Hongzhi's disciple, I don't want other arrangements or acknowledge them'—then they won't dare to do that. So it can all be resolved. When you can really do that, not just saying it but putting it into action, Master will definitely stand up for you." Therefore, I solemnly declared that, as a Dafa disciple, I will practice with determination. By doing well the three things, I will fulfill my prehistoric vows with Master while discarding other contracts. In the end, Master helped resolve this and it worked out.

The old forces could have set up very vicious things to destroy practitioners. Master has taken advantage of such interference for us to reduce our karma and improve ourselves. The old forces have set up the systematic resistance for practitioners. In other dimensions, it appears as thorny metal wires that block our path. In the beginning, I tried to cut them with a scissors, but it didn't work. Later, I decided to completely negate these arrangements and asked Master for help. All the thorny metal wires were cut off in other dimensions. Nonetheless, I still had tests to pass in this dimension, ranging from car accidents to fevers. Still, I know I am a practitioner and I had righteous thoughts. Plus, the symptoms of illness karma only occurred at night and it didn't interfere with my truth-clarification. With Master's help, I overcame the interference.

(5)

One day, I had a car accident. Although there weren't many cars on the road, one car that passed by drove over my foot. It was a little numb with pain. I considered my-

self a Dafa practitioner and waved my hand to the driver, "I'm all right. You can leave now." With that righteous thought, there was no longer any pain. The driver smiled at me and I knew Master was encouraging me. When doing the sitting meditation in the evening, with my celestial eye, I saw one of my feet stuck in a trashcan and it couldn't move. In addition, it had lots of dirty trash attached to it. Later, that foot disappeared in that dimension and became part of the trash.

After finishing the meditation, I remembered a dream I had when first starting to cultivate. There was a small creek and other practitioners could easily pass by, I was stuck there. When I pulled my feet out, I found that one foot didn't function anymore. I had to walk with one foot since then. Right now, I know why Master had discarded my foot that had been ruined by karma, and gave me a new foot. In this way, I could walk around and continue to clarify the truth to people.

Thank you, Master.

Chinese version: <http://www.zhengjian.org/node/114034>

58. Miraculous Stories of My Cultivation Experiences

A Dafa Disciple in Nei Meng Gu, China

[PureInsight.org]

The following stories are some of my experiences from practicing cultivation in Falun Dafa. These miracles have taken place throughout my cultivation process, proving that Dafa is genuine. I've written them down for later generations to bear in mind that Dafa disciples faced difficulties and obstacles during this period of time, yet believed in Master and Dafa, leaving behind glory and examples of miracles.

1. Obtaining the Fa and Exhibiting Supernatural Powers

A. I am definitely learning Falun Gong

I remember when I just obtained the Fa, someone who practiced other Qigong exercises wanted to learn Falun Gong, so I told her, "You need to cleanse your

house first before I play my Master's audiotape lectures." She told me that she had already cleansed it and for me to go the next day. That night I dreamt that the mess her family worshipped had not been cleaned out; she had just stowed them away in a little warehouse. I saw everything very clearly. The next day when she came to look for me, I immediately told her, "You didn't cleanse your house. You're trying to fool me. They're all in a little warehouse." She was very surprised when she heard me say this and said, "How long have you practiced? Falun Dafa is this miraculous?" I told her that I had only been learning for two months. She said, "You've only been learning for two months and you can tell when I lie? I am definitely learning Falun Gong." Once she returned home, she threw out all the bad things in her house and became a true Dafa disciple.

A few days later, when she got to the fourth lecture of Master's audiotape lectures, she saw something furry like a bear in another dimension; it had its two claws on her shoulders and was nose to nose with her. She asked it, "What kind of being are you? I practice Falun Gong now. If you don't leave now, I won't be merciful!" The monster then disappeared.

B. Monsters are suddenly destroyed

A few days after I began practicing I knew that this practice is the best. Whenever anyone else brought up another practice, I would immediately reject it. I had a dream that a crowd of people who practiced messy things had surrounded me, saying that their practice was good and that Dafa wasn't. I told them that Falun Gong was good. They couldn't argue with me, so they revealed their ferocious faces. When I looked again, I saw they weren't even human! It was a crowd of foxes, weasels, ghosts, snakes, and other lowly creatures. Just when I felt helpless, a door suddenly opened in my abdomen area, pouring out a ray of light. When I looked again at those creatures, they had long been destroyed. The scene was very clear. I later realized that it was the Falun that Master gave me, automatically destroying demons.

C. A golden Falun propped me up

When I went to the countryside to spread the Fa, I lived with a family that worshipped some sort of wolf immortal. They had pictures of it in their house, and I pulled them all down and threw them away. That night I had a dream that a pack of wolves surrounded me; their bloodthirsty jaws were wide open, wanting to eat me. There was no way for me to escape. At the critical moment, a golden Falun

appeared out of nowhere and flew under my feet. I stood on the Falun and it flew me away from the pack of wolves. However, one wolf had also managed to get on the Falun; its jaws were open, ready to bite me. I looked at the wolf with no sense of fear. The more I looked at the wolf, the smaller it became until it was only about thirty centimetres long. It still had its jaws open wanting to bite me, which seemed ridiculous. I grabbed its upper jaw with one hand and its lower jaw with my other hand and split it open right through the middle and threw it on the ground. It then became two big pieces of meat, the smaller one about two meters in length. I then thought of Master's words: "Big deal if they've cultivated almost 1,000 years, a pinky is more than enough to crush them" (Zhuan Falun, "The Third Talk").

D. A closed door moves like a person

Around winter time, my son had just turned a month old. I stood on a kang bed-stove rocking my son back and forth in my arms, trying to put him to sleep. I accidentally stepped in midair holding my son and fell towards the ground. My son's head was heading for the door. At that very moment, I saw the door moves on its own, getting out of the way by a good half meter. At the time the door was closed, and the door normally opened towards the inside. In other words, it was impossible to open the door outwards; pushing would only close it even more. However I clearly saw that the door open towards the outside. If the door didn't get out of the way, my son would have probably died from hitting the door with that much force.

This strengthened my understanding of a section in the "Seventh Talk" of Master's Zhuan Falun: "When your third eye reaches the Law Vision level, you'll discover that stones, walls, or whatever will all talk to you and greet you." Everything is alive. We've been poisoned by the evil communist party's atheism and materialism for many years, viewing everything as either inorganic or organic, with small molecules composing bigger molecules; it's nothing more than the synthesis and transformation of proteins. Actually all matter has spirit; everything is alive. It's no wonder that if a monk in a temple broke a bowl, he would read a Buddha scripture to it to free the bowl's soul from misery. Master's words are absolutely true.

E. Pyramid

For a period of time my situation was very difficult. It was very tense inside and outside the house. When I went to my eighth aunt's house to deliver the "Minghui Weekly," not only did she not want it, she started insulting me and pushing me out the door. When I went to deliver the "Minghui Weekly" to my oldest aunt, she

also ignored me, even when I stood behind her as she fed the cows. My father-in-law didn't understand why I was always around practitioners and scolded me for a good hour. My fellow practitioners also had issues with me saying that I misinterpreted the Fa. Some directly said that I had Qigong psychosis, that I was breeding demons in my own mind, and that I was misleading other practitioners in the area. One time four practitioners all came at me, taking turns saying things one after the other, making me feel very bad inside. Although I put a lot of effort into studying the Fa, I did so with attachments and didn't get anything out of it; the knot was still there. One night I had a dream; someone threw lots of manure on our land. I thought that it was a good thing that there was manure on our land. However when I went over to take a closer look, I found that there were actually many golden pyramids, each about twenty centimetres long. I stacked all the little pyramids on top of each other to make a large pyramid at least two meters in height.

Through that dream I realized that Master was giving me a hint. The laws of the three realms are reversed. Bad things are actually good. Thinking about my situation like this freed all the knots inside me. I was no longer deluded by the false appearances in the human world. For example, when my older sister scolded me for over two hours, I wasn't moved at all. Later, whenever my older sister brought this up, she would say, "Master Li is really very very powerful. He is able to change the personality of our family's second eldest daughter. In the past whenever I said something about her, she'd have eight things to say in reply. Now, when I scold her for two hours, she says nothing." She would always remember to add "Falun Dafa is really good."

2. Miraculous Experiences Throughout the Fa Rectification Period

A. Telling the mountains, water, flowers, birds, and trees that Falun Dafa is good

In 2006, five practitioners and I drove a car to the Alps while in Europe to distribute materials. We repeatedly recited Master's poem on the way there: "A hundred thousand miles this vehicle travels; Racing to slay evil, brandishing swords; The hand, erect, props up the falling sky; Fa-rectification averts the brewing tragedy" (Hong Yin Volume II: "Eliminating Evil"). I am very proud to be a Dafa disciple. We stayed at a small hotel in the Alps. We finished everything during the day and planned to go home the next day. That night I dreamt that there was a three to four foot deep pit of poisonous snakes hiding in the "San Cha" valley, a tourist site.

I realized that all the evil demons and ghosts had gathered there to wait for us to leave before coming back out. We thus decided to stay. We bought tickets to tour the Scenic Area; each ticket cost over one hundred dollars. We began sending forth righteous thoughts to eliminate evil as soon as we entered the area. After thirty minutes, we wrote "Falun Dafa is good! Zhen, Shan, Ren is good!" on every birch tree we saw. Writing on the smooth birch bark with red ink was very eye-catching. We also shouted "Falun Dafa is good" in the mountains, telling the mountains, water, flowers, birds, and trees that they're all here for the Fa and that if they remember that Falun Dafa is good, they will be saved and have an auspicious future. We went to all the important tourist sites, spreading the beauty of Dafa to tens of thousands of sentient beings.

B. The evil Chinese Communist Party (CCP) is the root of all calamity

When four practitioners including myself went to Wu Lan Hao Te (a city name) to spread the Fa, three of us were arrested and sent to detention centers. In the detention centers, I meditated and sent forth righteous thoughts (SFRT). I saw that Wu Lan Hao Te's sky was covered with dense black matter and evil spirits and light couldn't penetrate through. While SFRT, I channelled all the practitioners' abilities to eliminate the evil matter in the sky. I saw a fellow practitioner and myself each dragging one side of an enormous net that covered the entire sky of Wu Lan Hao Te, capturing all the evil beings. It was really like Master's poem "The Net is Tightening" in Hong Yin Volume Two: "How much longer can the ferocious evil run wild? A chill is already felt in the autumn wind. The rotten demons, shaken at the core. Face their final days without a sliver of hope." Fellow practitioners and I SFRT together, completely eliminating all the evil within the net.

Five days later, which was August 13 on the lunar calendar, Wu Lan Hao Te had an extremely rare case of frost, which killed many crops. The state-controlled media reported on it, but the CCP used this calamity to lie to the people and make themselves look better, saying that the CCP's officers really care about the citizens' suffering. What the citizens don't know is that the CCP is destroying compassion, and that heaven is warning mankind that the CCP is the root of all calamity.

C. Shining golden light everywhere

In 2006 while I was held at the Wu Lan Hao Te detention center and doing the sitting meditation, my soul left my body. I saw that everywhere I went turned to gold. The rocks, flowers, trees, dirt, sand, and even the mountains were all exuding

golden light. I picked three golden flowers, thinking that I'd use them to light the way once the golden light vanished. However, no matter where I walked all matter became gold. Once I came out of concentration, I thought of what Master said in "The Ninth Talk" of Zhuan Falun: "In the Western Paradise the trees are gold, the ground is gold, birds are gold, flowers are gold, houses are also gold, and even Buddha's body is golden and shining, right? Well, you can't find even one piece of stone there, and word has it they use stones as money. Now that guy wouldn't haul a chunk of rock over there, but he did reveal a truth, and ordinary people can't get it." I knew that although I was in a demon den, I was on the divine path to paradise. Although there were thousands of dangers and hardships, the path laid out by Buddha Fa shines like gold.

D. A telephone pole that was slim and graceful and different from the rest

One time when I was walking on the street, I saw that the telephone poles had red paint that read "Falun Dafa is good." I was very happy when I saw this. I stood next to a telephone pole and said to it, "You must protect Dafa's message. You will be saved in the future." A few days later, the slogans on the telephone poles were all covered over in red paint by the CCP. However, the telephone pole I exchanged thoughts with still had the words "Falun Dafa is good" prominently written on it. As a result, this telephone pole stood more gracefully and was different from the rest. As a result of this event, no matter what sort of truth clarification I did, I'd always tell the objects involved, "Protect Dafa's material. You will be saved."

E. The cloth on my body transformed into a robe

Once I had a dream that I went into the heavens and saw Master, who was wearing a cassock, had curly blue hair, and stood very tall. Master's solemnity couldn't be described using human language. Practitioners wearing different colored cassocks were lined up in rainbow color order and were waiting for Master to pick them up. I realized that no practitioners from our area had cassocks, so I decided to make some for them. I used to buy lots of cloth and was once a tailor, so I would use those pieces of cloth to make them cassocks. I returned to the human realm, went to the market, and ordered seven big bundles of cloth, each a color of the rainbow. Just as I was preparing to bring them home, an enormous gust of wind blew all the shops and merchandise away. The entire city was quiet as I lie atop the bundles of cloth. I brought them home and began making the cassocks by hand, one by one. However, I realized it would take far too long to make cassocks for every prac-

titioner. Once I had this notion, as soon as I lightly folded the cloth, a robe would be complete. Once I completed all the cassocks, including one for myself, a young disciple came up to me and said, "Aunt! My mother is also a Dafa disciple, but she doesn't have a cassock yet." I gave her the one that I had made for myself and had only a two meter long piece of cloth left. I knew this wasn't enough cloth to make another cassock, so I just put it over my back, and we all flew away. Once we arrived in the heavens, the cloth on my body became a transparent golden cassock as beautiful as I wanted it to be.

F. I made a purple shirt inlayed with "Falun Dafa is good"

Because I was frequently persecuted by the CCP's police and my house was frequently searched, my husband put all my Dafa books in a tool box in the machinery repair shop to protect them. They've been there for over ten years. In 2006 I had a dream while in the demon den of a female detention center. I dreamt that I went to my husband's machinery repair shop. The yard was filled with plum blossoms. The plum tree trunks were at least as thick as a bowl. The flowers were purple and red, and the entire yard was filled with a wonderful fragrance. There was also a ladder that extended into the heavens. The ladder was covered with booby traps; stepping on it would cause mines to explode. I saw that people who stepped on it exploded into smithereens. I wasn't moved by any of these scenes and recklessly began climbing towards the top. When I reached the highest level, I began to hear the mines exploding beneath me. I also saw another level of heaven and earth. Between heaven and earth were many celestial beings who wore different ancient outfits. From close up, they were walking in tiny steps; from far away, they were flying. There were even more at higher levels. The heavenly ladders were all interconnected; every level of heaven was connected to the previous one. I continuously went up several levels, each more beautiful than the previous one. At every level, I greeted many people who wore different ancient outfits. Because I wasn't wearing anything at the time, I wanted to get some clothes from them. They led me to a room with brilliant golden walls and many clothes, one of which had the words "Falun Dafa is good" printed on it. I felt that this one was mine, so I took it and put it on.

After I had this dream, I made a purple shirt that had "Falun Dafa is good" written across the chest just like the one in my dream. Master said "If a lot of people around the world, including the people in mainland China, all wore T-shirts with 'Falun Dafa is Great' on them, I'd say the vile CCP would really be at a loss for

what to do" ("Teaching the Fa in the City of Los Angeles"). I frequently wear this shirt to weddings. Many people have said that this shirt is really beautiful and often ask "Where did you buy it?"

G. The train windows rolled up with just my touch

In the spring of 2006, I took the train to Beijing to obtain some computer supplies for fellow practitioners to use. After I had purchased the supplies, I went to catch the train back home; I had a total of three crates, each weighing over eighty pounds. I carried the crates from the safety tunnel to the platform. I wanted to put my stuff on the train, but before the carriage doors could open, my hands touched the train's window by accident and it automatically opened (it is worth mentioning that the window was completely sealed shut; it was impossible to open it from the outside). I put a crate through the window onto a seat. Because I'm over five feet eight inches tall so I could easily reach. After I put the other two crates onto the seat as well, I went to get tickets. I didn't buy seated tickets and had to stand. Luckily, the seat with my crates was an empty seat. A man sitting across from me seemed to have the aura of an officer. We started talking and soon the conversation turned towards truth clarification. I told him that the persecution of Falun Gong was caused by Jiang Zemin out of jealousy and that they also fabricated the Tiananmen self-immolation incident, lying to all of China's citizens. He said, "I was classmates with Chen Xi Tong, who was also persecuted by Jiang. Jiang is fabricating everything. Jiang is a downright base person." When I started talking about the CCP's live organ harvesting of Falun Gong practitioners, he lamentingly said: "The CCP really is doomed. It is willing to commit any wicked act." He was very convinced.

H. A police captain is saved

One day in 2002 as I sat meditating, I saw a crowd of Chinese police chasing me through a blizzard. As I ran down a slope, I thought that something wasn't right. I'm a Dafa disciple taught personally by the Lord Buddha of the Universe. How could I fear the CCP's police? The police were still relentlessly chasing me. I sat on a lotus flower and flew into the sky. Just as they were about to catch me, I thought, "I can't let them get to me." With this thought, the lotus flower seat gave off a fiery light like a machine gun, and a large number of police fell. When I went down to have a look, other than a police captain from our city, all the other police had died. As I looked at the pitiful and imploring look on the captain's face, I knew I had

some sort of karmic relationship with him. This was Master giving me a hint to save him. That afternoon I purposefully went to his supermarket and told this story in all sincerity to the police captain. I then told him that he is a sentient being that deserves to be saved; if he stops persecuting Dafa, he will have a good future. He listened very carefully and attentively without interrupting and believed everything I said. Just before I left he said, "Let me escort you out." When he opened the door, he accidentally knocked over an egg crate next to the door. A whole crate of eggs cracked on the ground, with yolk splattering everywhere. He kept going as if nothing had happened. I didn't say anything. Just then I felt that a being who knew that he was saved would look at hundreds of millions of gold pieces as if they were dirt. He drove me home in his car all the way to my front step. From then on, whenever the evil CCP police planned a secret operation to persecute Dafa disciples, he would use various means to protect and warn Dafa disciples of what the police were planning. Later, he voluntarily transferred out of the police headquarters, completely ceasing all actions related to persecuting Dafa disciples.

I. Summoning wind and rain

In June of 2004, I had just gotten out of the female detention center after being incarcerated for three years. The weather was mildly hot. There hadn't been a single drop of rain since spring. The grass and trees were all withered, and the crops had all died from drought. I stood on the balcony and saw that all the grass in the distance had become yellow. Everything looked depressed as if doomsday had come. I felt quite bad inside. I sighed towards the skies: "God, let it rain! The evil CCP is filled with sin, so punish the CCP! Everything else is innocent, give the ground some green and let it rain!" In less than four hours, the wind began to blow and there was indeed a rainstorm. After that event, I more deeply understood Master's Fa: "Dafa disciples' Righteous Thoughts Are Powerful." However, you must have righteous thoughts.

J. My body is filled with little people sitting on lotus flowers

One day when I was meditating, I saw that my entire body was filled with little people, some as small as fingernails. The biggest were only five or six inches. My arms, feet, legs, palms, and fingers all had them. All these little people were meditating just like me. The only difference was they all sat on lotus flower seats. Master said that the human body is a small universe. This time I saw that our small universes have countless beings. The lives that fill the cosmic firmament are really

multitudinous. They all meditated with me. Whatever I did, they did. I realized that we must cultivate ourselves well in order to not disappoint the multitudinous beings in our universes.

K. My house is filled with floating lotus flowers

My son's school once hosted a so-called "singing competition." My son brought back many songs from school to play at home. Most were evil CCP songs and modern day songs about sentimentality and lust. When I came home from outside and opened the door, I saw bugs, mosquitoes, mayflies, moths, and a variety of other strange black evil insects fly out of the speakers and fill the room. It was difficult to breathe with all these dirty things in the house. My chest felt stuffed, so I quickly told my son "Son, we shouldn't play these things. Every note is an insect. We should play Dafa music instead." My son is also a Dafa disciple, and once he heard me say this, he immediately stopped the bad music, and put on Dafa music. As soon as the voices of the world renowned Dafa disciple singers sounded, the entire room immediately changed. Lotus flowers of different sizes and colors filled the entire room. Some were single layered while others were multilayered. All the dirty insects and mosquitoes vanished. Some were trying to hide in the floorboard cracks; they were instantly reduced to ashes. The previously stinky room became fragrant and beautiful. It isn't hard to understand why so many ordinary people who are ill improve their health so quickly after listening to Dafa music.

L. I kicked out the senior monk with one foot

Once I dreamt that I was walking on a road and a fork in the road suddenly appeared. One was black and the other was a narrow path leading to a monastery. I thought that I might as well go and visit the monks in the monastery; I absentmindedly thought that this place looked familiar. It was as if I had lived here previously, and that it had just been a long time since then. I flew to the top of the monastery and saw the senior monk sitting on the roof. He sat on several lotus flower seats. A group of monks were kneeling on the ground. They tearfully told me, "Ever since you left (I then realized that I was once the presiding monk of the monastery), no one has taken care of us. He (pointing to the senior monk on the roof) came and stole our lotus flower seats. He also frequently insults us." I looked at those sad monks like children without their mother. My sense of responsibility immediately rose. I reached out towards the senior monk and kicked him. He flipped a few times before falling. There were a total of 37 lotus flower seats; I threw them down one at

a time, distributing one to each and every monk. The monk whom I kicked down also knelt down, so I threw the last lotus flower seat to him; he then thanked me tens of thousands of times, continuously kowtowing. All the monks in the monastery uniformly cheered.

M. Being a king in an ancient time

On one occasion, I dreamt that I was carrying a knapsack. The knapsack had scriptures at one end and various flowers, grasses, fruits, and grain seeds at the other. After walking for several thousand miles, I came to a grassland. The land there was barren. Instead of mountains and water, there were only dead trees and strange rocks. Just when I put down my knapsack, I saw a group of people wearing ancient outfits with long Mongolian sleeves and belts. They all looked poor with rude customs and impolite mannerisms. They stole everything in my knapsack, kidnapped me, and took me to a courtyard in one of their residences. Adults and children all curiously came to see me. The courtyard had many houses, and was surrounded by wood. The middle of the courtyard had a few wooden shelves. Among these people, there were some of my present day relatives and friends; however none of them knew who I was. I told them that I wanted to see their King. They told me that there was no King in the area and that they were a group of children with no leader. One of the older people wanted me to stay and become their King. I decided to stay. They looked rather happy having their wish fulfilled. They sang and danced to welcome me. I knew how to do everything, so I taught them everything I knew. They learned how to cook, sew, and plant grains, fruits, and pretty flowers. I also taught them how to write and behave politely. I would teach them anything they didn't know. I completely changed their lives and removed many of their bad, unhealthy lifestyles and habits. I sincerely treated them kindly, and in return they sincerely called me their King and were very respectful and loving. Not long after my arrival, this barren land became lush, fertile, and covered with crops. The citizens were lively and happy in their work. All areas of the community were thriving. Staying there consumed an entire one of my lifetimes.

N. I will even save ghosts

In His lecture "Teaching the Fa at the Assistants' Fa Conference in Changchun," Master said: "It's because in another dimension, in a place everyday people call 'the netherworld,' there are as many lives as in our world. At night when we go to sleep it is daytime over there. When it's night time for us here, it is daytime for

them; when it's our daytime, it is night time over there. When you're asleep at night it's the time for them to come out. Older people used to say, 'Don't go out at night!' They had their reasons. That's because more of those things are out at night. They rest during our daytime."

One spring, five of us practitioners went to the countryside to distribute materials. With two in a group, there were two groups of two, so I volunteered to go alone. When it was nearly midnight, I was almost out of materials. As I walked back, I felt as if the sky had started brightening. It wasn't actually daytime, but it also wasn't dark. It was just gray. All the stars disappeared. Before long, I came upon a village. Everyone was mourning with their faces down, encircling a huge coffin. I stopped walking and wondered what was wrong. Just as I began to ponder, I suddenly understood. Had I met ghosts in the netherworld? It was barren, and I was a little afraid. I immediately thought of Master's poem "Benevolent Might": "A great Arhat walks the earth, Gods and demons fear with awe" (Hong Yin, Translation Version A). I said to the beings: "Regardless of whether you are people or ghosts, I am Master Li Hongzhi's disciple, and I will save you all. Please repeat 'Falun Dafa is good; Zhen, Shan, Ren is good!' With this thought, the scene before my eyes immediately disappeared. The stars became visible once again in the night sky. When I looked again, there was no village, crowd of people, or coffin. There were just three dilapidated houses.

3. Regarding Some Animals

In "Teaching the Fa in the City of Los Angeles," Master said: "Didn't I tell you a cultivation story before? I said that there was a Buddhist monk who was preaching from the scriptures in a temple, and he saw two birds perched on the windowsill, unwilling to leave. So he said to them, 'If you two want to listen to the Buddhist scriptures, reincarnate as human beings and then come and listen.' The two birds then suddenly took flight, hit a tree trunk outside the temple, and died. (Teacher smiles) Twenty years later, two young men came and wanted to become monks. (Teacher smiles) I am only making a point here. When a being knows he can go to a heavenly kingdom, nothing can compare to that, and he would rather die for it."

A. A flock of birds chirps at my right ear

For about three months, I heard a flock of birds chirping at my right ear daily except when I was SFRT. As soon as I quietened down, they would start chirping.

Although the sound was clear and crisp, it got annoying after a while. Sometimes I thought they were interfering with me, so I wanted to eliminate them with righteous thoughts. However, I tried twice, and it didn't work; they just continued to chirp. Then I thought, why should I eliminate them? Perhaps they have some karmic relationship with me, perhaps they come from a vast world. Furthermore, they aren't really even interfering with me; am I not compassionate enough? With these thoughts, I decided to let things happen naturally. After two days, a voice penetrated through my ear to my brain and asked, "Do you think the waterfall birds cultivate better or the forest birds?" I instantly replied, "Of course the waterfall birds cultivate better because they can calmly cultivate even under the perilous waves. That's really outstanding." After I replied to the voice, I never heard the birds chirping again. Perhaps the birds chirping at my ear were the forest birds who decided to go back and really cultivate after hearing my words.

B. Nine big roosters collapse

In the winter of 2005, I returned to my hometown. My father owned nine big roosters and wanted to kill a few for me to eat. My mother is also a Dafa disciple, but my father isn't, so my mother told him not to kill the roosters. My father then decided against killing the roosters, saying that because my mother didn't want to commit a sin by killing, he wouldn't either. The two of them then began to argue. When I heard them arguing, I came into the chicken coop and asked the roosters, "Do you want to become sentient beings in my universe? If you do, I will save you today." As soon as my voice ended, one big rooster collapsed on the spot, falling headfirst into the chicken coop just as if there had been a chicken plague. I took it out of the chicken coop and my father said, "This chicken's going to die. Just kill it." Then he killed it. There immediately followed a miracle. The rest of the roosters all collapsed in the chicken coop. Just like that, a flock of lively roosters all fell to the ground. Seeing the ground full of dead chickens, my older sister exclaimed, "Chicken plague! Chicken plague!" My father dragged the other eight roosters out.

C. Eight large Mongolian dogs surround me

In the spring of 2008, I went to the Mongolian region to distribute truth clarification materials. While in the wild, I saw a house standing alone on the grasslands. I thought to myself that I couldn't leave behind anyone that had karmic relationships with me. The fact that I saw them meant that we had a karmic relationship. I started running towards the house but before I reached their yard, a pack of big

Mongolian dogs rushed towards me. The dogs raised by Mongolian herdsmen are all very large, about as big as a small calf. They are also very intimidating. Even the wild wolves of the grasslands fear them. They can devour a small pig in a few bites. If you drive a car there, the dogs will jump on and start biting the car.

When they surrounded me closely, I wasn't afraid at the time and thought to myself, "I'm here to save your owners. Don't bite me. I'm also here to save you as well. Don't be watchdogs anymore, instead come to my universe to be sentient beings." After I thought this, seven of the eight dogs retreated, leaving one large dog still facing me. I then told it, "I tried saving you once, but that didn't work. I'll give you another chance then." This dog then also retreated. A year later when I came back, the family told me that once I left, seven of the eight dogs went missing. The other dog just recently died. I thought to myself that once these beings know the truth and have the word of a Dafa disciple, they will go in search of their final resting place.

D. A cat leaves

Once I went to visit a fellow practitioner in the countryside who owned a cat. Master told us that when it comes to animals, we should neither kill nor own them. When we went to do the exercises, this practitioner would put the cat under a bowl. While I was meditating, the cat came out from under the bowl and clung onto one of my arms. I thought to it, "Do you want me to save you? If yes, then I will save you. Come to my universe to be a sentient being." A while later that practitioner called me and said, "Once you left, the cat went missing."

E. Locusts have eyes

The cropland in our area was infected with locusts. No one knows where they came from, but they filled the sky in waves. Everywhere they landed—the fields, gardens, crops, trees, flowers, and grass were all wiped out. The evil CCP's television channel, using a heavy tone of "class struggle," broadcasted that they would especially put a lot of emphasis on this issue and wage a war of annihilation against the locusts, using the opportunity to promote the followers of the CCP. They racked their brains for large-scale ways to exterminate the locusts. However, the more locusts they exterminated the more there were. Locusts also began inhabiting Dafa disciples' homes. Instead of using the CCP's evil methods of extermination, practitioners used Master's Fa to reach a benevolent resolution with the locusts. How did they reach a benevolent resolution? All matter has Buddha nature. Practitioners

said to the locusts, "I am a Dafa cultivator. I wish to save you and reach a benevolent resolution. Please make your own decision." With this true thought, the next day there was a thick sheet of dead locusts on the ground. Locusts that came afterwards seemed to know what to do and flew away from Dafa disciples' land. There was an extreme contrast; all land was desolate and barren except the land of Dafa disciples, which was a lush dark green.

4. On the Topic of My Family Members

In "Fa Teaching Given in Manhattan" Master said, "As a result of your having cultivated successfully here in this setting, your family and relatives—as well as your forebears—will benefit. Conversely, the forebears of those who persecute Dafa disciples and interfere with Fa-rectification will be charged with a sin and be sent to hell."

A. My grandmother says "Please give me a true body"

In 1997, a short period of time after I obtained the Fa, I had a dream one night. I dreamt that my deceased grandmother came back to life. She stood before me and said, "Give me a true body." I didn't know what a true body was and casually said, "I don't have a true body. How could I give you one?" My grandmother said, "My true body is under Master's Fa image. Just take it out and burn it." I awoke with a start and jumped out of bed. I turned on the lights, wanting to verify the dream I just had. Then I saw it. Under Master's picture was a piece of broken glass on top of my grandmother's photo. I woke up my mother, who is also a practitioner and told her of the dream I just had. She told me to do as my grandmother wished. Thus, my mother and I burned my grandmother's portrait.

B. My grandfather flies into the heavens while meditating

The second year after I obtained the Fa, I saw a robust yellow cow on a green hilltop. When I was sixty to seventy meters away from the cow, it raised its head to look at me and then immediately fell on the ground and died. Out from the cow's body flew an image of my grandfather. The cow disappeared, leaving behind only my grandfather. My grandfather was handsome, had thick eyebrows, big eyes, and wore the clothes that he wore when he was younger. He seemed very energetic. He didn't greet me, and instead began meditating on the grass, with both hands conjoined and an air of true happiness soaking his entire body. I felt that every single one of his cells was soaked in joy, happiness, and peace. As he was meditating with his two hands conjoined in Jieyin (a fixed position when Falun Gong practitioners

do the exercises), he began flying directly towards the heavens, disappearing among the clouds. My grandfather had killed many big cows in his lifetime, accumulating enormous karma. Even someone like this was saved by Master and sent to the heavens. No wonder my grandfather was so happy. "One person cultivates, and the entire family benefits." Elders used to say: "If one attains success, nine tribes would ascend to the heavens." I cultivate Dafa, so I understood and verified this saying.

C. My fourth grandfather's eyes regain vision

In the spring of 2003, I went to my hometown to clarify the truth. I went to my fourth grandfather's home. That year he was in his sixties. He has been a cattle herdsman his entire life. One day, one of his big yellow cows was giving birth to a calf, so my fourth grandfather went to help deliver the calf. However, the cow poked my fourth grandfather's eyes with its horns, which bled profusely and then became blind. When I saw my grandfather (who had some trouble hearing), I leaned close to his ears and said, "Fourth grandfather, repeat 'Falun Dafa is good,' and your eyes will get better." After a few times he memorized the phrase and began repeating it out loud. He later regained his vision.

D. Don't do this if you want to be a part of my family

Before my younger brother and his wife got married they opened a karaoke bar. Once, my brother invited me to his karaoke bar for dinner. Ordinary people like showing off, so before I even entered the bar, I saw that the people who were singing and dancing were all possessed by snakes, foxes, and weasels. They had long tails and wore human clothes and hats and looked extremely repulsive and ugly. They deluded and bewitched the humans. Those who didn't have righteous thoughts and instead had promiscuous conduct were possessed the most tightly. I feared that my brother's wife would misbehave in this huge dye vat, so I told her very seriously, "If you want to be a part of my family, don't do this." My brother is usually very respectful towards me and follows my advice. A few days later he shut down the karaoke bar. Under my guidance, my brother and his wife later both obtained the Fa and became true practitioners.

5. The story of the boat

Willow boat: When I just entered cultivation, I'd always dream of a willow boat. I made it myself but didn't know how to operate it. I floated into the midst of many wil-

low boats, all withstanding the wind and waves. I realized that this was my personal cultivation period.

The large boat an eon old: I saw a huge boat an eon old, stuck between two large mountains. No one could move the boat. Once I got on board, I felt that I was the owner of this large boat. I used Buddha Law's divine power to start up the boat, which then immediately moved through the water. Everyone on the boat began thunderously cheering. They were overjoyed.

Princess: I was operating a massive boat named "Princess." The boat had this name for eons. I sailed it on the endless oceans, unable to see any land. Fierce winds and storms constantly struck the Princess. I wasn't afraid. I went wherever I saw someone stranded and told them to all come aboard. I sailed the boat everywhere, saving countless people. I came to a place with waters so shallow that the Princess couldn't cross. However there were many people waiting anxiously on the other side. I wanted to save them, but neither I nor they could cross. As I thought about this, a large row of cars appeared, paving a bridge connecting the people to the Princess. Many people then came aboard. I realized that this was cultivation during the Fa Rectification period and saving sentient beings.

Sitting on the same ship as Master: This ship is so enormous that there is no way to describe it. However big the heavens are was how big this ship was. Master stood extremely solemnly at the head of the ship. Countless people sat on the ship and were extremely happy. The ship began to move, carrying all matter of the heavens and the earth as well as all Dafa disciples. The great Fa ship converged with the cosmos to form an even bigger ship accompanied by countless beings' cheering and gratitude and heavenly music, flying to the most beautiful place.

Chinese version: <http://www.zhengjian.org/node/113004>

59. The Power of Dafa

A Dafa Practitioner

[PureInsight.org]

I'd like to share with everyone a recent experience which has exhibited the true power of Dafa and shown me that celestial changes are imminent.

I work as a real-estate agent, and a your woman from Cambodia recently asked me to help her find a condo. From my initial talks with her I realized that she was having a difficult time in her life. She lived with her sister's family and they were treating her pretty badly; she was even planning on filing for a divorce from her estranged husband. She decided it was time for her to move out of her sister's house.

I recommended Falun Gong to her, suggesting she try reading Zhuan Falun. I said to her: "Read the book and it might be helpful to you." To my surprise, I received a phone call from her that same day. She told me she liked the book very much as soon as she browsed the table of contents online and that she had already ordered a copy. In two days she had received the book and started to read it right away. While I was showing her around the houses for sale in our town, I would always talk a little about Zhuan Falun and remind her to read through the book thoroughly. I felt she had a very good predestination and she pretty much read the book every day. She also let me know that she took the book to her workplace and would read it whenever she had some spare time.

It was not too long before the young woman found her ideal condo; she signed the contract and started her lengthy and tough loan process. As her income was low, it was not easy to get a loan. She contacted many loan officers yet was refused by all of them. She decided to ask me for help and I told her to keep calm and not think too much about it. I also urged her to read Zhuan Falun or recite "Falun Dafa is good, Zhen Shan Ren is good" whenever possible. I assured her that honorable Master would give her strength. She listened to my advice and simply shook off her worries. During that period of time, I also began to notice how her complexion was changing. Her skin used to be very coarse, but now her skin seemed finer and her complexion appeared much fairer than before. I was sure that she must have noticed her changes as well. How would a young woman not notice such a change? I assumed she was probably undergoing the cleansing process that comes with the cultivation stage of the "milk white body."

Let me make a long story short. The woman's loan process eventually came to a successful end, and it was time to close the deal. I took her to the condo to make a final check-up. We found that the seller didn't keep the promise to change the carpet as was indicated in the sale's advertisement. I asked the seller about it and the seller's

agent told me that since we didn't mention this carpet change in the contract, the seller decided we must not have required it. When I would run into such similar conflicts in my work, I would always make my decisions from the perspective of the Fa and then follow the professional rules of the business to do what is needed while maintaining a cultivator's standard in heart. So, I decided that the seller was simply making a plausible excuse. I negotiated with the seller to try to settle the matter. The seller was responsible for changing the carpet right away, or for refunding the buyer with the current market cost of such a change. I chose the latter and asked for a \$2,000 refund. I forwarded all my email exchanges with the seller to the Cambodian woman to keep her in the loop.

The seller didn't seem to give in though and we were stuck. I said to myself: if I were the buyer myself, I might have simply given up and let it go. However, since I was working for a client, I must keep fighting for it. Just when it seemed that the deal was about to collapse, I received an email from the young woman. She said that she didn't think we were wrong to ask for the carpet change, and she had also consulted with a home improvement store to get an estimate of around a \$2,000 cost for the change. She continued to tell me that it was a big expense for a person like her, however, she didn't want to turn this conflict into a big issue. She said that she wanted to believe in honorable Master, she wanted to keep the principles she learned from Zhuan Falun to guide herself, and remain calm and learn to give up her attachments. In the end, she said she had decided to let the issue go and walk on the divine path quietly. She asked me to stop fighting with the seller and settle down without the change. She concluded by saying that we should embrace Falun Dafa and send our sincere greetings to Mr. Li Hongzhi! Even though her English was not very good and there were some typos in her email, it was very clear from the contents of the email that she had developed a pure heart.

I was completely moved by this experience. I realized only Dafa could have such a powerful change upon a person in such a short period of time. In less than a month, a young woman who had faced life's difficulties in a foreign country had been elevated by the power of Dafa. It is not easy for a person to learn of Falun Dafa right now, yet this girl had picked up Dafa without any trouble and immediately let Dafa guide her life, which was even rarer. It was almost like a miracle had just happened before my eyes. Such miracles can only be witnessed in Dafa.

I later learned that the Cambodian woman had some new positive developments with her husband and she had also dealt gracefully with her sister's family. I am sure

she will make much more improvements in her cultivation ahead.

Chinese version: <http://www.zhengjian.org/node/112105>

60. Saved by Dafa

Yang Jian, a Dafa Disciple in Yunnan

[PureInsight.org]

My name is Yang Jian (pseudonym). I am a 60-year-old male and an employee of a large enterprise. After suffering from liver cancer, out of despair I began to study the Fa and practice the exercises. The date was October 26, 2011, and I had been practicing Dafa for only four months when my family and I witnessed the magical and extraordinary powers of Dafa. It is the great Master who gave me a second chance at life!

I suddenly felt discomfort in September 2011: stomach ache, fatigue and a lack of appetite. I took medication for stomach pain, but that did not improve my condition, which was getting worse. I really could not stand the pain any longer, so on October 20, I went to a local hospital for a checkup. The ultrasound diagnosed me as being in the last stage of liver cancer. My family and I did not believe the diagnosis at first and felt that the local hospital had poor medical technology. They might have diagnosed me wrong. So, I went to the largest hospital in the provincial capital to get a CT examination. The result was "the last stage of liver cancer." There was a 6.49 cm x 5.29 cm lump in the left hepatic lobe and 4.98 cm x 2.81 cm lump in the right hepatic lobe. They were both the size of a fist. The cancerous cells had metastasized in multiple organs. The doctor said there was no need for a biopsy, and the hospital had sentenced me to death—to go home and die!

Stricken by the news, my whole family plunged into grief. I felt bursts of fear. When I thought of being separated from my family forever, I resented and complained to God that he was unfair and cruel. I had worked hard my whole life and finally retired. My wages had increased from 800 yuan to 1600 yuan. And now, with my improved living conditions, I had to separate from my relatives and walk alone on the

path to death. Despairing, I waited for the call of death.

My son suddenly thought of Falun Gong! His heart was enlightened—only Falun Dafa could save his father! I had witnessed the magical effect of Falun Gong on our relatives. My son was full of hope and said, "Dad, practice Falun Gong!" I also became hopeful and said, "Okay." I immediately called my relative who was very happy and said, "That's good. You're saved! Although Falun Dafa is omnipotent, you must believe and practice firmly. Cultivate your heart and mind and practice the exercises in accordance with the requirements of Master and the Fa. The most effective way is to overcome the difficulties on the road of the practice. Can you do it?" I was full of confidence and said, "Yes!"

The relative gave me the Dafa book *Zhuan Falun*, recordings of lectures, exercise video, etc. I officially started to study the Fa and do the exercises on October 26. I was very excited and had great expectations as though I had been waiting for this day for many years.

In general, patients in the later stages of cancer have physical fatigue. Their bodies are extremely weak and they suffer discomfort. They do not have energy and they just want to lie down, but I am a Dafa practitioner. What I did was according to Dafa's requirements. I bit the bullet and practiced the exercises every morning. (There is no requirement of a united schedule for Dafa practice. You exercise at your own convenience.) I persisted on finishing the five sets of exercises every day, read two lectures of *Zhuan Falun* and the scriptures, and watched the VCD of Master's lectures at night. My wife, son and relatives helped and encouraged me every day. I was full of confidence and my body was getting better and better.

After eight days of practicing the exercises, I began to have diarrhea and went to the toilet 12 to 13 times a day. Once, I went 20 times and excreted a lot of pus and blood. I knew Master was helping to purify my body by discharging the toxins. Quite frankly, I did not even think of whether I should take medicine or not. When this happened before, after only two or three times, I would not have been able to get up again. Not only did I not need to lie down, I could also eat a lot. I had lots of energy and confidence.

But there was a bigger test to come. My feet started swelling moving up slowly to my legs, which soon swelled bigger than my thighs. My family described my thighs as bigger than an elephant's legs. My skin was tight and shiny. I could not put on my old pants. Both my legs felt as heavy as the weight of a thousand cattle. I had shortness

of breath when I moved and it was difficult to walk. I could not lie down to sleep, but could only lean against the bed otherwise I could not breathe. No matter how uncomfortable, I remembered Master's Fa: "When it's difficult to endure, you can endure it. When it's impossible to do, you can do it" (Zhuan Falun). With encouragement from my family and fellow practitioners, I persisted in Fa study and practiced the exercises.

My feet continued to swell and reached up to the chest. I could not stop it so went to the hospital to draw the fluid out. After that fluid had been drained from my body, I felt a little better. However, the doctor said that the fluid would leak and would increasingly leak; there was nothing he could do. After thinking about that, I shouted to the doctor, "I will not come back!" I then concentrated on studying the Fa and practicing the exercises. After two months, the swelling gradually went down and I could walk easily again. My spirits were getting better every day, and I could cook breakfast and wash my underwear. Previously, I could only eat two small portions of food, now after practicing Dafa, I could eat one kilogram. I felt like a new person.

Master was not only purifying my body, but my soul too. At the beginning of the practice, I remembered a day going to the bathroom for a shower. I saw an unopened bar of soap on the shelf. I was the only one there, and there was nobody there to take it. In the past, I would have certainly taken it and also would have thought, "If I do not take it, someone else will." I was not moved this time. I thought that if I was a Dafa disciple, I could not be greedy. I could not take things that were not mine. When I returned home, I felt comforted by the thought that I had changed a little for the better.

Another time I went to take a shower, I accidentally knocked an old man's shower gel bottle to the floor and it was smashed. The old man was distressed and said the gel had cost more than 7 yuan and that he had just bought it. I comforted the old man, and then I took out 10 yuan to compensate him. The old man smiled.

One day, a parking attendant had put a time-stamped note on my car. Two hours later, I came to take my car and the attendant was not there. In the past, I would have driven away: "The attendant was not there, so who's to blame?" But now I waited until the attendant came back, paid the parking fees and then left.

These things may seem small, but they're worth mentioning. I started the practice only a very short time ago and Dafa had taken me from being a selfish and self-centered person to one who thinks of others first. This was the heart making a conscious change, without compulsion. How powerful Dafa is to change people's hearts! If everyone learns Dafa, society would become wonderful and harmonious!

The big changes to my body and mind make me say this from the bottom of my heart: "Truthfulness, Compassion and Forbearance are good! Falun Dafa is good!"

Please correct me with kindness, if something is not right. Heshi!

Chinese version: <http://www.zhengjian.org/zj/articles/2012/3/17/81289.html>

61. Truthfulness-Compassion-Forbearance Cured My Cousin's Leukaemia

Zi Jing, a practitioner in Shandong Province

[PureInsight.org]

My cousin is 28-years-old. He married last year after retiring from the army. His wife was pregnant and they had a happy life. However, about one month before his wife's due date, my cousin was diagnosed with acute leukaemia. The doctor said there was no cure for this illness no matter how much money was spent on it. Depending on how fast it deteriorated, one could die of the illness quickly. This news hit his family hard and everyone worried about it.

My aunt and my uncle divorced many years ago. Through these years, my cousin lived with his mother (my aunt) in Northeast China. After hearing the bad news, my aunt immediately left from Northeast China to Shandong. She first stayed with us before going to visit her son.

My mother began practicing Falun Dafa in 1998, which she introduced to my aunt in 2008 when my aunt came to Shandong because of illness. Soon after starting to practice, my aunt's diabetes was completely cured. Nonetheless, after arriving at my home this time, she kept crying because of her son's leukaemia. My mother comforted her and suggested studying the Fa more. My aunt did so and she gradually calmed down.

Then we went together to visit my cousin. My mother had told the facts of Falun Dafa to him previously and he had quit CCP, as well as its affiliated organizations. This time, my mother clarified the truth to my uncle and told the entire family to recite "Falun Dafa is good," as well as "Truthfulness-Compassion-Forbearance is good."

In the beginning, they did not believe in Dafa and even thought my mother was superstitious. Plus, my cousin's parents did not tell him about the leukaemia and only said he had anaemia. My cousin therefore did not worry. However, as the illness worsened, the chemotherapy failed and the doctor gave him only one or two weeks. My uncle thus became serious about my mother's words. After realizing his illness was not so simple as anaemia, my cousin also began to recite the phrases together with his parents.

When visiting my cousin in the hospital, my mother also clarified the truth to a lymphoma patient and his parents in the same room. They agreed to quit the CCP and its affiliated organizations, as well as recite the phrases. After one week, my mother went there again and found the patient had improved significantly. She explained to my uncle that it was because of Falun Dafa and he was impressed.

About three months later, my uncle called us. He was very excited. The test results showed no cancer cells left in my cousin at all. This was a miracle. Instead of decreasing gradually, the cancer cells suddenly disappeared. Plus, other parameters of the blood also improved. The doctor also allowed my cousin to see his newborn daughter. The entire family is very happy!

Chinese version: <http://www.zhengjian.org/node/110765>

62. Overcoming a Life Threatening Illness With Faith in Master

Xin Yue

[PureInsight.org]

I started to practice Falun Dafa in 1996. I have not thought about it too much and have had a happy life since then. Here I would like to share my experience of overcoming sickness karma.

I didn't have any major illnesses in the past. However, on the afternoon of August 11 of last year, I had a stomachache. It was painful, but I was able to make it through the night. On the next day it got worse; nonetheless I could still go to work. By dinner

time, it became more severe and I was unable to eat. Because of the pain, I could only drink some water. I asked for help from two practitioners and they sent forth righteous thoughts to eliminate the evil. One practitioner told me not to accept the persecution since Master did not acknowledge it. She also shared her recent experience of overcoming a toothache. The other practitioner told me to spend more time reciting the Fa and looking inward.

The pain was very severe, so I looked within and found many attachments: fame, material interests, and lust. I also did poorly in sending forth righteous thoughts and clarifying the truth. After I went back home, however, the pain was still there. I thus sent forth righteous thoughts, recited Hong Yin, and asked Master for help. But things did not change much.

It was summer and I didn't eat for three days. My weight dropped by more than 10 kilograms and I couldn't bear it anymore. While lying in the bed, I sent forth righteous thoughts, asking Master for help. I also recited the words in Zhuan Falun, "When it's difficult to endure, you can endure it. When it's impossible to do, you can do it." I spoke to the evil that persecuted me, "I am a Dafa disciple of Master Li and he is taking care of me. Even if I have attachments, I will be rectified by the Fa. None of you is qualified to interfere with me. If there is some pain that I need to suffer, I will bear it; otherwise, all of it will go back to you." I also spoke with Master in my heart, "Master, I will follow your arrangements no matter what happens." I was very determined and had no impure thoughts in my mind. Sometimes, some thoughts came to my mind, "You are dying now and you need to go to hospital." I did not acknowledge it and sent forth righteous thoughts to eliminate it. It was so painful that I turned over in the bed again and again. Later I went to sleep, but it was still very painful whenever I woke up.

Then I remembered Master's words in "Teaching the Fa at the 2004 International Fa Conference in New York," "You can have this thought: 'During the Fa-rectification of the cosmos, I can make a reasonable arrangement for those of you who don't interfere with my validating the Fa; I can have you become beings in the future. Those of you who seek a benevolent resolution should leave me and wait in my surroundings. If you really cannot leave me, then don't have any part in interfering with me. In the future I will be able to achieve Consummation, and I will offer you a benevolent resolution. Those who are completely bad, who still interfere with me and who cannot remain will, according to the standards, have to be eliminated. Even if I don't eliminate you, the Law of the cosmos won't let you remain.' If you have that thought, it is tremen-

dously merciful to some of those extremely low-level beings, and it will make it easy to eliminate those who still interfere." Since it was very painful and I had previously read such articles on Clearwisdom, I tried to benevolently resolve them. But the pain did not go away; nonetheless, I knew Master was by my side and there must have been some reasons why my pain continued. One of my family members repeatedly asked me to see a doctor. I was not disturbed and told him I would be all right soon.

By Saturday afternoon, it was still hurting badly, so I went to visit another practitioner to see what she thought of it. It was only about 1000 meters, but it took me a long time to get there by bike. On the road, I remembered Master's words in Lecture Six of Zhuan Falun, "As a practitioner, if you always think that it is an illness, you are actually asking for it." That practitioner did not think it was sickness either and she agreed I should continue sending forth righteous thoughts. As I looked back, I was thankful that she did not suggest that I go to the hospital; otherwise, I might have stumbled over this.

Early in the morning on the fifth day, I felt that the agony had moved from my stomach to my abdomen. I felt relieved because I knew that the Falun in my abdomen would help improve the situation. An hour later, I had a diarrhea and then everything went back to normal soon afterwards.

I had two understandings about this tribulation. One is that, when seeing other practitioners experiencing tribulations, we need to encourage them and support them with righteous thoughts, instead of suggesting that they to go to the hospital. Secondly, when stuck in a tribulation ourselves, we can never lose faith in Master or the Fa. Everything happens for a reason and Master is looking after us all the time. As long as we continue to remain determined and look within, Master will help us overcome the tribulation. This is just like what Master said in Hong Yin-Volume II,

"When disciples have ample righteous thoughts Master has the power to turn back the tide."

Chinese version: <http://www.zhengjian.org/node/80916>

CHAPTER 6

THE EVIDENCE THREE: DAFA PRACTITIONERS' SUPERNORMAL EXPERIENCE AND CULTIVATION INSIGHTS



More than 7,000 practitioners gathered on the Taipei Liberty Square to form an image of Falun Gong founder Master Li Hongzhi to celebrate " World Falun Dafa Day - May 13th " and the 20th Anniversary of Dafa [April 29, 2012]

The collections of thirty-seven articles were contributed by Falun Dafa practitioners in over ten countries. The articles are categorized into four sections: Healing Illnesses, Miracles in Dafa Cultivation, Cultivation Experience, and Cultivation Insights.

With morality sliding down even more rapidly nowadays, humans have become corrupted in their hearts. They generate bad karma, become ill, and suffer from disasters. However, it is fortunate that Master Li Hongzhi introduced Falun Gong (also called Falun Dafa) to the world in 1992 with the highest qualities of the universe—Zhen, Shan, Ren (Truthfulness, Compassion, Forbearance) as the criterion for measuring good and bad. Since then, over 100 million people in over 100 countries enjoy practicing Falun Dafa, with clubs and associations existing in many cities, companies, universities, and other settings. The book and video resources on Falun Dafa are available for free download at <http://falundafa.org/>.

Falun Dafa practitioners follow Truthfulness-Compassion-Forbearance to further improve their moral character and health while undertaking various efforts to stop the ongoing persecution from the Chinese Communist Party (CCP) in China. CCP's brutal persecution cannot change the determination of Dafa practitioners due to their supernatural experience and pure insights from their Dafa cultivation.

We hope the collections broadens your perspective and inspires your life. Citing Online Sources. <http://www.pureinsight.org/node/>

Healing Illnesses **6.1**

63. Believing in Master and the Fa to Break Through Illness Illusions

<http://www.pureinsight.org/node/7307>

Author: A Dafa Disciple in Singapore

Illness karma tribulations are a very heavy topic, I wanted to discuss my understanding and experience regarding this matter. I also hope that more practitioners will participate in discussions so that fellow practitioners undergoing illness karma tribulations can see things from multiple perspectives, look for their hidden attachments, cultivate them away, strengthen their belief in Master and the Fa, walk the cultivation path righteously, and avoid any unnecessarily losses.

Next I would like to share an experience of being interfered by illness demons. One day I was sitting in the passenger seat of my company's van. I was chatting with the driver as he drove when all of a sudden I felt that my heart was in pain, so I clutched my chest. I could feel my heart pounding quickly with great force, which was very uncomfortable. I thought my posture was not good, so I shifted positions, but the symptoms did not abate. I told myself that it would be over soon and endured it. The driver asked me if something was wrong, to which I responded that my heart was beating very rapidly, which was very uncomfortable. Because I did not have a history of heart problems and the driver was a friend of many years and knew this, he was not worried. However, my symptoms became so severe that I could practically hear my heart thumping and my body was very stressed, so I thought I was having a heart attack. How could I have a heart attack? I did not even know this about myself. Had I known, I should have just kept a bottle of quick-acting heart pills in the car.

As soon as this thought arose, my symptoms worsened. I felt like my heart would fail at any moment. My face became very pale, and I was sweating profusely. I weakly muttered, "Please stop the car." When the driver saw me, he suddenly became scared and found a place to stop. When he saw me getting out, he came over to help me. I waved my hands in dismissal and hoarsely said, "Don't touch me." I felt as if I would immediately die if anyone touched me. I slowly moved to the back of the car and lay on the ground because I did not have enough energy to sit. My heart was still racing. I felt as if I was on the verge between life and death. It was then that I thought, "Falun

Dafa is good! Zhen Shan Ren is good!"

From the onset of symptoms to when I collapsed, I did not realize I was a cultivator. At the time I had not cultivated for long and was very much like an ordinary person, so I rarely tried to enlighten. Whenever I encountered something, I rarely used a cultivator's perspective to look at the issue. I always thought they were natural coincidences. Because I neglected to enlighten to small tests, they piled up into a massive and difficult test. Looking inwards often is very important for cultivators. Constantly using "Zhen Shan Ren" to measure oneself, looking inwards more, and eliminating more attachments would also make passing tests simpler. Master said in "Self-Evident is the Heart" from Hong Yin Volume II:

"Light are the boats, quick the travel
with attachments cast aside
But the ocean proves hard to cross
if human thoughts weigh one down"

Anyway as I lay there feeling as if I were on the verge of death, I kept thinking, "Falun Dafa is good! Zhen Shan Ren is good!" As I recited this, I felt my heart calming down. A few moments later, I was able to sit up. Though I had not completely recovered, I felt like it was bearable. After seeing me sit up, the driver asked how I was doing. I said I was doing much better and asked him to take me to the hospital. He took me to the hospital, and I told him I needed to go to the emergency department. He helped me get off near the emergency department. After crossing one lane, the emergency department was in sight, but I suddenly could not walk. I told the driver that I could not stand and had to sit. There happened to be a short wall nearby, so he helped me sit. After sitting down, I clutched my chest with one hand as I looked up at the emergency department. The emergency department was right in front of me, but I could not make it. Was it Master not letting me go in? I thought of what Master said in Zhuan Falun, "One of our students went to the hospital and had several syringe needles bend on him, and the last vial even squirted out, but the needle still couldn't go in. Then he caught on, 'Wait, I'm a cultivator! I don't want any more injections.' Only then did he think not to get injections."

As I thought, my insides were like a roaring volcano. A wave of nausea overcame me as I started vomiting. When I felt as if I had vomited everything inside and had nothing else to vomit, my body suddenly felt refreshed. The illness demon that was interfering with me for several hours vanished in an instant. I looked up at the emergen-

cy department and told myself, "Do you still need to go to the emergency department this time? Everything is better now, so you don't need to go this time! You refused to follow the advice of not needing a doctor and came to the emergency department, yet in the end the symptoms vanished, and you had no reason to go." I told myself that I was better and did not need to go to the emergency department and could go home! I told the driver that I was fine, did not need to see a doctor, and could go home. The driver was very surprised and asked skeptically whether I was really fine. I told him I was really fine and could go home as I walked briskly to the car.

On the way home thinking about what had just transpired, there was still some lingering fear. I felt as if I had taken a trip to the gates of hell, so I thought to myself that it would be safer to keep a bottle of quick-acting heart pills in the car. I told the driver I wanted to stop by the pharmacy to pick up some quick-acting heart pills. After visiting two pharmacies that both did not have any pills, I suddenly realized that this meant I should not buy them. I told myself, "Wow! You don't need to see the doctor, but now you want to buy pills? Do you have an illness or not?" Master said in Zhuan Falun, "When you feel worse, it means that, 'when something reaches the extreme it reverses,' and your whole body will be purified. It has to be completely purified. The root of your health problem has been plucked out now, and only that little bit of black qi is left, coming out on its own, so that you have a little hardship and go through some difficulty. If you didn't bear anything it really wouldn't work".

At that time, I felt very ashamed and thought that my enlightenment quality was horrible. I cut corners in my faith towards Master and the Fa, treating illness illusions as real illnesses and almost making a huge mistake. I am very grateful for Master for helping me eliminate karma and felt that Master's Law Bodies are right by disciples, watching over us and giving us hints. That illness episode was also a wakeup call, letting me realize that not cutting corners in my faith towards Master and the Fa is truly important. Especially when undergoing illness karma tribulations, only truly believing in Master and the Fa can one realize the illness is an illusion and believe that one does not have any illness. Of course then one would not be at home sick and would be able to do the three things. Through doing the three things, studying the Fa, practicing the exercises, and improving your xinxing, the demons will no longer be able to reach or persecute you. Illness illusions will naturally vanish.

Some practitioners are unable to calm their minds to send forth righteous thoughts and eliminate evil during times of illness karma tribulation. This is also one reason that illness karma persists. Some practitioners are so severely interfered by illness de-

mons that they say, "I am suffering so much, I might as well so and so." When I hear this, I am very sad. What we bear is only a small portion of our tribulation. Master helps us endure most of the tribulation. Master is enduring massive tribulations for countless beings! Is Master suffering? Master said in "To the Original State" from Hong Yin Volume III:

"His True Body is youthful with a boundless lifespan
Beyond all space and time, He governs cosmic laws
He teaches Heaven's Way to rescue the firmament
He alone has borne the karmic debts of all beings
The abundant debts formed huge ordeals
His hair turned grey and His body was harmed
When Fa-rectification is fulfilled, His Divine self will show
His immense grace shall awe the Ten Directions"

As a Dafa disciple, how can we give up so easily? After tens of millions of years of waiting, innumerable reincarnations, and countless hardships, we have finally obtained the Fa today; we can finally assist Master in Fa-rectification; we can finally fulfill our vows. I hope as the once so strong-willed you can be strong until the end! I hope we can be diligent together and return with Master!

Because the events recounted above were from a long time ago, some may not have been described as being very diligent. Please point out anything inappropriate!

Chinese version: <http://www.zhengjian.org/node/240680>

64. My Experience Passing the Test of Sickness Karma

<http://www.pureinsight.org/node/7413>

Author: A western practitioner from Washington, USA

I am a western practitioner. I was born in 1951 and have a career as a woodworker in the San Juan Islands of Washington State where I have lived for 41 years with my spouse and children. I began practicing Falun Dafa in 2004.

I have had some encounters with sickness karma including physical issues of a

defective heart valve, chronic pain, blindness, blunt force trauma injury to the neck and spine, skin cancer, and infection. I have also had mental issues of humiliation, remorse, doubt, confusion, fear, and depression, which I also consider as kinds of illness.

The first test I encountered I did not handle well and ended up having heart surgery. During recovery, I was very confused about whether or not I could understand or continue cultivation practice. It was a dark time and a very low point. After considerable reflection, I understood that Master had made a new arrangement for me, one that allowed me to find my way forward. Master has stated that the Fa has infinite ways to rescue a person if they have a heart for cultivation.

The breakthrough came as I was reading Zhuan Falun. Suddenly it seemed as if there was only one word on the page, and that word was "resentment". I could see clearly how that attachment permeated all my thoughts and interactions. I could see how the heart of resentment made the heart of the body deformed. Just as the physical heart was defective and not moving blood, so too the heart for cultivation was restricted by resentment.

I must add that the heart failure was a form of mercy and blessing because in the minutes that I considered myself dead I gained an inexplicable peace of mind and clarity regarding what is important. Indeed, it made it very hard for me to reengage with the material world for about three years. I can joke now that it really helps to have been dead!

Since then I have learned other valuable lessons, and I will list the ones that helped me the most. I will not describe all the events in detail but just give the important aspects.

The First Thought Can Determine the Outcome

This is a fundamental mind state and requires practice. Serious or even deadly events happen fast, and this positive thought must become automatic. I was fortunate to have a hint with a small accident a few days before the much bigger accident, and my state of mind was alert.

Remember to Think from Within the Fa Principles

It is very difficult to handle injuries and pain with cultivation practice when one is

immersed in a world of pharmaceuticals and western medical practice, especially if one's family does not understand or accept Dafa. I have an agreement with my spouse. As long as I am conscious, I get to choose; if I am unconscious, she gets to choose. I do make a distinction between standard first aid and hygiene versus states of karma elimination.

One thing I do when I experience symptoms of illness or pain is to have the thought that I am already on the other side of it, done with it, and what I am experiencing is just the field of illness or karma as it dissipates.

I will relate a short incident here that happened recently. I had just pulled out onto the road when I went blind in the right eye. I pulled over and was having many thoughts including how will I get home?! Then I thought of Master Li's story about interference from an entity in Zhuan Falun. He said "I would just clear them up." So I thought, "Okay, I will just clear it up," and shortly my sight returned. It still hurt, and I could see a shadow moving across my vision occasionally, but it improved over time. Sometimes it takes days to resolve these kinds of things, and this leads into the next subject.

Fear

I have been amazed at how swiftly fear can evaporate my stability and confidence in Dafa. I try to hold the thought, "What is there to fear?" When I answer that, I can usually work through it. In the case where fear lingers, I rely on sending forth righteous thoughts.

Gratitude

I had a clear vivid dream of a past life in which I was a terrifying person, one whose profession was torture. After that there was no pain or tribulation, large or small, that I did not cherish because I knew it was there to eliminate karma, mercifully divided into parts that I could endure. I also make sure to include gratitude for blessings, foremost being the mystery of encountering Dafa, being able to engage with it, and hanging on to it. You might wonder how I can live with the knowledge that I did such terrible things. I was allowed to view another lifetime where the situation was reversed and I died as a child from equally terrifying circumstances of torture, thus balancing the debt.

Balance

Maybe at the top of my list is balance. This has been the central most important element for making my practice stable.

Balancing cultivation practice with work, family, and community enables me to make progress and good choices. I found that if I do as Master advises and maintain a normal balanced life, many tribulations are averted, and opportunities to validate Dafa are arranged.

Faith

For me it ultimately boils down to faith and to my mind. Faith includes the elements of trust and confidence. It is a constant task for me to build faith against fear and doubt. It is always a big boost to faith when I overcome sickness karma or a tribulation, but I know it cannot depend on those kinds of validations; it has to exist and be nurtured in the heart.

Ironically, the biggest challenge to my faith has been allowing the actions of Dafa Practitioners to affect me. I think Masterr said in *Stability of the Fa in Essentials for Further Advancement*, "Let me tell you again that an outsider can never damage the Fa. Only students can damage the Fa—remember this!" Encountering zealotry, misdeeds, or strong opinions and personalities had a strong effect on my faith in the beginning. I finally had the insight that practitioners are not the practice; it is the Fa, the Way, that remains true, and all practitioners are just students, struggling with their individual cultivation path, making breakthroughs or mistakes in line with their unique arrangements. Now I am clear about how to practice in an open, dignified, and natural way and find that people will approach me with inquiries more often.

In these subsequent years of practice I have had other encounters where I am aware that I would have lost my life, but instead, as described by Master, a body of Karma was killed. This is another state of faith, to remember that no matter what happens or how bad it seems, I have been spared a worse outcome by my practice, and gratitude is the response I maintain.

This is my present level and understanding. One thing I know is that understandings evolve and grow, and I am looking forward to that!

Chinese version: <https://www.zhengjian.org/node/249519>

65. By Chanting "Falun Dafa is good" Lumbar Fasciitis was Eliminated

<http://www.pureinsight.org/node/7349>

Author: A Falun Dafa Practitioner in Heilong Jiang, Mainland China

I am a Falun Dafa practitioner of Heilongjiang Province in Mainland China. My son Xiao Bing (who is more than 40 years old) went to another city last October. After coming back, he suddenly felt pain in his lower back area. He tried to sleep in a bed with a firm mattress, he tried massage, and he also tried some injections as well, but none of those methods helped. Later he could not even move or walk. He had to be carried on a stretcher from room to room in his house. I called a doctor. The doctor said that lumbar fasciitis was a very serious disease. Without good treatment, my son could end up paralyzed. My daughter in law tried very hard to find my son a good doctor.

When my husband and I were informed of my son's disease, we went to see him. We told him, "You practiced Falun Dafa when you were a student, and you also know that Falun Dafa is good. Why do you not sincerely chant 'Falun Dafa is good' and 'Zhen Shan Ren is good'? Many patients with terminal diseases were cured simply by saying this". My son nodded his head. After seeing how much my son was suffering, my husband and I felt that we could not do anything more to help and went home.

The next day, my son called and told us that he could move his body and was in much less pain after chanting, "Falun Dafa is good." After three days, he was even able to walk again. He improved day by day. My son was thrilled to tell us that Master Li Hongzhi had cured his disease, and made him recover quickly. I am extremely grateful of our esteemed Master's merciful and arduous salvation!

Our entire family was extremely impressed by Master's immeasurable compassion. When Dafa is still being persecuted in Mainland China, people who agree, "Falun Dafa is good" and stand on the side of justice will be blessed. I hope that more people will know the truth about Falun Dafa as soon as possible.

An Eight Month Pregnant Women Suffering from Severe Kidney Stones Chanted "Falun Dafa Is Good" which Eliminated the Disease

I am a veteran Falun Dafa practitioner. A while ago, my grandson and my granddaughter in law who has been pregnant for 8 months came to my house. My grandson

said that his wife was diagnosed with kidney stones and suffered from extreme pain. The small hospitals in my grandson's hometown did not dare to give her any treatments, so they came to my city to look for larger and better hospitals. We took my pregnant granddaughter-in-law to a well-known hospital. All the doctors said unambiguously that she could not be treated, that she could not take any medicine, and that an operation was too risky and not good for the child. They asked my granddaughter-in-law to simply endure the pain and come for treatment after giving birth to the child.

After returning home, my granddaughter-in-law kept shouting, "It hurts! It hurts!" I told her to chant "Falun Dafa is good". I told her that this sentence is magical and powerful. If she chanted this with respect, she might feel better. My granddaughter-in-law has known the truth about Falun Dafa for a long time. She was very much in agreement with Falun Dafa and had quit the evil Chinese Communist Party. She started chanting straight away. My grandson also chanted along next to her. After a while, my granddaughter-in-law said that she felt much better and was no longer in pain! Everyone was very happy and surprised by the magical power of Falun Dafa. Everyone was grateful for Master Li Hongzhi's great compassion!

My grandson and granddaughter-in-law stayed for another few days before planning to leave because my granddaughter-in-law not did feel any more pain! Right before they left, they were still a little uncertain and asked me, "Grandmother, will I feel the pain again?" I replied, "Relax, our Master has already removed your kidney stones!"

After they returned home, she delivered a very healthy baby successfully. We are planning to give her some nutrient rich food and some other good things. My granddaughter-in-law said emotionally, "There is really nothing better than Falun Dafa!"

Chinese version: <http://www.zhengjian.org/node/243487>

66. Valiantly Breaking Through the Tribulation of Sickness Karma

<http://www.pureinsight.org/node/7156>

Author: A Taiwan Dafa Disciple, Xiu Mei

I obtained the Fa in 1999; it was my destiny.

"Where are you, Master? Your disciple wants to cultivate..." I cried towards the sky for Master, and Master really came.

I had waited for thousands of years! I had finally obtained the great Fa.

Before cultivating, I was sickly and weak, and excessively concerned with my health. I had a jar full of medication. I had to go to work and take care of the household. As my family became wealthy, my health declined. I wanted to practice Qigong, but which one was good. My doctor, Dr. Hu, asked me to practice Falun Gong. I attended three nine-day sessions. My health improved each day and my body recovered some strength. As a beginner, I did not know how to look within to cultivate my xinxing, but when sharing with fellow practitioners, I expressed my deep gratefulness to Master.

In 2005, I discovered a lump on my left breast. I did not pay much attention to it and it disappeared. In 2012, while I was working at a material production site, a part of my breast burst open and left a hole. I told myself that Master and the Fa were with me, and knew that there was nothing to be afraid of. However, I did not negate the old forces; I only knew that it was evil. The next year, as I was working at the material production site, the hole that had remained started bleeding and I became weak. I kept working. It had been six months since I was last there. It was getting very close to when I should go back to Taiwan, and I was feeling very sad. I wondered whether I would have a chance to work at the production site again.

In Taiwan, I did the three things as well, and I kept up with Fa study and doing the exercises, but my Xinxing did not improve. When looking within to find the root cause, I found tons of attachments. At that time, Master's new article had just been published; I knew that looking within was a magic key. In February 2015, fellow practitioners saw that I could not improve myself and were worried; when sharing after Fa study, I didn't have any common points with them. Many fellow practitioners asked me to go to hospital but I was not willing to, and my body became weaker every day. The coordinator said that I'd better go to a hospital, because a Dafa disciple shouldn't be lost. Some local practitioners had already passed away. I thought that I was really useless, being unable to overcome such a tribulation, and making Master and fellow practitioners worry. Later, I went to a hospital, but in my mind I negated everything the doctor said. The doctor arranged for me to stay and get checked in the hospital. They found that a tumor on my breast had burst and treatment was needed. When

undergoing the third treatment, Master revealed to me that this could not be accepted. During the fourth treatment, my husband and son saw that when the doctor tried to administer the shot, the needle just would not go in. I also refused to take medicine. In the end, my family told the doctor that I would quit the treatment and the doctor agreed.

I sent forth righteous thoughts after going home, making up my mind to believe in Master and the Fa and leave my fate to Master; I could not disappoint Master. If I could not live up to the vow I made when I came to the three realms, I would be very sorry. Master then healed my body and the hole in my breast shrank. I recovered my mental vigor as well. In August 2015, Master helped me find the root of my karma. I remembered that I had coughed all through the night on my marriage day 37 years ago. At three or four in the morning, someone had spoken in my ears while I was in a daze, something about my breast, one million, and something else; then it left.

Master revealed my attachments to me during Fa study. The source was found, but it does not count if xinxing is not improved. I looked within and enlarged my capacity by getting rid of my attachments. I began sending out truth clarification messages, joined the Global Rescue Phone Call Platform, clarified the truth at scenic spots, and volunteered in promoting Shen Yun (in the costume group). By cultivating myself, layers and layers of shell were removed, the missing elements were replenished, mistakes were corrected, and my xinxing improved consequently.

Throughout my cultivation, I have received righteous thoughts from fellow practitioners and support from my husband and son. I will steadfastly cultivate Dafa until consummation.

I would like to encourage fellow practitioners with Steadfast from Hong Yin Volume II:

"The awakened esteem what is beyond this world
The devout cultivator sets his heart on Consummation
When great is the ordeal, keep steadfast
The will to be diligent never bowed"

The above sharing is my personal experience; fellow practitioners, please correct me if anything is improper.

Chinese version: <http://zhengjian.org/node/153299>

67. Son as a Military Surgeon: "Impossible not to believe"

<http://www.pureinsight.org/node/7139>

Author: A Dafa Disciple in China

On 9th March 2016, my husband suddenly got a severe fever. After checking in a hospital, it was diagnosed with two malignant tumors, one on each lung. In addition, it was at its terminal stage. My youngest son and his wife, their daughter, her husband and my grandson, a whole group of people were all shocked on hearing the news. Some said, "We cannot tell father the truth." Others said, "We call eldest brother and ask him what to do."

My eldest son was a military surgeon. He opposed my faith in Falun Gong. I said he has been brainwashed by atheism, and would not recognize me as mother anymore. My youngest son told him and sobbed. He said if it was really this disease, no one could do anything. I took the phone and said, "You can choose letting your father stay in hospital or letting him practice Falun Gong with me. If he practises with me, it will be all good; no one can cure your father except my Master. If your father stays in hospital, you cannot save your father's life even if all of you spend all your money. " My son said, "You can ask him to practise with you."

My husband was more obstinate than an ox most of the time. I asked him to recite, "Falun Dafa is good. Zhen Shan Ren is good", he just murmured and refused with a scornful expression. I knew he was angry, and then I told him, "You are in the terminal stage of cancer, only my Master can save you." He would not believe but said, "What cancer? I am all right. I never did bad things, how can I get that disease! I am just having an inflammation; it will be cured with medicine for a couple of days!" I said, "Don't be foolish, Junjian is coming home now. Don't be stubborn anymore, you can see, in the past one or two decades, have you seen that I have contracted any disease after practising Falun Gong? You can see Gousheng's mum, what disease she had! She became all good after practising Falun Gong, didn't she? " On hearing that our eldest son was coming home because of him, and in addition to seeing the expressions of the whole family, my husband realized it was true. After stopping for a while, he lowered his head and said sincerely, "I will recite!"

When our oldest son came home and saw that his father knew the situation, he told his father, "You should practise Falun Gong with mum seriously. This disease, if we have a way to cure it, we will, but you shall practise Falun Gong with mum when you

need to."

My husband was candid and irritable, if he thought something was right, no one could change him. He was really earnest when reciting, "Falun Dafa is good. Zhen Shan Ren is good". I found a brochure named "Got It" for him. He gave it to other patients in the same ward after reading and said, "You should have a look, it can cure any disease."

It was miraculous; his fever receded after three days when he began to recite. My sister-in-law heard his brother got cancer and came to see him, sobbing. A few days later, the doctor said he could go home. He was advised to eat and relax whenever he wanted. Basically just to satisfy his wishes so as to not leave too many regrets as it was obvious that the hospital cannot treat him anymore and wanted to discharge him.

On hearing that he was asked to leave the hospital, my husband was really happy. He said, "My disease was cured a couple of days ago, why should I stay here and spend money every day?!" After going home, he went to the river with a net to catch fishes. It appeared that his disease was cured.

My sister-in-law came to visit her brother again. On seeing that her brother was all good, she was surprised. My husband said to her, "You can try to recite, 'Falun Dafa is good. Zhen Shan Ren is good', this Dafa is really miraculous! "

On sister-in-law's birthday, all our family went to celebrate. Junjian came back too. We all ate together and talked. Relatives all asked how my husband's disease was cured. He replied with a dignified and imposing voice, "I was cured by reciting: Falun Dafa is good. Zhen Shan Ren is good". Falun Dafa is really good, doctors couldn't cure my disease, and it was Dafa Master who saved my life. You should all bear this in your mind that: Falun Dafa is good. Zhen Shan Ren is good". Sister-in-law added, "Now I recite: 'Falun Dafa is good. Zhen Shan Ren is good' everyday!"

Junjian invited his classmates for a party one day and we were also invited. One of his classmates got hemiplegia on a young age. I clarified the truth to him and he said he was also reading Zhuan Falun. I asked him where he found the book. He said after reading a brochure on Falun Gong, he asked someone to find a Falun Gong book for him but failed. No bookstore dared to sell the book. In the end he bought this Zhuan Falun from a waste collecting store.

Junjian came over and said, "I didn't believe Falun Gong at all in the past but from

my father's experience, it was impossible not to believe. You can see how good my father's vigor is! I saw his film and it was really terminal stage cancer. The hospital even gave up treatment, but he was cured immediately after he practises Falun Gong. No hospital in the world can cure his cancer but Falun Gong cured him! If this did not happen to my father, I would not have believed! Now it was impossible not to believe. The scientificity of Falun Gong absolutely surpassed the knowledge of modern medical science!"

Chinese version: <http://www.zhengjian.org/2016/05/20/152886>

68. Cultivating Dafa Straightened My Hunchback

<http://www.pureinsight.org/node/7015>

Author: A Dafa Disciple in Henan Zhengzhou, China

Before I obtained the Fa, not only did I have illness, but I also had a hunchback that was not visually appealing. None of the doctors could cure it. I had been living with this torturous pain for many years. In an attempt to improve my health, I started to cultivate Falun Dafa, and my body changed miraculously.

Around noon on August 1, 1996, I went to my brother's house for lunch. I found a book called Zhuan Falun on my brother's bed, and I opened the book to page six unintentionally. Master said, "The main goal I had in coming out was to teach and guide people up to high levels—to truly guide people up to high levels." Then I turned to page 169: "Dual Cultivation of Nature and Longevity." The book read, "I've already explained dual cultivation of nature and longevity in detail. Dual cultivation of nature and longevity means that while cultivating your character, you are also cultivating longevity, or in other words, you are transforming your innate body." I was really excited and asked my brother, "Could I read this book? I feel a lot of energy coming from it." On that day, I read through Zhuan Falun. I felt like I did not understand some sentences that Master said, but other sentences opened a window to a whole new world. That night I was so excited that I could not sleep.

The next morning, I found my brother and asked him, "Can the exercises cure my hunchback?" My brother said, "Yes. As long as you want to cultivate, Master will look

after you. If you have the desire to cultivate, Master will help you unconditionally. He can help you with everything." This boosted my confidence.

Thirty-one days after that day, my high blood pressure and chronic hepatitis were healed. One thing I want to mention is one day I was meditating for half an hour. My whole body was indescribably comfortable. It was wonderful and fantastic. Suddenly, I heard a loud cracking sound in my back, and then it became straight. My hunchback was gone, and I did not feel any pain. My body was back to normal! I was so happy that I jumped! This miracle happened after I had just started practicing for six months! Thank you Master, thank you Dafa! I said to Master in my heart, "This Fa is really great. I have to follow you and cultivate until the end!"

As I have been practicing in recent years, my body has changed and is getting better. I am nearly 70 years old and still energetic. My face is rosy and shiny without any wrinkles. My grey hairs turned black. I look much younger than my age. When I think of the fellow practitioners around me who do not cultivate solidly and grow old or even die of sickness karma, I really feel sorry for them. I want to say that we have gone through thousands of reincarnation and hardships to obtain this Fa. It was not easy. We must cherish it! Rejuvenation is not a myth; it is in our midst!

Chinese version: <http://www.zhengjian.org/node/145035>

69. Changes to the Physical Body Through Cultivation

<http://www.pureinsight.org/node/6098>

Author: Jade, an Overseas Dafa Disciple

After deciding to recite the Fa, my depression disappeared after one night

After I read some articles about reciting the Fa on the Clearwisdom website, I decided to recite too. However, I had been suffering from depression for eighteen years. When I was young I had really good memory. I could memorize a mid-size ancient Chinese prose within five minutes. But when I was in junior high school, I developed severe depression. My memory failed dramatically and I became impatient in my temper. After I decided to recite the Fa, I thought that the depression would interfere.

I wished I could get my good memory back. But no matter what, I decided I would start to recite the Fa. Then I went to bed. When I woke up the next morning, I found everything had changed. My depression flew away! The depression was like a big rock pressing against my brain. Now that the rock was gone, my brain felt relieved immediately.

My enlightenment from this was, "Cultivation is up to you, while gong is up to the Master" (Zhuan Falun, The First Talk, "Why Doing Cultivation Exercises Doesn't Increase Gong"). We could not do anything by ourselves. Everything is done by Master. However, we must have the determination to do it.

In fact, every disease is due to a foreign spirit making trouble in another dimension. When that foreign spirit is removed, the disease on the human body will disappear. This holds true for either organic diseases or functional diseases. Modern medicine categorizes diseases by their surface manifestation. However, the roots of diseases are all in other dimensions.

After Master removed that rock-like foreign spirit, my brain felt light right away. I felt the space where the rock had been pressing was now empty. It's like how after a big rock in a garden is removed, the grass and flowers around it are still flattened due to the pressure from the rock above. After reciting the Fa and doing the exercises for two months, my brain felt normal. It was like the flattened grass and flowers turned straight again.

Master eliminated my long-standing karma on the first day of cultivation

The first time I read Zhuan Falun was in 1996. I finished reading the book in one night. I felt all the heavenly secrets were disclosed. Therefore, I decided not to read any other book from then on. After I read Zhuan Falun, I did not like reading other books as much as before. I used to love reading books. Whenever I saw a bookstore, I would go inside. After I obtained the Fa I knew the reason. I was destined to obtain the Fa by this form. In 1998 during Chinese New Year, we paid a New Year visit to an old neighbor. As soon as we went into his house, I saw the picture of Master hanging on the wall in the living room. So I said to them, "You guys are also practicing Falun Gong. I want to practice too." So we agreed to come to learn the exercises the next day. That night I had a dream: my body was like a rectangular muddy pond. Master held a shovel to dig up all the mud. Only some waterweeds were left for me to clean. Before I showed my happiness, Master said, "Don't get excited too early. It will take

you quite some time to clean up the waterweeds." (Actually Master did not say anything. Master used a supernormal ability to deliver the message to my mind.)

The same symptom, different foreign spirit

In 1999, I did not cultivate diligently. I was suddenly sick and sent to the hospital. It was rush hour and the traffic was usually the worst at that time. However, that day every time when our car got to a crossroad, the light turned from red to green. People in the car were surprised. The surgery went smoothly. The next year the disease recurred and they found a 12-cm tumor inside my abdomen, which was even larger than the one before. The doctor gave me two choices: surgery or take Chinese traditional medicine. However, the doctor also said I was too weak to endure another surgery. Another doctor told me that Chinese traditional medicine would not help at all since the tumor was too big. The tumor could burst at any time. Once that happened, my life would be in danger.

At that time, I was taking medicine. I knew it was wrong for a cultivator but I could not let it go. One day my medicine disappeared without any trace. I realized that Master wanted me to stop taking the medicine. So I told my family not to look for it. Several days later, I saw Master's Fashen standing beside my bed. He reached his hand into my abdomen. However, the foreign spirit was so strong that it still stayed inside. Immediately Master's Fashen split into several Fashen. They pressed my arms and legs and held me there. Then one Fashen grasped the foreign spirit out of my abdomen. The foreign spirit was black and looked like a rabbit. It held my body tightly and did not want to leave. If Master didn't hold my arms and legs, I would have been lifted up by the spirit. Later, the doctor held my laboratory test report and shouted in surprise, "How come the tumor disappeared within such a short time!?" The report showed the 12-cm tumor and some small tumors were all gone. Only a 5-cm tumor was there, but that would not put my life in danger.

In October 2010, I came to another city. I did many things to validate the Fa. The second night after I came to the city, Master took that 5-cm tumor and some other bad things out of my body.

Conclusion

Depression and a tumor in the abdomen are different diseases in this dimension. But in other dimensions, they are both due to foreign spirits. In this dimension, the

modern medical devices can only see the tumor. But the root causes, in other dimensions, are different foreign spirits. There is no way to completely eliminate the disease without knowing the root cause. After cultivation, many Falun Dafa practitioners had so many miracles in their bodies, which cannot be explained by modern medicine. Falun Dafa points out a brand new direction for medicine.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/1/27/71400.html>

70. Believe in Master and the Fa; Passing the Great Test of Life and Death

<http://www.pureinsight.org/node/6752>

Author: A Dafa Disciple in China

I obtained the Fa in 1997. Jiang Zemin's evil regime started its brutal persecution against Falun Gong on July 20, 1999. I was listed as a key person by the local CCP (Chinese Communist Party) police, and have since been illegally placed in detention centers, sentenced and forced labor camp by the evil five times. I suffered great hardships and my body was persecuted to the point of being deformed. Through all these years, I used my firm belief in Master and Fa as a basis to completely negate the persecution inflicted on my body by the old forces while at the same striving to do the three things well. Under Master's compassion, I have passed tests of life and death one after another. Now, all the false phenomena of illness in my body have disappeared. I am busy saving people every day and have endless energy. The magic of the Fa is fully reflected in me. I am sincerely grateful to benevolent and mighty Master.

1) Firmly Believing in Master and Fa; Fundamentally Negate the False Phenomenon of "Illness"

I was put in the notorious Ma Shan Jia forced labor camp in 2004. I was forced to suffer all kinds of cruel tortures, such as being isolated in a small room with no lights, being slapped across my cheeks and beaten up in this black lair. All my teeth were beaten out. My eardrums were perforated. When I was tortured to the point of dying, I was rescued for a whole day in a hospital in Shenyang. Two tumors of 12 cm diameter were found in my body. Three more tumors of 6 cm diameters then grew on top of those two tumors. There were lumps the size of rice under my tongue. My abdomen

was swollen like a pregnant woman's in labor. My myocardium had a critical lack of blood. The evil police were afraid to take the responsibility in this situation. They hurriedly carried me into the police car and sent me home before the dawn on April 27, 2005. While driving, the evil captain who beat me constantly called out my name, as he was afraid I would die in the car.

Though it was said I was going home, I actually had no home to return to. I temporarily stayed at my elder sister's home. I helped my sister wash clothes and carry water the second day. My brother-in-law was at once shocked and said excitedly, "Sister, is this for real? Ma Shan Jia sent us a death notice; our phone was practically rang off the hook with requests to come pick you up. I had already arranged a cemetery spot for you." My brother-in-law is a doctor and very much believed the science he learned. The scene in front of him fundamentally changed his thinking. He has believed in and supported Dafa since then.

I stayed at my elder sister's home for two days before fellow practitioners then picked me up. Benevolent Master arranged me to be with a very diligent coordinator. We were together for six years. This fellow practitioner has gone overseas. She helped me a lot.

When I had just moved to the fellow practitioner's home, I was deaf and had poor memory. I often lost and forgot things here and there. I even felt sleepy during Fa study and could not lift my eyelids. My hand pointed down when I sent forth righteous thoughts, and I could not straighten my waist. My period did not go away for a long time; my legs swollen, and half of my finger nails were tilted and pale. My abdomen was swollen and big, and wobbled when I walked. I had to take several breaks when climbing stairs. The fellow practitioners studied the Fa, practiced the exercises, and sent forth righteous thoughts with me in order to help me improve myself in the Fa as much as possible. At that time my relatives worried that I had a lot of tumors in my abdomen, and persuaded me to have surgery immediately. Otherwise, my life would be in danger. I basically kept my mind undisturbed. I said, "It is impossible that tumors are growing in my abdomen. That is a false phenomenon. Master salvaged me from the hell and purified my body. I have cultivated Dafa for so many years. How can I cultivate tumors in my abdomen? Isn't that a joke?" Fellow practitioners also helped me enlighten to the Fa: We just believe in Master and Fa, and leave everything in Master's hands. Life or death is decided by Master. Everything will change if we can really do it. My fellow practitioner not only encouraged me in cultivation, but also took good care of me in daily life. I had not a penny of income at that time. The

fellow practitioner herself made her living by working at a temporary job, yet she had to support me too. Taking this opportunity, I sincerely thank the fellow practitioner. With the fellow practitioner's encouragement and help, I tolerated extreme pain in my body, and adhered to studying the Fa, practicing the exercises, sending forth righteous thoughts and going out to clarify truth and save sentient beings. I walked the path Master arranged for me, and negated with actual actions all the persecutions the old forces executed on my body.

Once I clarified truth to an old medicine doctor. This elderly lady considerably said to me, "My dear, it looks like you have only three or four grams of blood. You go home and eat whatever you like to eat." My mind was not disturbed by her words at all, and clarified the truth to her with smile. Moreover, I asked her to remember Falun Dafa is good and truthfulness-compassion-tolerance is good. The elder lady repeatedly thanked me.

One morning I suddenly felt my chest tight and short of breath when I was practicing "holding the wheel above the head". I fell flat on my bed and lost consciousness. I did not regain consciousness until 11am. The fellow practitioner had been sending forth righteous thoughts for me. When she saw me come to myself, she went to get the already cooked egg for me to eat. My hand tried to pick up the spoon. But I was so weak that the spoon dropped on the table. I immediately sent forth a thought, "A demon will never be higher than a Tao" (Zhuan Falun). I picked up the spoon again and ate all of the egg. Then I rode a bicycle and went out and did what I was supposed to do. Through these years, no matter what uncomfortable feeling I had, I never considered it seriously. I consider them as good things and look at problems with righteous thoughts. I do not recognize any of the old force's persecution. In the process, the evil will extinguish themselves.

2) Master is Constantly Protecting Disciples; The Evil Cannot Hope to Take my Life

Once, all practitioners in the city coordinated as one body and went outside of the court to send forth righteous thoughts to rescue fellow practitioners. I also went. One practitioner saw me and said with surprise, "You walk waveringly." At that time, I only weighed 40 kg. I could not eat. Drinking water caused stomachaches. My face looked gray and without blood. It seemed that I could be in danger anytime. Several fellow practitioners had a sharing with me and sent forth righteous thoughts to help me one day. When I was leaving, one of them gave me a small piece of water melon

and said, "You eat it, nothing should bother you. You have survived storms and surges. What does this count for? You need to change your ordinary thinking." I ate the water melon and rode home on my bicycle.

When I was about to study Fa around 1 o'clock in the afternoon, a burst of severe pain suddenly enshrouded my body. It was so painful that my internal organs seemed to be shifting. I immediately sent forth righteous thoughts: Completely dissolve all evil beings and factors in other dimensions that are persecuting my body. No matter what attachments or omissions I have, everything is managed by Master and will be rectified by the Fa. No being is worthy of participating. Even less is the Evil is worthy of testing me. "Humans aren't worthy of testing this Fa, and neither are Gods. Whoever touches it commits a sin." (Teaching the Fa at the Great Lakes Fa Conference in North America) I kept sending forth righteous thoughts like this. I lifted my palm and waist up straight. I do not know when I lost consciousness. It was already past 7 o'clock when I came to myself the next morning. The body was still in the posture of sending forth righteous thoughts but the pain was gone. I knew this suddenly severe pain meant that the demon played hard to take my life. If benevolent Master had not protected his disciple, I probably would have died then.

3) Passing the Test of Life and Death Again, Verifying the Miraculous Nature of Dafa

In the spring of 2009, I worked in a shop, which sold cooked food. I clarified the truth and gave amulets to customers. I was framed by a wicked person and illegally kidnapped again by demons. When evil police took me to a hospital of the city's public security bureau for a physical exam, I heard one police officer shout with surprise, "Oh, there are two huge tumors with 19.9 cm in diameter in her abdomen. The small intestine is pushed out of shape and the bile is displaced." After I was put in a detention center, I went on a hunger strike the same day to resist persecution. There was only one thought in my mind: I must get out. Here is definitely not the place where Dafa disciples stay. I constantly sent forth righteous thoughts and looked inward. On the third evening, Master let me see with my celestial eyes (I cultivate with my celestial eyes closed) that the demons in other dimensions were disintegrated one after another and a big colorful law wheel that was rotating appeared. I knew that benevolent Master was encouraging his disciple. I seized the moment to clarify truth to the criminals there, persuaded them to do three withdraws from CCP, and taught them to sing Dafa songs.

Half a month later, my body appeared to be in a severe, dying state. They called an ambulance to send me to a hospital of the Public Security Bureau for rescue. My elder sister and her husband already had been informed and arrived at the hospital at this moment. My sister rightly interrogated the evil police why they captured a person without reason. She also cried and suffered. Bystanders angrily swore that the conscience of the police had been eaten by dogs. One policeman slapped his leg and said that he was not going to do things that lose de any more. Several evil policemen saw the situation and left dejectedly. This time, I had been persecuted to the point of being unrecognizable. Elder sister took me to her home. After I arrived at her home, I drank a few mouthfuls of milk and then I wanted to use the restroom. When I realized that my elder sister was not in the room, I thought this too was a test I had to overcome. I rolled myself from the bed down to the floor, and crawled to the restroom. My elder sister found out and stood in front of me. I only heard her say several words and then I passed out. When elder sister bent down to lift my head, she felt that I was already stopped breathing. My brother-in-law said repeatedly, "It's all over; even the dying excrement has come out." My elder sister cried and shouted, "Master, please save your disciple. This is your good disciple. She should not die." My elder sister shouted for half hour. I then came to myself. My brother-in-law excitedly said, "Dafa is great; it is magical. If I did not see it in person today, no matter what others say, I would take it as a legend. I truly believe it this time." My elder sister and brother-in-law hence both entered Dafa cultivation at the same time.

Despite having endured so many physical tribulations throughout these years, there is Master, and there is Fa. I have thus passed all these tribulations. Cultivating Dafa is blessing. What Master gives his disciples is the best. Master eliminated many bad things for me and my body has undergone a great change during this process. Now I can carry a bag of 25kg rice up 6 floors without feeling tired. It is not a big deal for me to carry an electrical-bicycle and walk. All the negativity of my previous states have disappeared. I have experienced: "Cultivation depends on one's own efforts, while the transformation of gong is done by one's master." (Zhuan Falun) As long as we do things conforming to the Fa, Master will help his disciples, and there will be no obstacles and tribulations that cannot be passed.

The above are a few experiences at my level. If there is anything inappropriate with the Fa, please benevolently correct me.

Chinese version: <http://www.zhengjian.org/node/137207>

Miracles in Dafa Cultivation **6.2**

71. Several Miracles on My Cultivation Path

<http://www.pureinsight.org/node/6107>

Author: Jinkou, a practitioner in Shandong Province, China

I am nearly 70 years old and hardly received any education when I was young. Ever since I began to cultivate, I knew Falun Dafa is good and extraordinary. I knew I was walking on a cultivation path with constant improvements, and Master has been taking care of me along the way. Today, I would like to share some of the miracles that happened to me on my cultivation path.

1. Beginning to cultivate

Many people in my city began to practice Falun Dafa in the spring of 1996. One day, a fellow practitioner gave me a copy of Zhuan Falun, but I could not read it because I was illiterate. Upon hearing the importance of reading the book for cultivation, I was very worried. During a dream that night, an elderly man with gray hair came to me with a horsetail whisk in his hand. He waved the whisk over my book and told me that I could read now. Then the elderly man disappeared and I woke up. After I picked up the book, I surprisingly found I was able to read it! In addition, each line I was reading would bulge out. Since then, I began to study the Fa and do the exercises. Interestingly, although I could read all of Master's books and lectures, so far I am still unable to read everyday books.

When looking back, I realized that Master saw that I was anxious to study the Fa and helped me with that. I am very grateful for this.

2. Enlightenment during cultivation

I have stumbled along my way after beginning to practice and often encounter xinxing conflicts. One day when riding a bike passing a farmers market, I saw an apricot vendor and picked one to taste. It was too sour and I did not want to buy it. The vendor swore at me with dirty words. I gave him half a yuan and wanted to leave. He did not accept it and continued to swear at me. I was furious and argued with him. On the way home, I fell off my bike and landed hard on the ground, fracturing my left

elbow. As a result, my left arm was much shorter than my right one. Nonetheless, I did not feel any pain (later I realized that Master helped me bear the pain). Upon returning home, my children were in panic seeing my arm and wanted to send me to a hospital. I refused and remembered a story in Zhuan Falun that a practitioner was all right after being directly hit by a car. Today, because of problems with my xinxing, I had conflicts with others. So it was my fault. In my heart I apologized to Master and firmed up my mind to do better. Since it was not painful, I did not pay much attention to it and still continued to do things as I used to do. Several days later, I noticed the bones had correctly rejoined together by themselves. I knew Master had helped me again and I was very thankful for that.

One day, a practitioner asked me to help her move a heavy stone plank. She did not know the accident I had in the past and I did not tell her about it, either. As I worked hard to lift the stone plank, the rejoined bones disconnected again. I did not pay attention to it and continued to do things as I usually did. Within several days, the bones rejoined again and everything went back to normal. I knew Master helped me again.

3. Listening to the Fa

After the brutal persecution started in July 1999, several local practitioners including myself went to Beijing to appeal. Before our departure, some practitioners were concerned about my poor education, thinking that might cause difficulty to validate the Fa. Nonetheless, with a heart of respect towards Master and the Fa, I told them that I just wanted to go there and tell people that Falun Dafa is good. It did not necessarily require good education to say something from your heart. The practitioners were convinced. At the appealing center in Beijing, a few practitioners and I told those officials how good Falun Dafa is, asking them to pass the words on to higher officials. The officials considered me as a coordinator in my local area and did not believe I was a housewife who could not read. After returning home, I continued to calm down and study the Fa. One day, a practitioner gave me the new article "The Knowing Heart". I thought I could not read it and asked everyday people around me for help. However, they said they could not read it, either. I was thus very worried. While anxious to read the article, I suddenly heard Master's voice speaking in my ear, "Fa brings salvation to all..." The voice was loud and clear. I was then able to read the article and I recited it after reading it several times. It motivated me to be more diligent on my cultivation path.

4. Handcuffs opened by themselves

One day, I went to the countryside to distribute truth-clarification materials and someone reported me to the police. Police agents arrested me and handcuffed me to a chair. In the beginning, I looked at the situation with human notions. The more I struggled, the deeper the handcuffs went into my skin, leaving a scar that still remains today. A police officer laughed at me and said, "How about asking your Teacher to release the handcuffs?" I remembered that during one lecture Master talked about practitioners asking him for help when they are in danger. So I said loudly, "Master, help me! Master, help me!" Miraculously, the tight handcuffs opened themselves. This shocked the police officer and he stood there speechless. I was very grateful for Master's help and was in tears. When the police officers came back after lunch, this guy did not show up. From their discussions, I learned he had been knocked down by a motorcycle on the street and was injured. I thus told the officers that Dafa is good and clarified the truth to them. I also recited to them Master's article, "When people do not have virtue, natural calamities and man-made disasters will abound. When the earth does not have virtue, everything will wither and fall. When heaven deviates from the Dao, the ground will crack, the sky will collapse, and the whole universe will be empty. When the Fa is right, the universe will be right. Life will flourish, heaven and earth will be stable, and the Fa will exist forever" ("When the Fa is Right," Essentials for Further Advancement). The police officers listened quietly and released me the next day.

5. Righteous thoughts

After the persecution started in July 1999, police officers always watched me and followed me. With belief in Master and the Fa, I was not afraid of them at all. Almost every day I went out to distribute truth-clarification materials, clarify the truth, and later to ask people to quit the Chinese Communist Party and its affiliated organizations. One day, two police officers came and knocked hard on my door. The door was made of metal bars and we could see each other clearly. Realizing that the police came repeatedly to harass me, I sat in the lotus position, looked them in the eye, and began to send forth righteous thoughts. In my mind I was clear, "This is the home of a Dafa disciple. Master will help and no evil is allowed to come in." The police were stunned and left. They never came back again. From this, I understood better Master's article, "Dafa Disciples' Righteous Thoughts are Powerful." (Essentials for Further Advancement II)

Above are some of my experiences. Please point out anything inappropriate.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/2/12/71794.html>

72. Miracle in the Park

<http://www.pureinsight.org/node/6998>

Author: Hui Rong, a Dafa Disciple in China

May 9, 2015 was National Nurses Day. A few local hospitals organized some hospital staff to hold a group clinic in a public park. I accompanied Hui Jie, my seventy-five-year-old wife to the park. The hospital staff had already set everything up. All sorts of treatment equipment were on display at various booths. Many people came for treatment. Even more people gathered around to watch.

My wife Hui Jie and I got in line at a booth with an electric manometer blood pressure monitor. When it was our turn, I politely asked the nurse, "What is the highest blood pressure this monitor can measure?" "How high can a person's blood pressure reach?" the nurse replied sarcastically, glaring at me. "Can it measure above 300?" I asked. "Doesn't a person die well before their blood pressure reaches 300?" The nurse's tone was ridiculing.

Hui Jie had already rolled up her sleeves and secured the monitor at her elbows. "Ma'am, how is your blood pressure so high!? Director X, this lady's diastolic pressure is 230, and her systolic pressure isn't showing." Director X replied, "It's not showing? Impossible!"

Director X then personally operated the monitor and stared at us, muttering, "It seems like this lady's blood pressure is well above 300. Quickly go and check this out at the Big Hospital." We both replied, "We don't want to go to the Big Hospital." "Why not?" replied Director X. "Twenty years ago, we both had symptoms of heart failure. The Big Hospital was helpless and could only give us medication. They told us to use the 'Rapid Effect Shan Hai Dan Heart Saving Pill' to postpone our deaths... My wife has already been shocked twenty-seven times. After seeing that the Big Hospital could not cure us, we changed our thinking and tried Falun Dafa. Through studying the Fa and doing the exercises, our symptoms of heart failure disappeared. She never again

needed shocking. Even my emphysema and diabetes went away..." "Really!?" Director X and the nurse were so surprised that they were in a daze. I continued "Haven't your 'scientific' instruments already proven that we've transcended the limits of human survival? Using your knowledge, when a person's blood pressure reaches 260, it is a flat red line. Anyone nearing this red line will die. Our blood pressure has well exceeded 300, yet we still live well. Can your medical theories explain this? Not only has Falun Gong treated many incurable diseases, but also those with blood pressure over 300 still live well. This is really a miracle!"

This news was like thunder, shocking the medical staff, patients and onlookers. It quickly spread in all directions...

Chinese version: <http://www.zhengjian.org/node/145727>

73. A Miracle

<http://www.pureinsight.org/node/6204>

Author: A Dafa Disciple in Changchun City, China

I am a Falun Gong practitioner in Changchun City. Around 6 pm on May 17, 2003, when crossing a road to take the route 64 bus, I was hit by a white truck. Because of another big truck nearby obstructing our view, the truck driver and I did not see each other. I felt as if flying when the truck hit me at high-speed. I also heard one woman cry out as she witnessed the scene. After I fell back on the ground, the truck pushed me half a yard forward and stopped. By then my shoes had been thrown more than 20 yards away. The truck driver jump out and came over to me, and I asked him if he could get my shoes for me. By then, many pedestrians had stopped to see what had happened. I did not move and was still clutching my bag, in which there were Falun Gong exercise music cassettes and a cassette player. I also had a cell phone and a pair of glasses with me and both of them were undamaged.

The truck driver picked up my shoes and came back. He seemed to be a government officer in his 40s. Thinking it a good opportunity to clarify the truth, I said, "I am a Falun Gong practitioner and I will not take advantage of you by extorting money. I am all right due to practicing Falun Gong. If you had hit someone else, you would

have run into big trouble. From this experience, please keep in your mind that Falun Dafa is good." When hearing I was a Falun Gong practitioner, he looked even more nervous than when he first got out of the truck. I thought he should not ignore the incident that had just happened. I then remembered a story in Zhuan Falun that a practitioner was fine after an accident, but a big dent was left on the car. I went up to the car and found two new big dents on the hood. I said to the truck driver, "I'm sorry about the two dents." He had been observing me all this time and, upon hearing that said, "No problem." Then I went to a nearby bus station to wait for the bus. The driver left after seeing I was all right.

Many people who observed this said I was a very kind person. They were impressed that Falun Gong practitioners were such good people. One person said to me, "Remember the truck's license plate number. Please do not let the truck driver go so easily. I have seen an incident in the past where the victim let the driver go, but on the next day he was hospitalized." I explained to them, "I am indeed all right. Plus, he did not hit me on purpose. Falun Gong practitioners always want to be better people. How can I extort money from him?" By then, the bus came and I got on it. The group of people still kept staring at me after I stepped on the bus. The passengers on the bus were surprised and asked what had happened. One of people said, "He [me] was hit hard by a truck but is alright. It seems practicing Falun Gong is really beneficial." Then the bus left.

People who see or hear this story may learn something from it. In China, where many people follow atheism, this miracle may make them reconsider.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/9/7/77182.html>

74. Miracles That Happened to a Young Practitioner

<http://www.pureinsight.org/node/6186>

Author: Orally stated by Xiaobao, recorded by Chengyu

I have been following my mother to distribute truth-clarification materials for several years. When I was a couple of months old and unable to walk, my mother carried me. After I learned to walk, my mother held my hand as we walked together, and now

I can distribute materials just like her. Below are some miracles I recently witnessed when distributing truth-clarification materials.

One day, my mother and I went to distribute Shen Yun performance DVDs in a large community. Mom gave me the DVDs when she saw bikes for me to put them on. There was a magic mirror, which first shed light on the bike seats and highlighted those with little dust—meaning they were in active use. After I followed her directions and placed the DVDs in the bike baskets, a blue membrane came out of the mirror to cover each DVD so that vicious people could not see it. Then a light bulb came there emitting strong light to enhance the DVDs with energy. By then, the DVDs were immersed in a golden, shining word "salvation." That magic mirror also had many other functions. For example, it marked bikes that had received DVDs previously for me to skip them, and the marks were very clear in other dimensions. The mirror also had a pen, which recorded how many bikes had received DVDs and which building and unit they belonged to.

All the DVDs we distributed emitted a shining, golden light. The bag that my mother carried, which contained many DVDs, became a big energy source. One day when returning home with my mother after distributing DVDs, I saw the windows of my home emitting a shining golden light. Other homes did not have such light since they did not have Falun Gong books, the picture of Falun Gong's founder, or truth-clarification materials.

Master also helped me distribute the DVDs directly. Sometimes, a rope emerged from the DVDs and it directed the DVDs to fly into the bike baskets whose owners had a predestined relationship with Dafa. Although it was mother and I who were distributing truth-clarification materials in this dimension, Master helped us a lot in other dimensions.

One day, when seeing mother preparing the DVD covers, I said to her, "Mom, please leave some work for me. I also want to do something to validate the Fa." The last step of the work was to fold one side of the cover and I did all of them. There were about two hundred of them and it took me nearly one hour to finish. Mom praised me for that. Master also sent some energy to me to reward me, some of which was in the form of letters like "good" or "super." They all flew into my dimension. I was very grateful for Master's compassion.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/6/22/75368.html>

75. Witness the Miracles in the Grace of Dafa

<http://www.pureinsight.org/node/6174>

Author: Zhen Lian, a Dafa Disciple in Shan Dong, China

Obtaining the Fa

There is an old saying; "If one escaped from death during a great catastrophe, blessings will follow." I was just like that. When I was a kid, I was so naughty I climbed everything up and down, caught cicadas and locusts, enjoyed playing in mud and water. I was not like a girl at all. Once, I fell into deep water but I did not drown. On another occasion I ate poison by mistake but I did not die, (I would have died if the ambulance had arrived 10 minutes later). My grandma said in the future I would be blessed.

Indeed, I was a lucky one among sentient beings. The blessing was brought by benevolent Master and Falun Dafa. Among fellow practitioners in the China, I was lucky to see Master in person. At that time, Master held a class at a county in Shandong province. Master utilized his free time to teach the Fa to companies nearby.

My mother-in-law and I had practiced many different Qigong. We went to every Qigong seminar. As a result, our bodies were full of black material. At that time, we did not know Falun Dafa was the Fa of the universe. We just thought about learning something from it. Unexpectedly, we met the true Buddha. We read Falun Gong. We did not realize the predestined relationship was the opportunity of ages. Over ten years passed, I still vividly remembered Master's voice and majestic figure.

"I think that those who can listen to my lectures in person, I would say, honestly... you will realize in the future that this period of time is extremely precious. Of course, we believe in predestined relationship. Everyone sits here all because of a predestined relationship."(Zhuan Falun, Lecture One: "Genuinely Guiding People Toward High Levels")

Cultivation

After July 20, 1999, the whole of China was messed up by the gangster, Jiang Zemin. The media throughout the country slandered Falun Gong. Falun Dafa disciples were arrested and tortured. My parents were arrested and their home was raided.

The "610 Office" took away all our video tapes and books of Master's lectures. They forced me to write a "letter of guarantee" not to practice Falun Gong for my parents. They also forced me pay 4000 Yuan before they released my parents. (Here I wanted to declare seriously that the so-called "guarantee" I wrote is invalid). Like many other Chinese people, I was lost in the lies promoted by the media. Moreover, because my family member passed away, my spirit was very low.

When my father gave me a brand new Zhuan Falun, I turned the cover and saw Master's benevolent smile. I suddenly burst into tears. "Master, I shall study the Fa well and return home to heaven with you." Although I already started to cultivate, I did not know how to cultivate diligently.

I did not study the Fa very often; neither did I do the exercises much. As a result, I wasted several years. In 2003, my mother passed away. She could not let go of her illness, although she did the exercises. I was in deep sorrow. However, it woke me up. I could not slack off like before. I wanted to be a true Dafa practitioner. I started to carefully study Zhuan Falun and all the lectures with my father. I wanted to make up for lost time.

I seized all available time to cultivate solidly. Every day I sent forth righteous thoughts on time. I clarified the truth and asked people to quit the Chinese Communist Party (CCP) as long as the situation permitted. At the beginning, I was afraid to clarify the truth; later I let go of the fear and was able to clarify the truth by not following ordinary people's attachments. Cultivation was hard. One needed to treat oneself as a true cultivator, let go of fame and personal interests, let go of attachments and many other human notions. I remembered the first time while my karma was eliminated. I had fever and pain all over my body. I took two days off and kept listening to Master's lectures.

My family was afraid that the sickness might get worse so they asked me to take medicine. I said I was fine and I took the opportunity to explain them what Falun Dafa is. I told them this was a small test and I would get well very soon. I thanked Master for eliminating my karma. The next day I was able to eat and drink and I got back to normal very soon. Later, when I went through other sickness karma, my family no longer asked me to go to the hospital. They knew that I was eliminating karma.

One time, my whole family except for me caught cold and had fever. Before that, every several months I would always take some sick days off. Now I no longer took sick days off. In the past, when my company asked for nomination for the employee

of the year, I always thought I should win the title. Now I give the title away to others. I followed Master's requirements to be a true cultivator. All my previous sicknesses such as headache and gynaecopathia were gone. I was full of energy. Although I am fifty years old, my face glowed with rosy color without any spots. Every day I slept only five or six hours without a nap. Many people at my age had presbyopia while I was able to read words of different font sizes. My family witnessed the miracles that occurred to me. I also brought them truth clarifying materials. Gradually they all knew the truth and quit the CCP. Among them, two obtained the Fa and many have been blessed.

Blessings

After July 20, 1999, my child's uncle did not believe the Chinese government's slanders about Falun Gong. Instead, he managed to find Zhuan Falun and read very carefully from cover to cover. Then he said, "The Chinese Communist Party always lies. The book Zhuan Falun did not say anything about 'don't take medicine.' Whoever believes the CCP is stupid." He liked to read the truth clarifying materials. As a result, although he is almost sixty years old, his white hair turned black. A bump on his skin disappeared without notice.

My sister and her friend were hit by a car while crossing the road. Her friend died immediately. My sister survived because she had quit the CCP.

My daughter did not go to high school. She took the national college test several years ago. Before she went into the examination room, I asked her to recite, "Falun Dafa is good. Truthfulness, Compassion and Forbearance are good." She scored 40 points more than the undergraduate minimum qualification requirement. She was admitted to an excellent university. In the university, she continued to study very well and earned a scholarship.

I had a co-worker in her thirties who could not get pregnant. I clarified the truth to her and gave her a Falun amulet. Both she and her husband quit the CCP. Three months later, she became pregnant. Her child is now four years old.

One of my family members had a car accident two years ago. He had multiple pelvic fractures. The doctor said surgery would cost at least 30,000 Yuan, excluding the hospitalization fee. We discussed this and decided to use modern treatment, bandage, and plaster. He was hospitalized for only one week. I played Master's lectures for him. Half a year later, when he was able to stand up, and he practiced the first exercise. He

was fully recovered one year later.

My younger sister had breast cancer ten years ago. She had a major surgery and then she became very weak. Two years ago, her cancer recurred. I already helped her and her family to quit the CCP. So she was very calm when she was diagnosed with cancer again. She said she wanted to learn the Falun Gong exercises. So I taught her the five sets of exercise and also brought her a copy of Zhuan Falun. I reminded her several times to read the book. After she was discharged from the hospital, her husband told me she recovered well. When she did the exercises, she felt the energy channel between her head and feet was unblocked. She felt none of the symptoms like after her first surgery. At that time, she had abdominal distension.

Falun Gong is so great. Many miracles happened to my family and friends. We all witnessed the wonder and magnificence of Dafa and are bathed in the grace of Buddha.

There are many obstacles on the path of cultivation. I shall work hard to do the three things. I must never be unworthy of Master's expectations.

Chinese version: <http://zhengjian.org/zj/articles/2011/5/22/74674.html>

76. Miracles That Happened to Several Elderly Female Practitioners

<http://www.pureinsight.org/node/6106>

Author: Tianming, an Overseas Dafa Disciple

Being illiterate but able to read the Fa

One elderly lady had many illnesses before practicing Falun Gong. Sometimes she skipped meals, but not medicines. After hearing that learning Falun Gong was free and its effects were good, she came to learn it. However, when she was told that it is important to study the Fa, she was worried, "I hardly know any words." Nonetheless, whenever others read the Fa, she also held the book respectfully. When others asked her which sentence was being read, she said she did not know. This continued for a long time and she never missed Fa-study. When practitioners shared understandings,

they often invited the elderly lady to say something. Upon being asked, she often said, "I'm a practitioner and I'm glad that Master is taking care of me. When things come up, I need to check if I did something wrong." Gradually, she stopped taking medicine and was able to read through Zhuan Falun without missing a single word. Interestingly, even for the same word, she could not recognize it if it was in another book. Five children of the elderly lady also began to practice one by one.

After the persecution started in 1999, this elderly lady continued with Fa-study. Right now, she is almost 90 years old and is still very healthy. Many neighbors say, "This lady is so healthy at this age—it means Falun Gong is indeed good."

A miracle that happened to my mother

My mother had many illnesses and one day she did not feel good. In the beginning, I did not know what to do. Then I remembered Master's words in Zhuan Falun, "Falun Dafa disciples are absolutely forbidden to treat patients. You can read this book to a patient. If the patient can accept it, it can heal illness. But the results will differ according to each person's amount of karma." I read this section to my mother and, miraculously, she felt much better after a short time. I helped her walk in front of Master's picture she said, "Now I know that a Buddha has saved my life." On that day, she began to practice Falun Gong.

After the persecution started in 1999, my mother went to Beijing many times to appeal and was arrested numerous times. Nonetheless, she never yielded to the evil. Even when she was forced to stay away from home, she kept on clarifying the truth to other people. One day after going out for truth-clarification, she fell down into a deep ditch by the roadside with her tricycle. The ditch was very deep and there was nobody around. Her leg was also injured and she was bleeding severely. She thought, "Teacher, I'm not familiar with this area and have fallen down into this deep ditch. Can you help me to get back home?" In this way, Master helped her get out of the ditch and return home safely.

The sudden disappearance of pain

An elderly lady temporarily lived with her daughter, who was not a practitioner. Her grandson was having a wedding soon and wanted her to stay for a few more days. However, this practitioner had illness karma and because of the pain, she even needed other people to take care of her. She thought, "I'm a practitioner and it's hard

to validate the Fa without good health. Plus, I have to rely on other people to help me." Therefore, she burned incense and asked Master for help. Right at that moment, the pain stopped immediately. This practitioner was very grateful and told this story to her daughter. Her daughter was also very happy and said, "Falun Gong is really amazing!"

Because of their advanced age and limited education, these elderly practitioners did not seem able to discuss or write down many of their understandings on Fa-principles. Nonetheless, with a firm belief in Master and the Fa, they are modestly validating the Fa and saving sentient beings.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/2/15/71868.html>

77. Falun Dafa is Most Extraordinary

<http://www.pureinsight.org/node/6091>

Author: A Dafa Disciple in Yunnan, China

I am seventy-eight years old now. Before I obtained the Fa, I had been looking for a way that could provide a wonderful future for my life. When I was forty years old, I was very ill, especially with heart disease. Modern medicine could not cure my diseases, thus I had to ask Gods and Buddhas for help. Each month on the 1st and 15th I went to a temple to worship. Every time when someone mentioned some temple was popular, no matter how far away it was, I would go there. I wasted a lot of money, but still did not find the true Buddha. My diseases did not get better, but instead got worse. The relationship with my family became worse as well. My body and soul were tortured every day.

In February 1998, I started to practice Falun Dafa. Finally, I had found the true Buddha! Ever since then, Master has arranged for me to walk the path of returning to my original true self. In those days, my fellow practitioners and I studied the Fa together and compared how we studied and cultivated. I felt so happy while doing the exercises. My diseases were all gone. My body was healthy, my spirit was high and I got along with my family very well.

With one person practicing, the whole family benefits

My granddaughter liked to listen to Master's lectures. She also learned the exercises from me. When she was four, she fell down from her mother's bike. She was perfectly fine. At the age of five, one day I took her to a grocery store, and the storeowner's sliding weight from a steelyard, fell on her head. Again, she was fine.

My son practiced Falun Dafa until the Chinese Communist Party started to persecute Falun Gong on July 20, 1999. Although he stopped practicing, he fully supported my cultivation. One day in April 2009 while my son was riding his bike, a big truck hit him head-on. He and the bike were dragged by the truck for over ten meters. The truck driver did not stop the truck until he heard people shouting. My son was sent to the hospital. The doctor cleaned his bloody and muddy left leg with a medical liquid and found that the muscles below his knee were torn apart and there were only bones left. When the doctor performed surgery to graft skin onto my son's leg, he said the result would be bad if anesthetic was used, thus he cut some skin off his upper leg without using any anesthetic. My son had two surgeries without anesthetic. However, my son did not feel the pain at all. He heard the doctor talking and the sound of cutting clearly. Everyone was surprised. My son was hospitalized for two months. When he was discharged from the hospital, he used crutches to go upstairs. The next day he did not use crutches at all. He recovered very well without any aftereffects. My son said that when the truck hit him, he saw Master in yellow clothes had come to rescue him. I told him that Master still waited for him to come back. I encouraged him to fulfill his vows, accomplish his historical mission and not let Master down.

Step out and validate the Fa

On July 20, 1999, the Chinese Communist Party started to persecute Falun Gong. I thought we cultivated "Truthfulness", "Compassion" and "Forbearance" and that there was nothing wrong with being a good person. I wanted to tell people the truth. In 2001, I started to pass out truth clarification materials. Some practitioner has said that if I went outside to clarify the truth, I might be arrested. I said my life was given by Master and I had no fear. My only concern was that my Dafa books might be confiscated.

I went to grocery markets and villages to pass out truth clarification materials. The evil was most rampant during 2001 and 2002. I wrote down "Falun Dafa is good" on paper and made many copies. Although the content was not as rich and beautiful as

today's materials, the effect of frightening and eliminating the evil was extraordinary.

Every Chinese New Year's eve, I post truth clarification materials on newspaper stands. During Chinese New Year, people rarely change the newspapers since everyone is busy with festivities. There are not many people on the streets, so it is easy for me to post the materials. The next day, many people would go outside and they could read the truth clarification materials everywhere. In the past several years, I have posted truth clarification materials in many places, and every time I went home safely. Neither did I miss the time to celebrate the Chinese New Year with my family.

In December 2005, I went to a big village to pass out truth clarification materials. There were many people shopping that day, so I wanted to pass out more materials. I was followed by a plainclothes policeman. I felt nervous and asked Master for help; I was doing the most righteous thing in the universe and no evil beings were allowed to interfere. With my righteous thoughts, nothing happened. I went back home safely.

Since June 2004, I had spent a lot of money on photocopying truth clarification materials. In January 2006, I purchased a copy machine. In July 2009, I bought a four-in-one machine for our Fa study group to use.

All things are sentient beings

In the three realms, from each blade of grass to each tree, from human beings to objects, all sentient beings came here for the Fa. Here I would like to share some stories with fellow practitioners.

One time the flame from our gas appliance was small, so I said to the appliance, "You came here for the Fa. Please remember Falun Dafa is good! Truthfulness, Compassion and Forbearance are good! From now on, please make big fire and smoke." The gas appliance really listened to me. The fire and smoke from the appliance got big, I realized I had made a mistake, so I said to the appliance, "Sorry, I made a mistake, please turn off the smoke. Only make the fire bigger." Several days later the smoke disappeared.

I made oil-fermented bean curd in a pot. Half a year later, I opened the pot; however, I did not see any oil inside. Where did the oil go? I thought Dafa could rectify anything bad. Therefore, I said to the pot, "Falun Dafa is good! Truthfulness, Compassion and Forbearance are good!" I then saw oil oozing from the bottom of the pot.

We had some bags of rice at home. After some time, the rice deteriorated. I said to the rice, "Falun Dafa is good! Truthfulness, Compassion and Forbearance are good!" The rice then changed back and became tasty again.

From these things that I have witnessed, I know Dafa is extremely extraordinary and miraculous!

Chinese version: <http://www.zhengjian.org/zj/articles/2011/1/22/71248.html>

78. A Miracle, an Interesting Event, and a Fortunate Event

<http://www.pureinsight.org/node/7347>

Author: A Dafa Disciple in China

On March 2, 1999, I went to my neighbor's house at noon to learn Falun Gong. Previously this veteran practitioner had enthusiastically told me about the Fa and lent me the treasured book Zhuan Falun. As soon as I entered his home, I heard a sound that seemed to be transmitted from the depths of the universe, level by level. I had never heard that kind of sound before. It was deep, three-dimensional, echo-like, from far and near... It turned out that Master's recorded lectures were playing. From that day forth, I officially began cultivating in Falun Dafa.

Before cultivation, I had many lingering illnesses. However, once I entered the door to cultivation, the awe of my soul and joy in my heart made me forget about my illnesses, which all gradually disappeared. My body felt light, and I was happy inside. I even bobbed while I walked.

I have experienced many of the manifestations of the gong that Master spoke about in Zhuan Falun. The most interesting thing happened a few days after I began practicing before I had fully learned the movements. One day at noon while I was microwaving some bread, I conjoined my hands. As soon as I conjoined the hands, I heard a loud sound, and the microwave stopped. I thought the microwave malfunctioned, but it worked again when I reset it. I later realized that it was my presence that disturbed the microwave's function. For a period of time, I had to set the microwave, and then immediately go to another room away from the kitchen for it to function. This is what Master was referring to when he said that practicing results in gong production. Prac-

ticing Falun Gong results in gong production very quickly!

In the early stages of my cultivation, while meditating I once saw a blue Falun, which was beautiful, clear, and bright. It emerged from the corner of my left eye, rotated three times, and then left the corner of my right eye. Another time while meditating, I saw that my body was transparent. Another time after waking up from a sleep, I was very clearheaded. I was still lying on the bed when I felt my body was enveloped by a huge energy. With the sound of rotating Falun, my body began floating and twisting in the air before it descended and became one with my body lying on the bed. I believe that Master was using Falun to purify my body.

Cultivation is so mysterious and beautiful. Even though sitting in the double lotus position is difficult, the bitterness of cultivating one's heart can be heart-wrenching, and the evil's persecution is like a mountain pressing down, Master's Fa is like a rain that quenches my thirsty soul and washes my body of dust. I feel that master is beside me always watching over me and hinting at me. Master knows every action and thought. Knowing that Master is watching over me makes me feel very fortunate and happy!

Our entire family has benefited from Dafa. The neurasthenia that my husband developed during college progressed into autonomic disorders, and depressive neurosis (the diagnosis at the time, which I think is completely in line with symptoms of depression). As a man in his twenties he would come home after work and lie in bed, his entire body suffering and without energy, depressed and disgusting. He immediately became better after practicing. Even though he stopped practicing after the persecution began on July 20, 1999, his symptoms never came back and were completely eliminated. A few years ago, a hard gray bump with a black dot in the center appeared on his chest. Later this bump grew to the size of a peanut. No one knew what it was, and he was very nervous. I told him to keep cultivating and that Master has never let him go. "Haven't you felt him hinting at you often?" Half a month after my husband began practicing again, the bump burst open with pus and quickly disappeared after, leaving a small dent in his chest.

My many relatives who do not cultivate have all benefited from reciting the nine words of truth "Falun Dafa is good; Zhen-Shan-Ren is good." They include people with insomnia, backache, diabetes, cholecystitis, herpes zoster, and prostate hypertrophy that impaired urination. Everyone benefited with the pain easing or disappearing completely. My younger brother had such a backache that he could not sit or lie down

and could only stand. He recited it once and got better. "This is too miraculous!" He was so shocked and stunned! My son's good friend had cholecystitis gallstones and could only drink some vitamin water and porridge. My son clarified the truth to him at a restaurant and told him to recite those nine words. That day they ate two meals together, and he could eat anything. He carried the "Tianci Hongfu" booklet that he was given on him daily. He could eat and drink anything and was cured!

My mother-in-law suffered from severe heart failure. In November 2014, she became ill. For many days she was unable to lie down to sleep, she was short of breath, and she could not eat. Her face was swollen when we went to see her, and she was planning to stay at the hospital. I told her that going to the hospital could wait one day and that she should be given a chance. I clarified the truth about Dafa to her in detail and gave examples of miracles regarding people who recited, "Falun Dafa is good." She began to recite it with her heart, crossing her legs every half hour to recite. She could lie down to sleep that same night and gradually healed to normal status. She even went on a vacation to the South during the spring of 2015.

The biggest miracle happened with my sister-in-law. Half a year ago, they found a 3mm large ground glass-like nodule in her lung on CT scan. A month ago, another examination revealed a new 8mm large nodule. Experts from several hospitals in the province and the Beijing 301 hospital recommended surgical removal based on the nodules' shape, size, and rate of growth. My brother and sister-in-law were very nervous and anxious because my sister-in-law's father died of lung cancer. I visited their house and told them the miracles of people who recited those nine words, printed out many examples of people reciting, "Falun Dafa is good," and gave them a few copies of the booklet "Tianci Hongfu." I encouraged that if they sincerely recited it, miracles could happen. Twenty days later, before the surgery, a CT scan revealed that the lungs were clear. Both nodules had disappeared, and she no longer needed surgery! My sister-in-law was so moved that she burst into tears. The doctors could not believe it. They had not misdiagnosed it originally, but they could not explain what happened.

My entire family is bathed in the magnificence of Dafa. Some have obtained Dafa and cultivate Dafa. How fortunate! I just wanted to spread these true stories to more people. The Dafa that brings fortune to sentient beings is right by your side. Please cherish it and do not miss it!

Chinese version: <http://www.zhengjian.org/node/244564>

79. A Mystical Little Girl

<http://www.pureinsight.org/node/7212>

Author: Mei, a Liaoning Dafa Disciple in China

In the age of the Dharma's end, ghosts and demons are regarded as the Dao. For the purpose of saving the universe's sentient beings, the Lord Buddha has led Dafa Disciples in overcoming countless obstacles and has descended to the human world to save sentient beings lost in delusion. Now I will switch to the first-person voice to tell a story about a fellow practitioner and her grandchild, allowing us to better understand the difficulty of salvation and Master's boundless compassion.

I only have one daughter. My daughter and son-in-law work at city government. My son-in-law has a very peculiar family. His dad is an evil communist party secretary for a large state enterprise company. His mother is an evil-party member. His grandfather and a few of his uncles are police officers; in total, there are over seven of them. They have all been poisoned by the evil party, and are unable to differentiate good from bad. As a practitioner who cultivates Truthfulness-Compassion-Tolerance, they were very cold and indifferent toward me and connived my son-in-law in beating and bullying me. When this happened, even my own daughter would stand by the side in indifference.

My daughter and son-in-law both felt that my distributing truth clarification materials on the street and urging people to make the three withdrawals from evil communist party would have a negative impact on their future and cause them to lose status and face. They thus vehemently opposed me. In order to keep me from studying the Fa, doing the exercises and clarifying the truth, my son-in-law would often punch and kick me without any signs of holding back—even if his dad and mom were on the scene. In fact, his parents did not find it disgraceful and never stopped him, even feeling that he did not attack forcefully enough. In the face of their cold indifference and callousness, I was deeply pained in my heart. I felt that they were poisoned by the CCP's lies deceiving the world, to the point that they would disregard familial affection and basic ethics. I felt very sorry for them. No matter how they treated me, I was not scared, and harbored no discontentment or hatred. I continued to maintain my faith, and followed Master's requirements in doing the three things as before. I maintained my patience and compassion in clarifying the truth to them, but because they were scared for their futures, they would always refuse listening or believing in what I said.

My daughter's family has one daughter, who is five years old this year. Because her parents were always out and unable to take care of her, the task of raising her fell on my shoulders. I have to do well what the Fa requires of me as well as harmonize the family, so while looking after the child I would always remember to study the Fa, do the exercises, and clarify the truth. As she got older, I taught her to memorize Hong Yin, had her watch Shen Yun DVDs, and told her cultivation stories. I would even take her to clarify the truth and give out flyers with me. Thus, this little girl grew up basking in the Fa's light. Though the girl is only five, she is like a little fairy. She is incredibly smart, and speaks in series of complete sentences like a small adult. The entire family loves her.

My son-in-law's father has had diabetes for a long time and strictly abstains from eating sweet foods. In 2004 he was diagnosed with cerebral hemorrhage and needed surgery on his head. In 2013 he was diagnosed with stomach cancer and had to undergo the surgery to cut off the stomach. To add hail on top of snow, in May 2016, he was affected with cerebral thrombosis. Consequently, he is in bed all day and cannot take care of himself in day to day life. He needs someone to feed him food, and became intellectually handicapped. I had previously clarified the truth to him many times, but to no avail. After he was sick this time, I would often bring my granddaughter to see him. His granddaughter always behaved very well. If she were not bringing him food, she would be feeding him water and medicine. Upon seeing that grandfather was not happy she would sing, dance, and draw for him. Every time she came along, she was able to bring a smile to her grandfather's normally dejected face.

One time, she painfully said to her grandfather, "Grandfather, I love you, and I don't want to lose you. Grandfather, you are already in this state. Can you accept this? Grandfather, you also love me, you also don't want to go right? Grandfather, only by believing in Dafa and not opposing Dafa can you be saved. Grandmother cultivates the Buddha Fa, and you support dad in beating grandmother. You are wrong. Do not do this in the future. Look how good grandmother's health is. Grandfather, if you sincerely recite 'Falun Dafa is good, truthfulness-compassion-tolerance is good', Master will protect you. You will then be able to live."

Her grandfather asked, "Do you believe in Falun Gong?" His granddaughter replied, "I do, because grandmother believes, and Master protected me! One time I was playing at home when I accidentally swallowed a fifty-cent coin. I was so scared and started wailing. Grandmother knew that something happened to me and told me to recite 'Falun Dafa is good, Zhen-Shan-Ren is good'. When dad heard it he started

hitting grandmother, but grandmother did not move and continued to recite. In the end, I was able to spit out the coin I had swallowed. It was only then that dad knew I had swallowed a coin into my stomach. Another time, dad kicked grandmother out of bed, and grandmother's leg got swollen so big (as she was talking she gestured with her hands). Grandmother took me outside to play, but when we were at the door, she realized that she had forgotten something (truth clarification materials), so she left me at the doorstep as she went back inside to get it. At that moment, I accidentally fell and started tumbling down the stairs. Grandmother was not able to grab me in time and yelled loudly, 'Master, please save the child.' As she yelled, she ran down the stairs and grabbed me as I fell into her arms. I told grandmother that her shoes had fallen off and that I was not hurt and did not feel any pain. During this time, mom and dad were walking up the stairs and when they heard yelling they were not happy and wanted to hit grandmother. Grandmother told them what happened, saying 'It was Master who saved the child from injury!' Just from these two incidents, doesn't it show my Master's great mighty virtue?"

As the girl finishing telling her two stories, she pressed her hands in front of her chest to heshi and said in a sweet, childish tone, "I love Master. Thank you Master!" I asked, "How will you thank Master?" She said, "Get a pen, draw a heart, and I will give the heart to Master!" As she said this, she put her two hands in front of her chest and made a grateful gesture. Her pure and sincere gesture was just so adorable, and everyone on the scene was moved. Her grandfather embraced her in his arms with tears streaming down his cheeks. The girl's grandmother also cried, saying, "This child is so good, she behaves even better than her grandfather!" At that moment, she pulled out two thousand yuan to give to her granddaughter.

Her grandfather asked again, "How do I learn Dafa?" She said, "You should treasure the things grandmother gives you and keep them in a safe place." Grandfather says, "Teach me the ones you know." She then recited Hong Yin poems to him while having grandmother write them down. She also taught her grandfather the movements of the third exercise.

Afterwards, grandfather never again opposed Dafa, and would even sincerely recite, "Falun Dafa is good, Zhen-Shan-Ren is good." He would always willingly accept truth clarification materials. He not only listens to Master's lectures, but also reads Minghui Weekly and Zhengjian Weekly. He has also done the three withdrawals. Two months later, he is now able to eat any type of food and his blood sugar has even appeared to be low rather than high. He is able to feed himself on his own, his appear-

ance is fairer, and has gained considerable weight. When his family saw his changes, they realized that it was a miracle brought about by Dafa and no way opposed Dafa thereafter. They even invite me to their homes often and my son-in-law has also stopped attacking me.

Finally, I want to use a poem "What Dafa disciples said is right" from Master's Hong Yin IV to share with the world's people; I hope that people will understand the truth and not miss this extremely rare predestined opportunity:

"What Dafa disciples said is right

Joyous over achievements in fame and gain
Rising up and falling down amid feelings and illusions
People meeting or parting, dreams fulfilled or broken
Busy for fame and gain, yet it's all acting in a play
Beauty fades as soon as it appears, like the epiphyllum flower
Looking back, bitterness mixed in many feelings
What really is life for
What Dafa disciples said is right
I only hope I haven't missed the opportunity"

Chinese version: <http://www.zhengjian.org/node/154918>

80. The Miraculousness of Dafa

<http://www.pureinsight.org/node/7128>

Author: Lian Cheng, a Dafa Disciple in Mainland China

I obtained the Fa in 1998. Before cultivation, I suffered from various illnesses; I was 40 years old at the time. I had been diagnosed with geriatric syndrome. I took medicine every day, but to no avail. After I began cultivating in Dafa, all my illnesses disappeared without a trace; the miraculousness of Dafa manifested itself in my body. Below I would like to share a few experiences of mine after I began practicing Falun Dafa. Please point out if there is anything inappropriate.

Passing the Test of Illness Karma

One day, I woke up to do the sitting meditation, and my legs started aching badly. I thought in my heart, "Is Dafa truly as miraculous as they say?" Every day I have to suffer this same hardship. I put down my legs and did not want to continue. After eating breakfast, I walked down the stairs and accidentally sprained my ankle. It hurt so much that I had to sit on the floor for quite a while before I could get up. I recalled that my thoughts when exercising in the morning were not right. When I came back home at lunchtime, my leg was already swollen. My family members told me not to go out – the more I walked, the less my leg would be able to heal. After dinner, I went out to attend our local Fa study group as usual, I did not think too much about my ankle. When I woke up to do the exercises the next morning, the swelling had subsided and my leg was as good as new. My family members all witnessed the miraculousness of Dafa, and the doubts I had toward Dafa changed into resoluteness.

One day I was helping a fellow practitioner's family do some work and felt that my leg was aching a bit. On the way back home, it started hurting really badly. I thought to myself that I am a Dafa disciple, so I persevered in walking back home. After arriving home, my leg hurt so much that I could not move it. What really worried me was that I could not cross my legs to do the fifth exercise as I could not bend my right leg. I could not even do half lotus, as it hurt excruciatingly. However, as a practitioner, how could I not do the exercises? I gritted my teeth and endured the meditation for half an hour. When the pain really became too much to bear, I put down my legs, let them relax for a bit and then crossed my legs for another half hour. My leg hurt badly for three continuous days. I thought to myself that no matter how much it hurt, I must still do the exercises. As a result, perhaps Master saw the resoluteness in my heart, and endured the karma for His disciple. I ended up crossing my legs for 80 minutes. My leg no longer hurt, and my family again witnessed the miraculousness of Dafa. Another time I woke up in a complete daze, as if I was suffering from a severe cold. The bones of my entire body ached. I thought to myself that whether this was karma elimination or persecution by the old forces, I would be resolute in believing in Master and the Fa and pass this test. So I sat up and crossed my legs to study the Fa. After studying about 30 pages, I suddenly felt much better. I then studied a while longer and all the abnormal symptoms I was experiencing disappeared without a trace. Under Master's compassionate care, I again passed another test.

Improving Xinxing

I do not live with my son and daughter-in-law. Sometimes I ask my son and daughter-in-law to come to my place and eat with me. But whenever they come, they al-

ways complain that this isn't right, or that isn't right. I felt much wronged in my heart. One occasion I invited them over to eat, and for some reason the food I cooked had a moldy taste (I had used good grains and flour). I then subsequently received a round of criticism from my son and daughter-in-law. I could not work out what went wrong. There was once a practitioner who started out with moldy grains and flour and ended up creating great food. Yet I started out with good grains and flour, so how did the food I cooked turn out to be mouldy? I thought about where my mistake may have lied and looked inside – wasn't it sentimentality toward my son and his wife, wanting to hear compliments, and not cultivating myself that caused this? After I found these human attachments, eliminated them and followed the course of nature, my grains and flour never again turned out foul, and my son and daughter-in-law were also satisfied; everything became good again. It was just as Master said in Fa Teaching at the 2009 Washington DC International Fa Conference, "For a cultivator, looking within is a magical tool."

Clarifying the Truth and Saving Sentient Beings

On July 20, 1999, the political gangster regime headed by Jiang Zemin started its crazed persecution of Falun Gong. Dafa Disciples were cruelly persecuted, and the land of China was enshrouded by red terror. Under this kind of sinister environment, I did not back down. Instead, I used every means possible to tell people the truth about Dafa, how Dafa had been wrongly accused, and that my Master was innocent. Every time I went out, I always carried with me truth clarification pamphlets, and I would seize every opportunity to distribute them and explain to people the truth about Falun Dafa. During that time, I only wanted to validate Dafa and save more people. Perhaps Master saw my steadfast heart for saving sentient beings - Master would strengthen and encourage me. As soon as I sat down to do the meditation I would become tranquil – it was the same with sending forth righteous thoughts. This state persisted for half a year. Later, I used the methods of writing truth clarification letters and making truth clarification calls etc. to save people. Now I clarify the truth to people face to face.

One day I was clarifying the truth to a boy. I asked him, "Young man, have you heard of making the three withdrawals from CCP to ensure your safety?" Before I could continue, the young fellow said, "I have long wanted to withdraw, but I don't know how to do it." I said that I could help him. The boy said that his surname was Wang, and that he was both a college student and a party member. I helped him do the three withdrawals, and gave him some truth clarification materials and fire-

wall-breaching software. He was extremely happy - as if he had just obtained the most precious treasure, and repeatedly thanked me.

On another occasion, I was clarifying the truth to a gentleman. At the beginning, he did not exactly agree with me, so I started on the topic of how the communist party gained power. I continued on to talk about similar topics, such as the sea of corrupt officials today, the Tiananmen Square Massacre in 1989 and the persecution of Falun Gong. In the end, I told him, "Heaven will eliminate the wicked party. We good people should not be eliminated along with it. Right now, there are countless man-made and natural disasters. No matter how much money you make, you cannot ensure the safety of your life, if you quit the CCP you are gaining a lifeline without spending a cent. I am telling you this for your own good. Nobody has given me a cent. I only hope that you have a wonderful future." After hearing these words, he understood. He told me his surname was Li, that he was a party member and that he worked at a certain company. I then made the three withdrawals for him and he repeatedly thanked me. It was just as Master said - it was like they were waiting for me. In fact, Master has long paved the road for us - it is up to us to act. My understanding is that as long as we believe in Master and the Fa, there is no test we cannot pass. Below, I would like to share Master's poem "True Character is Revealed" from Hong Yin II:

"Be resolute cultivating Dafa, the mind unstirred
Climbing in levels is what's fundamental
Faced with tests, a person's true character is revealed
May you Consummate —
a Buddha, Dao, or God"

Chinese version: <http://www.zhengjian.org/node/144684>

81. Mice Moved out of the Food Storage Room

<https://www.pureinsight.org/node/7407>

Author: Cheng Zhi, a Dafa Disciple in China

There is a large market in a county in Northern China and a lot of people shop there. Many people work there too. Another thing that is also abundant there —mice.

Let me share a true story about the mice.

In autumn 2016, the market had many customers and made many profits. However, mice went to the storage room to eat the food. They ate different desserts, raw meat, smoked food, rice, white noodles, different fruits, as well as radishes and Chinese cabbages.

The market's owner and workers were angry at the mice. They bought the most toxic rodenticides and mixed them with broken biscuits to poison the mice. Those poisonous biscuits were pink. After the market got enough poisoning biscuits, there were still more than one-kilogram rodenticides left. Therefore, the Market's owner asked Mr. Wang whose duty was to deliver goods to give the rodenticide-biscuits to Mr. Yu, who was in charge of the storage room.

Mr. Wang carried a bag with rodenticide-biscuits inside to the storage room. Mr. Yu and his wife were waiting for him. The couple were both Falun Dafa practitioners and took care of the storage room. They frequently contacted other workers at the Market and had good relationship with them. The couple encouraged all workers in the market to quit the Chinese Communist Party (CCP). Mr. Wang just started his work at the market and Mr. Yu did not get a chance to have much conversation with him. Mr. Wang handed the bag with poisoning biscuits to Mr. Yu. Mr. Wang said, "Mr. Yu, those biscuits are from the owner". Mr. Wang was a quiet man. He did not mention that those biscuits were poisonous. Because Mr. Yu was a reliable, hard-working employee, the owner of the market liked him very much. The owner always gave Mr. Yu and Ms. Yu some left over food that cannot be sold but still edible. Therefore, Mr. Yu did not think much when receiving the bag of biscuits from Mr. Wang this time. The bag for the biscuits was white. Mr. Yu did not see anything strange. He hanged the bag of biscuits on the door handle. He thought the owner gave him food one more time.

In the morning of next day, Mr. Yu's neighbor came to him. His neighbor cultivated more rutabagas, a root vegetable than he needed and decided to give some to Mr. Yu. His neighbor asked Mr. Yu to dig rutabagas directly from the farm. Mr. Yu likes doing things quickly. After Mr. Yu was done with checking all the goods in the storage room, he found tools and left for digging rutabagas immediately despite the fact that his wife told him to have some food first. Mr. Yu simply took one big chunk of the poisoning biscuits from the bag without even looking at those biscuits. He took those poisoning biscuits as his breakfast! He at least took 0.25 kilogram from the one-kilogram biscuit bag. He finished those biscuits while he was riding the bike to the farm.

After Mr. Yu started to dig rutabagas, he felt increasingly thirsty. He felt dizzy and lost his balance. He suddenly fell down onto the ground and realized something went wrong. He stood there for a while to relax himself. However, when he resumed the work, he felt more and more uncomfortable.

Mr. Yu felt there was no way for him to continue digging rutabagas and decided to go back home. As soon as he put his right leg on his bike, he fell down with the bike. He then tried again and fell again. He felt extremely uncomfortable and knew something was terribly wrong. Fortunately, he was still conscious. He asked Dafa Master to help him and chanted Fa rectification formulas. Finally, he somehow managed to ride his bike and returned his home after twenty minutes.

Mr. Yu could not explain how he went back. His wife was surprised when Mr. Yu stood in front of her with a completely red face. While his wife did not know what to do, Mr. Wang, who gave Mr. Yu the bag of biscuits, ran from the Market in his fastest manner, "Mr. Yu, the bag of biscuits I gave you yesterday was mixed with rodenticides!" At first, Mr. Yu planned to drink some water. After hearing what Mr. Wang said, Mr. Yu dropped the water bottle and muttered, "I know why now". He knew he could not drink the water no matter how thirsty he was, because he would have a worse situation if the toxic was diluted by water and entered his blood.

What to do? Mr. Wang was not very scared. He doubled cross his legs on the bed. Despite his strong desire of drinking water, Mr. Wang started to read Zhuan Falun. He could not see all words clearly, but he could still read the book. As long as he could see the shapes of some words, he knew the paragraphs and sentences by his memory. As Mr. Yu read and recited the book Zhuan Falun, he felt better. Nonetheless, he still felt he had a fever. He felt his face so hot and red.

The second person who ran to Mr. Yu's house was the market owner's wife. Her face was red too but because of running. After she went inside the room, she saw Mr. Yu's entire head completely red. Mr. Yu's sclera was also red. Even Mr. Yu's pupils looked more red than black. Mr. Yu's neck was completely red too. After Mr. Yu saw the owner's wife, he said hi and smiled. The owner's wife felt so scared because of Mr. Yu's completely red face. She ran back to the market without saying any words. Mr. Yu did not think much. He continued to read the book Zhuan Falun. Gradually he felt less and less thirsty.

The owner's wife was really scared by Mr. Yu. She felt Mr. Yu would die soon. After she ran back to the market, she gathered people together and asked them to find

cars. She ordered them to send Mr. Yu to hospital immediately to pump his stomach. After twenty minutes, the owner's wife came back to Mr. Yu's house with several big men. She ordered them to carry Mr. Yu to the car and immediately drive to the hospital.

However, Mr. Yu stayed calm and said slowly, "You all see. It has been half a day since I ate the biscuits. I am still here. I am a Falun Gong practitioner. If I said I am ok, I will be ok". Nonetheless, other people disagreed. They insisted to carry Mr. Yu to the hospital. They claimed that the toxics may be stayed in his stomach for years if without stomach pumping. They said Mr. Yu might suffer from serious problems in the future. Mr. Yu said, "It takes normal people several years to get rid of the toxics. For me, it only takes like several days. My Master is protecting me. You guys please do not worry for me!" Because of Mr. Yu's insistence of not going to the hospital, the owner's wife had to leave. After she went back to the market, she was so angry at Mr. Wang, who gave Mr. Yu the biscuits and decided to fire him immediately.

On the afternoon of next day, Mr. Yu recovered. He persuaded the owner's wife to rehire Mr. Wang. Mr. Wang felt very sorry and came back. He quitted the CCP by his real name.

Five days after this incidence, Mr. Yu went to check the storage room at night. He still saw a lot of big mice there. He had been indifferent to mice for years. But now, a notion suddenly popped up. He thought maybe he could talk to the mice because everything has a knowing side. He thought it was the time for a talk with the mice.

Mr. Yu spoke to those mice loudly with compassion at around midnight as if talking with old friends. He said, "Mice. I ate the poisoning biscuits who were supposed to kill you. I suffered the pain for you. You cannot continue to harm us here. If our owner sees you damage food, equipment, and packages again, he will be angry. You need to leave the storage room. If you do not leave, our owner will try all means to poison you. However, I know how much pain to suffer when eating rodenticides! I helped you with the tribulation you should have had several days ago. The same thing should not happen again! I know you understand me. Also, please remember: Falun Dafa is good. Truthfulness-Compassion-Forbearance is good!"

The next morning, Mr. Yu used the remaining poisoning biscuits as firewood when he cooked breakfast.

After talking to the mice, Mr. Yu paid great attention to the number of mice. He

noticed the number decreased. After five days, when Mr. Yu went to the storage room at midnight again, he saw no mouse at all. All mice left the storage room. Mice disaster was eliminated on that day.

Years have passed. The storage room taken care by Mr. Yu does not suffer from any damages caused by mice. Food safety is greatly improved.

Another miracle is that you can still see mice in employee's houses. You can also see mice outside the market. Nonetheless, there is no mouse in the food storage room. The food storage room becomes a place that no mice dare to get close.

Chinese version: <http://www.zhengjian.org/node/248678>

Cultivation Experience **6.3**

82. Despite Wind, Frost, Rain and Snow, They Stand Fast for 17 years

<http://www.pureinsight.org/node/7252>

Author: A Dafa Disciple in Canada



Falun Gong practitioners in front of the Chinese Embassy in Toronto

Early one morning, in front of a retirement home in Toronto's East District, a thin small old lady stands under a bus stop. Her name is Du Lingmei, she is 80 years old. Her routine every day is to take the bus to the Chinese Embassy in the city's town center.

The Chinese Embassy is located on St George Ave, a quiet street but is near to the busier location Bloor Ave. According to estimates, over 10,000 vehicles and passengers pass by the Embassy every year. Since the summer of 2000, it became a place where Du Lingmei visited every day. She and her fellow practitioners have put up posters and distributed flyers here together for the last 17 years.

Healthy Body and Spirit through Practicing Falun Gong

Before her retirement, in the early 90s, Du Lingmei was an employee in a shoe factory. She had suffered multiple diseases: Lumbar hyperosteo-geny, hay fever, sensitivity to cold, etc. Every time when the Spring or Autumn came, her ligaments would swell and her skin became extremely itchy and irritable. She found walking and sleeping very difficult due to back pain. She tried to get a correct diagnosis from both Chinese and Western doctors, tried various medicines, but neither Western nor Chinese medicine seemed to help. She had also tried various Qi Gong practices, which helped a little to reduce her hay fever symptoms, but her backache was still very serious.



Du Lingmei in front of the Chinese Embassy

In 1995, a Falun Gong practitioner, Jiang Xuemei, came to visit her family in Toronto. She held a nine day class at home and brought Falun Gong to Toronto. In 1996, Du Lingmei met a lady in a clinic who introduced her to Falun Gong.

At that time, she had to witness her dear Mum suffer from sickness, helpless as she lay on her bed, constantly in pain. Lingmei wished she would not suffer the same fate and have to be taken care of when she becomes old in the future. To gain a healthy body, she started with a "trial" to learn Falun Gong. Without noticing which exact day it happened, she felt that her back pain had stopped, and her headaches had also disappeared, all the pain in her body just vanished overnight.

Falun Gong requires not only practising five sets of exercises, but also requires one to live according to the principles of Truthfulness, Compassion and Forbearance. At the beginning, Du Lingmei was worried that she could not truly follow the principles, but she has tried really hard to change herself. She stopped being anxious and angry when facing troubles; she put down her desire for profit and destroyed all the bills signed by her friends in acknowledgement of debt and all the letters relating to refunds. She has also offered to take care of her sick mum. Slowly, her relatives found her more accommodating and easy to live with. When her financial advisor saw her changes, the advisor also started to practise Falun Gong.

On July 20, 1999, the ex-leader of the Chinese Communist Party (CCP), Jiang Zemin, started a systematic persecution of Falun Gong in China. Many practitioners have been arrested and sent to prisons and brainwashing centers. The propaganda of the Chinese media spread to other countries abroad. At that time, there were about 150 Falun Gong practitioners in Toronto. Many practitioners, same as Lingmei, had not totally understood the deeper meaning of cultivation and felt like they had been hit with a very big stick. They were shocked, "Why is such a good practice method forbidden in China?"

Practitioners spontaneously started handing in petition forms to the Chinese Embassy and hand written letters to the leaders of the Chinese government. Du Lingmei joined the protest group in front of the Chinese Embassy. They naively thought that the Chinese government would listen to their voices. However, the persecution continued and became ever worse with more reports of practitioners being seriously persecuted.

January 21 2000, Falun Gong practitioner Chen Zixu in Weifang, Shandong province was beaten to death. The news of this shocked all the practitioners in Toronto. A

few Western practitioners started a hunger strike in protest outside the Chinese Embassy. More Chinese practitioners soon joined them.



On July 24, 1999, practitioners in Toronto hand in their first petition letter to the Chinese Embassy

At that time, Du Lingmei had just retired. She was one of the first people to participate in the peaceful protest in front of the Chinese Embassy and volunteered to coordinate the schedule. They scheduled 4 hours to each session during the daytime. The full time working practitioners replaced them for the night sessions; some students finished their study and homework during the day and then came for a few hours in the evening.

This group consisted of both young and old practitioners, who started a 24-hour relay of peaceful protest.

Stand Firm in the Wind, Frost, Rain and Snow

The Chinese Embassy is the window of the Chinese Communist Party abroad. The

arrival of Falun Gong practitioners has undoubtedly given them cause for concern. They (CCP) have tried everything in their power to remove the practitioners by putting up fences and posters to block them, deliberately spraying them with watering cans used to water flowers. Du Lingmei and other practitioners then dressed accordingly in raincoats and continued with their meditation.

The winter in Toronto is extremely cold, sometimes minus 20 to minus 30 degrees. It is uncomfortable even if you stay outside for just 15 minutes. However, Du Lingmei and her fellow practitioners stayed there for hours at a time. They even put up a small wooden shed where only one person could sit inside and meditate, but other practitioners had to stay outside. Later, the shed was removed due to the intervention of the Chinese Embassy. The practitioners in the night sessions had to take turns to go inside the car to keep warm.



The Winter of 2002, Falun Gong practitioners protested peacefully in front of the Chinese Embassy in Toronto

Practitioners brought warming products to put into their gloves; some people steamed potato's and brought them to the night sessions, keeping practitioners warm during the sever moments of cold.

On one occasion a storm came causing a large tree nearby to fall down, the practitioners remained firm continuing meditating quietly. When more and more snow fell, the thick snow almost covered them. Adversely the pile of snow protected them from

the wind, and they did not feel the cold so much.

One midnight, the temperature dropped to minus 30 degrees, a few practitioners felt too cold to stay. They decided to take down the posters and go home. Just as they were about to leave, a practitioner called Xiang and his wife came with duvets. They stayed there without giving up and took over the night shift together.

Witness to the Coldness and Warmth in the Human World

Just like this, no matter how cold it was, there was always Falun Gong practitioners protecting that place. They became a unique view to passers-by during the winter months. All the local residents have been shocked and started paying more attention to the practitioners' message. Some people came to get information during the midnight hours; some Westerners showed sincere warmth and smiles. Acknowledging them with words of, "Hello!" "Bless you!" Some people came to shake their hands, "I understand you."

Someone came and held his hand in front of his chest in respect saying: "I stand with you." Someone showed his thumb and said, "Amazing, you must keep going!" ...

A cleaner insisted on buying coffee for them every evening; some Chinese people brought them coffee in the night. When a passing driver saw the practitioners sitting in the heavy rain in the dark night, he turned around and brought hot coffee; and a government officer from the Chinese Embassy put out his hand underneath his coat when he passed by a practitioner and showed his thumb...

"It is the hardest in the night. There is no toilet. Some people could not recover from the coldness even after three days. And we had to tolerant the discrimination and abuse of some Chinese people who did not know the truth", said Du Lingmei, "It was really hard to endure. Some practitioners have broken down crying."

"But I have never cried, not even once!" Du Lingmei had a firm look on her face, "Compared to the practitioners who are being persecuted in the harsh environment of China, this is nothing what we are suffering."

Du Lingmei has often felt the miracles: "In very cold weather, my feet got warm when I meditated." "That was why I could stay to the end. Otherwise it was very difficult to stay for a few hours."



The Falun Gong practitioners protested peacefully in front of the Chinese Embassy

As long as the Persecution Continues, so shall our Protest also Continues

The time flew by and in no time, it was 2017. Du Lingmei and her fellow practitioners have stood fast in front of the Chinese Embassy for 17 years. Their 24 hours relay had continued to 2009, and then changed to daytime sessions. Three years ago, Du Lingmei was no longer a coordinator, but she still goes to the Chinese Embassy at least 6 days a week.

In the last 18 years, the world has experienced great change. The persecution against Falun Gong by the Chinese Communist Party has gained more of the world's attention. The practitioners in Toronto, who were few in the beginning, have developed into a force unto themselves, consisting of thousands of people. Many people have understood the truth through them. After many years, when the practitioners went to small remote villages, some people still asked: Are you among the people who protest in front of the Chinese embassy?

The image of Du Lingmei's "stand" in front of the Chinese Embassy, is only a microcosm of the peaceful anti-persecution activities of the Falun Gong practitioners worldwide. In the last 18 years, the practitioners in Toronto have grown in pace with all the Falun Gong practitioners around the World, and created great many feats that deeply moved the Heaven and the Earth.

"As long as the persecution is continuing, we won't stop anti-persecution activities." Du Lingmei will keep going, "I will keep going on the way I know to be right." She believes: The evil will definitively be defeated, and justice will certainly prevail!

Chinese version: <http://www.zhengjian.org/node/237002>

83. Ten Years in the Tian Guo Marching Band

<http://www.pureinsight.org/node/7322>

Author: A Dafa Disciple in France

I started playing in the Tian Guo marching band in Paris in December 2006. In Paris, we had only played two pieces: Falun Dafa Hao and Fa Guo Fa Hao Zheng Shi Fang. We had only done a couple of rehearsals a month earlier, to practise marching and playing together. How interesting it was for me to discover that one could play in public without aiming for perfection! I realized that each parade was a way for me to improve my skills. With that first street parade, I realized that I had an attachment to perfection and that I always wanted everything to be top-notch.

Later, we started touring major European cities. When we came back from Copenhagen, I went through a conflict with another practitioner. I felt hurt. When I got home, I spoke to Teacher straight away, saying, "This band is an awesome project, but

it's not for me." In a vision, Teacher took me over Tian An Men Square and showed me all the Tian Guo bands in the world, all playing together. All the practitioners wore the great Tang Dynasty outfit. With that experience, I realized the importance of the project and told Teacher that I would not give up. I have been endeavoring to always keep that memory in mind and keep it clear. It is what has been upholding me these past 10 years. It also made me realize that it is important not to run away from any difficult or disturbing situation. I should look inwards and find the part of me that is not yet aligned with Zhen Shan Ren.

I decided to print out one of the Tian Guo band's music scores that I really liked. Then I thought, "Wait a second, this is much too hard; the notes are too high and I don't even know all of them... Anyway, the rhythm is way too complicated for me." But then, in a totally unexpected way, I heard a voice that said, "Let's work on that piece together, shall we?" I thought that I really would not be able to play it, but I accepted the offer all the same. The voice guided me through the first notes of the first bar, then the second bar and so on, until I had reached the end of the first line. I could feel a benevolent and encouraging presence pushing me forward. After a few minutes and much to my surprise, I could play the entire score. Then the voice guided me through the rhythm that I had found so complicated. It was very encouraging. Bar after bar, line after line, I managed to reach the end of the score. I was in a state of wonder! I had learned how to play that piece in no time. I heartily thanked Teacher for walking me through the score and allowing me to play it.

We then played in Frankfurt, in a parade, along with other band members from all over the world. The good weather turned rainy and then poured heavily. We were all drenched but we kept going. Many other groups had left the parade to take shelter but we continued. I felt how powerful, determined and diligent our Tian Guo Band was.

Our first street parade in Poland then took place in the Chinese district of Warsaw. As soon as we arrived, the weather started to change. As we prepared our instruments, the clouds above us grew darker and darker. With our first notes of Falun Dafa came the first raindrops. We were soon soaked again, with no sign of abatement throughout the parade. I then understood that there was a battle between good and evil taking place in other dimensions. Each and every sound that our band made was a deadly attack on the evil forces. It was spectacular. I felt the importance of being concentrated, and to try and produce the purest sounds possible. I could see that the purer the sounds were, the deadlier they were to the evil forces. For more than three hours, the Tian Guo Band led a battle against the evil.

Another time, before starting on our street parade in Northern France, a practitioner suggested we recite Lunyu together. So we did it—me in French and her in German. At first, my heart was calm and focused, but as it went on I felt that I was too restless and that I constantly had a thought to finish first. I was going faster and faster, to the point that I was stumbling in my words. I could not help but finish first. I realized that it was an issue of competitiveness and I needed to let go of it. My fellow practitioner then asked me to recite it again but alone, saying that she wanted to hear how it sounded in French. My heart completely changed. As I was reciting, I felt that reciting Lunyu was like a sacred offering; that it was the most precious gift you could offer. Moreover, very quickly, I could see a great energy field around us and it was expanding as I recited; it was pushing beyond the people in front of us and beyond the buildings that were in the distance. Reciting Lunyu has helped me feel and understand the power of Dafa.

Another time in London, we had spent the night in a youth hostel. During the night, my grandfather had come up to me, saying that he had to go. I was confused. I was happy that he had come to tell me that he was leaving, but I also felt angry that he had chosen that particular night, when I was sharing a room with other practitioners. Then I felt extremely sad. The next day, after practice, we met with the other players for rehearsal. As we were getting our instruments ready, I tried mounting one reed, then another, and another, but I could not make a sound. I had to go and join the others so I finally decided on one reed and started rehearsing, but again, it made no sound. I asked Teacher for help and realized that it was connected with what had happened the night before. My heart was not at peace, so I could not play. I sent forth a powerful righteous thought, and my heart and throat began to relax. I was finally able to play.

During our first few street parades, my heart would get restless every time someone played incorrectly. I understood that I was focusing on others, when I should be focusing on myself. I shared my thoughts with other practitioners and they advised me to send forth righteous thoughts, and indeed, after a few moments of doing so, people started correcting themselves. This is how powerful righteous thoughts are.

In June 2017, there was an exchange of emails regarding the languages we would use when studying the Fa. It was suggested that from now on, it would be in Chinese and German only. At some point, we had had up to 10 languages and I had really liked hearing the Fa being read aloud in so many languages. Three days before our street parade in Germany, it was decided to only have Chinese and German. I understood their point of view but I ended up getting angry. I emitted a powerful righteous

thought in order to find out what was bothering me and I realized that I had an attachment to my ego. I needed people to take me into consideration. When we finally read, I was reading in French in my head, while listening to others reading in Chinese, German and English. I think that the power of the Fa dissipated my anger.

When I returned to France, an unexpected pain surged through my hips whenever I walked. I tried to ignore it and convinced myself that it would go away. And it did. But the next day, as I sat to meditate, the pain came again, intensely. It really surprised me—I was used to being in pain during the last five minutes of meditation, but having pain during the first five minutes was new to me. For the first few weeks, I looked externally for the origin of the pain—"Was it because of the long coach trips and the static position when I played?" I thought. As the days went on, I could not sit in the lotus position for the hour anymore. In addition, when I sent forth righteous thoughts, I could not concentrate as well as before. I was also easily distracted when studying the Fa. I opened up to a Chinese practitioner about it and she told me to focus on studying the Fa and sending forth righteous thoughts. Then she put her hand on her heart and said, "I think you should look within yourself." When I did so that evening, I realized that I had been craving for recognition, and that it had led me to feel anger and resentment.

During our next street parades in Cambridge and London, I spoke with a Chinese practitioner and told her that I missed reading in French with everyone. She suggested that I read in Chinese. That is what we do in Paris after all, so I thought it was a good idea. She obtained a Chinese language Zhuan Falun for me and we started reading in Chinese with others. It was a great experience and it was very powerful.

In August, we met for three days in Gerolstein, Germany to study, practise and rehearse together. We arrived first and started reading in Chinese and French, until other practitioners joined us. These sessions are really important for me, because they don't take place very often. We practised the first four exercises, and then rehearsed. In the evening, we still had some time left for reading. Would we be able to study in French? It would be important to do so, because there were six of us French practitioners and two of them were new in our group. I really wanted us to read in French, not so much for myself, since I can read in English or Chinese, but for the newcomers. The person in charge quickly scanned the room and said that we would be reading in Chinese, German, English, and exceptionally, in French also. I was satisfied that the newcomers could participate. However, in the evening, looking back on it, I wondered whether that insistence on French was really altruistic of me. I think that it was only

partially so. There was also anger in me and an attachment to rebelliousness, as well as a craving to be recognized and valued. In fact, I realized that when I had made the suggestion, my heart had not been very pure; it was not a divine heart thinking but a human one instead. Much too human.

The next day, we were about to practise the first four exercises in a huge outdoor stadium, when someone came up to me and said that there would be no French reading today but Chinese and German only. "Sure," I said, "Let's do the exercises and we'll discuss later."

The exercise music started, but my heart could not calm down. I was unable to control my thoughts and couldn't focus on the movements. Why come up to me right before the practice? How come people can't study in their own languages? I was making a mental list of my argument: "Everybody should be able to read out loud; it is a way to harmonize the group", "It helps create one united body", etc. What binds us all together is not the music—it is Dafa that brings us all together so we can accomplish our missions. Then, suddenly it struck me that I could be wrong: reading in Chinese and German could be enough to create a one body. In addition, I remembered a poem by Teacher in Hong Yin III:

"Who's Right, Who's Wrong

As a cultivator

One always looks for one's own faults

'Tis the Way to get rid of attachments most effectively

There's no way to skip ordeals, big or small

[During a conflict, if you can remember:]

"He's right, And I'm wrong,"

What's to dispute?"

My heart was at peace. I could now concentrate on the movements.

Once the practice was over, the same person came up to me and to my surprise his way of thinking was quite different this time. It is important, he said, that everyone should read in his or her own language, and as he explained I realized we had the same viewpoint.

I wish to thank Teacher and I wish to thank all the practitioners who have helped me to see through my attachments and helped me to purify myself.

Chinese version: <http://www.zhengjian.org/node/239961>

84. Clarifying the Truth and Memories from a Cosmic Space

<http://www.pureinsight.org/node/7328>

Author: A Dafa Disciple from Germany

First, I would like to share about a hint that I received.

One night, during the first weeks of deciding to cultivate in Falun Dafa, I was awakened by a neighbour's sick child, screaming in a room adjoining mine. The screaming carried on for a long time. I became increasingly more annoyed and started wondering why the mother did not take care of the child, and why the child had so much energy to scream endlessly. I moved around in my bed wide-awake and became increasingly annoyed.

Yet at some point, it dawned on me, "Oh my, I believe it said in Zhuan Falun that a practitioner should not get angry, but should practice forbearance." This thought helped me to gradually let go of my anger. Then I had another thought, "A practitioner should thank those who create such aggravating situations, as they provide opportunities to raise one's xinxing." Thus, I thanked the child in my mind.

This line of thought was completely new for me; I was not sure if it was right. Thus I asked in my mind, "Master, please give me a hint whether this is for me to improve on my cultivation path." Immediately after this thought, there was some kind of inner response in the form of a question, "What kind of sign?" I answered, "It doesn't have to be anything extraordinary, just something that addresses my need." In response to this thought, I felt a tremendous energy flow running through my body and my entire body was then covered in goose bumps. I have never felt anything so intensive and strong in my life. It was as if every cell in my body told me, "Yes, this is right." It was clear to me that I had received the sign that I had asked for. I felt good and I went back to sleep, although the child continued to scream on and off.

It has been two years now since I have been cultivating earnestly.

My Understanding of Compassionately Saving Sentient Beings

I moved to Hamburg in early 2016. I looked for local practitioners and joined their truth-clarification activities. At the Chinese Consulate, I saw that these practitioners' vigil was completely different from others that I had experienced. Even when I was only with one other person there, I felt a strong energy field when doing the exercises

and sending forth righteous thoughts. Besides, the honking of horns by cars passing by us was a clear indication that our activity was for sentient beings; they are given the opportunity and chance to live in the future by positioning themselves.

Until recently, I have mainly been involved in our information booths and have been prioritizing it in my life. The project has given me even stronger feelings about reaching more people. I am often there from set-up to set-down and never really take a break. If I stop for a sip of water or a bite of food, I am immediately filled with the need to give out more fliers, and talk to people about Dafa and the persecution. I have no real desire to do the exercises there, as I feel that while I exercise, a sentient being might miss his or her predestined chance to live in the future. While there, I am always filled with a marvelous feeling of joy. I can smile to passers-by most of the time. Sometimes, my desire to reach people and the joy of clarifying the truth were so strong that almost everybody accepted a flier, and I could talk to many people about Dafa.

However, I experienced negative factors and thoughts at times, which tried to drag me down. Yet, during this phase, sending forth righteous thoughts helped eliminate these factors rather quickly. Besides, it helped me understand the Fa taught in Zhuan Falun, Lecture Five by Master, "One righteous mind can subdue one hundred evils."

My strongest motivation and commitment to working at the information booth came from clarifying the truth to people. Many people encourage us, saying that they were impressed with our dedication. It often appeared to me as if people's knowing sides understood the importance of our presence and were thankful from their heart.

Once in a while, my body experienced a sign that sentient beings had been saved; I experienced it during discussions, when saying goodbye, or when shaking someone's hand. A strong energy current would pass through my body and all my cells vibrated. Such experiences are, to this day, a huge motivation for me to speak to people about Dafa and the persecution.

However, over time, some of my understandings have changed. For example, I now feel that I can also clarify the truth through doing the exercises, because Chinese tourists can see that there are Western practitioners of different ages. People of all nationalities can benefit from the positive field of Dafa. Besides, the exercises help me to calm down.

Once, passers-by stopped in front of us as we were doing the second exercise. One

of them said, "They really are in a deeply quiet state." They were truly impressed that the busy, hectic and noisy surroundings could not stop us from achieving tranquility.

However, recently, I no longer feel as joyful when participating in the information booths; I feel pushed to do something else. There is a new project that was launched recently. It is the "You Tube Channel" project, which is intended to reach the masses. I have conflicting thoughts—"Should I go and work on the new project, or is there something that keeps me at the information booth?" Once I start talking to people, the joy and wish to clarify the truth about Dafa at the booth is ignited straight away. Yet I feel torn, because I want to be involved in both projects. The new project is very time consuming. It makes it difficult for me to go to the information booth.

Awakening Memories that I had Searched for my Entire Life

I read *Touring North America to Teach the Fa* (2002), on the recommendation of a fellow practitioner, and was reminded about a situation from a previous life.

I had found myself in a cosmic space, confined into a specific area. There, I talked with a sentient being about my present life and the associated arrangements.

I had arrived in that cosmic space too late to be assigned to the life, which I had chosen. I wanted to be born in the country in which the spreading of the Fa would originate. I was certain that there would be many opportunities there. However, I was too late, as all assignments for China had been given out. I was worried that I may not understand the deep connotations of the Fa in a different language and in a country far from where I wanted to be. However, I was told that there would be absolutely no problem. Anyway, I could always learn the language that would be originally used during the introduction of Dafa into the world. To be honest, I still remember that I had thought that the Western writing—compared to Chinese characters—was not aesthetic.

Then, a list of lives—already arranged—passed by my eyes. With the recommendation of the being that I had been talking to, who felt that the arrangement "looked quite good," we agreed on the present arrangement—which is my life now.

Nevertheless, I was not really happy with the selection, but there was no better prospect.

We discussed the circumstance—which basic conditions would be prepared for me

and what traits I would have. We also discussed in more detail, some of the stages in my life.

Given the prospects provided by my family, I had understood that it would take me at least 20, if not 25 years to obtain the Fa and begin to cultivate. I had wanted to negotiate for the best opportunities and asked if I could be born into a practitioner's family. However, I had arrived too late for that. If I had not accepted the arrangement, it would not have been possible for me to cultivate in this particular phase of Dafa's spreading—this was something of great importance to me.

I worried about the way I would be introduced to the Fa. I was told that I would learn about the Fa through a circle of friends and that this was a great and beneficial arrangement. However, I held the thought that there was a risk that those who were supposed to help me gain the Fa would not be given the Fa. I was told not to worry about that—everything would be fine. However, I found out that I had to recognize the Fa for what it was.

We also looked at the arrangement made for earning my livelihood. It was of importance that I had no financial difficulties, meaning that I could devote all my time to my cultivation. Besides, I did not want to earn too much money, as this could be detrimental to my cultivation fundamentals—I thought that material advantages could be of a disadvantage to my cultivation. It should be just enough to provide a decent living and not have to worry.

When we had reached those agreements, we then came to discuss enlightenment ability and attachments. As for attachments, I had started taking away some thick substances that had existed in my memories. I had gained these abilities for the sake of eliminating my attachments and for the improvement of my cultivation.

I had tried using some substances to weaken my attachments. However, it had not been as easy as I had expected, because when one attachment had been taken away, another was strengthened. It had been impossible to reduce all my attachments, as it would have made my cultivation far too easy and thus, would have been of no value to my cultivation journey. Therefore, I was left with one particular attachment that would be very strong.

But I was rather confident that I would be able to let go of this particular strong attachment without problems. I was told not to underestimate this issue. Today, it is clear to me what this all meant.

When it comes to certain times in my life, I have been experiencing some memories since January 2016. They were meant to remind me of my attachments. It happened when passing an examination or when meeting a particular person. I will try to explain it here.

Once, I attended a seminar arranged by my work place. I thought that the lecturer had not done well in his presentation. I was certain that I could have done much better. I felt especially strongly that the lecture could have been more informal and relaxed. I then decided that I would give some seminars too, after being in my job for a few years—and I would definitely do a much better job of it! When fantasizing about this, I realized for the first time in my cultivation that I had a strong ego. I also found that I was a fighter, craved recognition, was arrogant and had a show off mentality. I cleared my mind—"I'm a practitioner and I don't want to think like that. These are things that I must give up." Subsequently, I remembered my previous experience in the cosmic space and about this strong attachment. I felt clearheaded. It was a rather important moment. If I had not recognized it at the time, I may have taken quite a while finding this attachment at another opportunity.

Another time, during my first meeting with another practitioner, I was suddenly reminded of something about him. This unremarkable, calm and unimposing practitioner had been a great king. I could even remember his charming and powerful figure.

When he gave me a suggestion during the fifth exercise, I realized that I had selected which suggestion he would give me during my cultivation. There were different kinds of suggestions for me to choose from. But, I could not just choose any one willy-nilly.

I thought that it would be beneficial to remember as many details as possible from my time in the cosmos, which would help me to remain steadfast. So I had been placing great value on what I could remember. However, I was told that I should not only consider memories. Today, I can understand this quite well and am grateful for all suggestions. There are also times when my memory is foggy and sometimes they even disappear. Later, they come back and become quite clear. However, it is difficult to put these memories into a certain order or to record them. I believe that they appear when most needed.

At times, the memories return regarding certain aptitudes. If I remember correctly, the appearance of such arrangements happen for a reason. They do not appear if the

conditions are not ripe; they appear so we can complete a task assigned to us.

Master says about the issue of pursuit in Zhuan Falun, Lecture Two: "The Buddha School believes in predestined relationship. Everyone comes here because of a predestined relationship. If you obtain it, perhaps you are supposed to have it. You should therefore treasure it and not be attached to any pursuit."

At a particular time, further memories come to the forefront. Thus, I know that this particular issue has happened just as it was ordained and arranged. This tells me the importance of fulfilling our tasks well, because only then can we complete the arrangement well.

Concluding Remark

Before I started practising Falun Dafa, I asked myself when meditating, "What do I want?" After I pondered the question, I came to the following answer:

"I want to do good things and help humanity." At that time, I understood this superficially. For example, opening the door for someone, etc. I believed that good deeds would result in good rewards. Today, I understand the significance of the answer I received when meditating.

Whenever I face something difficult in my cultivation that brings me close to giving up, I have two basic thoughts that keep me steadfast:

"I know that I chose this life and wanted it, including all of its difficulties and inconveniences. Because of this, I get the chance to truly be good and really help people."

Before closing, I would like to share Master's Fa in "Inscription for the Russian Version of Falun Dafa" from Essential for Further Advancement II,

"Cherish it!

The vows of Gods are being fulfilled;

Cherish it!

This is what you have been searching for;

Cherish it!

The Fa is right in front of you."

Thank you for allowing me to share my cultivation experience.

Chinese version: <https://www.zhengjian.org/node/239974>

85. Master Saved Me from Hell

<http://www.pureinsight.org/node/7442>

Author: A Dafa Disciple in Hunan, China

I was once a pious Buddhist. I had memorized most of the Buddhist scriptures and cultivated diligently. Nonetheless, I had gained nothing from my cultivation. To put it more accurately, I did not know how to cultivate at all. I suffered from various illnesses and even some evil spirit possession.

I started to cultivate Falun Dafa in 2005. I learnt that all of the tribulations in my life were caused by my own karma – which had been created by committing many wrong and bad deeds over my various previous lifetimes.

I feel very fortunate to practice Falun Dafa. I feel very fortunate that I can do the three things and be a Fa-rectification period Dafa disciple. Such a cultivation opportunity is very precious. I really thank Master who has saved me from Hell. I would like to share my experiences of two car accidents in which Master protected me and also saved my husband.

The first car crash was intended to kill me.

The first car crash took place in April 2010. I was riding a bike. A taxi drove towards me from a bridge. The taxi was travelling very fast and suddenly hit me. I flew from one side of the road to the other side and lost consciousness. When I regained consciousness, an ambulance had already arrived. There was a giant hole in the taxi's windscreen and the taxi was written-off.

There was a huge bump on my head, I had lost one of my teeth and my right ankle was broken. The taxi driver thought that I was dead after the collision. He called his wife and told her that he had killed someone.

I was sent to the hospital; while I was there, some local practitioners came to visit me. I told my family that I did not want to stay in the hospital. My family did not understand me, because my whole body was purple and the bump on my head was still big. The taxi driver would not allow me to leave the hospital either. I thought that I would have to stay in the hospital for three days at the most. After three days - to most people's surprise, the doctor's attempts to inject drugs into my body kept failing. While I was in the hospital, the wife of the taxi driver came to take care of me for sev-

eral days. I still read the Fa and did exercises as normal without taking any medicine. I told her that I am a Falun Gong practitioner. My Master teaches us to be good people. I encouraged them to quit the Chinese Communist Party (CCP), and told them to remember, "Falun Dafa is good". Both the taxi driver and his wife agreed with me. They kept saying that I am a good person. They also told me that they would drive me in the future whenever I needed a ride.

The second car crash was caused by a debt that I owed in a past life.

On February 13, 2018, right before the Chinese New Year, I was riding a bike to do New Year shopping. I was hit by a car from behind. The car ran over my left leg and destroyed my bike. The driver got out of his car immediately and asked me to check in to a hospital after he saw that I could not walk properly.

I knew that I needed to look within whenever problems arose. I said to the car driver, "You didn't deliberately hit me". The driver said that it was his fault and that if I insisted on not going to the hospital, he would give me 200 yuan for medicinal expenses. He put the money into my shopping bag. I promptly returned the money to him and told him that I am a Falun Gong practitioner and that my Master has protected me. He said that I am a good person, I then asked him if he had heard of quitting the CCP before and if he was a communist party member. He said he was a communist party member, so I encouraged him to quit the CCP. I told him that the CCP has committed many evil deeds and that he would have a good future only if he quits the CCP. I gave him a nickname which meant safety and health – as his occupation is a driver. I told him to remember, "Falun Dafa is good and Truthfulness-Compassion-Forbearance is good". The driver said, "Yes, I like safety and health, you gave me a good name - you are such a nice person". Several hours before the accident, I had a dream in which a person collected some money from me. The person asked me what my name was, when he wrote my name, it was illegible. I asked him, "Did you remember my name wrong?" He said, "I know you very well. How could I get your name wrong?" I then realized that what he wrote was indeed my name. The person in my dream looked exactly the same as the driver who hit me.

I then went to fix my bike. The staff member in the bike shop stopped what he was doing and came to help me as soon as he saw me. I told him what had happened, he said, "You are such a good person. If it was me that was hit, I would have asked the driver for 2000 yuan. You are such a good person." I said, "The driver didn't deliberately hit me, it was an accident. I am a Falun Gong practitioner and my Master teaches

us to be good people. How could I ask him for money? I didn't blackmail him, so my Master helped me."

Master also saved my husband.

In 2015, my husband went to the hospital three times. During the last visit, the doctors said my husband was in extremely poor condition and that they could not do anything about it. My husband was urinating blood. The hospital asked us to leave. My daughter decided to move my husband from the hospital back to her place. My daughter's apartment had one extra room, we cleaned it up and moved my husband there. I stayed at my daughter's place and took care of my husband. Local practitioners wanted to make things more convenient for me, so they moved the group fa study location to my daughters place. Several practitioners and I studied the Fa and shared experiences together that formed an energy field.

I told my husband that only Master could save him. I asked him to say, "Falun Dafa is good. Truthfulness-Compassion-Forbearance is good." I also gave him Master's audio lectures. My husband was very stubborn before. He was brainwashed by the communist party's lies and did not believe in Gods at all. Since he wanted to be saved, he agreed to do what I told him. At that time, he was barely conscious and could not get up and urinate normally. After one week, he gradually regained his consciousness and was able to eat food. Later, he was able to get up and walk downstairs. Eventually he fully recovered and was able to go back home and work on our farm again.

Chinese version: <http://www.zhengjian.org/node/250058>

86. My Life Experiment

<http://www.pureinsight.org/node/7297>

Author: Zhao Yan, a Dafa Disciple in Japan

I would like to pay my tribute to Master's sixty-sixth birthday and the 25th anniversary of Dafa's introduction to the public. Happy birthday, Master! As a disciple, I have infinite gratitude!

Coming to the Human World to Obtain the Fa

In the autumn of 2015, I clarified the truth and tried to convince my University classmate to quit the CCP. Then I asked if he remembered the questions I had in our reading group when we were 16 years old. My questions were, "Who am I? Where did I come from? Where shall I go?" He was surprised that I could still remember them!

Twenty years after I obtained the Fa, I realized that my life was for it.

Master said in Teaching the Fa at the Eastern U.S. Fa Conference. March 27-28, 1999, "The Fa isn't something you can just obtain. Even though you're all sitting here, you don't know how much you may have sacrificed for this Fa in order to establish this predestined relationship, including in different periods in history—you don't know how many tribulations you've gone through to obtain it. Some of them you know about, some of them you don't know about. That moment when you encountered the Fa seemed quite natural to you, when in fact a great deal of effort had been expended arranging the time and location of your obtaining the Fa. You don't know about those things." Master said in Teaching the Fa at the Conference in Canada. May 23, 1999, "Many people lost their lives in the past so that they may gain the Fa. They have cultivated in the past and undergone many cultivation ordeals."

Actually, people are all waiting for the Fa. Many students have really felt this; namely, when some people read the Fa, they say, "I've been searching for this my whole life," or "This is exactly what I've been looking for."

My third eye was not open. When I read the Fa, every word touches my heart. It makes me inexplicable sad and laugh with tears.

I was so lucky to obtain the Fa. Every true Dafa disciple is among the luckiest people in the world. Fake disciples are not counted though. Some CCP spies appear to cultivate diligently but do monkey business including persecuting Dafa disciples and destroying and interfering with Fa-rectification. They are the stupidest people because they will face the same ending as the Communist Party. It will be a Lifetime regret.

Wearing Out Iron Shoes in Search of Buddha's Path

When I was six years old, the first word my grandma taught me was: Buddha. The first picture I drew was of a lotus. Grandma said Buddha was a combination of the two words "person" and "Fu". I said Buddha was a person trying to climb up the lad-

der. Fifty years have passed, and I still remember it.

When I was seven years old, I found a card played by my aunt during her childhood. There was an old man doing a sword dance. I said, "This is my Master. I will look for him when I grow up." Grandma said, "He is Sanfeng Zhang. He passed away hundreds of years ago. Where can you find him?" I said, "He didn't pass away. I will go to Xinjiang to look for him." Forty-six years later, I talked about the card with my aunt, about the words on the card. My aunt and I said together, "The land yields good harvests, and the people enjoy good health."

I was a straight A student when I graduated from University. A University in Xinjiang was recruiting professors, so I registered. Later I started to work at that University. Dozens of people went there with me, but all of them were interested in salary, position, and housing assignments. I was the only one to ask about Dao. They all laughed at me, so I did not mention it any more.

At the beginning of 1988, I found a book titled Prophecy Collection. I was surprised to see Nostradamus's prophecy about the Soviet Union's disintegration on it. When I was a child, a fortuneteller said I would be distinguished. Did people have fates? Did a country have a fate? If yes, who controlled it?

I had to get married because I did not find the meaning of life. My husband was a classmate from Xiamen University. He told me his grandmother was Christian. His grandfather was detained by the Japanese, the Nationalist Party, and the Communist Party until he became disabled. When we got married, I let him read, "For life or for death, however separated, to our wives we pledged our word. We held their hands; We are to grow old together with them." He could not understand it. I made a wish to give some of my good luck to him. When he was working as a postdoctoral at Hongkong University, he was promoted to be an official. He never exploited the connection, but his performance was always good. The fortuneteller said he got good luck from his wife.

In July of 1997, I traveled to Beijing on a business trip with a leader who was also a professor and Qigong master. I was told Falun Gong was a good practice. The next day someone gave me a copy of Zhuan Falun. I finished reading it in one evening. One year later, I learned the five exercises and became a Dafa disciple.

True Ingenuous Nature Comes Out After Disaster

In the fall of 1998, I told my husband and my son seriously, "I started to practice Falun Gong. It won't influence my job or my housework, only my spare time. I need your support." They said, "Sure. As long as we have meals and clean shirts." At that time, I had a serious disc herniation problem and needed my husband's help to get up. After practicing Falun Gong, I threw out all medications and had no problem. Just my feet had many blisters. My husband helped me take a picture of it.

Every day, I rode my bicycle to the office passing by a store with the two words "Good Environment" on the door. They seemed to smile at me.

My husband asked me, "Why do you need my support for your practice?" I said, "Because it's a big matter. Who dares to say he can turn the Falun? It is a Buddha! If it is true, the Communist Party's atheism won't stay. It is hard to get a human body, and even harder to obtain Buddha Fa. Without righteous thoughts, we cannot achieve the aim. Cultivation is the hardest thing in this world. The Buddhist scriptures said, "In the six reincarnation, if you happen to have a human body when the Buddha comes to save people, it's like a blind turtle in the sea encountering a driftwood with holes."

Ten years later when I received my husband's first divorce notice, I asked him, "Didn't you support my practice?" He had nothing to say. Seven years later, I went abroad after three years detention. In the face of my son's resentment, I asked him, "Didn't you support my practice?" He said, "How could I know it was so scary!"

Countless incidences of door harassment, tracking, monitoring, brainwashing classes, divorce, detention, blood draws, CT exams, cornea tests, repeated confiscations, and dismissals happened to me. Some bad words were written on my hallway. At the time, I did not realize the practitioner couple in New York had already become Communist spies long ago. They would repay me with virtue for all the borrowed money.

In 1999, my whole company distributed Communist documents at the large conference. I told my colleagues, "This is the Communist Party's last move." They were surprised by my straightforwardness. Later, I went to the photo booth to take a self-portrait picture.

Of course, I was still alive and did not need the picture. I was so lucky to be a survivor. Actually, nobody was living here accidentally. I met several fortunetellers in my life. They all said I was blessed all the time.

Twenty years after obtaining the Fa, I have spent every day happily, even when I

was in detention. Now I do truth clarification to mainland tourists. There was a store in the Ginza with the two words "Dao Happy" on the door. I was so lucky to be with heaven and so happy to be corresponding to Dao. Before consummation of my cultivation, my life has been completed. All the bitter tribulations throughout various lifetimes have become sweet.

Returning Home by Seeing the Heavenly Door

At the beginning of Shen Yun's performance in the last two years, Master said the same words, "Come to the human world to fulfill your vows!"

When I just obtained Fa, I thought cultivation was too hard. It would be good enough if I could reach Arhat level. "Transcend the Five Elements and the Three Realms." Escaping reincarnation was enough for obtaining a human body. Now I have a different mindset:

When I was nine years old, I knew about "truthfulness, compassion, and forbearance" from my grandmother's ancient poetry and stories. I knew a good person could return to his/her true self. This was not my true home; my true home was in the heaven, and my parents were there.

When I was eleven years old, a little boy from northern China told me, "The future Buddha has come to earth. He was born in northern China and will save lots of people in the future." Then he told me Master's name. I said, "It's like my nickname ah!" After coming back home, I told my mom not to miss this opportunity.

In the summer of 1986, I prepared for the exam to graduate school at the Xiamen University. A student from Changchun told me that a person in her hometown could tell your whole life if you drew one line. She said I could be his disciple. Then she gave me a two to three-inch clivia minata that is still at my former mother-in-law's home. Thirty years later, I realized she mentioned Master.

In July of 1999, NASA photographed the sky above the earth to be a devil's face.

In 2001, the lotus on the back cover of Zhuan Falun blossomed.

When I was summoned by the police for the first time, I told them I was not scared to be dismissed. They shouted at me, "You will become a Buddha!"

On the fifth day of the first lunar month in 2004, I took pictures of Falun that

looked like snowflakes.

I refused to join the Communist Party when I was 17 years old. At 2004, "Nine Commentaries on the Communist Party" was published to expose the devil skin of the Communist Party.

In 2007, I saw the hidden nature characters at a giant stone in Guizhou: "The Chinese Communist Party perishes."

When I was in detention, the prisoners liked to see me and said I was sitting there like a Buddha.

Udumbara flowers were found around me in a practitioner's home, the truth clarification station, the outside of the theater and at the sacrificed apples for Master.

Quitting the CCP was like a rising wind and scudding clouds. Two hundred thousand people filed lawsuits to sue Jiang Zemin.

The picture "Master was watching the world in the mountain" on the Minghui website is similar to a picture in Essentials for Further Advancement. The sun will rise eventually.

Minghui's daily reports about good and evil news were evidence of justice.

I came to the free world from an environment surrounded by evil. At the end of last year, I practiced in the Arakawa Natural Park. Three months later, a plastic carpet was there with a sign "Use Freely". I had a nickname "Japanese" when I was a kid. Strangers showed Dafa's magic.

I knew Dafa disciples were required to have high levels, which included me. I would be a Buddha.

The powers of Buddha are unlimited. Miracles happened every day.

The history of the universe was created by the Creator.

And the days of being with the Creator were very happy. Everyone was lucky and every day was a lucky day. Those who were manipulated by the evil would be destroyed in hell. As long as they were alive, they still had time to change. Just time was limited.

In the boundless heavens, the gods are busy preparing for Dafa disciples' return.

It was time to return and the big disaster was closing.

Dafa has changed the fate of the world. "Mankind will need to give thanks" (from Teaching the Fa at the Fa Conference at the U.S. Capital).

"A hundred years' efforts lead to cross by the same ferryboat". The earth was like a spacecraft carrying all of mankind's fates. It was like a star of hope with all blessings. All disciples who were doing truth clarification tried every minute to spread the blessings from the Creator. As long as you had eyes, you must see. As long as you had ears, you must hear.

Eighteen years' brutal persecution showed CCP's evil nature to the world. Those unrepentant followers only knew hell, not heaven; only knew hatred, not compassion; only knew their interests, not justice; only knew the ghosts, not Buddha. They were the most evil with the worst ending.

Returning home is the real dream of China. It is also the dream of all mankind. Before my dream comes true, I know all my bitterness of all my lifetimes were well worth. Every day, what I need to do is to clarify the truth to all people and save more people. No matter who they are, I should have a diamond-like heart in their praising and swearing. In Journey To The West, the Monkey King depended on a pill from Buddha to subdue the ghost and stood firmly in a gust of wild. "It doesn't matter what so-called Buddha, what Dao, what Deity, or what demon it is—they can't sway me."(-from Zhuan Falun) I will do the three things well at this final step with a solid faith in Dafa in order to live up to Master's immense and infinite compassion.

Finally, I shared a poem from Hong Yin IV here:

"Realize my dream
 I have a dream
 There'll be a day I will return to heaven
 That is life's true home
 The Creator has already come to the world
 Spreading Dafa to save people back to heaven
 I don't want to miss this chance
 I wish to realize this dream
 This is humankind's only hope"

Chinese version: <http://www.zhengjian.org/node/238182>

87. I am the Only One Left

<http://www.pureinsight.org/node/6943>

Author: A Dafa Disciple in China

The company I am working at used to be a very famous one in China. It engages in the business of agricultural and livestock product sales. I work in the division of product quality examinations. As a Falun Gong practitioner, I always maintain strict standards in my work and never falsify any data. I experienced pressures from both my supervisor and colleagues in my work. My supervisor once labeled me as someone who had a very poor enlightenment quality; my colleagues also called me "stubborn", etc. Nonetheless, through the waves of company layoffs, I am the last one still remaining in the division. Of the initial fifteen people in my division, I am the only one to have remained after all the layoffs.

It is not an easy job for me to work in the division of product quality examinations. Nowadays, with the downward spiral of morality in society, people are only interested in monetary gains.

I often come across product supplier salespersons who try hard to bribe me to get an easy pass for their products. The data I collect in my experiments on a supplier's product is very crucial. Good data can result in a superior price advantage. I am a Falun Dafa practitioner, so I follow the principle of "Zhen" (truthfulness), and I always refuse to take any bribes. Some salespersons do not easily give up, and they would call me again and again, but I would say no to them each and every time.

Once one of my colleagues approached me and took me to a corner where no one could see us. The colleague then whispered, "Hey, sister, if you raise the quality level for this product up to two percent, the supplier salesperson promised me that he would give us 100 Yuan for each ton. That's not a small amount." I immediately realized what was going on. I told this colleague that I practiced Falun Dafa, so I would not do such a thing. I also asked the colleague not to engage in such deals, as they would bring losses to the company as well as to the colleague herself. The colleague pouted and said, "You are really stubborn. You do not even want to accept such easy money. Fine, but promise me you won't let the supervisor know about this conversation." I told the colleague that I would not say anything to the supervisor. I mentioned to her that Falun Gong practitioners would not engage in such underhand activities.

I thought that this incident was over by then. However, what happened later on sur-

prised me.

When I started my examinations on the supplier's raw material, I found that the data was extremely good. I realized something was not right based on my years of experience. I then decided to redo my lab data collection. I made a brand new solution to exam the product's quality. I kept a close eye on my solution and finished the whole lab work. In the end, I got a more reasonable set of data. It was very obvious that someone had tainted my previous examination solution. The colleague who had asked me to raise the quality level for the product was standing behind me all the time while I did my work. She tried to make sure nothing was going on with her, but I knew it must be she who had tainted the solution. When I showed the data to the supervisor, this colleague of mine became very agitated. I did not talk to this colleague, but we all knew what had happened. I did not blame her and still smiled at her. I understood that this colleague lived in fear all the time. She was just trying to get some quick money for herself. Yes, she had created trouble for me, but she had also given me virtue in the process. I felt sorry for her.

Soon afterwards, I noticed that my supervisor had a cold face towards me. However, this supervisor was very friendly to the colleague who had asked me to falsify the data. I said to myself, "This colleague must have said something to the supervisor behind my back. I have been very nice to her, yet she is treating me like that. Should I talk to the supervisor about everything?" Right then, the following teaching from Zhuan Falun came into my mind, "How could ordinary people tolerate this? How could they tolerate that kind of mistreatment? 'He does bad things to me, I'll do bad things to him. He has people on his side, but I have people on my side, too. Let's fight.' Around ordinary people, if you do that, ordinary people will say you're strong. But for a practitioner, that would be just awful. If you fight and struggle like an ordinary person, you are an ordinary person. And if you did it with more gusto than him, then you're not even as good as that ordinary person." I was immediately released from such a burden.

Later on, I was asked to do a quality examination for another supplier's raw materials. My data showed that the quality for this material was poor, so I did not let it pass. This time, however, the supervisor was giving me a hard time. After I told the supervisor about the results, the supervisor asked me to take a new sample and redo the test. I worked overtime, but the result was still the same. The supervisor then asked me again to take another five samples and do the test yet again. I had to work extended hours to finish the test. My eyes were filled with tears. My colleague sneered at me

and said, "Look, you really don't know what the supervisor wants?" Of course, I understood what the supervisor was trying to do. The follow teaching from Zhuan Falun popped up in my mind: "But nowadays it's being used by ordinary people to refer to somebody who's clever, or who knows what's on his boss's mind and can pick up on it right away, somebody who's good at pleasing his boss. People say that that's somebody who's good at enlightening to things. People often understand it that way. But if you jump out of this level of ordinary people and get to a level slightly higher, you'll find that what ordinary people see as the truth is usually wrong. But for us, 'enlightening' is totally different from that kind of enlightening." I immediately knew what I should do. When I presented the same result for the third times to the supervisor, the supervisor finally accepted the result begrudgingly.

Many of my colleagues often told me that I was just dumb to not accept easy money in my work. Well just like what Master mentioned in Zhuan Falun, "Of course it's not really being dumb. It's only that we take lightly those things that have to do with self-interest, when it comes to other things we're plenty smart. When we work on a scientific research project, or, say, when our supervisor gives us an assignment, or when we're completing our tasks, we do a great job with crystal-clear thinking." Practicing Falun Gong has improved my capabilities at work. I have been responsible for many publications in my division. Whenever there is something that needs to be written, my supervisor would often ask me to do the job.

As the overall agricultural product market became sluggish, my company also became stagnant in its growth. Layoffs started kicking in. At the very beginning, there were fifteen employees in my division. In the end, I was the only one still left working for the division. My supervisor had once blamed me for my poor enlightenment quality, but how could I be the last remaining employee? This indicates that Falun Dafa cultivators are good citizens, Falun Gong practitioners withstand the tests of time and they are respected. The evil CCP's crackdown on Falun Gong is against the trend of history. Falun Gong practitioners' shining images are manifestations of the power of Falun Gong itself.

Chinese version: <http://www.zhengjian.org/node/138082>

88. I am Fortunate to be Master's Disciple

<http://www.pureinsight.org/node/7120>

Qing Xing, A Dafa Disciple in China

I am an elderly practitioner who obtained the Fa in the early winter of 1998. At first, I had remained indifferent at the time, even though four people had asked me if I wanted to practice Falun Gong. However, Master did not give up on me and repeatedly gave me hints. I had then decided to practice Falun Gong forever.

At a physical examination in 1999, the doctor told me that I had a huge number of cancer cells. I wanted to die, because my family was not very fortunate or happy. However, Master's Dafa saved me. I then bade farewell to the medicine I had been using for 20 years and have lived healthily to this day.

I seize every day to do the three things well. I go out to clarify the truth in person and have convinced nearly 20,000 people to quit the CCP. I have witnessed Dafa's miracles, and Master has saved and protected me, time and time again. I cannot find the words to describe Master's compassion and greatness. I can only live up to Master's salvation by doing the three things well. I am fortunate to be Master's disciple. It is truly a supreme glory.

I would like to share my experience of passing a tribulation with fellow practitioners. Please kindly point out anything inappropriate.

In winter 2015, I experienced a growing pain in my pancreas. I also frequently had muscle tension in my hands and feet. It hurt so much that I did not dare to move. I experienced constipation and had to use my hands to pull out the stool. I often had a runny nose with a nosebleed. It was also very difficult for me to sit down or stand up. My legs trembled when I stood, and I had no energy. My legs felt heavy and tired when I walked. Whenever I walked into a car or up the stairs, I had to tightly grip the handlebars to drag my legs up. In one month, I lost 15 pounds. Three close friends told me, "You have become thinner, older, and shorter."

One time, I was late to group Fa study because of traffic and because my body hurt. Fellow practitioners all cared for me. Since I lived by myself, and as three good fellow practitioners had passed away in the last two years, they were concerned that something had happened. After I sat down and steadied myself, I said to everyone, "Thank you fellow practitioners for your care. Nothing bad will happen to me, and I

will not put shame on Dafa. This is a large tribulation for me to improve and increase my gong. This is something wonderful, so please rest assured."

Master says, "Everything you, a cultivator, encounter is related to your cultivation and Consummation, or else those things absolutely would not exist" (Essentials for Further Advancement II: "Dafa is All-Encompassing"). I looked inwards and found three major problems. The first was that although I studied the Fa, I did not gain the Fa, because while studying I became tired or distracted. I frequently misread things and did not understand the surface meaning. The second problem was that I had too many ordinary thoughts and my *xinxing* was not up to par. I had attachments to showing off, jealousy, fame, fortune and sentimentality. The third was that my exercises were not good. I sometimes made mistakes, and my mind wandered.

I burned incense, kneeled down, and pleaded for Master to reinforce me. I told Master, "For my sentient beings, I cannot fall. I do not know how many sentient beings I represent, but I cannot destroy them. My responsibility is enormous. I must do the three things well and return with Master."

Firstly, I started by studying the Fa well. Every day I studied one to two lectures of Zhuan Falun and made sure that I understood the meaning. I made an effort to cultivate well in the Fa, upgrade my *xinxing*, eliminate ordinary attachments and thoughts, and expand my capacity.

Master said in Dafa Disciples Must Study the Fa- Fa Teaching Given at the 2011 Washington DC Metro Area Fa Conference, "...if it does not have the power of the Fa, and if you haven't cultivated well, you will not do those things well. Although you might have done whatever it is, it has not achieved any effect and simply cannot save people, for you are ineffective in dissolving evil factors. That is why Fa-study is still the most, most important thing—it is the fundamental guarantee for all that you are to do. If you cannot keep up in Fa-study, then there is no hope."

The second thing I did was to do the exercises well. I watched Master's videos to correct my movements. I did the five exercises every day and suppressed my bad thoughts.

The third thing I did was to send forth righteous thoughts well. Other than the four daily times, I added an additional three times in the morning, afternoon, and night and increased the time. I also asked fellow practitioners to send forth righteous thoughts for me. A month later, the situation had noticeably improved.

The fourth thing I did was to seize the time to save people. I am a Fa-rectification period Dafa disciple, and I must feel the urgency that Master feels. Regardless of how bad my body felt, it cannot interfere with my clarifying the truth and saving people. I did not waste a day, even over the New Year.

Now I have no bad symptoms anymore and my whole body feels light. My tread is light when I walk. I do not use much effort and I feel a force pushing my legs forward. Everything is completely fine and has even become better than before.

When passing these tribulations, Master was often watching over me and strengthened my willpower. My physical body was in pain, but my heart felt sweet, because I was with Master.

Master has let me see and feel the turning of the Falun. Since March 11—when I finished writing my first draft—until now, every time I lay down at night, I feel Falun turning on my arms, chest, abdomen, and legs.

I had some rice from my family that had many red shells on it, which was difficult to wash. I was worried that preparing it would waste my time, so I set it aside in a large jar. A while later, when I went to check on it, it had all become clean. We only had to wash them once. Master had helped me.

I had also lost my watch for a long time. One day, it appeared in my bag. Master had helped me retrieve it.

Master has given me so much, that I cannot share it all here. I will condense tens of thousands of words into one sentence: I am fortunate to be Master's disciple; truly fortunate.

I would like to end with Master's poem from Hong Yin Volume II: "Journeying Via The Way", for mutual encouragement:

"The Great Way travels through the world
Bringing salvation to lives once lost
Thoughts of fame, feeling, and profit gone—
Could any difficulty stop the holy one?"

I would like to thank Master again for His salvation and thank fellow practitioners for their help!

6.4 Cultivation Insights

89. I Have Found Meaning in Life

<http://www.pureinsight.org/node/7312>

Author: A Dafa Disciple in France

I was born in March 1999. I obtained and accepted Dafa progressively. I had heard about it through my mother who was then learning the exercises with a female practitioner in the park of the château of Méry-sur-Oise. That park is very green and is a pleasant spot to start such a practice. My mother had known Dafa through a friend of hers, and she was very curious about it. When she read Zhuan Falun she was fascinated by what it said, and she found answers to many of her questions. She even seemed happier. One day she suggested I join them there. I was feeling a little hesitant at first because it was unknown to me, but since a friend of mine was willing to join us I accepted, and we all went. That was in 2014.

We went to the park, and I started practicing, but I did not feel anything in particular. However, the lady teaching us showed great benevolence. It took me a whole year to finish reading Zhuan Falun. Prior to reading the book, I did not believe in anything – I just had a vague hope that gods existed. Traditional religions did not appeal to me. When I finished reading, I tried to force myself into believing that everything it said was true. I was not quite convinced but strangely enough I wanted to make myself believe in it. I thought I needed some time to digest all these and that it would take me some time to accept everything, but still I was pleased to have a new outlook on life.

Another year went by, and it was 2016. One day I heard about "Fa rectification". I did not really know what it was, so I checked on the Minghui website, and I was blown away. I realized that other beings were dependent on us and that a practitioner should clarify the truth and do the three things in order to save sentient beings. That came as a shock. What was going on? I felt like I had learned too much, not only about the world's situation, but also about the celestial situation! I did not know whether I should believe in all these. I said to myself, "Think for a minute. If all these are true and you did nothing, wouldn't you feel terrible about yourself?"

Teacher said in *What is a Dafa Disciple*, "Each life, each person, is not simple. Behind them is a massive group of beings in the cosmos that they represent. When one

person gains salvation, that represents all of the beings behind him gaining salvation in the future. [I say this] because the vast majority of the people on this earth, of today's people, are heavenly kings who descended to earth, who incarnated here as human beings."

It was at that point, two years after obtaining the Fa, which I decided to do the three things diligently and to eradicate my attachments.

Personally, the best way for me to clarify the truth was to leave flyers in mailboxes. I felt as if all the people living nearby had a strong affinity with me, as if maybe they had been family members in another life. Almost every weekend and during school breaks, I would get up at dawn and leave flyers in people's mailboxes. At first, I did not want people to see me, which is why I would get up so early, sometimes before 5 a.m. when it was still pitch dark. My parents were fine with that. I was walking under the light of the lampposts only, but walking alone at night did not scare me. I have ten years of karate behind me and, anyway, it was extremely pleasant to be surrounded by the calmness of the night with only the starry sky watching me. I enjoyed it, but I felt that it was not enough: I had to let go of my fear of being seen.

I started handing out flyers to people in the street. That was quite tough at first. I did not want people to talk to me or ask questions because I was not ready yet. I did not know much about the situation in China then, and to converse about what the flyers said was beyond my skills. All I wanted was to save people, and I knew that the flyers could do that, but speaking was too hard at the time. Anyway, no one ever bothered me during my truth clarification effort, and I think that the big smile on my face really helped.

I tried to clarify the truth to my 11th grade class with a short presentation, and I tried to clarify the truth to my teachers too. I would leave flyers in their mailboxes more often than not, but I sometimes handed them out myself. When I was in 12th grade, I left a pile of flyers at the school library for everyone to see, hoping they would take a look at it. I could not bring myself to hand them the flyers directly. My schedule that year was the best schedule among all the students; I did not have many classes, and I believe that it was arranged by Teacher so that I could have time to go out and distribute flyers in mailboxes in between classes.

I participated in the French Minghui Summer Camp 2017, and I met great people there. It helped me feel less isolated because, prior to that, I did not know how many practitioners there were in France. We clarified the truth at a market place for the first

time, and I was able to hold a discussion on the subject and answer the questions I was asked.

I would like to finish with a fun anecdote. I was trying to memorize "On Dafa (Lunyu)" and had gone for a walk at some point. I looked up at the sky as the sun was starting to go down, and I saw a cloud in the form of a thumbs-up. I took it as a personal encouragement. That made me laugh.

Thank you Teacher, thank you to all practitioners.

Chinese version: <https://www.zhengjian.org/node/239979>

90. Take the Way Arranged by Master

<http://www.pureinsight.org/node/7305>

Author: A Dafa Disciple in China

I am sixty-nine years old and I obtained the Fa almost twenty years ago. Under Master's protection, I successfully stepped over one hurdle after another. I would like to share my cultivation experience at the 14th mainland Fa conference to thank Master's compassion.

In 2014, we had a small experience-sharing meeting locally. Although I set up time and location with local fellow practitioners early, they did not come as scheduled. Some even did not express any interest. I was so angry and went to the meeting myself. It took me a while to find meeting location. When it was my turn to share my experience, I decided to leave at the half way. Suddenly, my legs were not stable. I thought I might be disturbed by the old forces. My husband was so anxious when he noticed my condition. I told him it was interference from the old forces to stop my truth clarification.

I believed I was interfered by the old forces because I did not pay attention on my Xinxing improvement and complained a lot about fellow practitioners for a while. My attachments to fame came out. Then I sent forth righteous thoughts to deny the arrangement by old forces no matter what attachments I had. I would follow my Master not the old forces.

I studied the Fa and sent forth righteous thoughts with local fellow practitioners together. I could not read but could listen. The old forces always fed me some idea such as "Go to the hospital; otherwise you would be in dangerous." I remembered Master's poem Mighty Virtue in Hong Yin, "A great Arhat in the world, Spirits and ghosts greatly fear" I read it every day and could move later. Then I went to clarify the truth even I was drooling in my wry mouth sometime. I only wanted to do three things well without caring what other people were talking about me. When I just came out, my legs did not listen. I read Master's poem Mighty Virtue in Hong Yin, "A great Arhat in the world, Spirits and ghosts greatly fear" and requested Master's bless to let me save destined people.

At the beginning, I could not speak smoothly. So I clarified the truth slowly to increase my confidence. With Master's blessing and God's assistance, I did better and better. Eventually, I did not even know I went back to normal. Thanks Master for helping me go through the ordeal.

Put down the attachment to self-interests

I thought I put down the attachment to my son already. However, I cried again when I wrote this exchange.

My younger son went to work abroad at forty-five years old and has not been back for two years. I was told he was sick but not sure if he was ok already. My older son told me, "No worry, nothing happened". But my younger son's wife had baby and I still couldn't contact him. Why he did not come back, even his wife had a baby. One day, my older son told me that my younger son passed away a few months ago because of liver cancer. I was so shocked and could not breathe. Was it true?

How could I deal with this sudden bad news? For about twenty days, I could not drink and eat. Later in Fa study, I saw red circle at the character of "predestined" relationship. I knew I should not attach it and understood Master's words in Zhuan Falun, "Do you want to change other people's fate? Everyone has his or her own fate!" Practitioners should put down the attachment to the human world. I should take care of live people. I told my daughter-in-law that I would go to take care of her and the newborn baby. She did not agree and said she would take the baby to see me when the baby grew up. One day, her sister told me that the company paid my younger son five hundred thousand Yuan. As his parents, I had inheritance. Thinking of my daughter-in-law, I did not know how she would take care of a newborn baby. For sure, we should

take back the money belonging to us. Master wanted us to think for others. I told my daughter-in-law, "We wouldn't ask for any money. Please keep the five hundred thousand Yuan to the baby." I did not think about anything else just my poor daughter-in-law's later life. She was so touched and said, "Falun Gong practitioner is so good."

Since then, my daughter-in-law often came back with the child to visit me. We got along very well and I went through it under Master's help.

Chinese version: <http://www.zhengjian.org/node/239760>

91. Genuinely Cultivating

<http://www.pureinsight.org/node/7326>

Author: A Dafa Disciple in Spain

I would like to express my deepest gratitude to Master and to Falun Dafa.

Thank you Master!

Thank you fellow practitioners!

I am a practitioner from Spain, who obtained the Fa in 2013. Before I started practising, I suffered from sciatica and acute pain in my lower back. It used to stop me from sleeping for any more than four hours at a time. I also could not stand up for longer than ten minutes, lest I would feel stinging pain on the soles of my feet. I was often sad and melancholic. Nothing in life made sense to me and I had no will to live. I started drinking and smoking, and even took all kinds of drugs. Little by little, I became increasingly separated from my family. Although I underwent various treatments, and read about and tried all kinds of spiritual teachings and meditation practices, nothing worked and my situation even worsened.

Everything changed for me one day - I discovered on the Internet that a qigong master had made a practice called Falun Gong (also known as Falun Dafa) popular in China, and that anyone could practise it. It consisted of teachings and exercises, and all materials were freely available online. I had nothing to lose. Two weeks into practising Falun Dafa, all of my illnesses had been cured. I resumed my relationship with

my family, which went on to grow wonderfully. Ever since, my mind and body have continued to experience drastic improvements. It is impossible for me to thank Master Li enough for all that he has done for me. However, I can express my gratitude by being more diligent on my cultivation path and by doing the three things better. I should better seize this unique opportunity that Master has given us - one that will never be repeated in all of history - to assist Master in the salvation of sentient beings.

I would like to share some of my cultivation experience, in the hope of inspiring fellow practitioners. Let us remain faithful to our vow and do all of the three things better at this last stage of the Fa-rectification. I sincerely hope that all Dafa disciples will be able to return to their true homes when the time comes.

Expanding my Righteous Thoughts in Order to Save More People

In 2016, I came to a point where I was totally lost. It seemed as if nothing was working. Even though on the surface, I was cultivating and refining myself, sending forth righteous thoughts, saving people in daily life and participating in projects, my heart wasn't in it, and I did it all as a matter of routine. Even though I was walking on my cultivation path, I was not discarding my attachments or desires. On the contrary, I had been immersed in completing Dafa "work". In fact, my attachments and desires had become so strong that they would not even let me concentrate when studying the Fa; my thoughts were unrighteous, and indeed, really bad. With the excuse of "working for Dafa", I had neglected my cultivation and my main spirit was weakening.

I had not been studying the Fa much, as the Dafa projects had demanded a lot of me, in terms of time and effort. Suddenly, I noticed that one word was standing out for me every time I read Zhuan Falun – "truly". Master was teaching me with patience and compassion... I then understood how I had to truly cultivate myself, truly abandon my attachments and truly liberate myself. When I looked inside, I discovered that I had been so busy meeting project goals that I had forgotten to cultivate Zhen-Shan-Ren in the process. I had not been truly cultivating.

I decided to increase my Fa study, in an attempt to understand how to get out of my situation. I again realized that Master has always been repeating something; it had been something that I had always shared with other practitioners about, and something that I had taken for granted. Master always insisted on us studying the Fa; studying the Fa more, and studying the Fa well. Regardless of our situation or how tight on time we are, a Dafa disciple should study the Fa well. I believe Master has explained to us

that as soon as we encounter an unresolvable problem, we should study the Fa, whilst not neglecting our other duties.

At the time, I shared a house with other Dafa disciples, and in the mornings, after sending forth righteous thoughts and doing all five exercises, we always studied a lecture of Zhuan Falun. However, I realized that I was not studying the Fa properly, because of sleepiness and worries about the projects I was involved in. So I decided to increase my Fa study time and read another lecture after lunch, and another one at night. I also put a lot of effort into really focusing on what I was reading. Then I noticed how my *xinxing* was elevating and how everything changed.

That's not to say that it was easy. Before I saw progress, I went through the pain and suffering of not being able to feel or see; then struggled against sleepiness, fatigue and other interference. Only then did I finally feel the Fa's sacred magnificence and beauty. As I studied, Master gradually revealed the immense Fa of the Cosmos to me. Many fellow practitioners experienced my elevation in *xinxing*. I find it similar to meditating in double lotus; at the beginning, when we first start cultivating, many of us suffer the terrible pain of dissolving karma while meditating and panic at the thought of meditating for an hour straight. Once our *xinxing* starts elevating, our concentration and serenity also improve, and we begin to experience the beauty of emptiness. It encourages us to keep improving. I have been experiencing constant changes through Fa study, for many years. I believe the steps are always the same when it comes to improving ourselves; it starts with bitter steps in the dark. When you cannot take it anymore and think that there is no hope, and boredom is completely taken over and you do not know if your strength is enough to carry on, suddenly, the situation changes completely.

Master said in Zhuan Falun, "When you are overcoming a real hardship or tribulation, you try it. When it is difficult to endure, try to endure it. When it looks impossible and is said to be impossible, give it a try and see if it is possible. If you can actually do it, you will indeed find: 'After passing the shady willow trees, there will be bright flowers and another village ahead!'" (Lecture 9, People with Great Inborn Quality)

It also helped me immensely to take up reading the Minghui sharings again. Although I thought at first that it was something for new practitioners to do, as soon as I began reading them, I discovered that it was not so at all. I was able to find many attachments I had not yet detected, and work towards eradicating them. I find it very

helpful to see other practitioners' elevated attitudes and Fa-based perspectives from when they are confronted with tribulations. Some of those understandings still have an influence on me to this day, and everything I read on Minghui encourages me to keep going. With the passage of time, reading the sharings from other practitioners on Minghui has become an invaluable aid in my cultivation.

It has been almost a year and I have continued to read three lectures a day. I also memorize some paragraphs of Zhuan Falun in the evenings. Looking back, I can confirm that as soon as I increased my Fa study, I went from having no time to study, to even having extra time to read Minghui sharings and participate in new projects. I am now more responsible towards Dafa and my own cultivation. My mind has become more lucid, my main consciousness is stronger and my xinxing has elevated. I am now able to look inside in more depth in almost every conflict that arises. I can confirm that these changes are for real, because when I clarify the truth or join a hongfa, the results have improved remarkably. I have also stopped looking at others and comparing myself to them, as now, I only measure myself against the Fa.

However, I must be careful not to fall into formalities. If I just cultivate myself or save people as if it were a common job and seek recognition from other practitioners, all kinds of attachments will increase, and I will not be able to assist Master in rectifying the Fa, nor return to my true home.

After a radical change in my cultivation - thanks to the improvement of Fa study - I experienced many interesting situations and I would like to share them in order to encourage fellow practitioners.

Overcoming the Illusion of Sleepiness and Tiredness

I had heard that some practitioners were getting up in the mornings around 5:00 am to send forth righteous thoughts and do the five exercises, but at the beginning, I never imagined that I could do this every day; even though I had managed it occasionally during some specific projects.

I was fortunate enough to share a house with other Dafa disciples, who helped and encouraged me when I felt very tired, so I gradually managed to reach that goal. After a while, every day we sent forth righteous thoughts in the mornings, did the five exercises, and studied a lecture. With time, this became the norm for me; I try to reject all excuses – it does not matter what time I went to bed or what situation I find myself in.

This does not mean that I am not harassed by sleep and tiredness. On many occasions, my body aches so much and is so weak and stiff upon waking that I cannot even walk normally. The mental suffering is no less and even far surpasses the pain. Every thought tries to convince me to go back to sleep. Sometimes, I find myself in a severely nervous state. But then I think about how I'm moving in the right direction and that there is no need to worry, since Master cares for all beings. I notice how my righteous thoughts come easily when I have studied the Fa both effectively and sufficiently. Over time, I have come to realize that if I do not exercise in the morning, I end up finding excuses and do not do them that day. Those excuses would easily come up again the following day, and it would likely become a habit. It is clear to me that Falun Dafa is a cultivation way that includes refinement. If one does not refine oneself, one will not be able to achieve the transformation of one's body, nor achieve perfection.

Master says in *The Great Way of Spiritual Perfection*, "Dafa requires both cultivation and exercises, with cultivation taking priority over the exercises. A person's gong will not increase if he merely does the exercises and fails to cultivate his character. Meanwhile, a person who only cultivates his character but does not perform the exercises of the Great Way of Spiritual Perfection will find the growth of his gong strength impeded and his innate body (ben-ti) unchanged."

I remember one morning, I got up feeling especially exhausted and sore. I sent forth righteous thoughts and started doing the exercises. During the second exercise, I suddenly heard something fall to the floor. Later, I woke up lying on the floor; it was my own body that I had heard falling. I got up from the floor without knowing what had happened, nor where I was, and couldn't even remember my name; I only had the one thought that I was a Dafa disciple. I then resumed the second exercise. I did not even get one scratch from my fall. Moreover, I felt that my body was very light, and a seemingly absolute and reassuring emptiness dominated my mind. I remember how my heart was very serene. I did not doubt for a moment that Master was always protecting us. Little by little, my normal state of consciousness returned. I completed the five exercises without giving it anymore thought, and then studied a lecture of Zhuan Falun.

Just after finishing studying, some sleepiness came back to me and was tempting me to go back to sleep for a little while, before leaving for work. I could not get rid of that temptation. It was especially strong and I was about to give in, but I managed not to, since I had an early appointment with someone at work. I had to help that person, so that Master could save him. Even though my exhaustion had reached its peak, I

had gotten ready to go to work. However, since the fatigue was incredibly enormous, I began to accumulate negative thoughts, such as, "I've slept very little for many days; it would be normal to sleep a little bit," or "it's neither logical nor reasonable to fight with sleepiness," or "Sleeping more would change everything for the better."

I carried on even though the mental and physical pressure was rising. I started reciting Lunyu to try to mitigate my fatigue and low spirits, but it did not work. I decided to send forth righteous thoughts. As soon as I started, my body felt a jolt. It bent itself in half and each of my muscles tensed up. I continued sending forth righteous thoughts, while at the same time, strengthening my already tensed muscles. As I was trying to keep my balance, all of a sudden, the situation changed. I felt as if a deafening explosion went off in my mind and body, and several shock waves followed. In a fraction of a second, my body straightened itself out and I regained control of it. Suddenly, I felt how my whole body was incredibly rested and fresh. My mind was completely lucid and peaceful, and my heart was calm and happy. That morning, I felt that I had overcome the illusion of sleepiness and tiredness. I calmly went to work.

Good or Bad Comes from One Thought

One afternoon, I was in an important industrial area in a big city, searching for advertisers door-to-door for our Dafa disciples' media projects. Even though the cold weather was harsh and it was very windy, I did not give it much thought and kept on walking. Since I started cultivating and collaborating in different projects, I have been aware that Master does everything. He has already paved the road to save sentient beings; all I need to do is walk there and talk to people.

As soon as I left, it began to rain. I was so overwhelmed that I even struggled to breathe. I started to complain in my heart. I felt frustrated and helpless with the added difficulties. I grew angry at the injustice and lost my serenity. The pressure in my head became huge. I could withstand the cold and wind, but with rain, it was too much – I could not present myself to the businesses all soaked; I did not even have an umbrella. The companies were quite far from each other by foot. My excuses sounded very reasonable and logical to me. I had given up so soon and wanted to go home.

However, I somehow summoned some strength - from where, I do not know - and calmed myself from dramatizing the situation. I started walking whilst sending forth righteous thoughts. As the rain started soaking my coat and trousers, I thought, "If I keep doing my job, the rain will stop; it's another test to see if I'm determined or not."

I entered the next client's door. I connected with the right contact and everything went very well – nobody seemed to care if I was wet!

The rain continued as I exited and I became impatient once again. My resolve to go back home became stronger than ever. So I sent forth righteous thoughts again.

All of a sudden, my main consciousness took over. I calmed down completely. Even though I stood in the rain with no umbrella and faced a seemingly impossible mission, a thought arose in my heart saying, "Can a simple shower stop a Dafa disciple from doing what he has to do?"

All of a sudden, the scenario changed completely. The rain was still falling, but it was no longer important. The only important thing was to do what I had to do. Now my body was light. I stopped walking bent over for fear of the rain. I was at peace with everything around me and I began walking without a problem in my mind. I felt an indescribable joy in my heart and realized how truly fortunate I was, being able to do this Dafa work.

Master said in Zhuan Falun, "We have said that good or bad comes from a person's spontaneous thought, and the thought at that moment can bring about different consequences."

It kept raining all afternoon and I continued sending forth righteous thoughts as I walked from company to company. I also recited passages from the Fa. When the distance between them was greater, I listened to Master's audio lectures. I just focused on doing my job well. Sometimes, I would look at my coat and find it completely soaked, as with my trousers and shoes. But when I touched them after a visit, they were completely dry. I remember how strange it was that the rain never touched my face or hands and only fell on my clothes, and my hair a little bit. After two and a half hours of sending forth righteous thoughts and walking in the rain, I had completed my visits and went back home to attend group Fa Study. As I sat in the train, a drop of water fell from my hair and it reminded me of how I had just walked in the rain for such a long time. Then, I noticed that my clothes (even the bottom of my trousers) and my shoes were completely dry.

While eating back at home, I realized that I had not eaten or drunk anything for over seven hours. I attended the group Fa Study and managed to calm my mind during the reading. But I realized that I was attached to listening to my own voice and my intonation while reading the lectures out loud. I considered my voice to be firmer and

better than others. Then I understood that these thoughts were not aligned with the Fa. After looking inside, I felt the greatness of Dafa and felt true compassion arise in my heart towards each one of my fellow practitioners. I noticed how numerous attachments, such as those of competition and showing off, had been dissolved by the energy of the group.

After Fa study, I worked on another project on the Internet for a couple of hours. I also tried compensating for the global FZN that I did not do during the day, by extending the time of the last global FZN to half an hour. Ever since I started giving more importance to sending forth righteous thoughts, both my concentration and attitude have improved, when studying the Fa and assisting Master with saving people.

Eliminating Thought Karma during Conflicts

I failed to look inside while encountering numerous conflicts with fellow practitioners. I always seemed to focus on the faults of others and never on their virtues. This reached an alarming point - I started seeing the actions and words of other practitioners as a risk to Dafa projects and to the One-body in general.

Master taught us in Teaching the Fa at the Conference in Singapore, "If you spend your energy on external things and look for others' shortcomings instead of working hard on your own mind, how can you improve yourself? Others will improve and advance in cultivation after you point out their shortcomings, but you'll still be here. That's why I tell you that whenever any problems occur or whenever you feel uneasy inside, you should look inside yourself for causes. I can guarantee that the problem lies within you."

My understanding is that Master makes use of our conflicts to help us look inside. But some thoughts are so deeply rooted and so difficult to detect, that whenever a conflict arises, they cause me to look outside and look for someone to blame. This gets even worse when I am feeling frustrated at work or in my path of cultivation. Such thoughts appear to be on another plane; untouchable and not subject to discussion. Then, based on those thoughts that have been settling in our mind for so long, shaping our thinking, one builds new ones. They seem to be correct and very useful, but their basis is none other than selfishness. Thus, my numerous attachments are sustained.

It turned out that I could not eliminate the selfishness even after identifying the attachments through Fa-study and by reading Minghui sharings. Although I knew that those thoughts were not aligned with the Fa, I could not get rid of them. Although I

tried to discard them by not recognizing them as mine, they kept coming back again and again. They even tried to take control of my emotions, urging me to react according to human thinking, and with that, strengthen my attachments and desires.

Although I made a conscious effort to eliminate them every day, the intensity of the conflicts with my fellow practitioners did not lessen. Even physical ailments began to manifest in my body, because I was unable to dismiss the thought karma.

One day, as I was sitting in front of my computer, it suddenly occurred to me that perhaps it would help for me to write down everything about the thought karma in detail. The karma seemed to be indestructible to me. And so I wrote, "My most hidden thoughts are those that judge someone as being unworthy; once someone has spoken or acted in an improper way, that person is now deemed unusable, useless and untrustworthy. I judge that I should not even listen to that person. I decide that that person's mind is not clear and that they are always causing problems, and that their attachments are enormous. But in reality, that person is actually pointing out my own shortcomings."

After writing this down on my computer, the issue no longer bothered me; the thought karma was weakened to the extreme and had almost completely disappeared. My relationships with other practitioners became good again, because the conflict inside me no longer existed.

Since writing this sharing paper, I have suddenly been able to listen to others without it stirring up any thoughts and attachments in my mind. I have stopped feeling the need to "improve" others with my understandings, and I have stopped trying to elaborate to give an intelligent reply in conversations. Master's fashen have cleansed much of my thought karma for me. I can now listen to others with a calm heart, and I can even learn something from others. I have begun to treasure my fellow practitioners more, which is actually to treasure myself.

I have no way of expressing my gratitude to Master for all he has given me. I only hope to improve faster, so that I can help my fellow practitioners and my local group to better assist in the salvation of sentient beings.

Chinese version: <https://www.zhengjian.org/node/239976>

92. Some Enlightenment in Cultivation: Having a Grateful Heart

<http://www.pureinsight.org/node/5915>

Author: Wang Haotian, a Dafa Disciple in China

After I finished doing the Falun Gong exercises, my heart was still and very tranquil. Looking around at my surroundings, I saw some bright blue lights through the clear air. My entire heart melted into the light and I was extremely happy and peaceful. I was touched from a very deep place in my heart and it was a very sincere appreciation of Dafa cultivation from my true being.

When I was young, my parents often educated us with ancient teachings, "Being given a cup of water should be rewarded with a running spring." It means that when we get little help from others, we should try our best to pay it back later on. This should be one of the basic principles of our life in this world.

When I was in elementary school, I had a vicious lung disease. My parents, who are doctors, tried their best to cure my illness. They begged other doctors for help and sought out some secret folk prescriptions. However, my illness was not cured completely. Instead, my other organs above my lungs, like my bronchial tubes, face and brain were infected because of the vicious lung disease. It was extremely painful to go to school. From elementary school to middle school, these diseases followed me rudely just like a shadow.

I remember that after I finished my first round of reading through the book *Zhuan Falun*, I had barely started doing the exercises. One day, I suddenly realized, "Wow, how could I have not taken any medicine for several weeks?" Strangely, I did not even think about it. However, I did feel that my whole body was quite comfortable, relaxed and clean from the inside to the outside. I had no need to take any medicine at all. At that moment, I realized that my many years of illness had gone by a miracle, just like flying away without any wings.

After the wicked Chinese Communist Party (CCP) began to persecute Falun Gong (Falun Dafa), some people asked me when they met me, "Are you still practicing?" I told them my story. Then I asked them, "If you were me, what would you do?" They all responded the same to me, "It is so good, and of course I would continue." Yes, nowadays everyone is seeking and fighting for profit no matter what class one belongs to in this society. Where can you find anything like this high level practice, which not only teaches people to value virtue and be kind, but also cures people's illnesses and

upgrades people's moral standards!

The nurses and doctors who knew me and worked in the same hospital as my father did not believe what had happened to me. They forced me to go to the hospital for a check-up. In the end, the results showed that all the organs above my lungs were quite normal and healthy. There were no traces of disease pathology. They were all shocked by the astounding effects of Falun Dafa.

Many people do not understand why so many Falun Dafa practitioners are still very persistent on cultivating Falun Dafa after the wicked Communist Party started to persecute Dafa illegally? They also cannot understand why so many Dafa practitioners are willing to donate their money which they saved by limiting the expense of their food and clothes to minimal levels to make CDs and materials for clarifying the facts. In addition, they do not give up their belief of "Zhen, Shan, Ren" ("Truthfulness, Compassion, Forbearance") even when they are arrested and tortured unconstitutionally.

Of course, it is really hard to understand if one has not yet experienced the beauty of Dafa. One who has not been validating the power of "Zhen, Shan, Ren" will not be able to be enlightened.

Facing these misunderstandings by people, so many Dafa disciples still hold onto their beliefs because they have the most sincere, kind and thankful hearts deep inside. They are thankful for their Master's merciful salvation. They thank Dafa for giving them the beautiful and precious opportunity to be saved. Sometimes, they thought about how they could pay back Master for his merciful salvation. After thinking again and again, they found that it is quite difficult to pay back. Perhaps being more diligent and telling more people about the beauty of Dafa is the only way to pay it back. Or perhaps one can cultivate better and assimilate to "Zhen, Shan, Ren."

Now another new year has just started. We can see our ever-lasting thankful heart deep in ourselves, and we know Master and Dafa's grand mercy. We need to think about the countless efforts that Master has made during the process of saving our lives, including protecting us at every moment and all the other things that we cannot even know about at this moment in order to save the cosmos. Facing "Buddha's enormous benevolence," any grateful words would seem too vague and insignificant. Nevertheless, I still wish that we have even more grateful hearts and are more diligent in the New Year. With a thankful mind, we could be even more selfless!

Chinese version: <http://www.zhengjian.org/zj/articles/2010/1/19/63817.html>

93. A New Version of "Alice in Wonderland"

<http://www.pureinsight.org/node/6125>

Author: An Overseas Dafa Disciple

Alice, a student of mine, is a beautiful and quiet girl. Her Chinese name is Mengyuan (a dream in realization). We came to know each other in 2008. Back then, I said to her, "Alice was a girl who liked to dream. That is why I would recommend it as your English name."

One day, early in the spring semester in 2010, Alice told me, "I had a long dream last night and I'd like to share it with you. Do you have a minute?" I smiled at her and nodded. Alice continued, "I've had this dream many times and it has always been very clear, just like it was real. I've never experienced this in the past." She then told me her dream and it took her an hour to finish. I was amazed after hearing it and asked her to share the dream with the entire class the next day. Then, I wrote it down:

The Heavenly World

I was sitting on a cloud and the cloud was as soft as velvet. Then I saw our teacher in a white dress, wearing golden curly hair, much more beautiful than she is right now. Later, I saw our Chinese language teacher (also a young Dafa practitioner). Then a transparent glass door appeared, on which there was a golden button. The language teacher pressed the button and the door opened. Inside there were many gods, all in long, white robes and sitting on giant lotus flowers. Then three giant gods came. As one of them pointed to far away, a long ladder appeared leading to the sky. Following the giant god, we stepped on the ladder and, at the end of the ladder, we saw a door. On the door, there were three gold and shining words, "真 - 善 - 忍 (Truthfulness-Compassion-Forbearance)." We flew inside and found it was very big and very beautiful over there. I would call it a paradise. There were many palaces and each of them was as big as the earth. I could see the roof of the palace, but was unable to reach it no matter how high I flew. On the palace pillars were engraved godly images, which, to us, are probably more valuable than gems. In the paradise, there were big, beautiful gardens that had soft, colorful flowers. There, even the bees and the springs could talk. The paradise was magnificent and it had a fragrance that does not exist in the human world. Interestingly, there is no sun in that space; instead every object emits light. The light is real, but not glaring. More surprisingly, all the students of our teacher—including some that I am not familiar with—were here and we lived together

like a family. We were all very young, like teenagers, and were very beautiful. Plus, our character and hearts were assimilated to the principles of Truthfulness-Compassion-Forbearance. We lived together in peace with friendship.

The Tests for Gods

We lived like this for about one hundred million years. Then one day, a giant god came, asking us if we wanted to raise our levels. We all said yes. The giant god led us across a glass door into another dimension. We continued to walk and saw a big dark cave. Then, a disaster happened and a tornado blew towards us from the dark cave. We immediately ran away, but the cave followed us, closer and closer. The language teacher picked a big leaf from a tree nearby and threw it into the cave. It was a big leaf, as big as a house. However, the cave became even bigger and soon came close to our feet. By then, we were astonished to find that the cave was connected to hell and we could even see scary scenes, such as a mountain of swords and a sea of fire. Then a line of words appeared at the cave opening, "One of you has to be sacrificed to save the group." Without hesitation, the language teacher jumped in. Before we could express sorrow, within a second the cave disappeared. Then, the language teacher showed up in front of us again, and he appeared more dignified and handsome—even his clothes became more beautiful. The giant god then appeared again. He smiled at us and said, "You have done very well and passed the test." Now we knew it was a test, so we were all relieved.

Then the second test came. We went to another place where there was a heavenly prison. Adam and Eve were doing hard work in rags in the prison. In front of the door, there were two trees: one was silver and the other one black. There were copper statues of human beings on both trees: good people on the silver tree and bad ones on the black tree. The god asked us if we wanted to rescue Adam and Eve, who had been punished there for a long time. We said yes. He told us to take the statue for Mao Zedong from the black tree and throw it into the heavenly prison. We did what he said. Adam and Eve then immediately came out, while Mao started to do hard work there. The god then asked us to take all the statues from the black tree and throw them into the heavenly prison. In this way, the bad people were punished.

The Mission of the Gods

We then began a new life and everybody was happy. One day, we were tested on a giant lotus flower: whoever had a heart lacking compassion, or had been contaminated

with impurity—even a little bit—could drop from the flower, and down to the human world to suffer. None of us usually fell down, except a naughty girl. She dropped and reincarnated into a boy in our class, still very naughty. The boy is in danger and only by following the principles of Truthfulness-Compassion-Forbearance can he return. We also saw the reincarnation of Jesus, who came to the human world not because of impurity, but to fulfill a mission. After he came down from the lotus flower, we immediately saw a giant transparent, quartz mirror, which displayed his whole life: his birth in a manger, traveling as a missionary, and being nailed onto the cross. He then came back after fulfilling his mission. It took several decades in the human world, while it only seemed several minutes in that dimension.

Then we went to another place, where there was a big book. The book has everyone's statue, a three-dimensional one. The first half of the book has records for everyday people, who either went to heaven or to hell. The second half has the records for us gods, who either return to the heavens if they cultivate well or are unable to return if they do not cultivate well. I tried to memorize the missions of various people, but was able to recall only several of them: some to tell others to believe in gods, some to tell others to forbear, and some to bring happiness to people, etc.

All those gods who had missions descended to the human world. Their memories were wiped clean and their powers were lost.

Last year, I had part of the dream again. Interestingly, when the dream was finished and I was half awake, someone constantly told me, "Please come back soon and come back to the heavens." The voice repeated itself several times before it disappeared.

Alice finished her story and the class was very quiet. Nobody said anything: even the naughtiest boy was calm. Then Alice raised her hand. I asked her what happened. She said in tears, "I felt very bad because many people on the earth had missions, and they will not be able to return if they don't fulfill their missions." "As long as we all memorize the most important words—'Falun Dafa is good' and 'Truthfulness-Compassion-Forbearance is good,' we will be able to return," I said and looked at each student with confidence and high expectations. They were all very serious. Then a boy raised his hand and said, "I saw something mysterious. When Alice was telling her dream, I saw the test she mentioned. We took down all the statues from the black tree and threw them in the heavenly prison. But there was still one left and it was for Jiang Zemin. I asked the god if I could take it off and he said yes. I put all my effort, but still could not take it off. When I asked the god why, he said because the time was not over

yet."

The students in the class were not surprised by the story. They all listened attentively as if the entire class lived in another dimension. Feeling that their hearts were very pure, I asked them to share what was on their minds. One boy said, "It seems to me the gods have come to our classroom and live together with us." All of the students thought the dream was a real story. A boy, who was usually very naughty, said to us, "I hope everybody can remember 'Truthfulness-Compassion-Forbearance is good' so that we can all return to the heavens." I was deeply touched by his words.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/3/24/72994.html>

94. A Cultivation Story: The Heavenly Ladder

<http://www.pureinsight.org/node/6084>

Author: Wang Haotian, a Dafa Disciple in China

Every time when I came to understand a principle of Falun Dafa, I always felt that the principle hit my mind with some force, which led to a shaking in my body. In the past, I thought that my every new understanding of the Fa Principles would promote my body and mind to a higher level realm. Therefore, I believed that I should have climbed the Heavenly Ladder and my cultivation should have arrived on a new platform.

It happened a few days ago when I just finished sending forth righteous thought. My mind was hit by Master's principle, "Offering salvation to the world and its people, he builds up his merit naturally" (Essentials For Further Advancement, "Sage"). I felt this principle came into my mind from a time and space that were far away and beyond reach. I really felt the moment when the force of Dafa hit my mind in an instant by crossing such vast time and space. I suddenly realized that my thoughts in the past were very narrow-minded and short-sighted.

Only at that moment, I suddenly realized that Master has been constantly injecting the principles into my mind since I began cultivation. That was why I was able to remember a principle or a paragraph of the Fa whenever I needed it. At all times, Master has been protecting me when I was shaking inside and offering me the wisdom and

capacity to understand Dafa.

I have come to understand that the Heavenly Ladder, which all cultivators want to climb on their cultivation paths, is rotating automatically all the times without stop. The automatic evolution and composition of the Heavenly Ladder will take every cultivator to different levels of heaven. Driven and refined by the Heavenly Ladder, cultivators are able to enter higher levels of heaven where they will be accepted by the higher beings there. The perfection of the Heavenly Ladder originated from the wisdom and virtue of the Fa, and it will offer those cultivators with the honor and power the ability to reach those higher realms. Therefore, any attempts that come from human attachments to climb up to the higher heavens are unnecessary.

Every time when I got rid of an attachment, I believe that it was the Heavenly Ladder that brought me to a higher level of cultivation. The actual changes are brought about by the Heavenly Ladder taking cultivators to higher levels of heaven. During the process of saving sentient beings and at the moment of removing our human attachments, the Heavenly Ladder not only takes those cultivators, but also the related sentient beings at that level, to higher realms. The perfect system of Dafa will benefit all sentient beings in the best and most secure way in the vast cosmos.

Removing an attachment will bring a cultivator to a higher level. This is a dramatic and large transformation. Master's power of virtue has strengthened the Heavenly Ladder, which selflessly delivers Dafa disciples to the different high-level realms and offers brightness and eternal life to sentient beings.

Chinese version: <http://www.zhengjian.org/zj/articles/2010/12/28/70583.html>

95. Life and Death is Human; Righteous Thoughts Pave the Way to Heaven

<http://www.pureinsight.org/node/7376>

Author: A Taiwanese Dafa Disciple

Will You Become Cold?

On a certain day in 2015, I suddenly felt dizzy. Upon coughing, large amounts of

blood started flowing from my teeth and nose. At the time, my first thought was that I was fine. I told my teeth that it was part of my body, and asked it to stop emitting blood immediately. After a minute, the bleeding stopped. Half a year later, while I was working at a construction site I suddenly became dizzy and collapsed. A worker then took me to a local hospital. I was sent to the emergency room, where I underwent blood testing. A week later, I was informed that I had leukemia. In order to not worry my family and therefore affect their cultivation states, I kept this a secret from them as well as from fellow practitioners.

I constantly experience bouts of sharp pain, bleeding, coughing, and dizziness, which interfered with my validating of the Fa. Through long-term group and self Fa-study, I have become aware these arrangements were forced upon me by the old forces; they come repeatedly because of my human attachments and personal karma. However, we do not accept the old force's interference and arrangements. I must look inwards based on the Fa so as to eliminate my attachments and improve.

During periods when my righteous thoughts were strong, my condition was fine; at other times, it hit me severely. If while enduring the pain I developed the attachment of fear, my will would start to waver. The attachment of fear can cover up all the positive factors in one's cultivation and can lead to many more, such as the attachment to saving face, the attachment of anxiety, not wanting to be told by others, competitiveness, showing off, etc. The attachment to being wary of attachments will then further enhance this fear. Cultivation waits for no one. "Fear is a death trap on a human being's journey toward divinity." (The Essentials of Diligent Progress VOL. III, Pass the Deadly Test)

One morning, when the intense bodily pain spurred me on to send forth righteous thoughts, I suddenly remembered when I was in New York, venerable Master had said to me three times, "Will you become cold?" For a very long time, I had been using human thinking to understand Master's words. I had thought it was an ordinary phrase referring to that the weather had become cold; words a Master caring for his disciples would say. I did not use a cultivator's standard in my each and every thought to evaluate the things that I heard. I suddenly enlightened to that the inner meaning behind "Will you become cold" is similar to that of "Cultivate as you did at the beginning, and you are sure to succeed!" (Fa Teaching Given at the 2014 San Francisco Fa Conference). Master was asking me to find that unmovable True thought that I had at the beginning of my cultivation. To not become cold – this is already a righteous thought rooted in the Fa, as well as a thought that truly comes from the heart.

We are too lost in the human world. The human shell in the three realms is just like the Daoist's Dan-tempering furnace in *Journey to the West*. The human shell is cultivation's "golden furnace." Life and Death is a Fa principle given to humans. But to a cultivator walking on the path to divinity, the question of life and death does not exist, because we are returning to our original true selves. So while we are in this human-shell furnace, we must temper ourselves into a God. Then the fire used to burn this furnace is precisely the Fa in *Zhuan Falun*. All the hardships that we encounter during the tempering process shape this human shell so that it can be saved along with us —this is the manifestation of compassion. On the other hand, the ego that protects the self must be shed before one can ascend.

After enlightening to the above Fa principle, I felt much lighter. In a brief out-of-body experience, I very clearly saw a pair of huge hands remove the red substance from out of my chest, and then my body become lighter. After I awoke in the early morning, I knew I had made it through. It was Master that removed that accumulated karma from me. I also came to understand Master words in *Zhuan Falun*, "Cultivation depends on one's own efforts, while the transformation of gong is done by one's master." In the months to follow, the coughing, aching, bleeding, and dizziness all disappeared. Only after walking through this process did I realize that life and death is human; righteous thoughts pave the way to heaven.

There is Never a "Set Time" in Clarifying the Truth

In 2017, my mother, a practitioner, suddenly developed cerebral thrombosis. In order to care for my mother, I took two months off work. At the time, my uncle forced my mother to go to the hospital, but my mother refused. My uncle did not understand Dafa. When I arrived at the hospital, my uncle raised several questions denigrating Dafa. His first question: If your Dafa is this powerful, then ask your Master to allow your mother to be able to walk and talk in three days. Two: Is it true that your Master teaches you to not go to the hospital when sick? Three: If your practice is so powerful, why do some people become paralyzed after practicing?

As I maintained my *xinxing* and thought about how to reply, my uncle pointed his finger at my nose and said, "If it wasn't for you introducing Dafa to your mother from the start, she wouldn't be refusing to come to the hospital and get treatment as she is now. She also would not have delayed for a week the golden treatment period. Your practice is a cult!" The expressions on my sister and aunts' faces told me to maintain my *xinxing*, but I just could not listen to Master and Dafa being defamed without

doing anything. There is no such thing as a "set time" in clarifying the truth. In my heart, I decided that I would use some understanding closest to humans and based on Fa principles to clarify the truth.

I told my uncle, "Falun Dafa is an advanced cultivation practice of mind and body. Our Master did not spread the Fa to cure illnesses, but as a cultivator improves in his/her cultivation, it can indeed have the effect of healing illnesses here at this level. If today someone does a bad deed, would it be allowed to absolve him/her of his/her sins at will? Would it work if he/she does not pay for his/her own wrongdoings? You were a former military officer and believe in Buddha. Then you should understand these principles!"

"Of course a person needs to take medicine when he gets sick.' Of course a person needs to go to the hospital for treatment when he gets sick.' This is how people deal with this, and it isn't wrong" (Lectures in the United States, Teaching the Fa in New York City). But as a cultivator, one must understand the standard of cultivators. If someone learns the practice like he/she is studying philosophy and does not improve his/her xinxing when dealing with conflicts, then of course, he/she is not a cultivator. Then as a human, whatever should happen to him/her will happen to him/her. A human should go to the hospital if he/she is not well."

"It is like a doctor in a hospital: Because one is a doctor, one should never be ill in this life—how can it be understood like that?" (Zhuan Falun). "If a teacher uses one textbook to teach a class of students, will every student's grade be the same? Some will score 100 points, while others will not pass. Each student absorbs the teacher's teachings at a different level. The student's own circumstances and qualities are also different. You cannot make a blanket statement that this teacher is no good, or that the teacher's teaching material is no good."

After I made this reply, the whole room became quiet. I also realized that this was a test given to me. In clarifying the truth, one must do so based on Fa principles, and ordinary people should be able to understand. Clarifying the truth should be done without exceeding the understanding of everyday people and be without attachment. It should be done for the sole purpose of helping the other side understand the truth.

As I was looking after my mother in Taizhong, I said to Master, "Your disciple will not neglect a single fellow practitioner. Master: please strengthen my mother's main consciousness so that she can leave the hospital." I told my uncle that I was going to take my mother out of the hospital. My uncle refused, telling me that if the hospital

said that it was okay, then he would not reject. I sent forth righteous thoughts and found the head doctor to talk about leaving the hospital. The doctor said that due to my mother's high blood pressure, it was not recommended for her to leave the hospital. If she were to leave, then I would have to help her write and sign a written pledge taking full responsibility. I thought about how once at a group sharing, a fellow practitioner shared how when he was undergoing a sickness karma test with his wife, he was also asked to sign a pledge certifying full responsibility. He mentioned how practitioners in detention centers are made by the evil to sign a pledge. This scene flashed again in my head. How could a Dafa practitioner sign this? I was clear in my heart that this was a trick by the evil. But if I didn't sign it, the hospital would not allow a release. My mother's blood pressure was over 240; the doctor would not allow her to be released either.

Hospitals are akin to cages that confine people. Both my mother's hands were filled with so many needles that she could not move them. I know that on the surface, this pledge certified that I would be taking responsibility for any consequences. But in actuality, I knew that in another dimension this was a test to see whether I and my mother truly believed in Master and the Fa. Seeing my mother lying on the bed at dawn that day my fear came out. For the first time, I felt miserable and helpless. Later, I thought of a passage of Fa that I thought of when going through my test in 2015: "You are Dafa disciples, and you can't have fear inside. If a cultivator can truly let go of [the fear of] death, then that death will forever be far removed from you. But this isn't something you can will to happen—it's a point that you cultivate to in the Fa, one at which you become that kind of being" (Teaching the Fa at the 2004 International Fa Conference in New York).

I later softly asked my mother if she was willing to believe in Master and the Fa and leave the hospital. My mother could not articulate clearly, but she nodded her head. I knew that my mother's knowing side was clear. Starting from the morning, the hospital checked my mother's blood pressure four times during the day, and her blood pressure was detected to be in the 170-180 range. The next day I again asked the doctor if my mother's condition had improved enough that she would be able to leave the hospital. The doctor was very surprised and said my mother's blood pressure had decreased so much in just one night. The doctor did not know the cause, but said that my mother's blood pressure was still higher than normal. Later the doctor said that after looking at my mother's records from her week-long stay in the hospital, it should be fine for her to leave the hospital. It was thus agreed that I would not have to sign a pledge and that it would be fine to conduct the normal procedure for leaving the hospital.

After finishing the procedural work, the doctor told me that there was one thing that puzzled him. When conducting x-rays on my mother's head, he noticed two blood clots in the left region of my mother's head where she had suffered a stroke. It was due to this that my mother's speech was affected and the right side of her body was paralyzed. Yet half of the right region of my mother's head was damaged and deficient of oxygen. Under normal circumstances, the left side of my mother's body should also be paralyzed. Yet my mom did not have this symptom. Based on the timeline, this symptom should have occurred two years ago. Later I told the doctor that I and mother had cultivated Falun Dafa for five years. It should be that my mother had passed this test, so I took advantage of this opportunity to clarify the truth to the entire team of doctors working in the stroke department of the Wuqitonzhonghe hospital. Thank you Master for this arrangement.

During those days that I was looking after my mother, there was something else that occurred. It was that my older sister had also started on the path of Dafa cultivation. I had given her the book Zhuan Falun five years ago, and this year she had started studying and practicing. For the past two years, my sister had been in poor health; later, I found out that she had been going through radiotherapy. My sister said that she was diagnosed with lymphoma at the end of 2016. When I was preparing to write my experience sharing this year, she sent me a text message saying that she had started to read Zhuan Falun and that the radiotherapy she been doing to control the lymphoma cells was ineffective, and even made it worse. However, after she read Zhuan Falun and constantly thought of the book's principles to guide her in her everyday life, in three months, the doctor operating the radiotherapy department told her that the lymphoma cells had suddenly disappeared. The doctor was very surprised. She later sent a text message thanking me and mother for not neglecting her and always urging her to study the Fa and do the exercises. She said it was our cultivation state that allowed her to see the beauty of Dafa and want to take up cultivation. I told sister that we in fact should thank Master. Everything is done by Master. Master was looking after her, while she also did not give up on herself.

After leaving the hospital, I accompanied my mother in studying the Fa, doing the exercises, and sending forth righteous thoughts daily. My mother's condition improved day by day. A month later, she was able to walk on her own, and was able to be understood when she talked. One day when I and my uncle took her to our home in the South, a neighbor came over to see her. The neighbor asked, "What is this young person's relation to you?" Worn and fatigued, my mother replied, "This is my brother's

child." At the time, I froze and felt emotional; I felt difficult to breathe and knew this was the human Qing. Later some of Master's words entered my thoughts: "Since one's real life is one's Original Soul, the one who gives birth to your Original Soul is your real mother" (Zhuan Falun). Another passage of Fa appeared in my mind: "I want you to cultivate to reach the kind of Consummation that is of a righteous Fa, with righteous enlightenment, and is one in which others come before yourself. That is removing selfishness, being able to remove "self"" (Teaching the Fa at the Fa Conference in Australia). I suddenly then enlightened to another passage of Fa: "Without 'nothing,' it is a human feeling. If it is a human feeling, then it's not bei (compassion)" (Teaching the Fa at the 2004 Western U.S. Fa Conference). Compassion (ci bei) describes the manifestation of a state of Gods that surpasses that of human emotion.

My depressed state lasted for five minutes before my heart suddenly felt light. It is precisely this "self" that protects my selfishness. On the road of cultivation, Master constantly points out to me to enlighten to things based on the Fa, as well as to elevate and eliminate this "self". I should also look at things from others' vantage point, and treat everyone with a cultivator's compassion and righteous thoughts. At this point, I have no words to express the painstaking efforts Master made in saving his disciple.

Nine Day Ascent to the Heavens; The Grace of the Golden Buddha Body

Since obtaining the Fa in 2012, I once had a dream where I was surrounded by 12 light-emitting people wearing white monk garments. Some people had long curly gold hair; others had short curly blue hair. I was teaching them the exercises. All I knew at the time was that in the universe was a huge asteroid, on it engraved a blue dragon mark which flashed a flickering golden light. Under the dragon claws of the dragon were some cloud patterns; on the clouds I could vaguely see 10 or so rows of ancient text. It looked a little like oracle script or seal script. Later, after I had obtained the Fa for 4 months or so, I was lucky to become a volunteer at a 9-day lecture series.

The classes were a cultivation experience not only for new students, but also for veteran students and volunteers. Conflicts would occur when some ordinary people were averse to volunteers using their hands to correct their exercise movements. Some people were very attached to studying the exercise movements, and would use human thinking to judge and argue right and wrong. In actuality, this was a process for them to remove their attachments.

In 2013, Master let me see that during the lecture series, while watching the lec-

tures, rotating within every person in the class—whether a volunteer, practitioner, or ordinary person, was a transparent glass-like Falun the size of a thumb. When the Falun struck the body, a loud sound—similar to that of a tower clock or a drum, would emit, eliminating all the karma and notions on the person's body. It is just like, "At the mallet's drumming one knows to be diligent; The Fa drum rouses those lost in confusion" (Hong Yin II).

When the nine-day class finished, I saw the changes on the bodies of practitioners. Master planted varying degrees of golden shining lotus seeds in the bodies of new practitioners. The idea was that during future true cultivation, the lotus flower would grow alongside the immortal infant until the golden lotus fully blossomed, after which the immortal infant would rotate on top the golden lotus. When veteran practitioners come to the class, if their xinxing is up to par, one can clearly see different colored Falun emblems on the bottom of the lotus flower. It constantly turns to help the student adjust mechanisms that have gone awry, as well as purify the body. The immortal infant can also be seen growing at a fast rate. Every time I see these manifestations, I know that it is Master using His boundless compassion and Fa power to help students purify their body. At the same time, it is helping students bear a portion of karma that previously belonged to themselves.

During true cultivation, to understand cultivation and elevate requires one to know the high level Fa.

"We've said that your main consciousness has to be aware, for this practice cultivates your own self. You should progress with an alert mind" (The Great Way of Spiritual Perfection). At the same time, one must use the highest principles of Zhen, Shan, and Ren to evaluate oneself rather than others, as well as meet the xinxing requirements set for us by the principles of the practice. This book also states, "Those who focus solely on the exercises but neglect character cultivation will not be acknowledged as Falun Dafa disciples. Dafa students thus need to make studying the Law and reading the books the essential part of their daily cultivation"(The Great Way of Spiritual Perfection).

Towards the end of Master's Fa Rectification, I hope all veteran students can return to the lecture classes to hear Master lecture on the Fa, as well as set straight any mechanisms that have gone awry. This is being responsible to oneself, sentient beings, and to Master. We must not only do the three things well, but study the Fa and do the exercises, send forth righteous thoughts, clarify the truth, and finally, be worthy of

the title of Fa-Rectification Period Dafa Disciple and a disciple painstakingly saved by Master.

Finally, I would like to give this poem as a tribute to great, benevolent Master.

True Thoughts

Body at the low levels, a disheveled world
 True Thoughts accompany me as I enter the universe
 The mind at higher realms, the Fa light shines
 Falun Dafa, cultivate xinxing
 Look inward, find the reason, and the mist dissolves
 Zhen Shan Ren is good, save sentient beings
 Fa Disciples, an unwavering mind and will
 The Fa sound disseminates the human realm

Thank you great, benevolent Master, thank you fellow disciples.

Chinese version: <http://www.zhengjian.org/node/240946>

96. Rebirth in Dafa

<http://www.pureinsight.org/node/7223>

Author: An Overseas Dafa Disciple

From an Atheist to a Dafa disciple

Seven days after I was born, I developed typhoid and stayed ill for many years. When I was an infant, I had high fevers and went into many comas. My parents had to carry me for four to five hours to reach the nearest hospital. Every time after a high fever and coma incident, I miraculously survived. My parents worried that my brain might be seriously damaged by the high fevers. They never imagined that someday I would become an excellent student. I fell into the river three times when I was a young kid, but every time I was promptly rescued. From as early as I can remember, I have vaguely felt that a divine being had always been protecting me. Because I was an excellent student, I became more and more obsessed with science and only believed in

things that I could see or touch. After years of brainwashing by the Chinese Communist Regime, I became a total atheist.

A few hours before the Tiananmen massacre in 1989, I was still in Tiananmen Square. After 10 P.M., I felt an unknowing anxiety. I vaguely heard a voice in my head that urged me to leave quickly. I found my bike and immediately left for my university. On my way, I saw a student on a tricycle with blood everywhere on his body. If I had left a little bit later, I may not have survived. I vaguely felt again that a divine being was protecting me even though I was still an atheist at the time.

When I was in college, many people practiced different types of qigong on campus. I thought that they were superstitious and laughable. In 1997, my wife started to practice Falun Gong, and I witnessed the miracles on her body. She was not in good health when she was a kid and suffered from various chronic diseases. Only a few months after she practiced Falun Dafa, all her illnesses disappeared. In 1998, we had a healthy, lovely son. I was so grateful towards Falun Gong, but I still did not have the desire to practice it myself. In 1999, the Chinese Communist Regime started to persecute Falun Gong, yet I still supported my wife to continue practicing Falun Gong. I was very busy with my school and work and thought that Falun Gong might be something for me after I retired. I was still an atheist at that time.

In 2003, a big car accident reminded me that a divine being was still protecting me. I was in Texas at that time. It was a rainy day in January, and the road was very slippery. I drove my wife to Houston to attend a Dafa activity. On the highway, I suddenly lost control of my car, and it swerved 90 degrees, hitting the guardrail at high speed. Miraculously none of my family members were injured including our four-year-old son. My wife was not wearing a seatbelt, which was very dangerous. However, she did not even injure a piece of skin. The airbag on the driver's side did not deploy to protect me, but I was not injured either. This is hard to explain scientifically. For the first time, I vaguely felt that the divine being who was protecting me might be my wife's Master. Later on, I learned that a family of three had a similar car accident on the same roadblock that day. Both the husband and wife died in the accident. My gratitude increased further, but I was too stubborn and stupid to develop the desire to practice Falun Gong. However, the atheism in my heart gradually weakened.

At that time, we lived in a small rural town, and my wife was the only Falun Gong practitioner within 100 miles. Our son had already started to study the Fa and did exercises with his mom. Because he knew very few Chinese characters, my wife and

I took turns reading Zhuan Falun and Hong Yin to him. Our four-year-old son could already recite many poems from Hong Yin. Every time after we read "No Confusion" from Hong Yin Vol. II:

"The time of return now draws near
Let us see who remains deluded"

My son would say in a serious tone, "My dad." I was very surprised but did not think too much. At that time, the U.S. economy was in a poor condition. I was under great pressure and did not even have the desire to think about cultivating Falun Dafa.

In 2004, my current employer suddenly reached out to me and offered me a job. We moved from Texas to Boston shortly after. The first time that I took my wife to MIT to study the Fa, I met a practitioner. She was very warmhearted and told me how to get to our hotel from MIT. After a brief talk for a few minutes, we did not contact each other again. Shortly after, my family flew to Chicago to attend the Fahui. On the way to the Fahui venue I met that practitioner unexpectedly. She told me her experience of cultivating Falun Dafa and advised me to practice Falun Dafa. I told her honestly that I was still in a state of science-first. This was my second time attending a Fahui and I saw Master both times. However, I was too obsessed with science and was not thinking about practicing Falun Dafa.

A couple of months before we left Texas, I started to have abdominal pain for unknown reasons. After we moved to Boston, it became worse. One night my wife and I were reading the Fa to our son. Large beads of sweat were constantly dripping from me for no reason. My wife said that this was a sign for me to decide if I want to practice Falun Dafa or be an ordinary person. I decided to try it and started to read Zhuan Falun alone for the first time. A few days later, my abdominal pain did not improve. I continued to study Zhuan Falun every day and tried not to think about my discomfort. After some period, I suddenly realized that I did not have abdominal pain for a few days. I did not know when exactly the pain went away. I was very grateful to Master for helping me at a time when I still did not understand many things in Zhuan Falun. For the part that I could not understand; I just read through it and did not think much. After I read Zhuan Falun over and over again, the atheism became weaker and weaker in my head and finally disappeared completely before I knew it. My opinion toward science was totally changed. Master's lectures about science totally convinced me, and I completely realized the harm to human beings caused by science. Master said in Teaching the Fa at the 2003 Atlanta Fa Conference, "Many of mankind's natural disas-

ters were caused by the fundamental damage science has done. In its effort to 'develop' science mankind has excessively and wantonly harnessed energy and resources, and everything is being damaged."

After I started practicing Falun Dafa, I encountered many tests. When Boston hosted the first Chinese New Year Spectacular show, I was assigned to be a stagehand. One day before the show, I had a feeling of pins and needles stabbing many parts of my body. I just practiced Falun Dafa for a year and did not send forth righteous thoughts right away. The next morning, I had countless scary-looking shingles all over my body. Although I have experienced countless kinds of pain since my childhood, none of them could compare to this one. I had to hold back the acute pain while being a stagehand. After I went home that night, I could not sleep due to the pain. After I dozed off occasionally, the pain would suddenly wake me up. Several days later, my pain still did not let up. At that time, I still had many human notions, and I searched the Internet to find out what caused the pain. Online resources said that the pain caused by shingles is one of the most acute and usually lasts for a long time. After a person recovered from shingles, heavy scars would remain. I realized that I did not treat myself as a practitioner. Whenever the idea of being ill came to my mind, I sent forth righteous thoughts to eliminate it. I shared my experience with other practitioners during a group study and asked them to support me with righteous thoughts. About a week later, my pain gradually went away, but heavy scars were left as if I were cut by a knife. I realized that this was a disguise and a test for me. I did not pay attention to it at all. I did not know when these heavy scars went away completely. Several years later when I was on the way to a hotel to answer the Shen Yun ticketing hotline, the same feeling of pins and needles in many parts of my body appeared again. I thought that I already practiced Falun Dafa for a few years, and I would absolutely not allow the shingles to appear again. Whenever I was not answering phone calls, I sent forth righteous thoughts. Before I went to bed that night, I increased the time and intensity of sending forth righteous thoughts. The next morning there was nothing on my body. After this test, I learned that I should always treat myself as a practitioner. This thought is very important.

Master said in *Be Vigilant*, "Cultivation is about removing human thinking and attachments." Removing human thinking is easy to say but hard to do. Sometimes human thinking came out before I even knew it. One day I put a foil-wrapped cookie in the microwave oven casually. The foil was melted instantly and created a very strange low noise. I had a feeling of mishap even if my body did not show any discomfort. Isn't this feeling of mishap human thinking? Isn't it easy to draw bad things toward

me once I had that thought? On the way back home after work, I experienced a loud noise in my right ear. Every sound around me was amplified many times in my ear and became thunderous. At that time, I realized that the tinnitus was caused by my first thought, which was not righteous. I intensified sending forth righteous thoughts and increased my Fa study time. However, the tinnitus did not get any better after a few days. Some human thinking appeared again and I searched on the Internet about the tinnitus. What I found scared me. For some people, the tinnitus could last for a lifetime. Some people had to live underground. I realized that I had to put down my human thinking and not treat it as an illness. At that time, my company was in Cambridge, and I had to take the bus to commute. The noise on the bus was thunderous after becoming amplified in my ears. I had ten sick days to use each year, and many of my colleagues used sick days when they did not feel well. I thought that it should be perfectly fine if I use a sick day to get some rest. Once this thought came out, I immediately realized that this was human thinking. As a practitioner, how can I treat myself the same way as an ordinary person? I kept working every day and listened to Master's lectures on the bus. About one week later, the noise in my ear disappeared suddenly, and it never came back. I thank Master very much for helping me get over another test and eliminating some human thinking.

Promoting Shen Yun

Shortly after I started practicing Falun Dafa, I participated in several important projects such as truth clarification in Manhattan, Nine Commentaries on the Communist Party, quitting the CCP, Chinese New Year Spectacular promotion, Shen Yun promotion and Shen Yun Symphony Orchestra promotion. I deeply felt that Master always tried to bring pre-destined people to me. One day I went to put up Shen Yun Symphony Orchestra posters. I went to a business area and found a parking spot. Suddenly I noticed that the parking spot in front of me was also vacant, so I moved to that spot. Then I found that the parking spot in front of me was still vacant and was close to the building, so I moved to that parking spot without knowing why I changed the parking spot twice in a row. A clerk in a store liked the poster very much and asked me to put it on the most conspicuous glass door. Then I went to other stores to put up posters. After I finished that area, I found my car and was ready to go home. I noticed that a car beside me had the engine idling, but did not have the intention to leave immediately. I was curious but did not think more. The moment that I got into my car, the clerk that I mentioned earlier suddenly ran out of the store and shouted at me to give him one more poster. He wanted to give it to his friend. The man inside the

idling car beside me also rushed out and asked me for a poster. Then he left happily. The store clerk could not have known where I parked my car, or when I would leave. However, he found me in just a few seconds, which was really inconceivable. The driver inside the idling car had nothing else to do. His knowing side wanted him to wait for me to get the Shen Yun Symphony Orchestra poster. Suddenly I realized why I changed my parking spot twice in a row. Master arranged everything for me. Just as Master said in Dafa Disciples Must Study the Fa - Fa Teaching Given at the 2011 Washington DC Metro Area Fa Conference, "Everything has been prepared, and all that's missing is for you to carry it out."

My ordinary job is always very demanding and technically challenging. Several years ago, my company had frequent layoffs. Most of my vacation days were used to promote Shen Yun. Sometimes I had to go to clubs to schedule Shen Yun presentations during working hours. I made up the time that I missed. I normally told my boss in advance, and he understood what I was doing. I scheduled a presentation at a club that was far away. The day before the presentation, the practitioner who was assigned to do that presentation suddenly could not become unavailable. Other presenters could not do it either for various reasons. At that time, I had a deadline approaching in my project, and I had a technical problem that was not solved for a few days. Nobody in my company could help me solve that problem. I thought that I could not waste this presentation opportunity even if my project was due pretty soon. I told my boss and did the presentation at that club. A member of this club bought eight high-end tickets that night. That second I got some inspiration and solved the technical problem shortly afterwards. I finished the project two days in advance even though I had worried about not being able to finish it at all. I knew that everything was arranged by Master. I do not have any special talents. If I have a strong desire to save sentient beings, then Master will harmonize everything.

It is hard to express my feeling now after practicing Falun Dafa for so many years. Even if I experienced a lot of hardships and tribulations, I feel so lucky to be a Dafa disciple during the Fa-Rectification period. Even if my celestial eye has never opened, I can feel how much Master has done for me. Master has always been protecting me since I was born and has guided me to obtain the Fa step by step. I sincerely thank Master for the mercy and suffering to save me.

Chinese version: <http://www.zhengjian.org/node/155041>

97. The Portal of Time and Space in One's Heart

<http://www.pureinsight.org/node/6101>

Author: Wang Haotian, a Dafa Disciple in China

Speaking of portals through time and space, we may have come across such a thing in sci-fi movies or novels. That is, one is able to enter a totally different world through such portals.

Prior to cultivation, I used to think that such portals only existed in one's imagination. As I began to cultivate myself, however, I often thought about it again, especially when facing subtle incidents or complicated relationships between various people. By then, I often calmed down to examine myself, to check if there was something wrong within me, and correct it.

If, without any complaint or negative feelings, I maximized my efforts to improve and harmonize everything around me, then my heart would enter another world at an extremely high speed through a portal. In that world, the air is fresh, the dimension is broad, and even my life is transparent. After experiencing this several times, I found such a portal does exist in a person's heart. This portal, which can bring a person to different worlds and allow them to sense various dimensions, can only be opened by their own compassion.

Once when calling my parents, my mother said nervously, "Your father has a stomachache and he is in a lot of pain." I asked my mother to give the phone to my father and then said, "Dad, please recite, 'Falun Dafa is good'." After several minutes, the pain stopped. My father was very happy and said, "Where did the magic power come from? After reciting those words, I felt as if I passed through time and space, and the pain suddenly stopped. I am unable to explain it although I am a doctor."

This real life example led me to think many things. Heart disease and high blood pressure are a major challenge in the health care sector. How did this come about? It is because people have spent too much time thinking and worrying. With the tense relationships between people, it is hard to even find a person to talk with. Therefore, the portal in one's heart is often blocked, which not only impedes the connection with our true selves, but also in turn aggravates our anxiety. If such blockage continues, people can easily get sick. From this, we can see that it is indeed very important to stay connected with the kindness of our true self.

With these thoughts, the portal of time and space in one's heart may not seem so intangible as it used to. The existence of this portal could help to prevent human beings from degenerating too early. It also allows us—especially when we calm down—to connect with our true self. At that time, whoever does so will feel bright, peaceful, and pleasant.

When looking around, I noticed that life displays itself in various ways. This portal, which helps to maintain the wonderfulness of our being, exists within each of us at all times. As the Chinese New Year approaches, I wish everyone will be immersed in compassion as they travel through these portals.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/1/27/71398.html>

98. Persisting in Cultivation

<http://www.pureinsight.org/node/7310>

Author: A Dafa Disciple in Italy

In 1999, I left Greece, my homeland, and came to Italy to study medicine. In 2007, while I was still a student I learned about organ harvesting in China from a practitioner. He invited me to study and practise Falun Dafa, but my own karma prevented me from starting cultivation.

His words on forced organ harvesting from practitioners shocked me and I started looking for more information about the persecution online as well as talking about it with my friends at the University. A few months later, the Olympic torch in defence of human rights, (calling for a boycott of the China Olympics), passed through Italy. The Italian practitioners organized a truth clarification activity. I felt a strong force inside me that pushed me to participate. When I arrived at the activity, I asked a practitioner how I could help. She smiled and gave me some flyers and told me to distribute them to passersby. I felt very comfortable and I was very calm. I felt a very pure energy field and I was very glad to stay with them. A practitioner offered to teach me the exercises and on my birthday, three days later, I learned them. From that moment, Master gave me a new life, a life of cultivation.

It was not easy to obtain the Fa. In the first year of my cultivation, my old creditors

came in my dreams to take my life. I dreamed many times of strangers running behind me to kill me. It was all so vivid. Every time I felt the vivid sensation of the knife or the bullet of the gun through my body. It was so tiring to escape from them and every time I woke up very weak. I got to the point that I was afraid to sleep. Studying the Fa, I gradually understood that I could not only think of myself. I created tribulations for these people and I had some debts with them. I felt a sense of compassion for them and I cried for the suffering I caused them. One night I dreamed of climbing a ladder very quickly and behind me there was a man who wanted to kill me. In an instant I found the strength, I turned and without any fear I looked at him. He looked at me but did not kill me. I realized that I had already paid for my debts.

Later on, another episode happened to test my faith. I felt a great pressure in my mind during a tribulation. After that pressure, I started to have bad thoughts about Master and the Fa. Those thoughts told me to stop cultivating and that Falun Dafa was not good. I did not know what was happening and because of my fear I didn't speak with other practitioners. I looked at Master's picture and I told Him with tears that they were not my thoughts and asked for forgiveness. For all the day, I persisted in eliminating these thoughts but the next day these thoughts came back in my mind. I was afraid of being possessed. The fear dominated me and a new thought appeared - suicide. So to save my life I thought, "I know that Dafa is good but I cannot cultivate. It's too much for me. I have so much karma. I have to stop my cultivation." Despite the fact that all these forces were trying to stop me from cultivating, I persisted. I realized that "saving my life" was a false thought. I had to continue my cultivation. That would be the only way to be truly saved. The next day I studied the Fa and recited all day "Falun Dafa is good" and "Truth-Compassion-Tolerance is good". I did not recognize the old forces' arrangement. I passed the test. Master helped me to eliminate my thought karma and strengthened my main consciousness.

I knew it was hard to obtain the Fa and I had to treasure my journey. I understood that I had to face all these tests because I had decided to embark on the path of cultivation, otherwise how could I eliminate my karma?

Master said in Fa Teaching at the 2008 New York Conference, "Those ordeals and the suffering, no matter how great or harsh you find them to be, are good things, because they take place solely on account of your cultivation. A person can eliminate karma and shed human attachments when he goes through ordeals, and through ordeals he can improve. "

During the tribulations, I never stopped clarifying the truth to the Italian people and Chinese tourists. I was thinking of the suffering and tribulations that Chinese practitioners endure in China and that gave me the strength to resist and continue clarifying the truth. All the tribulations made me mature, strengthening my main consciousness and my determination in cultivation. I strengthened my faith in Master and I realized that my only purpose in life was to help Master in the Fa-rectification.

I knew I had to do better. I had to follow the path Master arranged for me. For this reason, I finished my studies in medicine and I started contacting the Italian Parliament to clarify the truth about forced organ harvesting. At the beginning, I was very shy and my voice always trembled. I was afraid to lose face and be ignored. The MPs seemed to be disinterested, cold and sometimes they seemed to be disturbed. I felt their hearts closed. I cried because I felt I could not help Master but at the same time I knew it was my path, my mission. I had to clarify the truth to the Italian Parliament. I slowly eliminated my attachments to fame and losing face and I was able to calm my mind. I understood that the key to touch their hearts was to cultivate Shan (compassion).

When my only concern was their salvation, the MPs started answering me and receiving me in their office. Before every meeting, I felt very bad with chills and cold, I sweated and went to the toilet many times. I knew Master was purifying my body.

Every time I had to remind myself not to look at their social position and I remembered Master words.

Master said in Fa Teaching Given at the Fa Conference Marking the Tenth Anniversary of the Minghui Website's Founding, "When clarifying the truth we aim at people, and do so to save people, regardless of who they are."

Continuing to clarify the truth I realized that the standards were high. I had to improve my xinxing but at the same time I had to improve my professionalism. I thought that by elevating my professionalism I could clarify the truth better. It was all clear but I did not know how to do it. There were not any doctors among practitioners in my area. In 2013, I had great help from Master. I became a member of DAFOH, Doctors Against Forced Organ Harvesting. I had the possibility to learn from others, look at their strengths and share how to improve. I learned to combine professionalism with the heart of a practitioner.

With the help of practitioners, we strengthened truth clarification to our Parliament. The MPs took a righteous position and they decided to support Dafa instead of

their interests and the fear of disturbing relations with China. In these years the Italian Parliament approved a resolution against forced organ harvesting and approved a law against organ trafficking.

Being Part of the One Body

In 2016, I saw Master for the first time at the New York Fa Conference. Master's concern for practitioners and for sentient beings deeply touched my heart.

Master taught in the Fa Teaching at the 2016 New York Fa Conference, "Anyway, I just want to tell you that, as Dafa disciples, you should know how enormous your responsibility is, and this is not a child's game. This undertaking has already come to the last stage, and I am extremely worried, yet you still do not treat it seriously. In the end, however, it will be too late even if you cry."

During Master's teaching, I deeply felt the sense of urgency for sentient beings. This strengthened my thoughts and the will to bear all the hardships and tribulations in order to fulfill my vow and to eliminate all my attachments like when I just started my cultivation.

Back in Italy from New York, I was determined to do well because Master was waiting for good news from me. I put my heart in the project to clarify the truth to the European Parliament with the 0048/2016 Written Declaration on stopping organ harvesting from Falun Gong practitioners.

The project coordinator asked me to share the importance of the project with all Italian practitioners because Italy has a large number of MPs. Following his suggestions, I started sharing with fellow practitioners the importance of participating in this project, but I did not receive any acceptance. I explained to the coordinator that I had done what he asked so things no longer depended on me. The coordinator did not give up so easily. He kept asking me to involve practitioners but I was not able to understand.

One day the coordinator told me, "I beg you to share the importance, it is an urgent problem, and we should not treat it in a relaxed way". His words touched me. Master's 2016 New York teaching came to my mind, along with the urgency he spoke about. I immediately thought, "Where is my shortcoming? I need to find immediately my shortcoming!" I could no longer hide myself, it was an urgent matter.

In the Fa Teaching at the 2016 New York Fa Conference Master taught, "Dafa disciples, although Master spoke a little sternly, it was to lift up your spirits, because you are the hope for humanity! The hope for sentient beings! You are also Master's hope!"

I thought, "Master wants me to involve Italian practitioners to succeed in this project. Without practitioners, Master cannot save the Italian sentient beings." I thought, "I need to urgently look inside me to see my shortcoming."

I saw my lack of confidence in Italian practitioners. I saw my selfishness because I did not want to waste time in training practitioners on the arguments and I did not want to take my responsibility. I saw that I did not put my heart into involving practitioners. My invitation was not pure and it hid a sense of mistrust and fear. These were my fears, "That practitioners who have no idea how to deal with an MP would like to participate?" And "If practitioners who have no experience about organ harvesting call an MP, they could maybe damage a relationship built on years of hard work." "Practitioners also needed to go to the European Parliament to speak directly with MPs, and they had no experience. How could I take on the responsibility for others?"

All the thoughts in my heart suddenly showed up and I saw the wickedness in their content. I thought, "How is it possible that Master could take the responsibility and the guilt for all of us and I can't take the responsibility for the actions of the practitioners that would like to help Master? If a practitioner does not act in the right way, wouldn't it be my responsibility? Why do I put my attachment to losing face behind Master requests?"

In that moment, the Fa principles became very clear. I saw my responsibility. I did not keep any excuses. I could easily eliminate thought karma, selfishness and attachments like reputation and the attachment to time. I had to trust practitioners; this was what Master asked me to do.

Master said in Fa Teaching at the 2016 New York Fa Conference, "Do not fear that there will be problems with them. Perhaps they have no experience at the moment, but as time passes, through practice they will gain experience."

After seeing my shortcomings, I really tried to motivate practitioners. I considered every moment they could dedicate to the project to be very important. Every call to the European Parliament was very precious like gold, regardless of the result. After changing my mindset, in 2-3 days more than 10 practitioners joined the project and within a short period of time, our group was composed of 30 practitioners both Chi-

nese and Italian. I realized that the heart of practitioners was already there but what was missing was my heart for them, for my fellow practitioners. My fears blocked them.

With this project, I once again experienced the enormous power of the Fa. Almost no practitioners had any experience; they never called MPs to clarify the truth. Some really knew nothing about organ harvesting, but everyone set their hearts to learn and do well. Their desire to do well allowed them to acquire all the skills that I did not acquire in years. I was so honored to work with them. Their arrangements with MPs were truly extraordinary; I would never achieve alone what they reached together.

I felt for the first time the sensation to be part of the one body. Our sharings were open and sincere without any fear or prejudice. Amid difficulties and mistakes, everyone looked inside and we never pointed the finger to others. We never complained about each other and we worked together like brothers and sisters. When a practitioner encountered some difficulties, all practitioners supported him and encouraged him to overcome them. I saw the sacredness and the dignity of opening our hearts and sharing our attachments with fellow practitioners without hiding.

We considered every MP as a precious being that Master wanted to save. We worked hard until the end to encourage all of them to sign. In the end, 61 of the 73 Italian MPs signed the Written Declaration.

Better Understanding of my Role in Coordinating

A few months later, I was asked to coordinate the Public Relations area for Shen Yun 2017 promotion in Milan. My coordinator told me that this year I had to involve more practitioners.

Since I had already worked with many Italian practitioners for the European Parliament project, I did not find it so difficult. However, the standards and the requests were now higher. There were many challenges and pressure. I could feel some forces that would separate the one body and set us against each other. Competition, complaints, fear of conflicts with others and fear of losing face – all of these showed up. I started to have bad thoughts about some practitioners and I realized I needed to elevate my xinxing, look inside and put all my efforts to strengthen the one body. I understood that to fulfill my vow I needed to have a big heart and to listen to all practitioners.

Master said in Fa Teaching at the 2016 New York Fa Conference, "People in charge

are coordinators, and you should coordinate others well and motivate them well, and have everyone involved. That is being in charge!"

I took Master's words seriously and I felt compassion for fellow practitioners. I listened to their ideas, their difficulties, their criticism - and with compassion I supported them. I realized that being responsible for a project means also being responsible to practitioners. All practitioners put their hearts into the project and for the first time, thanks to Master, we got a full house.

This is my understanding at my current level. Please tell me anything that is not in accordance with the Fa.

Chinese version: <https://www.zhengjian.org/node/239982>

99. Scientific Experiment: Why There Are No Bacteria on Falun Gong Practitioners' Hands

Author: A Dafa Disciple in USA

[PureInsight.org]

The epidemic in Wuhan spread rapidly, and people around the world panicked. The outbreak of the new deadly Coronavirus disease (COVID-19) drew people's attention to "super bacteria" in the microbial world. Scientific experiments found that Falun Gong practitioners carry a supernatural antibiotic to kill "super bacteria".

On February 19, Minghui reported that the new coronavirus (Wuhan pneumonia), a virus that looks like a crown under a microscope, has drawn people's attention to the world of microorganisms.

On Wikipedia, the definition of a microorganism is a tiny organism that is difficult to see directly with the naked eye. Microorganisms with a cell structure include various bacteria, while organisms without a complete cell structure include viruses. We will not talk about viruses today, but will instead relate a story linked to bacteria in the microbial world.

During an inadvertent microbial experiment, Falun Gong practitioner Deyuan was found to carry a supernatural antibiotic that can kill the bacterium *Staphylococcus aureus*, which is harmful to the human body.

Deyuan, 22, was born in Germany and started learning Falun Gong with her parents when she was a few months old and grew up following Falun Gong's principles of Truth-Compassion-Forbearance. After growing up, Deyuan continued to have both good moral character and academic excellence, successfully entered university, and is now studying medical science.

Anyone who has been in contact with Deyuan feels that she is a quiet, low-key, and well-educated girl.

First Microbiology Experiment

One year in the winter semester, Deyuan took a course in microbiology at the university. In the first lesson, students were given a few agar plates on which they bred and observed microorganisms and performed various experiments.

Students were asked to put their fingers on a blood agar plate to find out how dirty their hands were. The plate was then placed in an incubator to grow any bacteria that may be present and allow them to multiply until they could be easily observed.

A few days later, Deyuan was surprised when she retrieved her fingerprinted plate. Many students could clearly see bacterial colonies on their plates, but on Deyuan's plate, there was almost nothing.

Deyuan herself was also very surprised, "Why is there nothing on my plate? Did I wash my hands before class? But I did touch something afterwards!"

Deyuan often practices Falun Gong. On the surface, she seems no different from others. The practice can fill a practitioner's body with energy, but how does this energy manifest? Were bacteria from Deyuan's fingerprints killed by her energy, or was their growth suppressed?

Of course, we cannot draw a conclusion because this was only the result of one experiment. People may say that it was accidental. Let us look at a second experiment involving Deyuan.

Second Microbiology Experiment

The second microbiology experiment for her course involved testing for the existence of microbes on objects with which she came into contact either outside or at home. Deyuan chose a banknote. A few days later, she was even more surprised when she retrieved the agar plate that came in contact with the banknote because the plate was also "clean", while many other students had bacterial colonies on their plates.

Deyuan was also confused at the time because everyone knew that banknotes were particularly dirty.

It should be noted that this experiment was part of a microbiology class in a German university. Deyuan had no intention of proving that she had energy, and Germany has strict medical science teaching facilities and advanced medical equipment.

From the results of the second experiment, one can see that Deyuan's fingerprints and the objects she touched did not transmit bacteria to her even though she lives in a bacteria-ridden world. For example, many objects such as a computer mouse all have bacteria.

The only explanation is that the energy generated by Deyuan's Falun Gong practice has an effect on bacteria. If the conjecture that the energy in Deyuan's body can kill bacteria is true, then her body has protection that can resist bacterial invasion, and her body would be naturally healthy from infection.

So how does this energy exist? And what is actually happening? Perhaps the third experiment can answer this question.

Third Microbiology Experiment – Finally Seeing a Colony

In the third microbiology experiment, the professor asked students in each group to culture mucus from their throats and nostrils on agar plates.

Because other students in Deyuan's group wanted to use throat mucus for the experiments, Deyuan used nostril mucus.

A few days later, students retrieved their respective agar plates with worksheets containing analysis data and names of various bacteria. This time, there was a visible bacterial colony on Deyuan's plate. She was very happy when she found that her plate grew *Staphylococcus lugdunensis*.

Anyone could ask the professor about their bacteria, but no one had the same bacterium as Deyuan. Deyuan also wanted to know what her bacterium was. She was the last person to ask the professor.

When the professor heard the name of Deyuan's bacterium, he was very excited and said that it was a newly discovered species. Although it had been discovered more than ten years ago, it was not published until recently. This kind of bacterium can kill other harmful bacteria such as *Staphylococcus aureus* that can cause many different serious diseases.

When the professor mentioned this, all students turned to look at Deyuan. The bacterium found in Deyuan's nostril in the third experiment, *Staphylococcus lugdunensis*, is actually a type of *Staphylococcus* that can kill other harmful bacteria.

From the three experiments, it is clear that although Deyuan does not seem to differ from others at a superficial level, on a microscopic level, the energy she carries can hinder bacterial invasion. Once harmful bacteria enter her nostrils, *Staphylococcus lugdunensis* will kill them.

What is *Staphylococcus lugdunensis*?

Firstly, we need to know about *Staphylococcus aureus*. *Staphylococcus aureus* can cause purulent inflammatory diseases of varying degrees, such as pimples, urticaria, otitis media, sinusitis, osteomyelitis, and sepsis.

Staphylococcus aureus is the culprit of many diseases from the upper respiratory tract to the digestive tract and even the epidermis. Among them are also "super bacteria" such as methicillin-resistant *Staphylococcus aureus* (MRSA). In other words, *Staphylococcus lugdunensis* is the nemesis of this super bacterium.

In 2016, Andreas Peschel, a scientist at the University of Tübingen, Germany, and colleagues found a weapon that could fight the "super *Staphylococcus aureus*".

Interestingly, this deadly weapon comes from another *Staphylococcus* bacteria: *Staphylococcus lugdunensis*. The related paper has been published in the journal *Nature*.

Other research has found that *Staphylococcus lugdunensis* is equipped with a four-gene cluster (*lugA*, *lugB*, *lugC*, and *lugD*) that forms a pipeline to coproduce a protein called "lugdunin".

This protein consists of six amino acids joined together to form a circular structure.

Surprisingly, lugdunin has a powerful and wide range of antibacterial activity. Just 1.5 µg of lugdunin per milliliter can inhibit the growth of *Staphylococcus aureus*, and even MRSA becomes the "ghost under the knife" of this antibiotic.

In addition, lugdunin is also lethal to many other Gram-positive bacteria. At the right concentration, even notorious super bacteria such as vancomycin-resistant enterococci (VRE) can be eliminated.

The Nemesis of the Coronavirus Disease (COVID-19) in Wuhan

Among Falun Gong practitioners, there are many cases of practitioners who were sick before starting the practice and have miraculously recovered after starting the practice. Many people only see this phenomenon and its results. No one pays attention to what is happening at the microscopic level that is invisible to the human eye.

Through Deyuan's case, this could explain how, in many examples of physical rehabilitation among Falun Gong practitioners, the microcosmic body undergoes huge changes through the cultivation of righteous Fa. These come from their inner positive energy in the microcosm of their bodies.

There are super bacteria among microorganisms, but there exists their nemesis *Staphylococcus lugdunensis*. The new coronavirus will also have a nemesis.

Some people also showed symptoms of the Coronavirus disease, but they responded quickly after sincerely reciting, "Falun Dafa is good, Truth-Compassion-Tolerance is good," after which their symptoms disappeared.

Deyuan's three experiments may make people believe that when sick people are sincere from their hearts, a battle against harmful bacteria or viruses may clean up their microcosm. When the viruses are eliminated, the human body becomes naturally healthy.

Wuhan Epidemic is "Evil Qi"

According to ancient Chinese medical theory, the current pandemic caused by the Wuhan pneumonia is "evil qi." How did the ancient Chinese prevent the plague?

According to the "Cifa Theory" in *The Yellow Emperor's Classic of Internal Med-*

icine, the emperor said, "I heard of five epidemic diseases that are all very infectious. They all have similar symptoms without rescue treatment. How can I prevent people from becoming affected by these epidemic diseases?" Qi Bo said, "Those who are not affected have righteous qi inside them, so the evil cannot bother them."

Many Chinese people are quite puzzled by this statement. Why does "the righteous qi prevent the evil from bothering them"? Is the ancients' method of resisting the plague "superstition"?

According to research, the "qi" mentioned in the The Yellow Emperor's Classic of Internal Medicine does not refer to air as it is now called in science, but instead refers to an invisible substance in the universe.

The "qi" in ancient times was not only a substance, but also an energy, and it could be transformed into a high-energy substance. Therefore, righteousness itself is positive energy, and evil qi includes negative material such as wind, cold, heat, humidity, dryness, fire, viruses, bacteria, etc.

The energy of righteous qi can resist or destroy the evil qi. Therefore, Qi Bo said, "The righteous qi exists within, and the evil cannot bother them."

The virus understood by modern medicine is generally only 50-100nm. Its structure is a protein shell (capsid) containing a nucleic acid (RNA). This nucleic acid contains information to destroy cells.

At present, general physical methods to eliminate viruses include using ultraviolet rays, which have a wavelength of 10-400nm. A single photon carries a large amount of energy that can destroy the nucleic acids of bacteria and viruses. If the nucleic acids are destroyed, then the operating information carried by the nucleic acids is damaged, in which case the intended function of the virus cannot be achieved.

In the summer, people wearing short sleeves will feel heat and even pain when exposed to strong sunlight. This is because the energy carried by ultraviolet rays causes changes in the proteins of human skin cells.

The gong mentioned in Chinese qigong actually carries a kind of high-energy substance like light. This substance is not in the visible light frequency range, so it is invisible to the naked eye, but it is radioactive and has the same bactericidal effect.

Reciting "Falun Dafa is Good" to Overcome the Plague Has a Scientific Basis

Since a Long Time Ago

As early as 2003, scientists carried out biomedical experiments on the energy field of Falun Gong cultivation. The experiments successfully used myocardial cell research technology to demonstrate that Falun Dafa exercise fields can enhance the contractile activity of cardiomyocytes, which proves that the exercise fields provide a certain energy.

In fact, according to general knowledge of muscle physiology and biochemistry, the increase in contractile tension of cardiomyocytes requires additional biochemical energy (e.g. ATP, calcium ions) or physical energy (e.g. heat, electromagnetic energy).

However, in this experiment, there was no such addition of energy. A Falun Dafa practitioner's hands simply surrounded both sides of the cell. The cell's contractile tension increased without any conventional energy source.

This shows that during the practice of Falun Dafa, an unknown energy acts on biological systems to increase their activity. The results of this experiment directly provide a reliable scientific basis for Falun Dafa, which has magical beneficial effects on biological systems.

On April 14, 2005, a Falun Gong practitioner in Jinan, Shandong Province, was tested using an instrument called an "MDI multifunctional micro-diagnostic instrument" to analyze blood. It was found that the living cells of Falun Gong practitioner's blood were evenly distributed, the cells were very active. There was no sediment in the interstitium, and there were almost no spinous cells.

Even more amazing is that each cell circle had purple, blue, yellow, and white haloes from the inside out. They looked crystal clear and very beautiful from the computer screen. Stem cells were evenly distributed without sediment.

Under the microscope, living cells of an average person are extremely irregular, have poor mobility, and have fragments, black circles and spots, and sediment in the field of vision with black circles around each cell. The stem cell examination is messy and dim.

These phenomena confirm the magical and extraordinary nature of Falun Dafa. People who regularly recite "Falun Dafa is good, Truth-Compassion-Tolerance is good" can also be linked to this energy, so this energy has magical effects.

Modern scientific experiments have long confirmed that one's mentality can change one's surrounding matter.

Various scientific experiments have proven that people who have good thoughts and often say righteous things produce positive energy. Frequently reciting "Falun Dafa is good, Truth-Compassion-Tolerance is good" will have a positive effect on one's body. This is the fastest and most effective way to improve one's body's "righteousness".

Minghui.org published on September 21, 2013 and January 25, 2020 that during SARS in 2003, some people who sincerely recited "Falun Dafa is good, Truth-Compassion-Tolerance is good" could be saved from real dangers.

When the Coronavirus disease (COVID-19) in Wuhan got out of control, Minghui.org also published a number of cases in which pneumonia patients recovered within a few days by reciting "Falun Dafa is good, Truth-Compassion-Tolerance is good".

It can be seen that frequently reciting "Falun Dafa is good, Truth-Compassion-Tolerance is good" can help one overcome the illness. This is not a superstition, but instead has a scientific basis verified by many scientific experiments and the personal experiences of Falun Gong practitioners.

Chinese version: <http://www.zhengjian.org/node/257188>

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