

Ebook: Falun Dafa Practitioners' Cultivation Stories



Preface

Zhengjian/PureInsight editorial team

This book is a collection of forty two cultivation stories from Falun Dafa practitioners in over ten countries. Today, when human morality slides down rapidly, it is fortunate that people can find such a pure land and practice true cultivation for both mind and body.

The brutal persecution of Falun Dafa by the Chinese Communist Party (CCP) is still going on in China Under such circumstances, Falun Dafa practitioners follow Truthfulness-Compassion-Forbearance to improve their moral character and health while undertaking various efforts to stop this persecution. It is nearly 20 years since numerous miracles are experienced by Falun Dafa practitioners, confirming the power of Dafa.

Falun Dafa, also 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.” 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 book broadens your perspective and inspires your life.

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Cultivation Experience

(1)

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 attachment 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>

(2)

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 to 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 difficulties 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 experienced 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 travelling 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>

Little Western Dafa Disciple's Experience Sharing - Part 1

A Little Western Dafa Disciple

[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 interfered 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 *Tathagata* 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. Cultivation 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>

(4)

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 spoilt 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>

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>

(6)

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.

1. 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.

2. 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.

3. 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)

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 practitioner 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>

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 calling 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>

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](#)”).

1. 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.

2. 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.

3. 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.

Stadtpark 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>

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 attending ["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>

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>

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. The more horrible somebody seems, the more I should be kind hearted.

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.

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 for his great compassion and for saving me.

Chinese version: <http://www.zhengjian.org/zj/articles/2012/3/25/81503.htm>

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>

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 daughter 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.

Chinese version: <http://www.zhengjian.org/node/111103>

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>

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 constraint 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>

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. That is why it is extremely absurd to see the slanderous, defaming articles that say Master did so to make a fortune.

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>

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.

Cultivation Insight

(20)

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>

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.

Chinese version: <http://www.zhengjian.org/node/134642>

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>

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 Truthfulness, 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-Compassion-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.

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 supernatural 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>

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 cultivation 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

(26)

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>

'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 awoken, 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 believed 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>

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 supernormal 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>

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>

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>

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 being’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>

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 suddenly 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 discussion, 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>

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>

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>

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>

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>

(37)

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 myself 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>

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 practitioner. 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 inlaid 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 herdsman 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 willow 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>

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 young 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>

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>

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>

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 tremendously 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 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>