

Ebook: Falun Dafa Practitioners' Supernormal Experience and Cultivation Insights



Preface

Zhengjian/PureInsight editorial team

This book is a collection of thirty-seven articles contributed by Falun Dafa practitioners in over ten countries. The articles are categorized into four sections: Healing Illnesses, Miracles in Dafa Cultivation, Cultivation Experience, and Cultivation Insights.

With morality sliding down even more rapidly nowadays, humans have become corrupted in their hearts. They generate bad karma, become ill, and suffer from disasters. However, it is fortunate that Master Li Hongzhi introduced Falun Gong (also called Falun Dafa) to the world in 1992 with the highest qualities of the universe—Zhen, Shan, Ren (Truthfulness, Compassion, Forbearance) as the criterion for measuring good and bad. Since then, over 100 million people in over 100 countries enjoy practicing Falun Dafa, with clubs and associations existing in many cities, companies, universities, and other settings. The book and video resources on Falun Dafa are available for free download at <http://falundafa.org/>.

Falun Dafa practitioners follow Truthfulness-Compassion-Forbearance to further improve their moral character and health while undertaking various efforts to stop the ongoing persecution from the Chinese Communist Party (CCP) in China. CCP's brutal persecution cannot change the determination of Dafa practitioners due to their supernormal experience and pure insight from their Dafa cultivation.

We hope this book broadens your perspective and inspires your life.

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Healing Illnesses

Article 1: Believing in Master and the Fa to Break Through Illness Illusions

<http://www.pureinsight.org/node/7307>

Author: A Dafa Disciple in Singapore

Illness karma tribulations are a very heavy topic, I wanted to discuss my understanding and experience regarding this matter. I also hope that more practitioners will participate in discussions so that fellow practitioners undergoing illness karma tribulations can see things from multiple perspectives, look for their hidden attachments, cultivate them away, strengthen their belief in Master and the Fa, walk the cultivation path righteously, and avoid any unnecessarily losses.

Next I would like to share an experience of being interfered by illness demons. One day I was sitting in the passenger seat of my company's van. I was chatting with the driver as he drove when all of a sudden I felt that my heart was in pain, so I clutched my chest. I could feel my heart pounding quickly with great force, which was very uncomfortable. I thought my posture was not good, so I shifted positions, but the symptoms did not abate. I told myself that it would be over soon and endured it. The driver asked me if something was wrong, to which I responded that my heart was beating very rapidly, which was very uncomfortable. Because I did not have a history of heart problems and the driver was a friend of many years and knew this, he was not worried. However, my symptoms became so severe that I could practically hear my heart thumping and my body was very stressed, so I thought I was having a heart attack. How could I have a heart attack? I did not even know this about myself. Had I known, I should have just kept a bottle of quick-acting heart pills in the car.

As soon as this thought arose, my symptoms worsened. I felt like my heart would fail at any moment. My face became very pale, and I was sweating profusely. I weakly muttered, "Please stop the car." When the driver saw me, he suddenly became scared and found a place to stop. When he saw me getting out, he came over to help me. I waved my hands in dismissal and hoarsely said, "Don't touch me." I felt as if I would immediately die if anyone touched me. I slowly moved to the back of the car and lay on the ground because I did not have enough energy to sit. My heart was still racing. I felt as if I was on the verge between life and death. It was then that I thought, "Falun Dafa is good! Zhen Shan Ren is good!"

From the onset of symptoms to when I collapsed, I did not realize I was a cultivator. At the time I had not cultivated for long and was very much like an ordinary person, so I rarely tried to enlighten. Whenever I encountered something, I rarely used a cultivator's perspective to look at the issue. I always thought they were natural coincidences. Because I neglected to enlighten to small tests, they piled up into a massive and difficult test. Looking inwards often is very important for cultivators. Constantly using "Zhen Shan Ren" to measure oneself, looking inwards more, and eliminating more attachments would also make passing tests simpler. Master said in "[Self-Evident is the Heart](#)" from *Hong Yin Volume II*:

"Light are the boats, quick the travel
with attachments cast aside

But the ocean proves hard to cross

if human thoughts weigh one down”

Anyway as I lay there feeling as if I were on the verge of death, I kept thinking, “Falun Dafa is good! Zhen Shan Ren is good!” As I recited this, I felt my heart calming down. A few moments later, I was able to sit up. Though I had not completely recovered, I felt like it was bearable. After seeing me sit up, the driver asked how I was doing. I said I was doing much better and asked him to take me to the hospital. He took me to the hospital, and I told him I needed to go to the emergency department. He helped me get off near the emergency department. After crossing one lane, the emergency department was in sight, but I suddenly could not walk. I told the driver that I could not stand and had to sit. There happened to be a short wall nearby, so he helped me sit. After sitting down, I clutched my chest with one hand as I looked up at the emergency department. The emergency department was right in front of me, but I could not make it. Was it Master not letting me go in? I thought of what Master said in [Zhuan Falun](#), “One of our students went to the hospital and had several syringe needles bend on him, and the last vial even squirted out, but the needle still couldn’t go in. Then he caught on, ‘Wait, I’m a cultivator! I don’t want any more injections.’ Only then did he think not to get injections.”

As I thought, my insides were like a roaring volcano. A wave of nausea overcame me as I started vomiting. When I felt as if I had vomited everything inside and had nothing else to vomit, my body suddenly felt refreshed. The illness demon that was interfering with me for several hours vanished in an instant. I looked up at the emergency department and told myself, “Do you still need to go to the emergency department this time? Everything is better now, so you don’t need to go this time! You refused to follow the advice of not needing a doctor and came to the emergency department, yet in the end the symptoms vanished, and you had no reason to go.” I told myself that I was better and did not need to go to the emergency department and could go home! I told the driver that I was fine, did not need to see a doctor, and could go home. The driver was very surprised and asked skeptically whether I was really fine. I told him I was really fine and could go home as I walked briskly to the car.

On the way home thinking about what had just transpired, there was still some lingering fear. I felt as if I had taken a trip to the gates of hell, so I thought to myself that it would be safer to keep a bottle of quick-acting heart pills in the car. I told the driver I wanted to stop by the pharmacy to pick up some quick-acting heart pills. After visiting two pharmacies that both did not have any pills, I suddenly realized that this meant I should not buy them. I told myself, “Wow! You don’t need to see the doctor, but now you want to buy pills? Do you have an illness or not?” Master said in *Zhuan Falun*, “When you feel worse, it means that, ‘when something reaches the extreme it reverses,’ and your whole body will be purified. It has to be completely purified. The root of your health problem has been plucked out now, and only that little bit of black qi is left, coming out on its own, so that you have a little hardship and go through some difficulty. If you didn’t bear anything it really wouldn’t work”.

At that time, I felt very ashamed and thought that my enlightenment quality was horrible. I cut corners in my faith towards Master and the Fa, treating illness illusions as real illnesses and almost making a huge mistake. I am very grateful for Master for helping me eliminate karma and felt that Master’s Law Bodies are right by disciples, watching over us and giving us hints. That illness episode was also a wakeup call, letting me realize that not cutting corners in my faith towards Master and the Fa is truly important. Especially when undergoing illness karma tribulations, only truly believing in Master and the Fa can one realize the illness is an illusion and believe that one does not have any illness. Of course then one would

not be at home sick and would be able to do the three things. Through doing the three things, studying the Fa, practicing the exercises, and improving your xinxing, the demons will no longer be able to reach or persecute you. Illness illusions will naturally vanish.

Some practitioners are unable to calm their minds to send forth righteous thoughts and eliminate evil during times of illness karma tribulation. This is also one reason that illness karma persists. Some practitioners are so severely interfered by illness demons that they say, “I am suffering so much, I might as well so and so.” When I hear this, I am very sad. What we bear is only a small portion of our tribulation. Master helps us endure most of the tribulation. Master is enduring massive tribulations for countless beings! Is Master suffering? Master said in [“To the Original State”](#) from *Hong Yin Volume III*:

“His True Body is youthful with a boundless lifespan
Beyond all space and time, He governs cosmic laws
He teaches Heaven’s Way to rescue the firmament
He alone has borne the karmic debts of all beings
The abundant debts formed huge ordeals
His hair turned grey and His body was harmed
When Fa-rectification is fulfilled, His Divine self will show
His immense grace shall awe the Ten Directions”

As a Dafa disciple, how can we give up so easily? After tens of millions of years of waiting, innumerable reincarnations, and countless hardships, we have finally obtained the Fa today; we can finally assist Master in Fa-rectification; we can finally fulfill our vows. I hope as the once so strong-willed you can be strong until the end! I hope we can be diligent together and return with Master!

Because the events recounted above were from a long time ago, some may not have been described as being very diligent. Please point out anything inappropriate!

Chinese version: <http://www.zhengjian.org/node/240680>

Article 2: My Experience Passing the Test of Sickness Karma

<http://www.pureinsight.org/node/7413>

Author: A western practitioner from Washington, USA

I am a western practitioner. I was born in 1951 and have a career as a woodworker in the San Juan Islands of Washington State where I have lived for 41 years with my spouse and children. I began practicing Falun Dafa in 2004.

I have had some encounters with sickness karma including physical issues of a defective heart valve, chronic pain, blindness, blunt force trauma injury to the neck and spine, skin cancer, and infection. I have also had mental issues of humiliation, remorse, doubt, confusion, fear, and depression, which I also consider as kinds of illness.

The first test I encountered I did not handle well and ended up having heart surgery. During recovery, I was very confused about whether or not I could understand or continue cultivation practice. It was a dark time and a very low point. After considerable reflection, I understood that Master had made a new arrangement for me, one that allowed me to find my way forward. Master has stated that the Fa has infinite ways to rescue a person if they have a heart for cultivation.

The breakthrough came as I was reading [Zhuan Falun](#). Suddenly it seemed as if there was only one word on the page, and that word was “resentment”. I could see clearly how that attachment permeated all my thoughts and interactions. I could see how the heart of resentment made the heart of the body deformed. Just as the physical heart was defective and not moving blood, so too the heart for cultivation was restricted by resentment.

I must add that the heart failure was a form of mercy and blessing because in the minutes that I considered myself dead I gained an inexplicable peace of mind and clarity regarding what is important. Indeed, it made it very hard for me to reengage with the material world for about three years. I can joke now that it really helps to have been dead!

Since then I have learned other valuable lessons, and I will list the ones that helped me the most. I will not describe all the events in detail but just give the important aspects.

The First Thought Can Determine the Outcome

This is a fundamental mind state and requires practice. Serious or even deadly events happen fast, and this positive thought must become automatic. I was fortunate to have a hint with a small accident a few days before the much bigger accident, and my state of mind was alert.

Remember to Think from Within the Fa Principles

It is very difficult to handle injuries and pain with cultivation practice when one is immersed in a world of pharmaceuticals and western medical practice, especially if one’s family does not understand or accept Dafa. I have an agreement with my spouse. As long as I am conscious, I get to choose; if I am unconscious, she gets to choose. I do make a distinction between standard first aid and hygiene versus states of karma elimination.

One thing I do when I experience symptoms of illness or pain is to have the thought that I am already on the other side of it, done with it, and what I am experiencing is just the field of illness or karma as it dissipates.

I will relate a short incident here that happened recently. I had just pulled out onto the road when I went blind in the right eye. I pulled over and was having many thoughts including how will I get home?! Then I thought of Master Li's story about interference from an entity in *Zhuan Falun*. He said "I would just clear them up." So I thought, "Okay, I will just clear it up," and shortly my sight returned. It still hurt, and I could see a shadow moving across my vision occasionally, but it improved over time. Sometimes it takes days to resolve these kinds of things, and this leads into the next subject.

Fear

I have been amazed at how swiftly fear can evaporate my stability and confidence in Dafa. I try to hold the thought, "What is there to fear?" When I answer that, I can usually work through it. In the case where fear lingers, I rely on sending forth righteous thoughts.

Gratitude

I had a clear vivid dream of a past life in which I was a terrifying person, one whose profession was torture. After that there was no pain or tribulation, large or small, that I did not cherish because I knew it was there to eliminate karma, mercifully divided into parts that I could endure. I also make sure to include gratitude for blessings, foremost being the mystery of encountering Dafa, being able to engage with it, and hanging on to it. You might wonder how I can live with the knowledge that I did such terrible things. I was allowed to view another lifetime where the situation was reversed and I died as a child from equally terrifying circumstances of torture, thus balancing the debt.

Balance

Maybe at the top of my list is balance. This has been the central most important element for making my practice stable.

Balancing cultivation practice with work, family, and community enables me to make progress and good choices. I found that if I do as Master advises and maintain a normal balanced life, many tribulations are averted, and opportunities to validate Dafa are arranged.

Faith

For me it ultimately boils down to faith and to my mind. Faith includes the elements of trust and confidence. It is a constant task for me to build faith against fear and doubt. It is always a big boost to faith when I overcome sickness karma or a tribulation, but I know it cannot depend on those kinds of validations; it has to exist and be nurtured in the heart.

Ironically, the biggest challenge to my faith has been allowing the actions of Dafa Practitioners to affect me. I think Masterr said in [Stability of the Fa](#) in [Essentials for Further Advancement](#), "Let me tell you again that an outsider can never damage the Fa. Only students can damage the Fa—remember this!" Encountering zealotry, misdeeds, or strong opinions and personalities had a strong effect on my faith in the beginning. I finally had the insight that practitioners are not the practice; it is the Fa, the Way, that remains true, and all practitioners are just students, struggling with their individual cultivation path,

making breakthroughs or mistakes in line with their unique arrangements. Now I am clear about how to practice in an open, dignified, and natural way and find that people will approach me with inquiries more often.

In these subsequent years of practice I have had other encounters where I am aware that I would have lost my life, but instead, as described by Master, a body of Karma was killed. This is another state of faith, to remember that no matter what happens or how bad it seems, I have been spared a worse outcome by my practice, and gratitude is the response I maintain.

This is my present level and understanding. One thing I know is that understandings evolve and grow, and I am looking forward to that!

Chinese version: <https://www.zhengjian.org/node/249519>

Article 3: By Chanting "Falun Dafa is good" Lumbar Fasciitis was Eliminated

<http://www.pureinsight.org/node/7349>

Author: A Falun Dafa Practitioner in Heilong Jiang, Mainland China

I am a Falun Dafa practitioner of Heilongjiang Province in Mainland China. My son Xiao Bing (who is more than 40 years old) went to another city last October. After coming back, he suddenly felt pain in his lower back area. He tried to sleep in a bed with a firm mattress, he tried massage, and he also tried some injections as well, but none of those methods helped. Later he could not even move or walk. He had to be carried on a stretcher from room to room in his house. I called a doctor. The doctor said that lumbar fasciitis was a very serious disease. Without good treatment, my son could end up paralyzed. My daughter in law tried very hard to find my son a good doctor.

When my husband and I were informed of my son's disease, we went to see him. We told him, "You practiced Falun Dafa when you were a student, and you also know that Falun Dafa is good. Why do you not sincerely chant 'Falun Dafa is good' and 'Zhen Shan Ren is good'? Many patients with terminal diseases were cured simply by saying this". My son nodded his head. After seeing how much my son was suffering, my husband and I felt that we could not do anything more to help and went home.

The next day, my son called and told us that he could move his body and was in much less pain after chanting, "Falun Dafa is good." After three days, he was even able to walk again. He improved day by day. My son was thrilled to tell us that Master Li Hongzhi had cured his disease, and made him recover quickly. I am extremely grateful of our esteemed Master's merciful and arduous salvation!

Our entire family was extremely impressed by Master's immeasurable compassion. When Dafa is still being persecuted in Mainland China, people who agree, "Falun Dafa is good" and stand on the side of justice will be blessed. I hope that more people will know the truth about Falun Dafa as soon as possible.

An Eight Month Pregnant Women Suffering from Severe Kidney Stones Chanted "Falun Dafa Is Good" which Eliminated the Disease

I am a veteran Falun Dafa practitioner. A while ago, my grandson and my granddaughter in law who has been pregnant for 8 months came to my house. My grandson said that his wife was diagnosed with kidney stones and suffered from extreme pain. The small hospitals in my grandson's hometown did not dare to give her any treatments, so they came to my city to look for larger and better hospitals. We took my pregnant granddaughter-in-law to a well-known hospital. All the doctors said unanimously that she could not be treated, that she could not take any medicine, and that an operation was too risky and not good for the child. They asked my granddaughter-in-law to simply endure the pain and come for treatment after giving birth to the child.

After returning home, my granddaughter-in-law kept shouting, "It hurts! It hurts!" I told her to chant "Falun Dafa is good". I told her that this sentence is magical and powerful. If she chanted this with respect, she might feel better. My granddaughter-in-law has known the truth about Falun Dafa for a long time. She was very much in agreement with Falun Dafa and had quit the evil Chinese Communist Party. She started chanting straight away. My grandson also chanted along next to her. After a while, my granddaughter-in-law said that she felt much better and was no longer in pain! Everyone was very happy

and surprised by the magical power of Falun Dafa. Everyone was grateful for Master Li Hongzhi's great compassion!

My grandson and granddaughter-in-law stayed for another few days before planning to leave because my granddaughter-in-law not did feel any more pain! Right before they left, they were still a little uncertain and asked me, "Grandmother, will I feel the pain again?" I replied, "Relax, our Master has already removed your kidney stones!"

After they returned home, she delivered a very healthy baby successfully. We are planning to give her some nutrient rich food and some other good things. My granddaughter-in-law said emotionally, "There is really nothing better than Falun Dafa!"

Chinese version: <http://www.zhengjian.org/node/243487>

Article 4: Valiantly Breaking Through the Tribulation of Sickness Karma

<http://www.pureinsight.org/node/7156>

Author: A Taiwan Dafa Disciple, Xiu Mei

I obtained the Fa in 1999; it was my destiny.

“Where are you, Master? Your disciple wants to cultivate...” I cried towards the sky for Master, and Master really came.

I had waited for thousands of years! I had finally obtained the great Fa.

Before cultivating, I was sickly and weak, and excessively concerned with my health. I had a jar full of medication. I had to go to work and take care of the household. As my family became wealthy, my health declined. I wanted to practice Qigong, but which one was good. My doctor, Dr. Hu, asked me to practice Falun Gong. I attended three nine-day sessions. My health improved each day and my body recovered some strength. As a beginner, I did not know how to look within to cultivate my xinxing, but when sharing with fellow practitioners, I expressed my deep gratefulness to Master.

In 2005, I discovered a lump on my left breast. I did not pay much attention to it and it disappeared. In 2012, while I was working at a material production site, a part of my breast burst open and left a hole. I told myself that Master and the Fa were with me, and knew that there was nothing to be afraid of. However, I did not negate the old forces; I only knew that it was evil. The next year, as I was working at the material production site, the hole that had remained started bleeding and I became weak. I kept working. It had been six months since I was last there. It was getting very close to when I should go back to Taiwan, and I was feeling very sad. I wondered whether I would have a chance to work at the production site again.

In Taiwan, I did the three things as well, and I kept up with Fa study and doing the exercises, but my Xinxing did not improve. When looking within to find the root cause, I found tons of attachments. At that time, Master’s new article had just been published; I knew that looking within was a magic key. In February 2015, fellow practitioners saw that I could not improve myself and were worried; when sharing after Fa study, I didn’t have any common points with them. Many fellow practitioners asked me to go to hospital but I was not willing to, and my body became weaker every day. The coordinator said that I’d better go to a hospital, because a Dafa disciple shouldn’t be lost. Some local practitioners had already passed away. I thought that I was really useless, being unable to overcome such a tribulation, and making Master and fellow practitioners worry. Later, I went to a hospital, but in my mind I negated everything the doctor said. The doctor arranged for me to stay and get checked in the hospital. They found that a tumor on my breast had burst and treatment was needed. When undergoing the third treatment, Master revealed to me that this could not be accepted. During the fourth treatment, my husband and son saw that when the doctor tried to administer the shot, the needle just would not go in. I also refused to take medicine. In the end, my family told the doctor that I would quit the treatment and the doctor agreed.

I sent forth righteous thoughts after going home, making up my mind to believe in Master and the Fa and leave my fate to Master; I could not disappoint Master. If I could not live up to the vow I made when I came to the three realms, I would be very sorry. Master then healed my body and the hole in my breast shrank. I recovered my mental vigor as well. In August 2015, Master helped me find the root of my karma.

I remembered that I had coughed all through the night on my marriage day 37 years ago. At three or four in the morning, someone had spoken in my ears while I was in a daze, something about my breast, one million, and something else; then it left.

Master revealed my attachments to me during Fa study. The source was found, but it does not count if xinxing is not improved. I looked within and enlarged my capacity by getting rid of my attachments. I began sending out truth clarification messages, joined the Global Rescue Phone Call Platform, clarified the truth at scenic spots, and volunteered in promoting Shen Yun (in the costume group). By cultivating myself, layers and layers of shell were removed, the missing elements were replenished, mistakes were corrected, and my xinxing improved consequently.

Throughout my cultivation, I have received righteous thoughts from fellow practitioners and support from my husband and son. I will steadfastly cultivate Dafa until consummation.

I would like to encourage fellow practitioners with [Steadfast](#) from [Hong Yin Volume II](#):

“The awakened esteem what is beyond this world
The devout cultivator sets his heart on Consummation
When great is the ordeal, keep steadfast
The will to be diligent never bowed”

The above sharing is my personal experience; fellow practitioners, please correct me if anything is improper.

Chinese version: <http://zhengjian.org/node/153299>

Article 5: Son as a Military Surgeon: “Impossible not to believe”

<http://www.pureinsight.org/node/7139>

Author: A Dafa Disciple in China

On 9th March 2016, my husband suddenly got a severe fever. After checking in a hospital, it was diagnosed with two malignant tumors, one on each lung. In addition, it was at its terminal stage. My youngest son and his wife, their daughter, her husband and my grandson, a whole group of people were all shocked on hearing the news. Some said, “We cannot tell father the truth.” Others said, “We call eldest brother and ask him what to do.”

My eldest son was a military surgeon. He opposed my faith in Falun Gong. I said he has been brainwashed by atheism, and would not recognize me as mother anymore. My youngest son told him and sobbed. He said if it was really this disease, no one could do anything. I took the phone and said, “You can choose letting your father stay in hospital or letting him practice Falun Gong with me. If he practises with me, it will be all good; no one can cure your father except my Master. If your father stays in hospital, you cannot save your father’s life even if all of you spend all your money.” My son said, “You can ask him to practise with you.”

My husband was more obstinate than an ox most of the time. I asked him to recite, “Falun Dafa is good. Zhen Shan Ren is good”, he just murmured and refused with a scornful expression. I knew he was angry, and then I told him, “You are in the terminal stage of cancer, only my Master can save you.” He would not believe but said, “What cancer? I am all right. I never did bad things, how can I get that disease! I am just having an inflammation; it will be cured with medicine for a couple of days!” I said, “Don’t be foolish, Junjian is coming home now. Don’t be stubborn anymore, you can see, in the past one or two decades, have you seen that I have contracted any disease after practising Falun Gong? You can see Gousheng’s mum, what disease she had! She became all good after practising Falun Gong, didn’t she?” On hearing that our eldest son was coming home because of him, and in addition to seeing the expressions of the whole family, my husband realized it was true. After stopping for a while, he lowered his head and said sincerely, “I will recite!”

When our oldest son came home and saw that his father knew the situation, he told his father, “You should practise Falun Gong with mum seriously. This disease, if we have a way to cure it, we will, but you shall practise Falun Gong with mum when you need to.”

My husband was candid and irritable, if he thought something was right, no one could change him. He was really earnest when reciting, “Falun Dafa is good. Zhen Shan Ren is good”. I found a brochure named “Got It” for him. He gave it to other patients in the same ward after reading and said, “You should have a look, it can cure any disease.”

It was miraculous; his fever receded after three days when he began to recite. My sister-in-law heard his brother got cancer and came to see him, sobbing. A few days later, the doctor said he could go home. He was advised to eat and relax whenever he wanted. Basically just to satisfy his wishes so as to not leave too many regrets as it was obvious that the hospital cannot treat him anymore and wanted to discharge him.

On hearing that he was asked to leave the hospital, my husband was really happy. He said, "My disease was cured a couple of days ago, why should I stay here and spend money every day?!" After going home, he went to the river with a net to catch fishes. It appeared that his disease was cured.

My sister-in-law came to visit her brother again. On seeing that her brother was all good, she was surprised. My husband said to her, "You can try to recite, 'Falun Dafa is good. Zhen Shan Ren is good', this Dafa is really miraculous!"

On sister-in-law's birthday, all our family went to celebrate. Junjian came back too. We all ate together and talked. Relatives all asked how my husband's disease was cured. He replied with a dignified and imposing voice, "I was cured by reciting: Falun Dafa is good. Zhen Shan Ren is good". Falun Dafa is really good, doctors couldn't cure my disease, and it was Dafa Master who saved my life. You should all bear this in your mind that: Falun Dafa is good. Zhen Shan Ren is good". Sister-in-law added, "Now I recite: 'Falun Dafa is good. Zhen Shan Ren is good' everyday!"

Junjian invited his classmates for a party one day and we were also invited. One of his classmates got hemiplegia on a young age. I clarified the truth to him and he said he was also reading [Zhuan Falun](#). I asked him where he found the book. He said after reading a brochure on Falun Gong, he asked someone to find a Falun Gong book for him but failed. No bookstore dared to sell the book. In the end he bought this *Zhuan Falun* from a waste collecting store.

Junjian came over and said, "I didn't believe Falun Gong at all in the past but from my father's experience, it was impossible not to believe. You can see how good my father's vigor is! I saw his film and it was really terminal stage cancer. The hospital even gave up treatment, but he was cured immediately after he practises Falun Gong. No hospital in the world can cure his cancer but Falun Gong cured him! If this did not happen to my father, I would not have believed! Now it was impossible not to believe. The scientificity of Falun Gong absolutely surpassed the knowledge of modern medical science!"

Chinese version: <http://www.zhengjian.org/2016/05/20/152886>

Article 6: Cultivating Dafa Straightened My Hunchback

<http://www.pureinsight.org/node/7015>

Author: A Dafa Disciple in Henan Zhengzhou, China

Before I obtained the Fa, not only did I have illness, but I also had a hunchback that was not visually appealing. None of the doctors could cure it. I had been living with this torturous pain for many years. In an attempt to improve my health, I started to cultivate Falun Dafa, and my body changed miraculously.

Around noon on August 1, 1996, I went to my brother's house for lunch. I found a book called [*Zhuan Falun*](#) on my brother's bed, and I opened the book to page six unintentionally. Master said, "The main goal I had in coming out was to teach and guide people up to high levels—to *truly guide* people up to high levels." Then I turned to page 169: "Dual Cultivation of Nature and Longevity." The book read, "I've already explained dual cultivation of nature and longevity in detail. Dual cultivation of nature and longevity means that while cultivating your character, you are also cultivating longevity, or in other words, you are transforming your innate body." I was really excited and asked my brother, "Could I read this book? I feel a lot of energy coming from it." On that day, I read through [*Zhuan Falun*](#). I felt like I did not understand some sentences that Master said, but other sentences opened a window to a whole new world. That night I was so excited that I could not sleep.

The next morning, I found my brother and asked him, "Can the exercises cure my hunchback?" My brother said, "Yes. As long as you want to cultivate, Master will look after you. If you have the desire to cultivate, Master will help you unconditionally. He can help you with everything." This boosted my confidence.

Thirty-one days after that day, my high blood pressure and chronic hepatitis were healed. One thing I want to mention is one day I was meditating for half an hour. My whole body was indescribably comfortable. It was wonderful and fantastic. Suddenly, I heard a loud cracking sound in my back, and then it became straight. My hunchback was gone, and I did not feel any pain. My body was back to normal! I was so happy that I jumped! This miracle happened after I had just started practicing for six months! Thank you Master, thank you Dafa! I said to Master in my heart, "This Fa is really great. I have to follow you and cultivate until the end!"

As I have been practicing in recent years, my body has changed and is getting better. I am nearly 70 years old and still energetic. My face is rosy and shiny without any wrinkles. My grey hairs turned black. I look much younger than my age. When I think of the fellow practitioners around me who do not cultivate solidly and grow old or even die of sickness karma, I really feel sorry for them. I want to say that we have gone through thousands of reincarnation and hardships to obtain this Fa. It was not easy. We must cherish it! Rejuvenation is not a myth; it is in our midst!

Chinese version: <http://www.zhengjian.org/node/145035>

Article 7: Changes to the Physical Body Through Cultivation

<http://www.pureinsight.org/node/6098>

Author: Jade, an Overseas Dafa Disciple

After deciding to recite the Fa, my depression disappeared after one night

After I read some articles about reciting the Fa on the Clearwisdom website, I decided to recite too. However, I had been suffering from depression for eighteen years. When I was young I had really good memory. I could memorize a mid-size ancient Chinese prose within five minutes. But when I was in junior high school, I developed severe depression. My memory failed dramatically and I became impatient in my temper. After I decided to recite the Fa, I thought that the depression would interfere. I wished I could get my good memory back. But no matter what, I decided I would start to recite the Fa. Then I went to bed. When I woke up the next morning, I found everything had changed. My depression flew away! The depression was like a big rock pressing against my brain. Now that the rock was gone, my brain felt relieved immediately.

My enlightenment from this was, “Cultivation is up to you, while gong is up to the Master” (*Zhuan Falun*, The First Talk, [“Why Doing Cultivation Exercises Doesn’t Increase Gong”](#)). We could not do anything by ourselves. Everything is done by Master. However, we must have the determination to do it.

In fact, every disease is due to a foreign spirit making trouble in another dimension. When that foreign spirit is removed, the disease on the human body will disappear. This holds true for either organic diseases or functional diseases. Modern medicine categorizes diseases by their surface manifestation. However, the roots of diseases are all in other dimensions.

After Master removed that rock-like foreign spirit, my brain felt light right away. I felt the space where the rock had been pressing was now empty. It’s like how after a big rock in a garden is removed, the grass and flowers around it are still flattened due to the pressure from the rock above. After reciting the Fa and doing the exercises for two months, my brain felt normal. It was like the flattened grass and flowers turned straight again.

Master eliminated my long-standing karma on the first day of cultivation

The first time I read [Zhuan Falun](#) was in 1996. I finished reading the book in one night. I felt all the heavenly secrets were disclosed. Therefore, I decided not to read any other book from then on. After I read [Zhuan Falun](#), I did not like reading other books as much as before. I used to love reading books. Whenever I saw a bookstore, I would go inside. After I obtained the Fa I knew the reason. I was destined to obtain the Fa by this form. In 1998 during Chinese New Year, we paid a New Year visit to an old neighbor. As soon as we went into his house, I saw the picture of Master hanging on the wall in the living room. So I said to them, “You guys are also practicing Falun Gong. I want to practice too.” So we agreed to come to learn the exercises the next day. That night I had a dream: my body was like a rectangular muddy pond. Master held a shovel to dig up all the mud. Only some waterweeds were left for me to clean. Before I showed my happiness, Master said, “Don’t get excited too early. It will take you quite some time to clean up the waterweeds.” (Actually Master did not say anything. Master used a supernormal ability to deliver the message to my mind.)

The same symptom, different foreign spirit

In 1999, I did not cultivate diligently. I was suddenly sick and sent to the hospital. It was rush hour and the traffic was usually the worst at that time. However, that day every time when our car got to a crossroad, the light turned from red to green. People in the car were surprised. The surgery went smoothly. The next year the disease recurred and they found a 12-cm tumor inside my abdomen, which was even larger than the one before. The doctor gave me two choices: surgery or take Chinese traditional medicine. However, the doctor also said I was too weak to endure another surgery. Another doctor told me that Chinese traditional medicine would not help at all since the tumor was too big. The tumor could burst at any time. Once that happened, my life would be in danger.

At that time, I was taking medicine. I knew it was wrong for a cultivator but I could not let it go. One day my medicine disappeared without any trace. I realized that Master wanted me to stop taking the medicine. So I told my family not to look for it. Several days later, I saw Master's Fashen standing beside my bed. He reached his hand into my abdomen. However, the foreign spirit was so strong that it still stayed inside. Immediately Master's Fashen split into several Fashen. They pressed my arms and legs and held me there. Then one Fashen grasped the foreign spirit out of my abdomen. The foreign spirit was black and looked like a rabbit. It held my body tightly and did not want to leave. If Master didn't hold my arms and legs, I would have been lifted up by the spirit. Later, the doctor held my laboratory test report and shouted in surprise, "How come the tumor disappeared within such a short time!?" The report showed the 12-cm tumor and some small tumors were all gone. Only a 5-cm tumor was there, but that would not put my life in danger.

In October 2010, I came to another city. I did many things to validate the Fa. The second night after I came to the city, Master took that 5-cm tumor and some other bad things out of my body.

Conclusion

Depression and a tumor in the abdomen are different diseases in this dimension. But in other dimensions, they are both due to foreign spirits. In this dimension, the modern medical devices can only see the tumor. But the root causes, in other dimensions, are different foreign spirits. There is no way to completely eliminate the disease without knowing the root cause. After cultivation, many Falun Dafa practitioners had so many miracles in their bodies, which cannot be explained by modern medicine. Falun Dafa points out a brand new direction for medicine.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/1/27/71400.html>

Article 8: Believe in Master and the Fa; Passing the Great Test of Life and Death

<http://www.pureinsight.org/node/6752>

Author: A Dafa Disciple in China

I obtained the Fa in 1997. Jiang Zemin's evil regime started its brutal persecution against Falun Gong on July 20, 1999. I was listed as a key person by the local CCP (Chinese Communist Party) police, and have since been illegally placed in detention centers, sentenced and forced labor camp by the evil five times. I suffered great hardships and my body was persecuted to the point of being deformed. Through all these years, I used my firm belief in Master and Fa as a basis to completely negate the persecution inflicted on my body by the old forces while at the same striving to do the three things well. Under Master's compassion, I have passed tests of life and death one after another. Now, all the false phenomena of illness in my body have disappeared. I am busy saving people every day and have endless energy. The magic of the Fa is fully reflected in me. I am sincerely grateful to benevolent and mighty Master.

1) Firmly Believing in Master and Fa; Fundamentally Negate the False Phenomenon of "Illness"

I was put in the notorious Ma Shan Jia forced labor camp in 2004. I was forced to suffer all kinds of cruel tortures, such as being isolated in a small room with no lights, being slapped across my cheeks and beaten up in this black lair. All my teeth were beaten out. My eardrums were perforated. When I was tortured to the point of dying, I was rescued for a whole day in a hospital in Shenyang. Two tumors of 12 cm diameter were found in my body. Three more tumors of 6 cm diameters then grew on top of those two tumors. There were lumps the size of rice under my tongue. My abdomen was swollen like a pregnant woman's in labor. My myocardium had a critical lack of blood. The evil police were afraid to take the responsibility in this situation. They hurriedly carried me into the police car and sent me home before the dawn on April 27, 2005. While driving, the evil captain who beat me constantly called out my name, as he was afraid I would die in the car.

Though it was said I was going home, I actually had no home to return to. I temporarily stayed at my elder sister's home. I helped my sister wash clothes and carry water the second day. My brother-in-law was at once shocked and said excitedly, "Sister, is this for real? Ma Shan Jia sent us a death notice; our phone was practically rang off the hook with requests to come pick you up. I had already arranged a cemetery spot for you." My brother-in-law is a doctor and very much believed the science he learned. The scene in front of him fundamentally changed his thinking. He has believed in and supported Dafa since then.

I stayed at my elder sister's home for two days before fellow practitioners then picked me up. Benevolent Master arranged me to be with a very diligent coordinator. We were together for six years. This fellow practitioner has gone overseas. She helped me a lot.

When I had just moved to the fellow practitioner's home, I was deaf and had poor memory. I often lost and forgot things here and there. I even felt sleepy during Fa study and could not lift my eyelids. My hand pointed down when I sent forth righteous thoughts, and I could not straighten my waist. My period did not go away for a long time; my legs swollen, and half of my finger nails were tilted and pale. My abdomen was swollen and big, and wobbled when I walked. I had to take several breaks when climbing stairs. The fellow practitioners studied the Fa, practiced the exercises, and sent forth righteous thoughts with me in order to help me improve myself in the Fa as much as possible. At that time my relatives worried that I had a lot of tumors in my abdomen, and persuaded me to have surgery immediately. Otherwise, my life

would be in danger. I basically kept my mind undisturbed. I said, “It is impossible that tumors are growing in my abdomen. That is a false phenomenon. Master salvaged me from the hell and purified my body. I have cultivated Dafa for so many years. How can I cultivate tumors in my abdomen? Isn’t that a joke?” Fellow practitioners also helped me enlighten to the Fa: We just believe in Master and Fa, and leave everything in Master’s hands. Life or death is decided by Master. Everything will change if we can really do it. My fellow practitioner not only encouraged me in cultivation, but also took good care of me in daily life. I had not a penny of income at that time. The fellow practitioner herself made her living by working at a temporary job, yet she had to support me too. Taking this opportunity, I sincerely thank the fellow practitioner. With the fellow practitioner’s encouragement and help, I tolerated extreme pain in my body, and adhered to studying the Fa, practicing the exercises, sending forth righteous thoughts and going out to clarify truth and save sentient beings. I walked the path Master arranged for me, and negated with actual actions all the persecutions the old forces executed on my body.

Once I clarified truth to an old medicine doctor. This elderly lady considerably said to me, “My dear, it looks like you have only three or four grams of blood. You go home and eat whatever you like to eat.” My mind was not disturbed by her words at all, and clarified the truth to her with smile. Moreover, I asked her to remember Falun Dafa is good and truthfulness-compassion-tolerance is good. The elder lady repeatedly thanked me.

One morning I suddenly felt my chest tight and short of breath when I was practicing “holding the wheel above the head”. I fell flat on my bed and lost consciousness. I did not regain consciousness until 11am. The fellow practitioner had been sending forth righteous thoughts for me. When she saw me come to myself, she went to get the already cooked egg for me to eat. My hand tried to pick up the spoon. But I was so weak that the spoon dropped on the table. I immediately sent forth a thought, “A demon will never be higher than a Tao” ([Zhuan Falun](#)). I picked up the spoon again and ate all of the egg. Then I rode a bicycle and went out and did what I was supposed to do. Through these years, no matter what uncomfortable feeling I had, I never considered it seriously. I consider them as good things and look at problems with righteous thoughts. I do not recognize any of the old force’s persecution. In the process, the evil will extinguish themselves.

2) Master is Constantly Protecting Disciples; The Evil Cannot Hope to Take my Life

Once, all practitioners in the city coordinated as one body and went outside of the court to send forth righteous thoughts to rescue fellow practitioners. I also went. One practitioner saw me and said with surprise, “You walk waveringly.” At that time, I only weighed 40 kg. I could not eat. Drinking water caused stomachaches. My face looked gray and without blood. It seemed that I could be in danger anytime. Several fellow practitioners had a sharing with me and sent forth righteous thoughts to help me one day. When I was leaving, one of them gave me a small piece of water melon and said, “You eat it, nothing should bother you. You have survived storms and surges. What does this count for? You need to change your ordinary thinking.” I ate the water melon and rode home on my bicycle.

When I was about to study Fa around 1 o’clock in the afternoon, a burst of severe pain suddenly enshrouded my body. It was so painful that my internal organs seemed to be shifting. I immediately sent forth righteous thoughts: Completely dissolve all evil beings and factors in other dimensions that are persecuting my body. No matter what attachments or omissions I have, everything is managed by Master and will be rectified by the Fa. No being is worthy of participating. Even less is the Evil is worthy of testing me. “Humans aren’t worthy of testing this Fa, and neither are Gods. Whoever touches it commits a sin.”

([Teaching the Fa at the Great Lakes Fa Conference in North America](#)) I kept sending forth righteous thoughts like this. I lifted my palm and waist up straight. I do not know when I lost consciousness. It was already past 7 o'clock when I came to myself the next morning. The body was still in the posture of sending forth righteous thoughts but the pain was gone. I knew this suddenly severe pain meant that the demon played hard to take my life. If benevolent Master had not protected his disciple, I probably would have died then.

3) Passing the Test of Life and Death Again, Verifying the Miraculous Nature of Dafa

In the spring of 2009, I worked in a shop, which sold cooked food. I clarified the truth and gave amulets to customers. I was framed by a wicked person and illegally kidnapped again by demons. When evil police took me to a hospital of the city's public security bureau for a physical exam, I heard one police officer shout with surprise, "Oh, there are two huge tumors with 19.9 cm in diameter in her abdomen. The small intestine is pushed out of shape and the bile is displaced." After I was put in a detention center, I went on a hunger strike the same day to resist persecution. There was only one thought in my mind: I must get out. Here is definitely not the place where Dafa disciples stay. I constantly sent forth righteous thoughts and looked inward. On the third evening, Master let me see with my celestial eyes (I cultivate with my celestial eyes closed) that the demons in other dimensions were disintegrated one after another and a big colorful law wheel that was rotating appeared. I knew that benevolent Master was encouraging his disciple. I seized the moment to clarify truth to the criminals there, persuaded them to do three withdraws from CCP, and taught them to sing Dafa songs.

Half a month later, my body appeared to be in a severe, dying state. They called an ambulance to send me to a hospital of the Public Security Bureau for rescue. My elder sister and her husband already had been informed and arrived at the hospital at this moment. My sister rightly interrogated the evil police why they captured a person without reason. She also cried and suffered. Bystanders angrily swore that the conscience of the police had been eaten by dogs. One policeman slapped his leg and said that he was not going to do things that lose de any more. Several evil policemen saw the situation and left dejectedly. This time, I had been persecuted to the point of being unrecognizable. Elder sister took me to her home. After I arrived at her home, I drank a few mouthfuls of milk and then I wanted to use the restroom. When I realized that my elder sister was not in the room, I thought this too was a test I had to overcome. I rolled myself from the bed down to the floor, and crawled to the restroom. My elder sister found out and stood in front of me. I only heard her say several words and then I passed out. When elder sister bent down to lift my head, she felt that I was already stopped breathing. My brother-in-law said repeatedly, "It's all over; even the dying excrement has come out." My elder sister cried and shouted, "Master, please save your disciple. This is your good disciple. She should not die." My elder sister shouted for half hour. I then came to myself. My brother-in-law excitedly said, "Dafa is great; it is magical. If I did not see it in person today, no matter what others say, I would take it as a legend. I truly believe it this time." My elder sister and brother-in-law hence both entered Dafa cultivation at the same time.

Despite having endured so many physical tribulations throughout these years, there is Master, and there is Fa. I have thus passed all these tribulations. Cultivating Dafa is blessing. What Master gives his disciples is the best. Master eliminated many bad things for me and my body has undergone a great change during this process. Now I can carry a bag of 25kg rice up 6 floors without feeling tired. It is not a big deal for me to carry an electrical-bicycle and walk. All the negativity of my previous states have disappeared. I have experienced: "Cultivation depends on one's own efforts, while the transformation of gong is done by one's

master.” ([Zhuan Falun](#)) As long as we do things conforming to the Fa, Master will help his disciples, and there will be no obstacles and tribulations that cannot be passed.

The above are a few experiences at my level. If there is anything inappropriate with the Fa, please benevolently correct me.

Chinese version: <http://www.zhengjian.org/node/137207>

Miracles in Dafa Cultivation

Article 9: Several Miracles on My Cultivation Path

<http://www.pureinsight.org/node/6107>

Author: Jinkou, a practitioner in Shandong Province, China

I am nearly 70 years old and hardly received any education when I was young. Ever since I began to cultivate, I knew Falun Dafa is good and extraordinary. I knew I was walking on a cultivation path with constant improvements, and Master has been taking care of me along the way. Today, I would like to share some of the miracles that happened to me on my cultivation path.

1. Beginning to cultivate

Many people in my city began to practice Falun Dafa in the spring of 1996. One day, a fellow practitioner gave me a copy of [Zhuan Falun](#), but I could not read it because I was illiterate. Upon hearing the importance of reading the book for cultivation, I was very worried. During a dream that night, an elderly man with gray hair came to me with a horsetail whisk in his hand. He waved the whisk over my book and told me that I could read now. Then the elderly man disappeared and I woke up. After I picked up the book, I surprisingly found I was able to read it! In addition, each line I was reading would bulge out. Since then, I began to study the Fa and do the exercises. Interestingly, although I could read all of Master's books and lectures, so far I am still unable to read everyday books.

When looking back, I realized that Master saw that I was anxious to study the Fa and helped me with that. I am very grateful for this.

2. Enlightenment during cultivation

I have stumbled along my way after beginning to practice and often encounter xinxing conflicts. One day when riding a bike passing a farmers market, I saw an apricot vendor and picked one to taste. It was too sour and I did not want to buy it. The vendor swore at me with dirty words. I gave him half a yuan and wanted to leave. He did not accept it and continued to swear at me. I was furious and argued with him. On the way home, I fell off my bike and landed hard on the ground, fracturing my left elbow. As a result, my left arm was much shorter than my right one. Nonetheless, I did not feel any pain (later I realized that Master helped me bear the pain). Upon returning home, my children were in panic seeing my arm and wanted to send me to a hospital. I refused and remembered a story in [Zhuan Falun](#) that a practitioner was all right after being directly hit by a car. Today, because of problems with my xinxing, I had conflicts with others. So it was my fault. In my heart I apologized to Master and firmed up my mind to do better. Since it was not painful, I did not pay much attention to it and still continued to do things as I used to do. Several days later, I noticed the bones had correctly rejoined together by themselves. I knew Master had helped me again and I was very thankful for that.

One day, a practitioner asked me to help her move a heavy stone plank. She did not know the accident I had in the past and I did not tell her about it, either. As I worked hard to lift the stone plank, the rejoined bones disconnected again. I did not pay attention to it and continued to do things as I usually did. Within

several days, the bones rejoined again and everything went back to normal. I knew Master helped me again.

3. Listening to the Fa

After the brutal persecution started in July 1999, several local practitioners including myself went to Beijing to appeal. Before our departure, some practitioners were concerned about my poor education, thinking that might cause difficulty to validate the Fa. Nonetheless, with a heart of respect towards Master and the Fa, I told them that I just wanted to go there and tell people that Falun Dafa is good. It did not necessarily require good education to say something from your heart. The practitioners were convinced. At the appealing center in Beijing, a few practitioners and I told those officials how good Falun Dafa is, asking them to pass the words on to higher officials. The officials considered me as a coordinator in my local area and did not believe I was a housewife who could not read. After returning home, I continued to calm down and study the Fa. One day, a practitioner gave me the new article "The Knowing Heart". I thought I could not read it and asked everyday people around me for help. However, they said they could not read it, either. I was thus very worried. While anxious to read the article, I suddenly heard Master's voice speaking in my ear, "Fa brings salvation to all..." The voice was loud and clear. I was then able to read the article and I recited it after reading it several times. It motivated me to be more diligent on my cultivation path.

4. Handcuffs opened by themselves

One day, I went to the countryside to distribute truth-clarification materials and someone reported me to the police. Police agents arrested me and handcuffed me to a chair. In the beginning, I looked at the situation with human notions. The more I struggled, the deeper the handcuffs went into my skin, leaving a scar that still remains today. A police officer laughed at me and said, "How about asking your Teacher to release the handcuffs?" I remembered that during one lecture Master talked about practitioners asking him for help when they are in danger. So I said loudly, "Master, help me! Master, help me!" Miraculously, the tight handcuffs opened themselves. This shocked the police officer and he stood there speechless. I was very grateful for Master's help and was in tears. When the police officers came back after lunch, this guy did not show up. From their discussions, I learned he had been knocked down by a motorcycle on the street and was injured. I thus told the officers that Dafa is good and clarified the truth to them. I also recited to them Master's article, "When people do not have virtue, natural calamities and man-made disasters will abound. When the earth does not have virtue, everything will wither and fall. When heaven deviates from the Dao, the ground will crack, the sky will collapse, and the whole universe will be empty. When the Fa is right, the universe will be right. Life will flourish, heaven and earth will be stable, and the Fa will exist forever" ("[When the Fa is Right](#)," [Essentials for Further Advancement](#)). The police officers listened quietly and released me the next day.

5. Righteous thoughts

After the persecution started in July 1999, police officers always watched me and followed me. With belief in Master and the Fa, I was not afraid of them at all. Almost every day I went out to distribute truth-clarification materials, clarify the truth, and later to ask people to quit the Chinese Communist Party and its affiliated organizations. One day, two police officers came and knocked hard on my door. The door was made of metal bars and we could see each other clearly. Realizing that the police came repeatedly to harass me, I sat in the lotus position, looked them in the eye, and began to send forth righteous thoughts.

In my mind I was clear, “This is the home of a Dafa disciple. Master will help and no evil is allowed to come in.” The police were stunned and left. They never came back again. From this, I understood better Master's article, “[Dafa Disciples’ Righteous Thoughts are Powerful](#).” ([Essentials for Further Advancement II](#))

Above are some of my experiences. Please point out anything inappropriate.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/2/12/71794.html>

Article 10: Miracle in the Park

<http://www.pureinsight.org/node/6998>

Author: Hui Rong, a Dafa Disciple in China

May 9, 2015 was National Nurses Day. A few local hospitals organized some hospital staff to hold a group clinic in a public park. I accompanied Hui Jie, my seventy-five-year-old wife to the park. The hospital staff had already set everything up. All sorts of treatment equipment were on display at various booths. Many people came for treatment. Even more people gathered around to watch.

My wife Hui Jie and I got in line at a booth with an electric manometer blood pressure monitor. When it was our turn, I politely asked the nurse, "What is the highest blood pressure this monitor can measure?" "How high can a person's blood pressure reach?" the nurse replied sarcastically, glaring at me. "Can it measure above 300?" I asked. "Doesn't a person die well before their blood pressure reaches 300?" The nurse's tone was ridiculing.

Hui Jie had already rolled up her sleeves and secured the monitor at her elbows. "Ma'am, how is your blood pressure so high!? Director X, this lady's diastolic pressure is 230, and her systolic pressure isn't showing." Director X replied, "It's not showing? Impossible!"

Director X then personally operated the monitor and stared at us, muttering, "It seems like this lady's blood pressure is well above 300. Quickly go and check this out at the Big Hospital." We both replied, "We don't want to go to the Big Hospital." "Why not?" replied Director X. "Twenty years ago, we both had symptoms of heart failure. The Big Hospital was helpless and could only give us medication. They told us to use the 'Rapid Effect Shan Hai Dan Heart Saving Pill' to postpone our deaths... My wife has already been shocked twenty-seven times. After seeing that the Big Hospital could not cure us, we changed our thinking and tried Falun Dafa. Through studying the Fa and doing the exercises, our symptoms of heart failure disappeared. She never again needed shocking. Even my emphysema and diabetes went away..." "Really!?" Director X and the nurse were so surprised that they were in a daze. I continued "Haven't your 'scientific' instruments already proven that we've transcended the limits of human survival? Using your knowledge, when a person's blood pressure reaches 260, it is a flat red line. Anyone nearing this red line will die. Our blood pressure has well exceeded 300, yet we still live well. Can your medical theories explain this? Not only has Falun Gong treated many incurable diseases, but also those with blood pressure over 300 still live well. This is really a miracle!"

This news was like thunder, shocking the medical staff, patients and onlookers. It quickly spread in all directions...

Chinese version: <http://www.zhengjian.org/node/145727>

Article 11: A Miracle

<http://www.pureinsight.org/node/6204>

Author: A Dafa Disciple in Changchun City, China

I am a Falun Gong practitioner in Changchun City. Around 6 pm on May 17, 2003, when crossing a road to take the route 64 bus, I was hit by a white truck. Because of another big truck nearby obstructing our view, the truck driver and I did not see each other. I felt as if flying when the truck hit me at high-speed. I also heard one woman cry out as she witnessed the scene. After I fell back on the ground, the truck pushed me half a yard forward and stopped. By then my shoes had been thrown more than 20 yards away. The truck driver jump out and came over to me, and I asked him if he could get my shoes for me. By then, many pedestrians had stopped to see what had happened. I did not move and was still clutching my bag, in which there were Falun Gong exercise music cassettes and a cassette player. I also had a cell phone and a pair of glasses with me and both of them were undamaged.

The truck driver picked up my shoes and came back. He seemed to be a government officer in his 40s. Thinking it a good opportunity to clarify the truth, I said, "I am a Falun Gong practitioner and I will not take advantage of you by extorting money. I am all right due to practicing Falun Gong. If you had hit someone else, you would have run into big trouble. From this experience, please keep in your mind that Falun Dafa is good." When hearing I was a Falun Gong practitioner, he looked even more nervous than when he first got out of the truck. I thought he should not ignore the incident that had just happened. I then remembered a story in [Zhuan Falun](#) that a practitioner was fine after an accident, but a big dent was left on the car. I went up to the car and found two new big dents on the hood. I said to the truck driver, "I'm sorry about the two dents." He had been observing me all this time and, upon hearing that said, "No problem." Then I went to a nearby bus station to wait for the bus. The driver left after seeing I was all right.

Many people who observed this said I was a very kind person. They were impressed that Falun Gong practitioners were such good people. One person said to me, "Remember the truck's license plate number. Please do not let the truck driver go so easily. I have seen an incident in the past where the victim let the driver go, but on the next day he was hospitalized." I explained to them, "I am indeed all right. Plus, he did not hit me on purpose. Falun Gong practitioners always want to be better people. How can I extort money from him?" By then, the bus came and I got on it. The group of people still kept staring at me after I stepped on the bus. The passengers on the bus were surprised and asked what had happened. One of people said, "He [me] was hit hard by a truck but is alright. It seems practicing Falun Gong is really beneficial." Then the bus left.

People who see or hear this story may learn something from it. In China, where many people follow atheism, this miracle may make them reconsider.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/9/7/77182.html>

Article 12: Miracles That Happened to a Young Practitioner

<http://www.pureinsight.org/node/6186>

Author: Orally stated by Xiaobao, recorded by Chengyu

I have been following my mother to distribute truth-clarification materials for several years. When I was a couple of months old and unable to walk, my mother carried me. After I learned to walk, my mother held my hand as we walked together, and now I can distribute materials just like her. Below are some miracles I recently witnessed when distributing truth-clarification materials.

One day, my mother and I went to distribute Shen Yun performance DVDs in a large community. Mom gave me the DVDs when she saw bikes for me to put them on. There was a magic mirror, which first shed light on the bike seats and highlighted those with little dust—meaning they were in active use. After I followed her directions and placed the DVDs in the bike baskets, a blue membrane came out of the mirror to cover each DVD so that vicious people could not see it. Then a light bulb came there emitting strong light to enhance the DVDs with energy. By then, the DVDs were immersed in a golden, shining word “salvation.” That magic mirror also had many other functions. For example, it marked bikes that had received DVDs previously for me to skip them, and the marks were very clear in other dimensions. The mirror also had a pen, which recorded how many bikes had received DVDs and which building and unit they belonged to.

All the DVDs we distributed emitted a shining, golden light. The bag that my mother carried, which contained many DVDs, became a big energy source. One day when returning home with my mother after distributing DVDs, I saw the windows of my home emitting a shining golden light. Other homes did not have such light since they did not have Falun Gong books, the picture of Falun Gong's founder, or truth-clarification materials.

Master also helped me distribute the DVDs directly. Sometimes, a rope emerged from the DVDs and it directed the DVDs to fly into the bike baskets whose owners had a predestined relationship with Dafa. Although it was mother and I who were distributing truth-clarification materials in this dimension, Master helped us a lot in other dimensions.

One day, when seeing mother preparing the DVD covers, I said to her, “Mom, please leave some work for me. I also want to do something to validate the Fa.” The last step of the work was to fold one side of the cover and I did all of them. There were about two hundred of them and it took me nearly one hour to finish. Mom praised me for that. Master also sent some energy to me to reward me, some of which was in the form of letters like “good” or “super.” They all flew into my dimension. I was very grateful for Master's compassion.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/6/22/75368.html>

Article 13: Witness the Miracles in the Grace of Dafa

<http://www.pureinsight.org/node/6174>

Author: Zhen Lian, a Dafa Disciple in Shan Dong, China

Obtaining the Fa

There is an old saying; "If one escaped from death during a great catastrophe, blessings will follow." I was just like that. When I was a kid, I was so naughty I climbed everything up and down, caught cicadas and locusts, enjoyed playing in mud and water. I was not like a girl at all. Once, I fell into deep water but I did not drown. On another occasion I ate poison by mistake but I did not die, (I would have died if the ambulance had arrived 10 minutes later). My grandma said in the future I would be blessed.

Indeed, I was a lucky one among sentient beings. The blessing was brought by benevolent Master and Falun Dafa. Among fellow practitioners in the China, I was lucky to see Master in person. At that time, Master held a class at a county in Shandong province. Master utilized his free time to teach the Fa to companies nearby.

My mother-in-law and I had practiced many different Qigong. We went to every Qigong seminar. As a result, our bodies were full of black material. At that time, we did not know Falun Dafa was the Fa of the universe. We just thought about learning something from it. Unexpectedly, we met the true Buddha. We read [Falun Gong](#). We did not realize the predestined relationship was the opportunity of ages. Over ten years passed, I still vividly remembered Master's voice and majestic figure.

"I think that those who can listen to my lectures in person, I would say, honestly... you will realize in the future that this period of time is extremely precious. Of course, we believe in predestined relationship. Everyone sits here all because of a predestined relationship."([Zhuan Falun](#), Lecture One: "Genuinely Guiding People Toward High Levels")

Cultivation

After July 20, 1999, the whole of China was messed up by the gangster, Jiang Zemin. The media throughout the country slandered Falun Gong. Falun Dafa disciples were arrested and tortured. My parents were arrested and their home was raided. The "610 Office" took away all our video tapes and books of Master's lectures. They forced me to write a "letter of guarantee" not to practice Falun Gong for my parents. They also forced me pay 4000 Yuan before they released my parents. (Here I wanted to declare seriously that the so-called "guarantee" I wrote is invalid). Like many other Chinese people, I was lost in the lies promoted by the media. Moreover, because my family member passed away, my spirit was very low.

When my father gave me a brand new [Zhuan Falun](#), I turned the cover and saw Master's benevolent smile. I suddenly burst into tears. "Master, I shall study the Fa well and return home to heaven with you." Although I already started to cultivate, I did not know how to cultivate diligently.

I did not study the Fa very often; neither did I do the exercises much. As a result, I wasted several years. In 2003, my mother passed away. She could not let go of her illness, although she did the exercises. I was in deep sorrow. However, it woke me up. I could not slack off like before. I wanted to be a true Dafa practitioner. I started to carefully study [Zhuan Falun](#) and all the lectures with my father. I wanted to make up for lost time.

I seized all available time to cultivate solidly. Every day I sent forth righteous thoughts on time. I clarified the truth and asked people to quit the Chinese Communist Party (CCP) as long as the situation permitted. At the beginning, I was afraid to clarify the truth; later I let go of the fear and was able to clarify the truth by not following ordinary people's attachments. Cultivation was hard. One needed to treat oneself as a true cultivator, let go of fame and personal interests, let go of attachments and many other human notions. I remembered the first time while my karma was eliminated. I had fever and pain all over my body. I took two days off and kept listening to Master's lectures.

My family was afraid that the sickness might get worse so they asked me to take medicine. I said I was fine and I took the opportunity to explain them what Falun Dafa is. I told them this was a small test and I would get well very soon. I thanked Master for eliminating my karma. The next day I was able to eat and drink and I got back to normal very soon. Later, when I went through other sickness karma, my family no longer asked me to go to the hospital. They knew that I was eliminating karma.

One time, my whole family except for me caught cold and had fever. Before that, every several months I would always take some sick days off. Now I no longer took sick days off. In the past, when my company asked for nomination for the employee of the year, I always thought I should win the title. Now I give the title away to others. I followed Master's requirements to be a true cultivator. All my previous sicknesses such as headache and gynaecopathia were gone. I was full of energy. Although I am fifty years old, my face glowed with rosy color without any spots. Every day I slept only five or six hours without a nap. Many people at my age had presbyopia while I was able to read words of different font sizes. My family witnessed the miracles that occurred to me. I also brought them truth clarifying materials. Gradually they all knew the truth and quit the CCP. Among them, two obtained the Fa and many have been blessed.

Blessings

After July 20, 1999, my child's uncle did not believe the Chinese government's slanders about Falun Gong. Instead, he managed to find [Zhuan Falun](#) and read very carefully from cover to cover. Then he said, "The Chinese Communist Party always lies. The book [Zhuan Falun](#) did not say anything about 'don't take medicine.' Whoever believes the CCP is stupid." He liked to read the truth clarifying materials. As a result, although he is almost sixty years old, his white hair turned black. A bump on his skin disappeared without notice.

My sister and her friend were hit by a car while crossing the road. Her friend died immediately. My sister survived because she had quit the CCP.

My daughter did not go to high school. She took the national college test several years ago. Before she went into the examination room, I asked her to recite, "Falun Dafa is good. Truthfulness, Compassion and Forbearance are good." She scored 40 points more than the undergraduate minimum qualification requirement. She was admitted to an excellent university. In the university, she continued to study very well and earned a scholarship.

I had a co-worker in her thirties who could not get pregnant. I clarified the truth to her and gave her a Falun amulet. Both she and her husband quit the CCP. Three months later, she became pregnant. Her child is now four years old.

One of my family members had a car accident two years ago. He had multiple pelvic fractures. The doctor said surgery would cost at least 30,000 Yuan, excluding the hospitalization fee. We discussed this and

decided to use modern treatment, bandage, and plaster. He was hospitalized for only one week. I played Master's lectures for him. Half a year later, when he was able to stand up, and he practiced the first exercise. He was fully recovered one year later.

My younger sister had breast cancer ten years ago. She had a major surgery and then she became very weak. Two years ago, her cancer recurred. I already helped her and her family to quit the CCP. So she was very calm when she was diagnosed with cancer again. She said she wanted to learn the Falun Gong exercises. So I taught her the five sets of exercise and also brought her a copy of [Zhuan Falun](#). I reminded her several times to read the book. After she was discharged from the hospital, her husband told me she recovered well. When she did the exercises, she felt the energy channel between her head and feet was unblocked. She felt none of the symptoms like after her first surgery. At that time, she had abdominal distension.

Falun Gong is so great. Many miracles happened to my family and friends. We all witnessed the wonder and magnificence of Dafa and are bathed in the grace of Buddha.

There are many obstacles on the path of cultivation. I shall work hard to do the three things. I must never be unworthy of Master's expectations.

Chinese version: <http://zhengjian.org/zj/articles/2011/5/22/74674.html>

Article 14: Miracles That Happened to Several Elderly Female Practitioners

<http://www.pureinsight.org/node/6106>

Author: Tianming, an Overseas Dafa Disciple

Being illiterate but able to read the Fa

One elderly lady had many illnesses before practicing Falun Gong. Sometimes she skipped meals, but not medicines. After hearing that learning Falun Gong was free and its effects were good, she came to learn it. However, when she was told that it is important to study the Fa, she was worried, “I hardly know any words.” Nonetheless, whenever others read the Fa, she also held the book respectfully. When others asked her which sentence was being read, she said she did not know. This continued for a long time and she never missed Fa-study. When practitioners shared understandings, they often invited the elderly lady to say something. Upon being asked, she often said, “I’m a practitioner and I’m glad that Master is taking care of me. When things come up, I need to check if I did something wrong.” Gradually, she stopped taking medicine and was able to read through [Zhuan Falun](#) without missing a single word. Interestingly, even for the same word, she could not recognize it if it was in another book. Five children of the elderly lady also began to practice one by one.

After the persecution started in 1999, this elderly lady continued with Fa-study. Right now, she is almost 90 years old and is still very healthy. Many neighbors say, “This lady is so healthy at this age—it means Falun Gong is indeed good.”

A miracle that happened to my mother

My mother had many illnesses and one day she did not feel good. In the beginning, I did not know what to do. Then I remembered Master’s words in [Zhuan Falun](#), “Falun Dafa disciples are absolutely forbidden to treat patients. You can read this book to a patient. If the patient can accept it, it can heal illness. But the results will differ according to each person’s amount of karma.” I read this section to my mother and, miraculously, she felt much better after a short time. I helped her walk in front of Master’s picture she said, “Now I know that a Buddha has saved my life.” On that day, she began to practice Falun Gong.

After the persecution started in 1999, my mother went to Beijing many times to appeal and was arrested numerous times. Nonetheless, she never yielded to the evil. Even when she was forced to stay away from home, she kept on clarifying the truth to other people. One day after going out for truth-clarification, she fell down into a deep ditch by the roadside with her tricycle. The ditch was very deep and there was nobody around. Her leg was also injured and she was bleeding severely. She thought, “Teacher, I’m not familiar with this area and have fallen down into this deep ditch. Can you help me to get back home?” In this way, Master helped her get out of the ditch and return home safely.

The sudden disappearance of pain

An elderly lady temporarily lived with her daughter, who was not a practitioner. Her grandson was having a wedding soon and wanted her to stay for a few more days. However, this practitioner had illness karma and because of the pain, she even needed other people to take care of her. She thought, “I’m a practitioner and it’s hard to validate the Fa without good health. Plus, I have to rely on other people to help me.” Therefore, she burned incense and asked Master for help. Right at that moment, the pain

stopped immediately. This practitioner was very grateful and told this story to her daughter. Her daughter was also very happy and said, “Falun Gong is really amazing!”

Because of their advanced age and limited education, these elderly practitioners did not seem able to discuss or write down many of their understandings on Fa-principles. Nonetheless, with a firm belief in Master and the Fa, they are modestly validating the Fa and saving sentient beings.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/2/15/71868.html>

Article 15: Falun Dafa is Most Extraordinary

<http://www.pureinsight.org/node/6091>

Author: A Dafa Disciple in Yunnan, China

I am seventy-eight years old now. Before I obtained the Fa, I had been looking for a way that could provide a wonderful future for my life. When I was forty years old, I was very ill, especially with heart disease. Modern medicine could not cure my diseases, thus I had to ask Gods and Buddhas for help. Each month on the 1st and 15th I went to a temple to worship. Every time when someone mentioned some temple was popular, no matter how far away it was, I would go there. I wasted a lot of money, but still did not find the true Buddha. My diseases did not get better, but instead got worse. The relationship with my family became worse as well. My body and soul were tortured every day.

In February 1998, I started to practice Falun Dafa. Finally, I had found the true Buddha! Ever since then, Master has arranged for me to walk the path of returning to my original true self. In those days, my fellow practitioners and I studied the Fa together and compared how we studied and cultivated. I felt so happy while doing the exercises. My diseases were all gone. My body was healthy, my spirit was high and I got along with my family very well.

1. With one person practicing, the whole family benefits.

My granddaughter liked to listen to Master's lectures. She also learned the exercises from me. When she was four, she fell down from her mother's bike. She was perfectly fine. At the age of five, one day I took her to a grocery store, and the storeowner's sliding weight from a steelyard, fell on her head. Again, she was fine.

My son practiced Falun Dafa until the Chinese Communist Party started to persecute Falun Gong on July 20, 1999. Although he stopped practicing, he fully supported my cultivation. One day in April 2009 while my son was riding his bike, a big truck hit him head-on. He and the bike were dragged by the truck for over ten meters. The truck driver did not stop the truck until he heard people shouting. My son was sent to the hospital. The doctor cleaned his bloody and muddy left leg with a medical liquid and found that the muscles below his knee were torn apart and there were only bones left. When the doctor performed surgery to graft skin onto my son's leg, he said the result would be bad if anesthetic was used, thus he cut some skin off his upper leg without using any anesthetic. My son had two surgeries without anesthetic. However, my son did not feel the pain at all. He heard the doctor talking and the sound of cutting clearly. Everyone was surprised. My son was hospitalized for two months. When he was discharged from the hospital, he used crutches to go upstairs. The next day he did not use crutches at all. He recovered very well without any aftereffects. My son said that when the truck hit him, he saw Master in yellow clothes had come to rescue him. I told him that Master still waited for him to come back. I encouraged him to fulfill his vows, accomplish his historical mission and not let Master down.

2. Step out and validate the Fa

On July 20, 1999, the Chinese Communist Party started to persecute Falun Gong. I thought we cultivated "Truthfulness", "Compassion" and "Forbearance" and that there was nothing wrong with being a good person. I wanted to tell people the truth. In 2001, I started to pass out truth clarification materials. Some

practitioner has said that if I went outside to clarify the truth, I might be arrested. I said my life was given by Master and I had no fear. My only concern was that my Dafa books might be confiscated.

I went to grocery markets and villages to pass out truth clarification materials. The evil was most rampant during 2001 and 2002. I wrote down “Falun Dafa is good” on paper and made many copies. Although the content was not as rich and beautiful as today’s materials, the effect of frightening and eliminating the evil was extraordinary.

Every Chinese New Year’s eve, I post truth clarification materials on newspaper stands. During Chinese New Year, people rarely change the newspapers since everyone is busy with festivities. There are not many people on the streets, so it is easy for me to post the materials. The next day, many people would go outside and they could read the truth clarification materials everywhere. In the past several years, I have posted truth clarification materials in many places, and every time I went home safely. Neither did I miss the time to celebrate the Chinese New Year with my family.

In December 2005, I went to a big village to pass out truth clarification materials. There were many people shopping that day, so I wanted to pass out more materials. I was followed by a plainclothes policeman. I felt nervous and asked Master for help; I was doing the most righteous thing in the universe and no evil beings were allowed to interfere. With my righteous thoughts, nothing happened. I went back home safely.

Since June 2004, I had spent a lot of money on photocopying truth clarification materials. In January 2006, I purchased a copy machine. In July 2009, I bought a four-in-one machine for our Fa study group to use.

3. All things are sentient beings

In the three realms, from each blade of grass to each tree, from human beings to objects, all sentient beings came here for the Fa. Here I would like to share some stories with fellow practitioners.

One time the flame from our gas appliance was small, so I said to the appliance, “You came here for the Fa. Please remember Falun Dafa is good! Truthfulness, Compassion and Forbearance are good! From now on, please make big fire and smoke.” The gas appliance really listened to me. The fire and smoke from the appliance got big, I realized I had made a mistake, so I said to the appliance, “Sorry, I made a mistake, please turn off the smoke. Only make the fire bigger.” Several days later the smoke disappeared.

I made oil-fermented bean curd in a pot. Half a year later, I opened the pot; however, I did not see any oil inside. Where did the oil go? I thought Dafa could rectify anything bad. Therefore, I said to the pot, “Falun Dafa is good! Truthfulness, Compassion and Forbearance are good!” I then saw oil oozing from the bottom of the pot.

We had some bags of rice at home. After some time, the rice deteriorated. I said to the rice, “Falun Dafa is good! Truthfulness, Compassion and Forbearance are good!” The rice then changed back and became tasty again.

From these things that I have witnessed, I know Dafa is extremely extraordinary and miraculous!

Chinese version: <http://www.zhengjian.org/zj/articles/2011/1/22/71248.html>

Article 16: A Miracle, an Interesting Event, and a Fortunate Event

<http://www.pureinsight.org/node/7347>

Author: A Dafa Disciple in China

On March 2, 1999, I went to my neighbor's house at noon to learn Falun Gong. Previously this veteran practitioner had enthusiastically told me about the Fa and lent me the treasured book [Zhuan Falun](#). As soon as I entered his home, I heard a sound that seemed to be transmitted from the depths of the universe, level by level. I had never heard that kind of sound before. It was deep, three-dimensional, echo-like, from far and near... It turned out that Master's recorded lectures were playing. From that day forth, I officially began cultivating in Falun Dafa.

Before cultivation, I had many lingering illnesses. However, once I entered the door to cultivation, the awe of my soul and joy in my heart made me forget about my illnesses, which all gradually disappeared. My body felt light, and I was happy inside. I even bobbed while I walked.

I have experienced many of the manifestations of the gong that Master spoke about in [Zhuan Falun](#). The most interesting thing happened a few days after I began practicing before I had fully learned the movements. One day at noon while I was microwaving some bread, I conjoined my hands. As soon as I conjoined the hands, I heard a loud sound, and the microwave stopped. I thought the microwave malfunctioned, but it worked again when I reset it. I later realized that it was my presence that disturbed the microwave's function. For a period of time, I had to set the microwave, and then immediately go to another room away from the kitchen for it to function. This is what Master was referring to when he said that practicing results in gong production. Practicing Falun Gong results in gong production very quickly!

In the early stages of my cultivation, while meditating I once saw a blue Falun, which was beautiful, clear, and bright. It emerged from the corner of my left eye, rotated three times, and then left the corner of my right eye. Another time while meditating, I saw that my body was transparent. Another time after waking up from a sleep, I was very clearheaded. I was still lying on the bed when I felt my body was enveloped by a huge energy. With the sound of rotating Falun, my body began floating and twisting in the air before it descended and became one with my body lying on the bed. I believe that Master was using Falun to purify my body.

Cultivation is so mysterious and beautiful. Even though sitting in the double lotus position is difficult, the bitterness of cultivating one's heart can be heart-wrenching, and the evil's persecution is like a mountain pressing down, Master's Fa is like a rain that quenches my thirsty soul and washes my body of dust. I feel that master is beside me always watching over me and hinting at me. Master knows every action and thought. Knowing that Master is watching over me makes me feel very fortunate and happy!

Our entire family has benefited from Dafa. The neurasthenia that my husband developed during college progressed into autonomic disorders, and depressive neurosis (the diagnosis at the time, which I think is completely in line with symptoms of depression). As a man in his twenties he would come home after work and lie in bed, his entire body suffering and without energy, depressed and disgusting. He immediately became better after practicing. Even though he stopped practicing after the persecution began on July 20, 1999, his symptoms never came back and were completely eliminated. A few years ago, a hard gray bump with a black dot in the center appeared on his chest. Later this bump grew to the size of a peanut. No one knew what it was, and he was very nervous. I told him to keep cultivating and that

Master has never let him go. “Haven’t you felt him hinting at you often?” Half a month after my husband began practicing again, the bump burst open with pus and quickly disappeared after, leaving a small dent in his chest.

My many relatives who do not cultivate have all benefited from reciting the nine words of truth “Falun Dafa is good; Zhen-Shan-Ren is good.” They include people with insomnia, backache, diabetes, cholecystitis, herpes zoster, and prostate hypertrophy that impaired urination. Everyone benefited with the pain easing or disappearing completely. My younger brother had such a backache that he could not sit or lie down and could only stand. He recited it once and got better. “This is too miraculous!” He was so shocked and stunned! My son’s good friend had cholecystitis gallstones and could only drink some vitamin water and porridge. My son clarified the truth to him at a restaurant and told him to recite those nine words. That day they ate two meals together, and he could eat anything. He carried the “Tianci Hongfu” booklet that he was given on him daily. He could eat and drink anything and was cured!

My mother-in-law suffered from severe heart failure. In November 2014, she became ill. For many days she was unable to lie down to sleep, she was short of breath, and she could not eat. Her face was swollen when we went to see her, and she was planning to stay at the hospital. I told her that going to the hospital could wait one day and that she should be given a chance. I clarified the truth about Dafa to her in detail and gave examples of miracles regarding people who recited, “Falun Dafa is good.” She began to recite it with her heart, crossing her legs every half hour to recite. She could lie down to sleep that same night and gradually healed to normal status. She even went on a vacation to the South during the spring of 2015.

The biggest miracle happened with my sister-in-law. Half a year ago, they found a 3mm large ground glass-like nodule in her lung on CT scan. A month ago, another examination revealed a new 8mm large nodule. Experts from several hospitals in the province and the Beijing 301 hospital recommended surgical removal based on the nodules’ shape, size, and rate of growth. My brother and sister-in-law were very nervous and anxious because my sister-in-law’s father died of lung cancer. I visited their house and told them the miracles of people who recited those nine words, printed out many examples of people reciting, “Falun Dafa is good,” and gave them a few copies of the booklet “Tianci Hongfu.” I encouraged that if they sincerely recited it, miracles could happen. Twenty days later, before the surgery, a CT scan revealed that the lungs were clear. Both nodules had disappeared, and she no longer needed surgery! My sister-in-law was so moved that she burst into tears. The doctors could not believe it. They had not misdiagnosed it originally, but they could not explain what happened.

My entire family is bathed in the magnificence of Dafa. Some have obtained Dafa and cultivate Dafa. How fortunate! I just wanted to spread these true stories to more people. The Dafa that brings fortune to sentient beings is right by your side. Please cherish it and do not miss it!

Chinese version: <http://www.zhengjian.org/node/244564>

Article 17: A Mystical Little Girl

<http://www.pureinsight.org/node/7212>

Author: Mei, a Liaoning Dafa Disciple in China

In the age of the Dharma's end, ghosts and demons are regarded as the Dao. For the purpose of saving the universe's sentient beings, the Lord Buddha has led Dafa Disciples in overcoming countless obstacles and has descended to the human world to save sentient beings lost in delusion. Now I will switch to the first-person voice to tell a story about a fellow practitioner and her grandchild, allowing us to better understand the difficulty of salvation and Master's boundless compassion.

I only have one daughter. My daughter and son-in-law work at city government. My son-in-law has a very peculiar family. His dad is an evil communist party secretary for a large state enterprise company. His mother is an evil-party member. His grandfather and a few of his uncles are police officers; in total, there are over seven of them. They have all been poisoned by the evil party, and are unable to differentiate good from bad. As a practitioner who cultivates Truthfulness-Compassion-Tolerance, they were very cold and indifferent toward me and connived my son-in-law in beating and bullying me. When this happened, even my own daughter would stand by the side in indifference.

My daughter and son-in-law both felt that my distributing truth clarification materials on the street and urging people to make the three withdrawals from evil communist party would have a negative impact on their future and cause them to lose status and face. They thus vehemently opposed me. In order to keep me from studying the Fa, doing the exercises and clarifying the truth, my son-in-law would often punch and kick me without any signs of holding back—even if his dad and mom were on the scene. In fact, his parents did not find it disgraceful and never stopped him, even feeling that he did not attack forcefully enough. In the face of their cold indifference and callousness, I was deeply pained in my heart. I felt that they were poisoned by the CCP's lies deceiving the world, to the point that they would disregard familial affection and basic ethics. I felt very sorry for them. No matter how they treated me, I was not scared, and harbored no discontentment or hatred. I continued to maintain my faith, and followed Master's requirements in doing the three things as before. I maintained my patience and compassion in clarifying the truth to them, but because they were scared for their futures, they would always refuse listening or believing in what I said.

My daughter's family has one daughter, who is five years old this year. Because her parents were always out and unable to take care of her, the task of raising her fell on my shoulders. I have to do well what the Fa requires of me as well as harmonize the family, so while looking after the child I would always remember to study the Fa, do the exercises, and clarify the truth. As she got older, I taught her to memorize Hong Yin, had her watch Shen Yun DVDs, and told her cultivation stories. I would even take her to clarify the truth and give out flyers with me. Thus, this little girl grew up basking in the Fa's light. Though the girl is only five, she is like a little fairy. She is incredibly smart, and speaks in series of complete sentences like a small adult. The entire family loves her.

My son-in-law's father has had diabetes for a long time and strictly abstains from eating sweet foods. In 2004 he was diagnosed with cerebral hemorrhage and needed surgery on his head. In 2013 he was diagnosed with stomach cancer and had to undergo the surgery to cut off the stomach. To add hail on top of snow, in May 2016, he was affected with cerebral thrombosis. Consequently, he is in bed all day and

cannot take care of himself in day to day life. He needs someone to feed him food, and became intellectually handicapped. I had previously clarified the truth to him many times, but to no avail. After he was sick this time, I would often bring my granddaughter to see him. His granddaughter always behaved very well. If she were not bringing him food, she would be feeding him water and medicine. Upon seeing that grandfather was not happy she would sing, dance, and draw for him. Every time she came along, she was able to bring a smile to her grandfather's normally dejected face.

One time, she painfully said to her grandfather, "Grandfather, I love you, and I don't want to lose you. Grandfather, you are already in this state. Can you accept this? Grandfather, you also love me, you also don't want to go right? Grandfather, only by believing in Dafa and not opposing Dafa can you be saved. Grandmother cultivates the Buddha Fa, and you support dad in beating grandmother. You are wrong. Do not do this in the future. Look how good grandmother's health is. Grandfather, if you sincerely recite 'Falun Dafa is good, truthfulness-compassion-tolerance is good', Master will protect you. You will then be able to live."

Her grandfather asked, "Do you believe in Falun Gong?" His granddaughter replied, "I do, because grandmother believes, and Master protected me! One time I was playing at home when I accidentally swallowed a fifty-cent coin. I was so scared and started wailing. Grandmother knew that something happened to me and told me to recite 'Falun Dafa is good, Zhen-Shan-Ren is good'. When dad heard it he started hitting grandmother, but grandmother did not move and continued to recite. In the end, I was able to spit out the coin I had swallowed. It was only then that dad knew I had swallowed a coin into my stomach. Another time, dad kicked grandmother out of bed, and grandmother's leg got swollen so big (as she was talking she gestured with her hands). Grandmother took me outside to play, but when we were at the door, she realized that she had forgotten something (truth clarification materials), so she left me at the doorstep as she went back inside to get it. At that moment, I accidentally fell and started tumbling down the stairs. Grandmother was not able to grab me in time and yelled loudly, 'Master, please save the child.' As she yelled, she ran down the stairs and grabbed me as I fell into her arms. I told grandmother that her shoes had fallen off and that I was not hurt and did not feel any pain. During this time, mom and dad were walking up the stairs and when they heard yelling they were not happy and wanted to hit grandmother. Grandmother told them what happened, saying 'It was Master who saved the child from injury!' Just from these two incidents, doesn't it show my Master's great mighty virtue?"

As the girl finishing telling her two stories, she pressed her hands in front of her chest to heshi and said in a sweet, childish tone, "I love Master. Thank you Master!" I asked, "How will you thank Master?" She said, "Get a pen, draw a heart, and I will give the heart to Master!" As she said this, she put her two hands in front of her chest and made a grateful gesture. Her pure and sincere gesture was just so adorable, and everyone on the scene was moved. Her grandfather embraced her in his arms with tears streaming down his cheeks. The girl's grandmother also cried, saying, "This child is so good, she behaves even better than her grandfather!" At that moment, she pulled out two thousand yuan to give to her granddaughter.

Her grandfather asked again, "How do I learn Dafa?" She said, "You should treasure the things grandmother gives you and keep them in a safe place." Grandfather says, "Teach me the ones you know." She then recited Hong Yin poems to him while having grandmother write them down. She also taught her grandfather the movements of the third exercise.

Afterwards, grandfather never again opposed Dafa, and would even sincerely recite, "Falun Dafa is good, Zhen-Shan-Ren is good." He would always willingly accept truth clarification materials. He not only listens

to Master's lectures, but also reads Minghui Weekly and Zhengjian Weekly. He has also done the three withdrawals. Two months later, he is now able to eat any type of food and his blood sugar has even appeared to be low rather than high. He is able to feed himself on his own, his appearance is fairer, and has gained considerable weight. When his family saw his changes, they realized that it was a miracle brought about by Dafa and no way opposed Dafa thereafter. They even invite me to their homes often and my son-in-law has also stopped attacking me.

Finally, I want to use a poem "What Dafa disciples said is right" from Master's [Hong Yin IV](#) to share with the world's people; I hope that people will understand the truth and not miss this extremely rare predestined opportunity:

*"What Dafa disciples said is right
Joyous over achievements in fame and gain
Rising up and falling down amid feelings and illusions
People meeting or parting, dreams fulfilled or broken
Busy for fame and gain, yet it's all acting in a play
Beauty fades as soon as it appears, like the epiphyllum flower
Looking back, bitterness mixed in many feelings
What really is life for
What Dafa disciples said is right
I only hope I haven't missed the opportunity"*

Chinese version: <http://www.zhengjian.org/node/154918>

Article 18: The Miraculousness of Dafa

<http://www.pureinsight.org/node/7128>

Author: Lian Cheng, a Dafa Disciple in Mainland China

I obtained the Fa in 1998. Before cultivation, I suffered from various illnesses; I was 40 years old at the time. I had been diagnosed with geriatric syndrome. I took medicine every day, but to no avail. After I began cultivating in Dafa, all my illnesses disappeared without a trace; the miraculousness of Dafa manifested itself in my body. Below I would like to share a few experiences of mine after I began practicing Falun Dafa. Please point out if there is anything inappropriate.

Passing the Test of Illness Karma

One day, I woke up to do the sitting meditation, and my legs started aching badly. I thought in my heart, “Is Dafa truly as miraculous as they say?” Every day I have to suffer this same hardship. I put down my legs and did not want to continue. After eating breakfast, I walked down the stairs and accidentally sprained my ankle. It hurt so much that I had to sit on the floor for quite a while before I could get up. I recalled that my thoughts when exercising in the morning were not right. When I came back home at lunchtime, my leg was already swollen. My family members told me not to go out – the more I walked, the less my leg would be able to heal. After dinner, I went out to attend our local Fa study group as usual, I did not think too much about my ankle. When I woke up to do the exercises the next morning, the swelling had subsided and my leg was as good as new. My family members all witnessed the miraculousness of Dafa, and the doubts I had toward Dafa changed into resoluteness.

One day I was helping a fellow practitioner’s family do some work and felt that my leg was aching a bit. On the way back home, it started hurting really badly. I thought to myself that I am a Dafa disciple, so I persevered in walking back home. After arriving home, my leg hurt so much that I could not move it. What really worried me was that I could not cross my legs to do the fifth exercise as I could not bend my right leg. I could not even do half lotus, as it hurt excruciatingly. However, as a practitioner, how could I not do the exercises? I gritted my teeth and endured the meditation for half an hour. When the pain really became too much to bear, I put down my legs, let them relax for a bit and then crossed my legs for another half hour. My leg hurt badly for three continuous days. I thought to myself that no matter how much it hurt, I must still do the exercises. As a result, perhaps Master saw the resoluteness in my heart, and endured the karma for His disciple. I ended up crossing my legs for 80 minutes. My leg no longer hurt, and my family again witnessed the miraculousness of Dafa. Another time I woke up in a complete daze, as if I was suffering from a severe cold. The bones of my entire body ached. I thought to myself that whether this was karma elimination or persecution by the old forces, I would be resolute in believing in Master and the Fa and pass this test. So I sat up and crossed my legs to study the Fa. After studying about 30 pages, I suddenly felt much better. I then studied a while longer and all the abnormal symptoms I was experiencing disappeared without a trace. Under Master’s compassionate care, I again passed another test.

Improving Xinxing

I do not live with my son and daughter-in-law. Sometimes I ask my son and daughter-in-law to come to my place and eat with me. But whenever they come, they always complain that this isn’t right, or that isn’t right. I felt much wronged in my heart. One occasion I invited them over to eat, and for some reason the food I cooked had a moldy taste (I had used good grains and flour). I then subsequently received a

round of criticism from my son and daughter-in-law. I could not work out what went wrong. There was once a practitioner who started out with moldy grains and flour and ended up creating great food. Yet I started out with good grains and flour, so how did the food I cooked turn out to be mouldy? I thought about where my mistake may have lied and looked inside – wasn't it sentimentality toward my son and his wife, wanting to hear compliments, and not cultivating myself that caused this? After I found these human attachments, eliminated them and followed the course of nature, my grains and flour never again turned out foul, and my son and daughter-in-law were also satisfied; everything became good again. It was just as Master said in [Fa Teaching at the 2009 Washington DC International Fa Conference](#), "For a cultivator, looking within is a magical tool."

Clarifying the Truth and Saving Sentient Beings

On July 20, 1999, the political gangster regime headed by Jiang Zemin started its crazed persecution of Falun Gong. Dafa Disciples were cruelly persecuted, and the land of China was enshrouded by red terror. Under this kind of sinister environment, I did not back down. Instead, I used every means possible to tell people the truth about Dafa, how Dafa had been wrongly accused, and that my Master was innocent. Every time I went out, I always carried with me truth clarification pamphlets, and I would seize every opportunity to distribute them and explain to people the truth about Falun Dafa. During that time, I only wanted to validate Dafa and save more people. Perhaps Master saw my steadfast heart for saving sentient beings - Master would strengthen and encourage me. As soon as I sat down to do the meditation I would become tranquil – it was the same with sending forth righteous thoughts. This state persisted for half a year. Later, I used the methods of writing truth clarification letters and making truth clarification calls etc. to save people. Now I clarify the truth to people face to face.

One day I was clarifying the truth to a boy. I asked him, "Young man, have you heard of making the three withdrawals from CCP to ensure your safety?" Before I could continue, the young fellow said, "I have long wanted to withdraw, but I don't know how to do it." I said that I could help him. The boy said that his surname was Wang, and that he was both a college student and a party member. I helped him do the three withdrawals, and gave him some truth clarification materials and firewall-breaching software. He was extremely happy - as if he had just obtained the most precious treasure, and repeatedly thanked me.

On another occasion, I was clarifying the truth to a gentleman. At the beginning, he did not exactly agree with me, so I started on the topic of how the communist party gained power. I continued on to talk about similar topics, such as the sea of corrupt officials today, the Tiananmen Square Massacre in 1989 and the persecution of Falun Gong. In the end, I told him, "Heaven will eliminate the wicked party. We good people should not be eliminated along with it. Right now, there are countless man-made and natural disasters. No matter how much money you make, you cannot ensure the safety of your life, if you quit the CCP you are gaining a lifeline without spending a cent. I am telling you this for your own good. Nobody has given me a cent. I only hope that you have a wonderful future." After hearing these words, he understood. He told me his surname was Li, that he was a party member and that he worked at a certain company. I then made the three withdrawals for him and he repeatedly thanked me. It was just as Master said - it was like they were waiting for me. In fact, Master has long paved the road for us - it is up to us to act. My understanding is that as long as we believe in Master and the Fa, there is no test we cannot pass. Below, I would like to share Master's poem "[True Character is Revealed](#)" from [Hong Yin II](#):

"Be resolute cultivating Dafa, the mind unstirred

Climbing in levels is what's fundamental

Faced with tests, a person's true character is revealed

May you Consume —

a Buddha, Dao, or God"

Chinese version: <http://www.zhengjian.org/node/144684>

Article 19: Mice Moved out of the Food Storage Room

<https://www.pureinsight.org/node/7407>

Author: Cheng Zhi, a Dafa Disciple in China

There is a large market in a county in Northern China and a lot of people shop there. Many people work there too. Another thing that is also abundant there ---mice.

Let me share a true story about the mice.

In autumn 2016, the market had many customers and made many profits. However, mice went to the storage room to eat the food. They ate different desserts, raw meat, smoked food, rice, white noodles, different fruits, as well as radishes and Chinese cabbages.

The market's owner and workers were angry at the mice. They bought the most toxic rodenticides and mixed them with broken biscuits to poison the mice. Those poisonous biscuits were pink. After the market got enough poisoning biscuits, there were still more than one-kilogram rodenticides left. Therefore, the Market's owner asked Mr. Wang whose duty was to deliver goods to give the rodenticide-biscuits to Mr. Yu, who was in charge of the storage room.

Mr. Wang carried a bag with rodenticide-biscuits inside to the storage room. Mr. Yu and his wife were waiting for him. The couple were both Falun Dafa practitioners and took care of the storage room. They frequently contacted other workers at the Market and had good relationship with them. The couple encouraged all workers in the market to quit the Chinese Communist Party (CCP). Mr. Wang just started his work at the market and Mr. Yu did not get a chance to have much conversation with him. Mr. Wang handed the bag with poisoning biscuits to Mr. Yu. Mr. Wang said, "Mr. Yu, those biscuits are from the owner". Mr. Wang was a quiet man. He did not mention that those biscuits were poisonous. Because Mr. Yu was a reliable, hard-working employee, the owner of the market liked him very much. The owner always gave Mr. Yu and Ms. Yu some left over food that cannot be sold but still edible. Therefore, Mr. Yu did not think much when receiving the bag of biscuits from Mr. Wang this time. The bag for the biscuits was white. Mr. Yu did not see anything strange. He hanged the bag of biscuits on the door handle. He thought the owner gave him food one more time.

In the morning of next day, Mr. Yu's neighbor came to him. His neighbor cultivated more rutabagas, a root vegetable than he needed and decided to give some to Mr. Yu. His neighbor asked Mr. Yu to dig rutabagas directly from the farm. Mr. Yu likes doing things quickly. After Mr. Yu was done with checking all the goods in the storage room, he found tools and left for digging rutabagas immediately despite the fact that his wife told him to have some food first. Mr. Yu simply took one big chunk of the poisoning biscuits from the bag without even looking at those biscuits. He took those poisoning biscuits as his breakfast! He at least took 0.25 kilogram from the one-kilogram biscuit bag. He finished those biscuits while he was riding the bike to the farm.

After Mr. Yu started to dig rutabagas, he felt increasingly thirsty. He felt dizzy and lost his balance. He suddenly fell down onto the ground and realized something went wrong. He stood there for a while to relax himself. However, when he resumed the work, he felt more and more uncomfortable.

Mr. Yu felt there was no way for him to continue digging rutabagas and decided to go back home. As soon as he put his right leg on his bike, he fell down with the bike. He then tried again and fell again. He felt extremely uncomfortable and knew something was terribly wrong. Fortunately, he was still conscious. He asked Dafa Master to help him and chanted Fa rectification formulas. Finally, he somehow managed to ride his bike and returned his home after twenty minutes.

Mr. Yu could not explain how he went back. His wife was surprised when Mr. Yu stood in front of her with a completely red face. While his wife did not know what to do, Mr. Wang, who gave Mr. Yu the bag of biscuits, ran from the Market in his fastest manner, "Mr. Yu, the bag of biscuits I gave you yesterday was mixed with rodenticides!" At first, Mr. Yu planned to drink some water. After hearing what Mr. Wang said, Mr. Yu dropped the water bottle and muttered, "I know why now". He knew he could not drink the water no matter how thirsty he was, because he would have a worse situation if the toxic was diluted by water and entered his blood.

What to do? Mr. Wang was not very scared. He doubled cross his legs on the bed. Despite his strong desire of drinking water, Mr. Wang started to read [Zhuan Falun](#). He could not see all words clearly, but he could still read the book. As long as he could see the shapes of some words, he knew the paragraphs and sentences by his memory. As Mr. Yu read and recited the book [Zhuan Falun](#), he felt better. Nonetheless, he still felt he had a fever. He felt his face so hot and red.

The second person who ran to Mr. Yu's house was the market owner's wife. Her face was red too but because of running. After she went inside the room, she saw Mr. Yu's entire head completely red. Mr. Yu's sclera was also red. Even Mr. Yu's pupils looked more red than black. Mr. Yu's neck was completely red too. After Mr. Yu saw the owner's wife, he said hi and smiled. The owner's wife felt so scared because of Mr. Yu's completely red face. She ran back to the market without saying any words. Mr. Yu did not think much. He continued to read the book [Zhuan Falun](#). Gradually he felt less and less thirsty.

The owner's wife was really scared by Mr. Yu. She felt Mr. Yu would die soon. After she ran back to the market, she gathered people together and asked them to find cars. She ordered them to send Mr. Yu to hospital immediately to pump his stomach. After twenty minutes, the owner's wife came back to Mr. Yu's house with several big men. She ordered them to carry Mr. Yu to the car and immediately drive to the hospital.

However, Mr. Yu stayed calm and said slowly, "You all see. It has been half a day since I ate the biscuits. I am still here. I am a Falun Gong practitioner. If I said I am ok, I will be ok". Nonetheless, other people disagreed. They insisted to carry Mr. Yu to the hospital. They claimed that the toxics may be stayed in his stomach for years if without stomach pumping. They said Mr. Yu might suffer from serious problems in the future. Mr. Yu said, "It takes normal people several years to get rid of the toxics. For me, it only takes like several days. My Master is protecting me. You guys please do not worry for me!" Because of Mr. Yu's insistence of not going to the hospital, the owner's wife had to leave. After she went back to the market, she was so angry at Mr. Wang, who gave Mr. Yu the biscuits and decided to fire him immediately.

On the afternoon of next day, Mr. Yu recovered. He persuaded the owner's wife to rehire Mr. Wang. Mr. Wang felt very sorry and came back. He quitted the CCP by his real name.

Five days after this incidence, Mr. Yu went to check the storage room at night. He still saw a lot of big mice there. He had been indifferent to mice for years. But now, a notion suddenly popped up. He thought

maybe he could talk to the mice because everything has a knowing side. He thought it was the time for a talk with the mice.

Mr. Yu spoke to those mice loudly with compassion at around midnight as if talking with old friends. He said, "Mice. I ate the poisoning biscuits who were supposed to kill you. I suffered the pain for you. You cannot continue to harm us here. If our owner sees you damage food, equipment, and packages again, he will be angry. You need to leave the storage room. If you do not leave, our owner will try all means to poison you. However, I know how much pain to suffer when eating rodenticides! I helped you with the tribulation you should have had several days ago. The same thing should not happen again! I know you understand me. Also, please remember: Falun Dafa is good. Truthfulness-Compassion-Forbearance is good!"

The next morning, Mr. Yu used the remaining poisoning biscuits as firewood when he cooked breakfast.

After talking to the mice, Mr. Yu paid great attention to the number of mice. He noticed the number decreased. After five days, when Mr. Yu went to the storage room at midnight again, he saw no mouse at all. All mice left the storage room. Mice disaster was eliminated on that day.

Years have passed. The storage room taken care by Mr. Yu does not suffer from any damages caused by mice. Food safety is greatly improved.

Another miracle is that you can still see mice in employee's houses. You can also see mice outside the market. Nonetheless, there is no mouse in the food storage room. The food storage room becomes a place that no mice dare to get close.

Chinese version: <http://www.zhengjian.org/node/248678>

Cultivation Experience

Article 20: Despite Wind, Frost, Rain and Snow, They Stand Fast for 17 years

<http://www.pureinsight.org/node/7252>

Author: A Dafa Disciple in Canada



Falun Gong practitioners in front of the Chinese Embassy in Toronto

Early one morning, in front of a retirement home in Toronto's East District, a thin small old lady stands under a bus stop. Her name is Du Lingmei, she is 80 years old. Her routine every day is to take the bus to the Chinese Embassy in the city's town center.

The Chinese Embassy is located on St George Ave, a quiet street but is near to the busier location Bloor Ave. According to estimates, over 10,000 vehicles and passengers pass by the Embassy every year. Since the summer of 2000, it became a place where Du Lingmei visited every day. She and her fellow practitioners have put up posters and distributed flyers here together for the last 17 years.

Healthy Body and Spirit through Practicing Falun Gong

Before her retirement, in the early 90s, Du Lingmei was an employee in a shoe factory. She had suffered multiple diseases: Lumbar hyperosteoecy, hay fever, sensitivity to cold, etc. Every time when the Spring or Autumn came, her ligaments would swell and her skin became extremely itchy and irritable. She found walking and sleeping very difficult due to back pain. She tried to get a correct diagnosis from both Chinese and Western doctors, tried various medicines, but neither Western nor Chinese medicine seemed to help. She had also tried various Qi Gong practices, which helped a little to reduce her hay fever symptoms, but her backache was still very serious.



Du Lingmei in front of the Chinese Embassy

In 1995, a Falun Gong practitioner, Jiang Xuemei, came to visit her family in Toronto. She held a nine day class at home and brought Falun Gong to Toronto. In 1996, Du Lingmei met a lady in a clinic who introduced her to Falun Gong.

At that time, she had to witness her dear Mum suffer from sickness, helpless as she lay on her bed, constantly in pain. Lingmei wished she would not suffer the same fate and have to be taken care of when she becomes old in the future. To gain a healthy body, she started with a “trial” to learn Falun Gong. Without noticing which exact day it happened, she felt that her back pain had stopped, and her headaches had also disappeared, all the pain in her body just vanished overnight.

Falun Gong requires not only practising five sets of exercises, but also requires one to live according to the principles of Truthfulness, Compassion and Forbearance. At the beginning, Du Lingmei was worried that she could not truly follow the principles, but she has tried really hard to change herself. She stopped being anxious and angry when facing troubles; she put down her desire for profit and destroyed all the bills signed by her friends in acknowledgement of debt and all the letters relating to refunds. She has also offered to take care of her sick mum. Slowly, her relatives found her more accommodating and easy to live with. When her financial advisor saw her changes, the advisor also started to practise Falun Gong.

Peaceful Protest in Front of the Chinese Embassy

On July 20, 1999, the ex-leader of the Chinese Communist Party (CCP), Jiang Zemin, started a systematic persecution of Falun Gong in China. Many practitioners have been arrested and sent to prisons and brainwashing centers. The propaganda of the Chinese media spread to other countries abroad. At that time, there were about 150 Falun Gong practitioners in Toronto. Many practitioners, same as Lingmei, had not totally understood the deeper meaning of cultivation and felt like they had been hit with a very big stick. They were shocked, “Why is such a good practice method forbidden in China?”



On July 24, 1999, practitioners in Toronto hand in their first petition letter to the Chinese Embassy

Practitioners spontaneously started handing in petition forms to the Chinese Embassy and hand written letters to the leaders of the Chinese government. Du Lingmei joined the protest group in front of the Chinese Embassy. They naively thought that the Chinese government would listen to their voices. However, the persecution continued and became ever worse with more reports of practitioners being seriously persecuted.

January 21 2000, Falun Gong practitioner Chen Zixu in Weifang, Shandong province was beaten to death. The news of this shocked all the practitioners in Toronto. A few Western practitioners started a hunger strike in protest outside the Chinese Embassy. More Chinese practitioners soon joined them.

At that time, Du Lingmei had just retired. She was one of the first people to participate in the peaceful protest in front of the Chinese Embassy and volunteered to coordinate the schedule. They scheduled 4 hours to each session during the daytime. The full time working practitioners replaced them for the night sessions; some students finished their study and homework during the day and then came for a few hours in the evening.

This group consisted of both young and old practitioners, who started a 24-hour relay of peaceful protest.

Stand Firm in the Wind, Frost, Rain and Snow

The Chinese Embassy is the window of the Chinese Communist Party abroad. The arrival of Falun Gong practitioners has undoubtedly given them cause for concern. They (CCP) have tried everything in their power to remove the practitioners by putting up fences and posters to block them, deliberately spraying them with watering cans used to water flowers. Du Lingmei and other practitioners then dressed accordingly in raincoats and continued with their meditation.

The winter in Toronto is extremely cold, sometimes minus 20 to minus 30 degrees. It is uncomfortable even if you stay outside for just 15 minutes. However, Du Lingmei and her fellow practitioners stayed there for hours at a time. They even put up a small wooden shed where only one person could sit inside and meditate, but other practitioners had to stay outside. Later, the shed was removed due to the intervention of the Chinese Embassy. The practitioners in the night sessions had to take turns to go inside the car to keep warm.



The Winter of 2002, Falun Gong practitioners protested peacefully in front of the Chinese Embassy in Toronto

Practitioners brought warming products to put into their gloves; some people steamed potato's and brought them to the night sessions, keeping practitioners warm during the sever moments of cold.

On one occasion a storm came causing a large tree nearby to fall down, the practitioners remained firm continuing meditating quietly. When more and more snow fell, the thick snow almost covered them. Adversely the pile of snow protected them from the wind, and they did not feel the cold so much.

One midnight, the temperature dropped to minus 30 degrees, a few practitioners felt too cold to stay. They decided to take down the posters and go home. Just as they were about to leave, a practitioner called Xiang and his wife came with duvets. They stayed there without giving up and took over the night shift together.

Witness to the Coldness and Warmth in the Human World

Just like this, no matter how cold it was, there was always Falun Gong practitioners protecting that place. They became a unique view to passers-by during the winter months. All the local residents have been

shocked and started paying more attention to the practitioners' message. Some people came to get information during the midnight hours; some Westerners showed sincere warmth and smiles. Acknowledging them with words of, "Hello!" "Bless you!" Some people came to shake their hands, "I understand you."

Someone came and held his hand in front of his chest in respect saying: "I stand with you." Someone showed his thumb and said, "Amazing, you must keep going!" ...

A cleaner insisted on buying coffee for them every evening; some Chinese people brought them coffee in the night. When a passing driver saw the practitioners sitting in the heavy rain in the dark night, he turned around and brought hot coffee; and a government officer from the Chinese Embassy put out his hand underneath his coat when he passed by a practitioner and showed his thumb...



The Falun Gong practitioners protested peacefully in front of the Chinese Embassy

“It is the hardest in the night. There is no toilet. Some people could not recover from the coldness even after three days. And we had to tolerant the discrimination and abuse of some Chinese people who did not know the truth”, said Du Lingmei, “It was really hard to endure. Some practitioners have broken down crying.”

“But I have never cried, not even once!” Du Lingmei had a firm look on her face, “Compared to the practitioners who are being persecuted in the harsh environment of China, this is nothing what we are suffering.”

Du Lingmei has often felt the miracles: “In very cold weather, my feet got warm when I meditated.” “That was why I could stay to the end. Otherwise it was very difficult to stay for a few hours.”

As long as the Persecution Continues, so shall our Protest also Continues

The time flew by and in no time, it was 2017. Du Lingmei and her fellow practitioners have stood fast in front of the Chinese Embassy for 17 years. Their 24 hours relay had continued to 2009, and then changed to daytime sessions. Three years ago, Du Lingmei was no longer a coordinator, but she still goes to the Chinese Embassy at least 6 days a week.

In the last 18 years, the world has experienced great change. The persecution against Falun Gong by the Chinese Communist Party has gained more of the world’s attention. The practitioners in Toronto, who were few in the beginning, have developed into a force unto themselves, consisting of thousands of people. Many people have understood the truth through them. After many years, when the practitioners went to small remote villages, some people still asked: Are you among the people who protest in front of the Chinese embassy?

The image of Du Lingmei’s “stand” in front of the Chinese Embassy, is only a microcosm of the peaceful anti-persecution activities of the Falun Gong practitioners worldwide. In the last 18 years, the practitioners in Toronto have grown in pace with all the Falun Gong practitioners around the World, and created great many feats that deeply moved the Heaven and the Earth.

“As long as the persecution is continuing, we won’t stop anti-persecution activities.” Du Lingmei will keep going, “I will keep going on the way I know to be right.” She believes: The evil will definitively be defeated, and justice will certainly prevail!

Chinese version: <http://www.zhengjian.org/node/237002>

Article 21: Ten Years in the Tian Guo Marching Band

<http://www.pureinsight.org/node/7322>

Author: A Dafa Disciple in France

I started playing in the Tian Guo marching band in Paris in December 2006. In Paris, we had only played two pieces: *Falun Dafa Hao* and *Fa Guo Fa Hao Zheng Shi Fang*. We had only done a couple of rehearsals a month earlier, to practise marching and playing together. How interesting it was for me to discover that one could play in public without aiming for perfection! I realized that each parade was a way for me to improve my skills. With that first street parade, I realized that I had an attachment to perfection and that I always wanted everything to be top-notch.

Later, we started touring major European cities. When we came back from Copenhagen, I went through a conflict with another practitioner. I felt hurt. When I got home, I spoke to Teacher straight away, saying, "This band is an awesome project, but it's not for me." In a vision, Teacher took me over Tian An Men Square and showed me all the Tian Guo bands in the world, all playing together. All the practitioners wore the great Tang Dynasty outfit. With that experience, I realized the importance of the project and told Teacher that I would not give up. I have been endeavoring to always keep that memory in mind and keep it clear. It is what has been upholding me these past 10 years. It also made me realize that it is important not to run away from any difficult or disturbing situation. I should look inwards and find the part of me that is not yet aligned with *Zhen Shan Ren*.

I decided to print out one of the Tian Guo band's music scores that I really liked. Then I thought, "Wait a second, this is much too hard; the notes are too high and I don't even know all of them... Anyway, the rhythm is way too complicated for me." But then, in a totally unexpected way, I heard a voice that said, "Let's work on that piece together, shall we?" I thought that I really would not be able to play it, but I accepted the offer all the same. The voice guided me through the first notes of the first bar, then the second bar and so on, until I had reached the end of the first line. I could feel a benevolent and encouraging presence pushing me forward. After a few minutes and much to my surprise, I could play the entire score. Then the voice guided me through the rhythm that I had found so complicated. It was very encouraging. Bar after bar, line after line, I managed to reach the end of the score. I was in a state of wonder! I had learned how to play that piece in no time. I heartily thanked Teacher for walking me through the score and allowing me to play it.

We then played in Frankfurt, in a parade, along with other band members from all over the world. The good weather turned rainy and then poured heavily. We were all drenched but we kept going. Many other groups had left the parade to take shelter but we continued. I felt how powerful, determined and diligent our Tian Guo Band was.

Our first street parade in Poland then took place in the Chinese district of Warsaw. As soon as we arrived, the weather started to change. As we prepared our instruments, the clouds above us grew darker and darker. With our first notes of *Falun Dafa* came the first raindrops. We were soon soaked again, with no sign of abatement throughout the parade. I then understood that there was a battle between good and evil taking place in other dimensions. Each and every sound that our band made was a deadly attack on the evil forces. It was spectacular. I felt the importance of being concentrated, and to try and produce the

purest sounds possible. I could see that the purer the sounds were, the deadlier they were to the evil forces. For more than three hours, the Tian Guo Band led a battle against the evil.

Another time, before starting on our street parade in Northern France, a practitioner suggested we recite [Lunyu](#) together. So we did it—me in French and her in German. At first, my heart was calm and focused, but as it went on I felt that I was too restless and that I constantly had a thought to finish first. I was going faster and faster, to the point that I was stumbling in my words. I could not help but finish first. I realized that it was an issue of competitiveness and I needed to let go of it. My fellow practitioner then asked me to recite it again but alone, saying that she wanted to hear how it sounded in French. My heart completely changed. As I was reciting, I felt that reciting [Lunyu](#) was like a sacred offering; that it was the most precious gift you could offer. Moreover, very quickly, I could see a great energy field around us and it was expanding as I recited; it was pushing beyond the people in front of us and beyond the buildings that were in the distance. Reciting [Lunyu](#) has helped me feel and understand the power of Dafa.

Another time in London, we had spent the night in a youth hostel. During the night, my grandfather had come up to me, saying that he had to go. I was confused. I was happy that he had come to tell me that he was leaving, but I also felt angry that he had chosen that particular night, when I was sharing a room with other practitioners. Then I felt extremely sad. The next day, after practice, we met with the other players for rehearsal. As we were getting our instruments ready, I tried mounting one reed, then another, and another, but I could not make a sound. I had to go and join the others so I finally decided on one reed and started rehearsing, but again, it made no sound. I asked Teacher for help and realized that it was connected with what had happened the night before. My heart was not at peace, so I could not play. I sent forth a powerful righteous thought, and my heart and throat began to relax. I was finally able to play.

During our first few street parades, my heart would get restless every time someone played incorrectly. I understood that I was focusing on others, when I should be focusing on myself. I shared my thoughts with other practitioners and they advised me to send forth righteous thoughts, and indeed, after a few moments of doing so, people started correcting themselves. This is how powerful righteous thoughts are.

In June 2017, there was an exchange of emails regarding the languages we would use when studying the Fa. It was suggested that from now on, it would be in Chinese and German only. At some point, we had had up to 10 languages and I had really liked hearing the Fa being read aloud in so many languages. Three days before our street parade in Germany, it was decided to only have Chinese and German. I understood their point of view but I ended up getting angry. I emitted a powerful righteous thought in order to find out what was bothering me and I realized that I had an attachment to my ego. I needed people to take me into consideration. When we finally read, I was reading in French in my head, while listening to others reading in Chinese, German and English. I think that the power of the Fa dissipated my anger.

When I returned to France, an unexpected pain surged through my hips whenever I walked. I tried to ignore it and convinced myself that it would go away. And it did. But the next day, as I sat to meditate, the pain came again, intensely. It really surprised me—I was used to being in pain during the last five minutes of meditation, but having pain during the first five minutes was new to me. For the first few weeks, I looked externally for the origin of the pain—“Was it because of the long coach trips and the static position when I played?” I thought. As the days went on, I could not sit in the lotus position for the hour anymore. In addition, when I sent forth righteous thoughts, I could not concentrate as well as before. I was also easily distracted when studying the Fa. I opened up to a Chinese practitioner about it and she told me to focus on studying the Fa and sending forth righteous thoughts. Then she put her hand on her heart and

said, “I think you should look within yourself.” When I did so that evening, I realized that I had been craving for recognition, and that it had led me to feel anger and resentment.

During our next street parades in Cambridge and London, I spoke with a Chinese practitioner and told her that I missed reading in French with everyone. She suggested that I read in Chinese. That is what we do in Paris after all, so I thought it was a good idea. She obtained a Chinese language [Zhuan Falun](#) for me and we started reading in Chinese with others. It was a great experience and it was very powerful.

In August, we met for three days in Gerolstein, Germany to study, practise and rehearse together. We arrived first and started reading in Chinese and French, until other practitioners joined us. These sessions are really important for me, because they don’t take place very often. We practised the first four exercises, and then rehearsed. In the evening, we still had some time left for reading. Would we be able to study in French? It would be important to do so, because there were six of us French practitioners and two of them were new in our group. I really wanted us to read in French, not so much for myself, since I can read in English or Chinese, but for the newcomers. The person in charge quickly scanned the room and said that we would be reading in Chinese, German, English, and exceptionally, in French also. I was satisfied that the newcomers could participate. However, in the evening, looking back on it, I wondered whether that insistence on French was really altruistic of me. I think that it was only partially so. There was also anger in me and an attachment to rebelliousness, as well as a craving to be recognized and valued. In fact, I realized that when I had made the suggestion, my heart had not been very pure; it was not a divine heart thinking but a human one instead. Much too human.

The next day, we were about to practise the first four exercises in a huge outdoor stadium, when someone came up to me and said that there would be no French reading today but Chinese and German only. “Sure,” I said, “Let’s do the exercises and we’ll discuss later.”

The exercise music started, but my heart could not calm down. I was unable to control my thoughts and couldn’t focus on the movements. Why come up to me right before the practice? How come people can’t study in their own languages? I was making a mental list of my argument: “Everybody should be able to read out loud; it is a way to harmonize the group”, “It helps create one united body”, etc. What binds us all together is not the music—it is Dafa that brings us all together so we can accomplish our missions. Then, suddenly it struck me that I could be wrong: reading in Chinese and German could be enough to create a one body. In addition, I remembered a poem by Teacher in [Hong Yin III](#):

[“Who’s Right, Who’s Wrong](#)

As a cultivator

One always looks for one’s own faults

’Tis the Way to get rid of attachments most effectively

There’s no way to skip ordeals, big or small

[During a conflict, if you can remember:]

“He’s right, And I’m wrong,”

What’s to dispute?”

My heart was at peace. I could now concentrate on the movements.

Once the practice was over, the same person came up to me and to my surprise his way of thinking was quite different this time. It is important, he said, that everyone should read in his or her own language, and as he explained I realized we had the same viewpoint.

I wish to thank Teacher and I wish to thank all the practitioners who have helped me to see through my attachments and helped me to purify myself.

Chinese version: <http://www.zhengjian.org/node/239961>

Article 22: Clarifying the Truth and Memories from a Cosmic Space

<http://www.pureinsight.org/node/7328>

Author: A Dafa Disciple from Germany

First, I would like to share about a hint that I received.

One night, during the first weeks of deciding to cultivate in Falun Dafa, I was awakened by a neighbour's sick child, screaming in a room adjoining mine. The screaming carried on for a long time. I became increasingly more annoyed and started wondering why the mother did not take care of the child, and why the child had so much energy to scream endlessly. I moved around in my bed wide-awake and became increasingly annoyed.

Yet at some point, it dawned on me, "Oh my, I believe it said in [Zhuan Falun](#) that a practitioner should not get angry, but should practice forbearance." This thought helped me to gradually let go of my anger. Then I had another thought, "A practitioner should thank those who create such aggravating situations, as they provide opportunities to raise one's xinxing." Thus, I thanked the child in my mind.

This line of thought was completely new for me; I was not sure if it was right. Thus I asked in my mind, "Master, please give me a hint whether this is for me to improve on my cultivation path." Immediately after this thought, there was some kind of inner response in the form of a question, "What kind of sign?" I answered, "It doesn't have to be anything extraordinary, just something that addresses my need." In response to this thought, I felt a tremendous energy flow running through my body and my entire body was then covered in goose bumps. I have never felt anything so intensive and strong in my life. It was as if every cell in my body told me, "Yes, this is right." It was clear to me that I had received the sign that I had asked for. I felt good and I went back to sleep, although the child continued to scream on and off.

It has been two years now since I have been cultivating earnestly.

My Understanding of Compassionately Saving Sentient Beings

I moved to Hamburg in early 2016. I looked for local practitioners and joined their truth-clarification activities. At the Chinese Consulate, I saw that these practitioners' vigil was completely different from others that I had experienced. Even when I was only with one other person there, I felt a strong energy field when doing the exercises and sending forth righteous thoughts. Besides, the honking of horns by cars passing by us was a clear indication that our activity was for sentient beings; they are given the opportunity and chance to live in the future by positioning themselves.

Until recently, I have mainly been involved in our information booths and have been prioritizing it in my life. The project has given me even stronger feelings about reaching more people. I am often there from set-up to set-down and never really take a break. If I stop for a sip of water or a bite of food, I am immediately filled with the need to give out more fliers, and talk to people about Dafa and the persecution. I have no real desire to do the exercises there, as I feel that while I exercise, a sentient being might miss his or her predestined chance to live in the future. While there, I am always filled with a marvelous feeling of joy. I can smile to passers-by most of the time. Sometimes, my desire to reach people and the joy of clarifying the truth were so strong that almost everybody accepted a flier, and I could talk to many people about Dafa.

However, I experienced negative factors and thoughts at times, which tried to drag me down. Yet, during this phase, sending forth righteous thoughts helped eliminate these factors rather quickly. Besides, it helped me understand the Fa taught in [Zhuan Falun, Lecture Five](#) by Master, “One righteous mind can subdue one hundred evils.”

My strongest motivation and commitment to working at the information booth came from clarifying the truth to people. Many people encourage us, saying that they were impressed with our dedication. It often appeared to me as if people’s knowing sides understood the importance of our presence and were thankful from their heart.

Once in a while, my body experienced a sign that sentient beings had been saved; I experienced it during discussions, when saying goodbye, or when shaking someone’s hand. A strong energy current would pass through my body and all my cells vibrated. Such experiences are, to this day, a huge motivation for me to speak to people about Dafa and the persecution.

However, over time, some of my understandings have changed. For example, I now feel that I can also clarify the truth through doing the exercises, because Chinese tourists can see that there are Western practitioners of different ages. People of all nationalities can benefit from the positive field of Dafa. Besides, the exercises help me to calm down.

Once, passers-by stopped in front of us as we were doing the second exercise. One of them said, “They really are in a deeply quiet state.” They were truly impressed that the busy, hectic and noisy surroundings could not stop us from achieving tranquility.

However, recently, I no longer feel as joyful when participating in the information booths; I feel pushed to do something else. There is a new project that was launched recently. It is the “You Tube Channel” project, which is intended to reach the masses. I have conflicting thoughts—“Should I go and work on the new project, or is there something that keeps me at the information booth?” Once I start talking to people, the joy and wish to clarify the truth about Dafa at the booth is ignited straight away. Yet I feel torn, because I want to be involved in both projects. The new project is very time consuming. It makes it difficult for me to go to the information booth.

Awakening Memories that I had Searched for my Entire Life

I read [Touring North America to Teach the Fa \(2002\)](#), on the recommendation of a fellow practitioner, and was reminded about a situation from a previous life.

I had found myself in a cosmic space, confined into a specific area. There, I talked with a sentient being about my present life and the associated arrangements.

I had arrived in that cosmic space too late to be assigned to the life, which I had chosen. I wanted to be born in the country in which the spreading of the Fa would originate. I was certain that there would be many opportunities there. However, I was too late, as all assignments for China had been given out. I was worried that I may not understand the deep connotations of the Fa in a different language and in a country far from where I wanted to be. However, I was told that there would be absolutely no problem. Anyway, I could always learn the language that would be originally used during the introduction of Dafa into the world. To be honest, I still remember that I had thought that the Western writing—compared to Chinese characters—was not aesthetic.

Then, a list of lives—already arranged—passed by my eyes. With the recommendation of the being that I had been talking to, who felt that the arrangement “looked quite good,” we agreed on the present arrangement—which is my life now.

Nevertheless, I was not really happy with the selection, but there was no better prospect.

We discussed the circumstance—which basic conditions would be prepared for me and what traits I would have. We also discussed in more detail, some of the stages in my life.

Given the prospects provided by my family, I had understood that it would take me at least 20, if not 25 years to obtain the Fa and begin to cultivate. I had wanted to negotiate for the best opportunities and asked if I could be born into a practitioner’s family. However, I had arrived too late for that. If I had not accepted the arrangement, it would not have been possible for me to cultivate in this particular phase of Dafa’s spreading—this was something of great importance to me.

I worried about the way I would be introduced to the Fa. I was told that I would learn about the Fa through a circle of friends and that this was a great and beneficial arrangement. However, I held the thought that there was a risk that those who were supposed to help me gain the Fa would not be given the Fa. I was told not to worry about that—everything would be fine. However, I found out that I had to recognize the Fa for what it was.

We also looked at the arrangement made for earning my livelihood. It was of importance that I had no financial difficulties, meaning that I could devote all my time to my cultivation. Besides, I did not want to earn too much money, as this could be detrimental to my cultivation fundamentals—I thought that material advantages could be of a disadvantage to my cultivation. It should be just enough to provide a decent living and not have to worry.

When we had reached those agreements, we then came to discuss enlightenment ability and attachments. As for attachments, I had started taking away some thick substances that had existed in my memories. I had gained these abilities for the sake of eliminating my attachments and for the improvement of my cultivation.

I had tried using some substances to weaken my attachments. However, it had not been as easy as I had expected, because when one attachment had been taken away, another was strengthened. It had been impossible to reduce all my attachments, as it would have made my cultivation far too easy and thus, would have been of no value to my cultivation journey. Therefore, I was left with one particular attachment that would be very strong.

But I was rather confident that I would be able to let go of this particular strong attachment without problems. I was told not to underestimate this issue. Today, it is clear to me what this all meant.

When it comes to certain times in my life, I have been experiencing some memories since January 2016. They were meant to remind me of my attachments. It happened when passing an examination or when meeting a particular person. I will try to explain it here.

Once, I attended a seminar arranged by my work place. I thought that the lecturer had not done well in his presentation. I was certain that I could have done much better. I felt especially strongly that the lecture could have been more informal and relaxed. I then decided that I would give some seminars too, after being in my job for a few years—and I would definitely do a much better job of it!

When fantasizing about this, I realized for the first time in my cultivation that I had a strong ego. I also found that I was a fighter, craved recognition, was arrogant and had a show off mentality. I cleared my mind—"I'm a practitioner and I don't want to think like that. These are things that I must give up." Subsequently, I remembered my previous experience in the cosmic space and about this strong attachment. I felt clearheaded. It was a rather important moment. If I had not recognized it at the time, I may have taken quite a while finding this attachment at another opportunity.

Another time, during my first meeting with another practitioner, I was suddenly reminded of something about him. This unremarkable, calm and unimposing practitioner had been a great king. I could even remember his charming and powerful figure.

When he gave me a suggestion during the fifth exercise, I realized that I had selected which suggestion he would give me during my cultivation. There were different kinds of suggestions for me to choose from. But, I could not just choose any one willy-nilly.

I thought that it would be beneficial to remember as many details as possible from my time in the cosmos, which would help me to remain steadfast. So I had been placing great value on what I could remember. However, I was told that I should not only consider memories. Today, I can understand this quite well and am grateful for all suggestions. There are also times when my memory is foggy and sometimes they even disappear. Later, they come back and become quite clear. However, it is difficult to put these memories into a certain order or to record them. I believe that they appear when most needed.

At times, the memories return regarding certain aptitudes. If I remember correctly, the appearance of such arrangements happen for a reason. They do not appear if the conditions are not ripe; they appear so we can complete a task assigned to us.

Master says about the issue of pursuit in [Zhuan Falun, Lecture Two](#): "The Buddha School believes in predestined relationship. Everyone comes here because of a predestined relationship. If you obtain it, perhaps you are supposed to have it. You should therefore treasure it and not be attached to any pursuit."

At a particular time, further memories come to the forefront. Thus, I know that this particular issue has happened just as it was ordained and arranged. This tells me the importance of fulfilling our tasks well, because only then can we complete the arrangement well.

Concluding Remark

Before I started practising Falun Dafa, I asked myself when meditating, "What do I want?" After I pondered the question, I came to the following answer:

"I want to do good things and help humanity." At that time, I understood this superficially. For example, opening the door for someone, etc. I believed that good deeds would result in good rewards. Today, I understand the significance of the answer I received when meditating.

Whenever I face something difficult in my cultivation that brings me close to giving up, I have two basic thoughts that keep me steadfast:

"I know that I chose this life and wanted it, including all of its difficulties and inconveniences. Because of this, I get the chance to truly be good and really help people."

Before closing, I would like to share Master's Fa in "[Inscription for the Russian Version of Falun Dafa](#)" from [Essential for Further Advancement II](#),

"Cherish it!

The vows of Gods are being fulfilled;

Cherish it!

This is what you have been searching for;

Cherish it!

The Fa is right in front of you."

Thank you for allowing me to share my cultivation experience.

Chinese version: <https://www.zhengjian.org/node/239974>

Article 23: Master Saved Me from Hell

<http://www.pureinsight.org/node/7442>

Author: A Dafa Disciple in Hunan, China

I was once a pious Buddhist. I had memorized most of the Buddhist scriptures and cultivated diligently. Nonetheless, I had gained nothing from my cultivation. To put it more accurately, I did not know how to cultivate at all. I suffered from various illnesses and even some evil spirit possession.

I started to cultivate Falun Dafa in 2005. I learnt that all of the tribulations in my life were caused by my own karma – which had been created by committing many wrong and bad deeds over my various previous lifetimes.

I feel very fortunate to practice Falun Dafa. I feel very fortunate that I can do the three things and be a Fa-rectification period Dafa disciple. Such a cultivation opportunity is very precious. I really thank Master who has saved me from Hell. I would like to share my experiences of two car accidents in which Master protected me and also saved my husband.

The first car crash was intended to kill me.

The first car crash took place in April 2010. I was riding a bike. A taxi drove towards me from a bridge. The taxi was travelling very fast and suddenly hit me. I flew from one side of the road to the other side and lost consciousness. When I regained consciousness, an ambulance had already arrived. There was a giant hole in the taxi's windscreen and the taxi was written-off.

There was a huge bump on my head, I had lost one of my teeth and my right ankle was broken. The taxi driver thought that I was dead after the collision. He called his wife and told her that he had killed someone.

I was sent to the hospital; while I was there, some local practitioners came to visit me. I told my family that I did not want to stay in the hospital. My family did not understand me, because my whole body was purple and the bump on my head was still big. The taxi driver would not allow me to leave the hospital either. I thought that I would have to stay in the hospital for three days at the most. After three days - to most people's surprise, the doctor's attempts to inject drugs into my body kept failing. While I was in the hospital, the wife of the taxi driver came to take care of me for several days. I still read the Fa and did exercises as normal without taking any medicine. I told her that I am a Falun Gong practitioner. My Master teaches us to be good people. I encouraged them to quit the Chinese Communist Party (CCP), and told them to remember, "Falun Dafa is good". Both the taxi driver and his wife agreed with me. They kept saying that I am a good person. They also told me that they would drive me in the future whenever I needed a ride.

The second car crash was caused by a debt that I owed in a past life.

On February 13, 2018, right before the Chinese New Year, I was riding a bike to do New Year shopping. I was hit by a car from behind. The car ran over my left leg and destroyed my bike. The driver got out of his car immediately and asked me to check in to a hospital after he saw that I could not walk properly.

I knew that I needed to look within whenever problems arose. I said to the car driver, "You didn't deliberately hit me". The driver said that it was his fault and that if I insisted on not going to the hospital,

he would give me 200 yuan for medicinal expenses. He put the money into my shopping bag. I promptly returned the money to him and told him that I am a Falun Gong practitioner and that my Master has protected me. He said that I am a good person, I then asked him if he had heard of quitting the CCP before and if he was a communist party member. He said he was a communist party member, so I encouraged him to quit the CCP. I told him that the CCP has committed many evil deeds and that he would have a good future only if he quits the CCP. I gave him a nickname which meant safety and health – as his occupation is a driver. I told him to remember, “Falun Dafa is good and Truthfulness-Compassion-Forbearance is good”. The driver said, “Yes, I like safety and health, you gave me a good name - you are such a nice person”. Several hours before the accident, I had a dream in which a person collected some money from me. The person asked me what my name was, when he wrote my name, it was illegible. I asked him, “Did you remember my name wrong?” He said, “I know you very well. How could I get your name wrong?” I then realized that what he wrote was indeed my name. The person in my dream looked exactly the same as the driver who hit me.

I then went to fix my bike. The staff member in the bike shop stopped what he was doing and came to help me as soon as he saw me. I told him what had happened, he said, “You are such a good person. If it was me that was hit, I would have asked the driver for 2000 yuan. You are such a good person.” I said, “The driver didn’t deliberately hit me, it was an accident. I am a Falun Gong practitioner and my Master teaches us to be good people. How could I ask him for money? I didn’t blackmail him, so my Master helped me.”

Master also saved my husband.

In 2015, my husband went to the hospital three times. During the last visit, the doctors said my husband was in extremely poor condition and that they could not do anything about it. My husband was urinating blood. The hospital asked us to leave. My daughter decided to move my husband from the hospital back to her place. My daughter’s apartment had one extra room, we cleaned it up and moved my husband there. I stayed at my daughter’s place and took care of my husband. Local practitioners wanted to make things more convenient for me, so they moved the group fa study location to my daughters place. Several practitioners and I studied the Fa and shared experiences together that formed an energy field.

I told my husband that only Master could save him. I asked him to say, “Falun Dafa is good. Truthfulness-Compassion-Forbearance is good.” I also gave him Master’s audio lectures. My husband was very stubborn before. He was brainwashed by the communist party’s lies and did not believe in Gods at all. Since he wanted to be saved, he agreed to do what I told him. At that time, he was barely conscious and could not get up and urinate normally. After one week, he gradually regained his consciousness and was able to eat food. Later, he was able to get up and walk downstairs. Eventually he fully recovered and was able to go back home and work on our farm again.

Chinese version: <http://www.zhengjian.org/node/250058>

Article 24: My Life Experiment

<http://www.pureinsight.org/node/7297>

Author: Zhao Yan, a Dafa Disciple in Japan

I would like to pay my tribute to Master's sixty-sixth birthday and the 25th anniversary of Dafa's introduction to the public. Happy birthday, Master! As a disciple, I have infinite gratitude!

1. Coming to the Human World to Obtain the Fa

In the autumn of 2015, I clarified the truth and tried to convince my University classmate to quit the CCP. Then I asked if he remembered the questions I had in our reading group when we were 16 years old. My questions were, "Who am I? Where did I come from? Where shall I go?" He was surprised that I could still remember them!

Twenty years after I obtained the Fa, I realized that my life was for it.

Master said in [Teaching the Fa at the Eastern U.S. Fa Conference. March 27-28, 1999](#), "The Fa isn't something you can just obtain. Even though you're all sitting here, you don't know how much you may have sacrificed for this Fa in order to establish this predestined relationship, including in different periods in history—you don't know how many tribulations you've gone through to obtain it. Some of them you know about, some of them you don't know about. That moment when you encountered the Fa seemed quite natural to you, when in fact a great deal of effort had been expended arranging the time and location of your obtaining the Fa. You don't know about those things." Master said in [Teaching the Fa at the Conference in Canada. May 23, 1999](#), "Many people lost their lives in the past so that they may gain the Fa. They have cultivated in the past and undergone many cultivation ordeals."

Actually, people are all waiting for the Fa. Many students have really felt this; namely, when some people read the Fa, they say, "I've been searching for this my whole life," or "This is exactly what I've been looking for."

My third eye was not open. When I read the Fa, every word touches my heart. It makes me inexplicable sad and laugh with tears.

I was so lucky to obtain the Fa. Every true Dafa disciple is among the luckiest people in the world. Fake disciples are not counted though. Some CCP spies appear to cultivate diligently but do monkey business including persecuting Dafa disciples and destroying and interfering with Fa-rectification. They are the stupidest people because they will face the same ending as the Communist Party. It will be a Lifetime regret.

2. Wearing Out Iron Shoes in Search of Buddha's Path

When I was six years old, the first word my grandma taught me was: Buddha. The first picture I drew was of a lotus. Grandma said Buddha was a combination of the two words "person" and "Fu". I said Buddha was a person trying to climb up the ladder. Fifty years have passed, and I still remember it.

When I was seven years old, I found a card played by my aunt during her childhood. There was an old man doing a sword dance. I said, "This is my Master. I will look for him when I grow up." Grandma said, "He is Sanfeng Zhang. He passed away hundreds of years ago. Where can you find him?" I said, "He didn't pass

away. I will go to Xinjiang to look for him.” Forty-six years later, I talked about the card with my aunt, about the words on the card. My aunt and I said together, “The land yields good harvests, and the people enjoy good health.”

I was a straight A student when I graduated from University. A University in Xinjiang was recruiting professors, so I registered. Later I started to work at that University. Dozens of people went there with me, but all of them were interested in salary, position, and housing assignments. I was the only one to ask about Dao. They all laughed at me, so I did not mention it any more.

At the beginning of 1988, I found a book titled *Prophecy Collection*. I was surprised to see Nostradamus’s prophecy about the Soviet Union’s disintegration on it. When I was a child, a fortuneteller said I would be distinguished. Did people have fates? Did a country have a fate? If yes, who controlled it?

I had to get married because I did not find the meaning of life. My husband was a classmate from Xiamen University. He told me his grandmother was Christian. His grandfather was detained by the Japanese, the Nationalist Party, and the Communist Party until he became disabled. When we got married, I let him read, “For life or for death, however separated, to our wives we pledged our word. We held their hands;-- We are to grow old together with them.” He could not understand it. I made a wish to give some of my good luck to him. When he was working as a postdoctoral at Hongkong University, he was promoted to be an official. He never exploited the connection, but his performance was always good. The fortuneteller said he got good luck from his wife.

In July of 1997, I traveled to Beijing on a business trip with a leader who was also a professor and Qigong master. I was told Falun Gong was a good practice. The next day someone gave me a copy of [Zhuan Falun](#). I finished reading it in one evening. One year later, I learned the five exercises and became a Dafa disciple.

3. True Ingenuous Nature Comes Out After Disaster

In the fall of 1998, I told my husband and my son seriously, “I started to practice Falun Gong. It won’t influence my job or my housework, only my spare time. I need your support.” They said, “Sure. As long as we have meals and clean shirts.” At that time, I had a serious disc herniation problem and needed my husband’s help to get up. After practicing Falun Gong, I threw out all medications and had no problem. Just my feet had many blisters. My husband helped me take a picture of it.

Every day, I rode my bicycle to the office passing by a store with the two words “Good Environment” on the door. They seemed to smile at me.

My husband asked me, “Why do you need my support for your practice?” I said, “Because it’s a big matter. Who dares to say he can turn the Falun? It is a Buddha! If it is true, the Communist Party’s atheism won’t stay. It is hard to get a human body, and even harder to obtain Buddha Fa. Without righteous thoughts, we cannot achieve the aim. Cultivation is the hardest thing in this world. The Buddhist scriptures said, “In the six reincarnation, if you happen to have a human body when the Buddha comes to save people, it’s like a blind turtle in the sea encountering a driftwood with holes.”

Ten years later when I received my husband’s first divorce notice, I asked him, “Didn’t you support my practice?” He had nothing to say. Seven years later, I went abroad after three years detention. In the face of my son’s resentment, I asked him, “Didn’t you support my practice?” He said, “How could I know it was so scary!”

Countless incidences of door harassment, tracking, monitoring, brainwashing classes, divorce, detention, blood draws, CT exams, cornea tests, repeated confiscations, and dismissals happened to me. Some bad words were written on my hallway. At the time, I did not realize the practitioner couple in New York had already become Communist spies long ago. They would repay me with virtue for all the borrowed money.

In 1999, my whole company distributed Communist documents at the large conference. I told my colleagues, "This is the Communist Party's last move." They were surprised by my straightforwardness. Later, I went to the photo booth to take a self-portrait picture.

Of course, I was still alive and did not need the picture. I was so lucky to be a survivor. Actually, nobody was living here accidentally. I met several fortunetellers in my life. They all said I was blessed all the time.

Twenty years after obtaining the Fa, I have spent every day happily, even when I was in detention. Now I do truth clarification to mainland tourists. There was a store in the Ginza with the two words "Dao Happy" on the door. I was so lucky to be with heaven and so happy to be corresponding to Dao. Before consummation of my cultivation, my life has been completed. All the bitter tribulations throughout various lifetimes have become sweet.

4. Returning Home by Seeing the Heavenly Door

At the beginning of Shen Yun's performance in the last two years, Master said the same words, "Come to the human world to fulfill your vows!"

When I just obtained Fa, I thought cultivation was too hard. It would be good enough if I could reach Arhat level. "Transcend the Five Elements and the Three Realms." Escaping reincarnation was enough for obtaining a human body. Now I have a different mindset:

When I was nine years old, I knew about "truthfulness, compassion, and forbearance" from my grandmother's ancient poetry and stories. I knew a good person could return to his/her true self. This was not my true home; my true home was in the heaven, and my parents were there.

When I was eleven years old, a little boy from northern China told me, "The future Buddha has come to earth. He was born in northern China and will save lots of people in the future." Then he told me Master's name. I said, "It's like my nickname ah!" After coming back home, I told my mom not to miss this opportunity.

In the summer of 1986, I prepared for the exam to graduate school at the Xiamen University. A student from Changchun told me that a person in her hometown could tell your whole life if you drew one line. She said I could be his disciple. Then she gave me a two to three-inch clivia minata that is still at my former mother-in-law's home. Thirty years later, I realized she mentioned Master.

In July of 1999, NASA photographed the sky above the earth to be a devil's face.

In 2001, the lotus on the back cover of [Zhuan Falun](#) blossomed.

When I was summoned by the police for the first time, I told them I was not scared to be dismissed. They shouted at me, "You will become a Buddha!"

On the fifth day of the first lunar month in 2004, I took pictures of Falun that looked like snowflakes.

I refused to join the Communist Party when I was 17 years old. At 2004, "Nine Commentaries on the Communist Party" was published to expose the devil skin of the Communist Party.

In 2007, I saw the hidden nature characters at a giant stone in Guizhou: "The Chinese Communist Party perishes."

When I was in detention, the prisoners liked to see me and said I was sitting there like a Buddha.

Udumbara flowers were found around me in a practitioner's home, the truth clarification station, the outside of the theater and at the sacrificed apples for Master.

Quitting the CCP was like a rising wind and scudding clouds. Two hundred thousand people filed lawsuits to sue Jiang Zemin.

The picture "Master was watching the world in the mountain" on the Minghui website is similar to a picture in [Essentials for Further Advancement](#). The sun will rise eventually.

Minghui's daily reports about good and evil news were evidence of justice.

I came to the free world from an environment surrounded by evil. At the end of last year, I practiced in the Arakawa Natural Park. Three months later, a plastic carpet was there with a sign "Use Freely". I had a nickname "Japanese" when I was a kid. Strangers showed Dafa's magic.

I knew Dafa disciples were required to have high levels, which included me. I would be a Buddha.

The powers of Buddha are unlimited. Miracles happened every day.

The history of the universe was created by the Creator.

And the days of being with the Creator were very happy. Everyone was lucky and every day was a lucky day. Those who were manipulated by the evil would be destroyed in hell. As long as they were alive, they still had time to change. Just time was limited.

In the boundless heavens, the gods are busy preparing for Dafa disciples' return.

It was time to return and the big disaster was closing.

Dafa has changed the fate of the world. "Mankind will need to give thanks" (from [Teaching the Fa at the Fa Conference at the U.S. Capital](#)).

"A hundred years' efforts lead to cross by the same ferryboat". The earth was like a spacecraft carrying all of mankind's fates. It was like a star of hope with all blessings. All disciples who were doing truth clarification tried every minute to spread the blessings from the Creator. As long as you had eyes, you must see. As long as you had ears, you must hear.

Eighteen years' brutal persecution showed CCP's evil nature to the world. Those unrepentant followers only knew hell, not heaven; only knew hatred, not compassion; only knew their interests, not justice; only knew the ghosts, not Buddha. They were the most evil with the worst ending.

Returning home is the real dream of China. It is also the dream of all mankind. Before my dream comes true, I know all my bitterness of all my lifetimes were well worth. Every day, what I need to do is to clarify the truth to all people and save more people. No matter who they are, I should have a diamond-like heart

in their praising and swearing. In *Journey To The West*, the Monkey King depended on a pill from Buddha to subdue the ghost and stood firmly in a gust of wild. “It doesn’t matter what so-called Buddha, what Dao, what Deity, or what demon it is—they can’t sway me.”(from [Zhuan Falun](#)) I will do the three things well at this final step with a solid faith in Dafa in order to live up to Master’s immense and infinite compassion.

Finally, I shared a poem from [Hong Yin IV](#) here:

“Realize my dream
I have a dream
There’ll be a day I will return to heaven
That is life’s true home
The Creator has already come to the world
Spreading Dafa to save people back to heaven
I don’t want to miss this chance
I wish to realize this dream
This is humankind’s only hope”

Chinese version: <http://www.zhengjian.org/node/238182>

Article 25: I am the Only One Left

<http://www.pureinsight.org/node/6943>

Author: A Dafa Disciple in China

The company I am working at used to be a very famous one in China. It engages in the business of agricultural and livestock product sales. I work in the division of product quality examinations. As a Falun Gong practitioner, I always maintain strict standards in my work and never falsify any data. I experienced pressures from both my supervisor and colleagues in my work. My supervisor once labeled me as someone who had a very poor enlightenment quality; my colleagues also called me “stubborn”, etc. Nonetheless, through the waves of company layoffs, I am the last one still remaining in the division. Of the initial fifteen people in my division, I am the only one to have remained after all the layoffs.

It is not an easy job for me to work in the division of product quality examinations. Nowadays, with the downward spiral of morality in society, people are only interested in monetary gains.

I often come across product supplier salespersons who try hard to bribe me to get an easy pass for their products. The data I collect in my experiments on a supplier’s product is very crucial. Good data can result in a superior price advantage. I am a Falun Dafa practitioner, so I follow the principle of “Zhen” (truthfulness), and I always refuse to take any bribes. Some salespersons do not easily give up, and they would call me again and again, but I would say no to them each and every time.

Once one of my colleagues approached me and took me to a corner where no one could see us. The colleague then whispered, “Hey, sister, if you raise the quality level for this product up to two percent, the supplier salesperson promised me that he would give us 100 Yuan for each ton. That’s not a small amount.” I immediately realized what was going on. I told this colleague that I practiced Falun Dafa, so I would not do such a thing. I also asked the colleague not to engage in such deals, as they would bring losses to the company as well as to the colleague herself. The colleague pouted and said, “You are really stubborn. You do not even want to accept such easy money. Fine, but promise me you won’t let the supervisor know about this conversation.” I told the colleague that I would not say anything to the supervisor. I mentioned to her that Falun Gong practitioners would not engage in such underhand activities.

I thought that this incident was over by then. However, what happened later on surprised me.

When I started my examinations on the supplier’s raw material, I found that the data was extremely good. I realized something was not right based on my years of experience. I then decided to redo my lab data collection. I made a brand new solution to exam the product’s quality. I kept a close eye on my solution and finished the whole lab work. In the end, I got a more reasonable set of data. It was very obvious that someone had tainted my previous examination solution. The colleague who had asked me to raise the quality level for the product was standing behind me all the time while I did my work. She tried to make sure nothing was going on with her, but I knew it must be she who had tainted the solution. When I showed the data to the supervisor, this colleague of mine became very agitated. I did not talk to this colleague, but we all knew what had happened. I did not blame her and still smiled at her. I understood that this colleague lived in fear all the time. She was just trying to get some quick money for herself. Yes, she had created trouble for me, but she had also given me virtue in the process. I felt sorry for her.

Soon afterwards, I noticed that my supervisor had a cold face towards me. However, this supervisor was very friendly to the colleague who had asked me to falsify the data. I said to myself, “This colleague must have said something to the supervisor behind my back. I have been very nice to her, yet she is treating me like that. Should I talk to the supervisor about everything?” Right then, the following teaching from [Zhuan Falun](#) came into my mind, “How could ordinary people tolerate this? How could they tolerate that kind of mistreatment? ‘He does bad things to me, I’ll do bad things to him. He has people on his side, but I have people on my side, too. Let’s fight.’ Around ordinary people, if you do that, ordinary people will say you’re strong. But for a practitioner, that would be just awful. If you fight and struggle like an ordinary person, you are an ordinary person. And if you did it with more gusto than him, then you’re not even as good as that ordinary person.” I was immediately released from such a burden.

Later on, I was asked to do a quality examination for another supplier’s raw materials. My data showed that the quality for this material was poor, so I did not let it pass. This time, however, the supervisor was giving me a hard time. After I told the supervisor about the results, the supervisor asked me to take a new sample and redo the test. I worked overtime, but the result was still the same. The supervisor then asked me again to take another five samples and do the test yet again. I had to work extended hours to finish the test. My eyes were filled with tears. My colleague sneered at me and said, “Look, you really don’t know what the supervisor wants?” Of course, I understood what the supervisor was trying to do. The follow teaching from [Zhuan Falun](#) popped up in my mind: “But nowadays it’s being used by ordinary people to refer to somebody who’s clever, or who knows what’s on his boss’s mind and can pick up on it right away, somebody who’s good at pleasing his boss. People say that that’s somebody who’s good at enlightening to things. People often understand it that way. But if you jump out of this level of ordinary people and get to a level slightly higher, you’ll find that what ordinary people see as the truth is usually wrong. But for us, ‘enlightening’ is totally different from that kind of enlightening.” I immediately knew what I should do. When I presented the same result for the third times to the supervisor, the supervisor finally accepted the result begrudgingly.

Many of my colleagues often told me that I was just dumb to not accept easy money in my work. Well just like what Master mentioned in [Zhuan Falun](#), “Of course it’s not really being dumb. It’s only that we take lightly those things that have to do with self-interest, when it comes to other things we’re plenty smart. When we work on a scientific research project, or, say, when our supervisor gives us an assignment, or when we’re completing our tasks, we do a great job with crystal-clear thinking.” Practicing Falun Gong has improved my capabilities at work. I have been responsible for many publications in my division. Whenever there is something that needs to be written, my supervisor would often ask me to do the job.

As the overall agricultural product market became sluggish, my company also became stagnant in its growth. Layoffs started kicking in. At the very beginning, there were fifteen employees in my division. In the end, I was the only one still left working for the division. My supervisor had once blamed me for my poor enlightenment quality, but how could I be the last remaining employee? This indicates that Falun Dafa cultivators are good citizens, Falun Gong practitioners withstand the tests of time and they are respected. The evil CCP’s crackdown on Falun Gong is against the trend of history. Falun Gong practitioners’ shining images are manifestations of the power of Falun Gong itself.

Chinese version: <http://www.zhengjian.org/node/138082>

Article 26: I am Fortunate to be Master's Disciple

<http://www.pureinsight.org/node/7120>

Qing Xing, A Dafa Disciple in China

I am an elderly practitioner who obtained the Fa in the early winter of 1998. At first, I had remained indifferent at the time, even though four people had asked me if I wanted to practice Falun Gong. However, Master did not give up on me and repeatedly gave me hints. I had then decided to practice Falun Gong forever.

At a physical examination in 1999, the doctor told me that I had a huge number of cancer cells. I wanted to die, because my family was not very fortunate or happy. However, Master's Dafa saved me. I then bade farewell to the medicine I had been using for 20 years and have lived healthily to this day.

I seize every day to do the three things well. I go out to clarify the truth in person and have convinced nearly 20,000 people to quit the CCP. I have witnessed Dafa's miracles, and Master has saved and protected me, time and time again. I cannot find the words to describe Master's compassion and greatness. I can only live up to Master's salvation by doing the three things well. I am fortunate to be Master's disciple. It is truly a supreme glory.

I would like to share my experience of passing a tribulation with fellow practitioners. Please kindly point out anything inappropriate.

In winter 2015, I experienced a growing pain in my pancreas. I also frequently had muscle tension in my hands and feet. It hurt so much that I did not dare to move. I experienced constipation and had to use my hands to pull out the stool. I often had a runny nose with a nosebleed. It was also very difficult for me to sit down or stand up. My legs trembled when I stood, and I had no energy. My legs felt heavy and tired when I walked. Whenever I walked into a car or up the stairs, I had to tightly grip the handlebars to drag my legs up. In one month, I lost 15 pounds. Three close friends told me, "You have become thinner, older, and shorter."

One time, I was late to group Fa study because of traffic and because my body hurt. Fellow practitioners all cared for me. Since I lived by myself, and as three good fellow practitioners had passed away in the last two years, they were concerned that something had happened. After I sat down and steadied myself, I said to everyone, "Thank you fellow practitioners for your care. Nothing bad will happen to me, and I will not put shame on Dafa. This is a large tribulation for me to improve and increase my gong. This is something wonderful, so please rest assured."

Master says, "Everything you, a cultivator, encounter is related to your cultivation and Consummation, or else those things absolutely would not exist" ([*Essentials for Further Advancement II: "Dafa is All-Encompassing"*](#)). I looked inwards and found three major problems. The first was that although I studied the Fa, I did not gain the Fa, because while studying I became tired or distracted. I frequently misread things and did not understand the surface meaning. The second problem was that I had too many ordinary thoughts and my xinxing was not up to par. I had attachments to showing off, jealousy, fame, fortune and sentimentality. The third was that my exercises were not good. I sometimes made mistakes, and my mind wandered.

I burned incense, knelt down, and pleaded for Master to reinforce me. I told Master, “For my sentient beings, I cannot fall. I do not know how many sentient beings I represent, but I cannot destroy them. My responsibility is enormous. I must do the three things well and return with Master.”

Firstly, I started by studying the Fa well. Every day I studied one to two lectures of [Zhuan Falun](#) and made sure that I understood the meaning. I made an effort to cultivate well in the Fa, upgrade my xinxing, eliminate ordinary attachments and thoughts, and expand my capacity.

Master said in [Dafa Disciples Must Study the Fa](#)- Fa Teaching Given at the 2011 Washington DC Metro Area Fa Conference, “...if it does not have the power of the Fa, and if you haven’t cultivated well, you will not do those things well. Although you might have done whatever it is, it has not achieved any effect and simply cannot save people, for you are ineffective in dissolving evil factors. That is why Fa-study is still the most, most important thing—it is the fundamental guarantee for all that you are to do. If you cannot keep up in Fa-study, then there is no hope.”

The second thing I did was to do the exercises well. I watched Master’s videos to correct my movements. I did the five exercises every day and suppressed my bad thoughts.

The third thing I did was to send forth righteous thoughts well. Other than the four daily times, I added an additional three times in the morning, afternoon, and night and increased the time. I also asked fellow practitioners to send forth righteous thoughts for me. A month later, the situation had noticeably improved.

The fourth thing I did was to seize the time to save people. I am a Fa-rectification period Dafa disciple, and I must feel the urgency that Master feels. Regardless of how bad my body felt, it cannot interfere with my clarifying the truth and saving people. I did not waste a day, even over the New Year.

Now I have no bad symptoms anymore and my whole body feels light. My tread is light when I walk. I do not use much effort and I feel a force pushing my legs forward. Everything is completely fine and has even become better than before.

When passing these tribulations, Master was often watching over me and strengthened my willpower. My physical body was in pain, but my heart felt sweet, because I was with Master.

Master has let me see and feel the turning of the Falun. Since March 11—when I finished writing my first draft—until now, every time I lay down at night, I feel Falun turning on my arms, chest, abdomen, and legs.

I had some rice from my family that had many red shells on it, which was difficult to wash. I was worried that preparing it would waste my time, so I set it aside in a large jar. A while later, when I went to check on it, it had all become clean. We only had to wash them once. Master had helped me.

I had also lost my watch for a long time. One day, it appeared in my bag. Master had helped me retrieve it.

Master has given me so much, that I cannot share it all here. I will condense tens of thousands of words into one sentence: I am fortunate to be Master’s disciple; truly fortunate.

I would like to end with Master’s poem from [Hong Yin Volume II](#): “[Journeying Via The Way](#)”, for mutual encouragement:

“The Great Way travels through the world
Bringing salvation to lives once lost
Thoughts of fame, feeling, and profit gone—
Could any difficulty stop the holy one?”

I would like to thank Master again for His salvation and thank fellow practitioners for their help!

Chinese version: <http://www.zhengjian.org/node/152046>

Cultivation Insights

Article 27: I Have Found Meaning in Life

<http://www.pureinsight.org/node/7312>

Author: A Dafa Disciple in France

I was born in March 1999. I obtained and accepted Dafa progressively. I had heard about it through my mother who was then learning the exercises with a female practitioner in the park of the château of Méry-sur-Oise. That park is very green and is a pleasant spot to start such a practice. My mother had known Dafa through a friend of hers, and she was very curious about it. When she read [Zhuan Falun](#) she was fascinated by what it said, and she found answers to many of her questions. She even seemed happier. One day she suggested I join them there. I was feeling a little hesitant at first because it was unknown to me, but since a friend of mine was willing to join us I accepted, and we all went. That was in 2014.

We went to the park, and I started practicing, but I did not feel anything in particular. However, the lady teaching us showed great benevolence. It took me a whole year to finish reading [Zhuan Falun](#). Prior to reading the book, I did not believe in anything – I just had a vague hope that gods existed. Traditional religions did not appeal to me. When I finished reading, I tried to force myself into believing that everything it said was true. I was not quite convinced but strangely enough I wanted to make myself believe in it. I thought I needed some time to digest all these and that it would take me some time to accept everything, but still I was pleased to have a new outlook on life.

Another year went by, and it was 2016. One day I heard about “Fa rectification”. I did not really know what it was, so I checked on the Minghui website, and I was blown away. I realized that other beings were dependent on us and that a practitioner should clarify the truth and do the three things in order to save sentient beings. That came as a shock. What was going on? I felt like I had learned too much, not only about the world’s situation, but also about the celestial situation! I did not know whether I should believe in all these. I said to myself, “Think for a minute. If all these are true and you did nothing, wouldn’t you feel terrible about yourself?”

Teacher said in [What is a Dafa Disciple](#), “Each life, each person, is not simple. Behind them is a massive group of beings in the cosmos that they represent. When one person gains salvation, that represents all of the beings behind him gaining salvation in the future. [I say this] because the vast majority of the people on this earth, of today’s people, are heavenly kings who descended to earth, who incarnated here as human beings.”

It was at that point, two years after obtaining the Fa, which I decided to do the three things diligently and to eradicate my attachments.

Personally, the best way for me to clarify the truth was to leave flyers in mailboxes. I felt as if all the people living nearby had a strong affinity with me, as if maybe they had been family members in another life. Almost every weekend and during school breaks, I would get up at dawn and leave flyers in people’s mailboxes. At first, I did not want people to see me, which is why I would get up so early, sometimes before 5 a.m. when it was still pitch dark. My parents were fine with that. I was walking under the light of

the lampposts only, but walking alone at night did not scare me. I have ten years of karate behind me and, anyway, it was extremely pleasant to be surrounded by the calmness of the night with only the starry sky watching me. I enjoyed it, but I felt that it was not enough: I had to let go of my fear of being seen.

I started handing out flyers to people in the street. That was quite tough at first. I did not want people to talk to me or ask questions because I was not ready yet. I did not know much about the situation in China then, and to converse about what the flyers said was beyond my skills. All I wanted was to save people, and I knew that the flyers could do that, but speaking was too hard at the time. Anyway, no one ever bothered me during my truth clarification effort, and I think that the big smile on my face really helped.

I tried to clarify the truth to my 11th grade class with a short presentation, and I tried to clarify the truth to my teachers too. I would leave flyers in their mailboxes more often than not, but I sometimes handed them out myself. When I was in 12th grade, I left a pile of flyers at the school library for everyone to see, hoping they would take a look at it. I could not bring myself to hand them the flyers directly. My schedule that year was the best schedule among all the students; I did not have many classes, and I believe that it was arranged by Teacher so that I could have time to go out and distribute flyers in mailboxes in between classes.

I participated in the French Minghui Summer Camp 2017, and I met great people there. It helped me feel less isolated because, prior to that, I did not know how many practitioners there were in France. We clarified the truth at a market place for the first time, and I was able to hold a discussion on the subject and answer the questions I was asked.

I would like to finish with a fun anecdote. I was trying to memorize “[On Dafa \(Lunyu\)](#)” and had gone for a walk at some point. I looked up at the sky as the sun was starting to go down, and I saw a cloud in the form of a thumbs-up. I took it as a personal encouragement. That made me laugh.

Thank you Teacher, thank you to all practitioners.

Chinese version: <https://www.zhengjian.org/node/239979>

Article 28: Take the Way Arranged by Master

<http://www.pureinsight.org/node/7305>

Author: A Dafa Disciple in China

I am sixty-nine years old and I obtained the Fa almost twenty years ago. Under Master's protection, I successfully stepped over one hurdle after another. I would like to share my cultivation experience at the 14th mainland Fa conference to thank Master's compassion.

In 2014, we had a small experience-sharing meeting locally. Although I set up time and location with local fellow practitioners early, they did not come as scheduled. Some even did not express any interest. I was so angry and went to the meeting myself. It took me a while to find meeting location. When it was my turn to share my experience, I decided to leave at the half way. Suddenly, my legs were not stable. I thought I might be disturbed by the old forces. My husband was so anxious when he noticed my condition. I told him it was interference from the old forces to stop my truth clarification.

I believed I was interfered by the old forces because I did not pay attention on my Xinxing improvement and complained a lot about fellow practitioners for a while. My attachments to fame came out. Then I sent forth righteous thoughts to deny the arrangement by old forces no matter what attachments I had. I would follow my Master not the old forces.

I studied the Fa and sent forth righteous thoughts with local fellow practitioners together. I could not read but could listen. The old forces always fed me some idea such as "Go to the hospital; otherwise you would be in dangerous." I remembered Master's poem [Mighty Virtue](#) in [Hong Yin](#), "A great Arhat in the world, Spirits and ghosts greatly fear" I read it every day and could move later. Then I went to clarify the truth even I was drooling in my wry mouth sometime. I only wanted to do three things well without caring what other people were talking about me. When I just came out, my legs did not listen. I read Master's poem [Mighty Virtue](#) in [Hong Yin](#), "A great Arhat in the world, Spirits and ghosts greatly fear" and requested Master's bless to let me save destined people.

At the beginning, I could not speak smoothly. So I clarified the truth slowly to increase my confidence. With Master's blessing and God's assistance, I did better and better. Eventually, I did not even know I went back to normal. Thanks Master for helping me go through the ordeal.

Put down the attachment to self-interests

I thought I put down the attachment to my son already. However, I cried again when I wrote this exchange.

My younger son went to work abroad at forty-five years old and has not been back for two years. I was told he was sick but not sure if he was ok already. My older son told me, "No worry, nothing happened". But my younger son's wife had baby and I still couldn't contact him. Why he did not come back, even his wife had a baby. One day, my older son told me that my younger son passed away a few months ago because of liver cancer. I was so shocked and could not breathe. Was it true?

How could I deal with this sudden bad news? For about twenty days, I could not drink and eat. Later in Fa study, I saw red circle at the character of "predestined" relationship. I knew I should not attach it and understood Master's words in [Zhuan Falun](#), "Do you want to change other people's fate? Everyone has his or her own fate!" Practitioners should put down the attachment to the human world. I should take

care of live people. I told my daughter-in-law that I would go to take care of her and the newborn baby. She did not agree and said she would take the baby to see me when the baby grew up. One day, her sister told me that the company paid my younger son five hundred thousand Yuan. As his parents, I had inheritance. Thinking of my daughter-in-law, I did not know how she would take care of a newborn baby. For sure, we should take back the money belonging to us. Master wanted us to think for others. I told my daughter-in-law, "We wouldn't ask for any money. Please keep the five hundred thousand Yuan to the baby." I did not think about anything else just my poor daughter-in-law's later life. She was so touched and said, "Falun Gong practitioner is so good."

Since then, my daughter-in-law often came back with the child to visit me. We got along very well and I went through it under Master's help.

Chinese version: <http://www.zhengjian.org/node/239760>

Article 29: Genuinely Cultivating

<http://www.pureinsight.org/node/7326>

Author: A Dafa Disciple in Spain

I would like to express my deepest gratitude to Master and to Falun Dafa.

Thank you Master!

Thank you fellow practitioners!

I am a practitioner from Spain, who obtained the Fa in 2013. Before I started practising, I suffered from sciatica and acute pain in my lower back. It used to stop me from sleeping for any more than four hours at a time. I also could not stand up for longer than ten minutes, lest I would feel stinging pain on the soles of my feet. I was often sad and melancholic. Nothing in life made sense to me and I had no will to live. I started drinking and smoking, and even took all kinds of drugs. Little by little, I became increasingly separated from my family. Although I underwent various treatments, and read about and tried all kinds of spiritual teachings and meditation practices, nothing worked and my situation even worsened.

Everything changed for me one day - I discovered on the Internet that a qigong master had made a practice called Falun Gong (also known as Falun Dafa) popular in China, and that anyone could practise it. It consisted of teachings and exercises, and all materials were freely available online. I had nothing to lose. Two weeks into practising Falun Dafa, all of my illnesses had been cured. I resumed my relationship with my family, which went on to grow wonderfully. Ever since, my mind and body have continued to experience drastic improvements. It is impossible for me to thank Master Li enough for all that he has done for me. However, I can express my gratitude by being more diligent on my cultivation path and by doing the three things better. I should better seize this unique opportunity that Master has given us - one that will never be repeated in all of history - to assist Master in the salvation of sentient beings.

I would like to share some of my cultivation experience, in the hope of inspiring fellow practitioners. Let us remain faithful to our vow and do all of the three things better at this last stage of the Fa-rectification. I sincerely hope that all Dafa disciples will be able to return to their true homes when the time comes.

Expanding my Righteous Thoughts in Order to Save More People

In 2016, I came to a point where I was totally lost. It seemed as if nothing was working. Even though on the surface, I was cultivating and refining myself, sending forth righteous thoughts, saving people in daily life and participating in projects, my heart wasn't in it, and I did it all as a matter of routine. Even though I was walking on my cultivation path, I was not discarding my attachments or desires. On the contrary, I had been immersed in completing Dafa "work". In fact, my attachments and desires had become so strong that they would not even let me concentrate when studying the Fa; my thoughts were unrighteous, and indeed, really bad. With the excuse of "working for Dafa", I had neglected my cultivation and my main spirit was weakening.

I had not been studying the Fa much, as the Dafa projects had demanded a lot of me, in terms of time and effort. Suddenly, I noticed that one word was standing out for me every time I read [Zhuan Falun](#) – "truly". Master was teaching me with patience and compassion... I then understood how I had to *truly* cultivate myself, *truly* abandon my attachments and *truly* liberate myself. When I looked inside, I discovered that I

had been so busy meeting project goals that I had forgotten to cultivate Zhen-Shan-Ren in the process. I had not been *truly* cultivating.

I decided to increase my Fa study, in an attempt to understand how to get out of my situation. I again realized that Master has always been repeating something; it had been something that I had always shared with other practitioners about, and something that I had taken for granted. Master always insisted on us studying the Fa; studying the Fa more, and studying the Fa well. Regardless of our situation or how tight on time we are, a Dafa disciple should study the Fa well. I believe Master has explained to us that as soon as we encounter an unresolvable problem, we should study the Fa, whilst not neglecting our other duties.

At the time, I shared a house with other Dafa disciples, and in the mornings, after sending forth righteous thoughts and doing all five exercises, we always studied a lecture of [Zhuan Falun](#). However, I realized that I was not studying the Fa properly, because of sleepiness and worries about the projects I was involved in. So I decided to increase my Fa study time and read another lecture after lunch, and another one at night. I also put a lot of effort into really focusing on what I was reading. Then I noticed how my xinxing was elevating and how everything changed.

That's not to say that it was easy. Before I saw progress, I went through the pain and suffering of not being able to feel or see; then struggled against sleepiness, fatigue and other interference. Only then did I finally feel the Fa's sacred magnificence and beauty. As I studied, Master gradually revealed the immense Fa of the Cosmos to me. Many fellow practitioners experienced my elevation in xinxing. I find it similar to meditating in double lotus; at the beginning, when we first start cultivating, many of us suffer the terrible pain of dissolving karma while meditating and panic at the thought of meditating for an hour straight. Once our xinxing starts elevating, our concentration and serenity also improve, and we begin to experience the beauty of emptiness. It encourages us to keep improving. I have been experiencing constant changes through Fa study, for many years. I believe the steps are always the same when it comes to improving ourselves; it starts with bitter steps in the dark. When you cannot take it anymore and think that there is no hope, and boredom is completely taken over and you do not know if your strength is enough to carry on, suddenly, the situation changes completely.

Master said in [Zhuan Falun](#), "When you are overcoming a real hardship or tribulation, you try it. When it is difficult to endure, try to endure it. When it looks impossible and is said to be impossible, give it a try and see if it is possible. If you can actually do it, you will indeed find: 'After passing the shady willow trees, there will be bright flowers and another village ahead!'" (*Lecture 9, People with Great Inborn Quality*)

It also helped me immensely to take up reading the Minghui sharings again. Although I thought at first that it was something for new practitioners to do, as soon as I began reading them, I discovered that it was not so at all. I was able to find many attachments I had not yet detected, and work towards eradicating them. I find it very helpful to see other practitioners' elevated attitudes and Fa-based perspectives from when they are confronted with tribulations. Some of those understandings still have an influence on me to this day, and everything I read on Minghui encourages me to keep going. With the passage of time, reading the sharings from other practitioners on Minghui has become an invaluable aid in my cultivation.

It has been almost a year and I have continued to read three lectures a day. I also memorize some paragraphs of [Zhuan Falun](#) in the evenings. Looking back, I can confirm that as soon as I increased my Fa study, I went from having no time to study, to even having extra time to read Minghui sharings and

participate in new projects. I am now more responsible towards Dafa and my own cultivation. My mind has become more lucid, my main consciousness is stronger and my xinxing has elevated. I am now able to look inside in more depth in almost every conflict that arises. I can confirm that these changes are for real, because when I clarify the truth or join a hongfa, the results have improved remarkably. I have also stopped looking at others and comparing myself to them, as now, I only measure myself against the Fa.

However, I must be careful not to fall into formalities. If I just cultivate myself or save people as if it were a common job and seek recognition from other practitioners, all kinds of attachments will increase, and I will not be able to assist Master in rectifying the Fa, nor return to my true home.

After a radical change in my cultivation - thanks to the improvement of Fa study - I experienced many interesting situations and I would like to share them in order to encourage fellow practitioners.

Overcoming the Illusion of Sleepiness and Tiredness

I had heard that some practitioners were getting up in the mornings around 5:00 am to send forth righteous thoughts and do the five exercises, but at the beginning, I never imagined that I could do this every day; even though I had managed it occasionally during some specific projects.

I was fortunate enough to share a house with other Dafa disciples, who helped and encouraged me when I felt very tired, so I gradually managed to reach that goal. After a while, every day we sent forth righteous thoughts in the mornings, did the five exercises, and studied a lecture. With time, this became the norm for me; I try to reject all excuses – it does not matter what time I went to bed or what situation I find myself in.

This does not mean that I am not harassed by sleep and tiredness. On many occasions, my body aches so much and is so weak and stiff upon waking that I cannot even walk normally. The mental suffering is no less and even far surpasses the pain. Every thought tries to convince me to go back to sleep. Sometimes, I find myself in a severely nervous state. But then I think about how I'm moving in the right direction and that there is no need to worry, since Master cares for all beings. I notice how my righteous thoughts come easily when I have studied the Fa both effectively and sufficiently. Over time, I have come to realize that if I do not exercise in the morning, I end up finding excuses and do not do them that day. Those excuses would easily come up again the following day, and it would likely become a habit. It is clear to me that Falun Dafa is a cultivation way that includes refinement. If one does not refine oneself, one will not be able to achieve the transformation of one's body, nor achieve perfection.

Master says in [The Great Way of Spiritual Perfection](#), "Dafa requires both cultivation and exercises, with cultivation taking priority over the exercises. A person's gong will not increase if he merely does the exercises and fails to cultivate his character. Meanwhile, a person who only cultivates his character but does not perform the exercises of the Great Way of Spiritual Perfection will find the growth of his gong strength impeded and his innate body (ben-ti) unchanged."

I remember one morning, I got up feeling especially exhausted and sore. I sent forth righteous thoughts and started doing the exercises. During the second exercise, I suddenly heard something fall to the floor. Later, I woke up lying on the floor; it was my own body that I had heard falling. I got up from the floor without knowing what had happened, nor where I was, and couldn't even remember my name; I only had the one thought that I was a Dafa disciple. I then resumed the second exercise. I did not even get one scratch from my fall. Moreover, I felt that my body was very light, and a seemingly absolute and reassuring

emptiness dominated my mind. I remember how my heart was very serene. I did not doubt for a moment that Master was always protecting us. Little by little, my normal state of consciousness returned. I completed the five exercises without giving it anymore thought, and then studied a lecture of [Zhuan Falun](#).

Just after finishing studying, some sleepiness came back to me and was tempting me to go back to sleep for a little while, before leaving for work. I could not get rid of that temptation. It was especially strong and I was about to give in, but I managed not to, since I had an early appointment with someone at work. I had to help that person, so that Master could save him. Even though my exhaustion had reached its peak, I had gotten ready to go to work. However, since the fatigue was incredibly enormous, I began to accumulate negative thoughts, such as, "I've slept very little for many days; it would be normal to sleep a little bit," or "it's neither logical nor reasonable to fight with sleepiness," or "Sleeping more would change everything for the better."

I carried on even though the mental and physical pressure was rising. I started reciting [Lunyu](#) to try to mitigate my fatigue and low spirits, but it did not work. I decided to send forth righteous thoughts. As soon as I started, my body felt a jolt. It bent itself in half and each of my muscles tensed up. I continued sending forth righteous thoughts, while at the same time, strengthening my already tensed muscles. As I was trying to keep my balance, all of a sudden, the situation changed. I felt as if a deafening explosion went off in my mind and body, and several shock waves followed. In a fraction of a second, my body straightened itself out and I regained control of it. Suddenly, I felt how my whole body was incredibly rested and fresh. My mind was completely lucid and peaceful, and my heart was calm and happy. That morning, I felt that I had overcome the illusion of sleepiness and tiredness. I calmly went to work.

Good or Bad Comes from One Thought

One afternoon, I was in an important industrial area in a big city, searching for advertisers door-to-door for our Dafa disciples' media projects. Even though the cold weather was harsh and it was very windy, I did not give it much thought and kept on walking. Since I started cultivating and collaborating in different projects, I have been aware that Master does everything. He has already paved the road to save sentient beings; all I need to do is walk there and talk to people.

As soon as I left, it began to rain. I was so overwhelmed that I even struggled to breathe. I started to complain in my heart. I felt frustrated and helpless with the added difficulties. I grew angry at the injustice and lost my serenity. The pressure in my head became huge. I could withstand the cold and wind, but with rain, it was too much – I could not present myself to the businesses all soaked; I did not even have an umbrella. The companies were quite far from each other by foot. My excuses sounded very reasonable and logical to me. I had given up so soon and wanted to go home.

However, I somehow summoned some strength - from where, I do not know - and calmed myself from dramatizing the situation. I started walking whilst sending forth righteous thoughts. As the rain started soaking my coat and trousers, I thought, "If I keep doing my job, the rain will stop; it's another test to see if I'm determined or not." I entered the next client's door. I connected with the right contact and everything went very well – nobody seemed to care if I was wet!

The rain continued as I exited and I became impatient once again. My resolve to go back home became stronger than ever. So I sent forth righteous thoughts again.

All of a sudden, my main consciousness took over. I calmed down completely. Even though I stood in the rain with no umbrella and faced a seemingly impossible mission, a thought arose in my heart saying, "Can a simple shower stop a Dafa disciple from doing what he has to do?"

All of a sudden, the scenario changed completely. The rain was still falling, but it was no longer important. The only important thing was to do what I had to do. Now my body was light. I stopped walking bent over for fear of the rain. I was at peace with everything around me and I began walking without a problem in my mind. I felt an indescribable joy in my heart and realized how truly fortunate I was, being able to do this Dafa work.

Master said in [Zhuan Falun](#), "We have said that good or bad comes from a person's spontaneous thought, and the thought at that moment can bring about different consequences."

It kept raining all afternoon and I continued sending forth righteous thoughts as I walked from company to company. I also recited passages from the Fa. When the distance between them was greater, I listened to Master's audio lectures. I just focused on doing my job well. Sometimes, I would look at my coat and find it completely soaked, as with my trousers and shoes. But when I touched them after a visit, they were completely dry. I remember how strange it was that the rain never touched my face or hands and only fell on my clothes, and my hair a little bit. After two and a half hours of sending forth righteous thoughts and walking in the rain, I had completed my visits and went back home to attend group Fa Study. As I sat in the train, a drop of water fell from my hair and it reminded me of how I had just walked in the rain for such a long time. Then, I noticed that my clothes (even the bottom of my trousers) and my shoes were completely dry.

While eating back at home, I realized that I had not eaten or drunk anything for over seven hours. I attended the group Fa Study and managed to calm my mind during the reading. But I realized that I was attached to listening to my own voice and my intonation while reading the lectures out loud. I considered my voice to be firmer and better than others. Then I understood that these thoughts were not aligned with the Fa. After looking inside, I felt the greatness of Dafa and felt true compassion arise in my heart towards each one of my fellow practitioners. I noticed how numerous attachments, such as those of competition and showing off, had been dissolved by the energy of the group.

After Fa study, I worked on another project on the Internet for a couple of hours. I also tried compensating for the global FZN that I did not do during the day, by extending the time of the last global FZN to half an hour. Ever since I started giving more importance to sending forth righteous thoughts, both my concentration and attitude have improved, when studying the Fa and assisting Master with saving people.

Eliminating Thought Karma during Conflicts

I failed to look inside while encountering numerous conflicts with fellow practitioners. I always seemed to focus on the faults of others and never on their virtues. This reached an alarming point - I started seeing the actions and words of other practitioners as a risk to Dafa projects and to the One-body in general.

Master taught us in [Teaching the Fa at the Conference in Singapore](#), "If you spend your energy on external things and look for others' shortcomings instead of working hard on your own mind, how can you improve yourself? Others will improve and advance in cultivation after you point out their shortcomings, but you'll still be here. That's why I tell you that whenever any problems occur or whenever you feel uneasy inside, you should look inside yourself for causes. I can guarantee that the problem lies within you."

My understanding is that Master makes use of our conflicts to help us look inside. But some thoughts are so deeply rooted and so difficult to detect, that whenever a conflict arises, they cause me to look outside and look for someone to blame. This gets even worse when I am feeling frustrated at work or in my path of cultivation. Such thoughts appear to be on another plane; untouchable and not subject to discussion. Then, based on those thoughts that have been settling in our mind for so long, shaping our thinking, one builds new ones. They seem to be correct and very useful, but their basis is none other than selfishness. Thus, my numerous attachments are sustained.

It turned out that I could not eliminate the selfishness even after identifying the attachments through Fa-study and by reading Minghui sharings. Although I knew that those thoughts were not aligned with the Fa, I could not get rid of them. Although I tried to discard them by not recognizing them as mine, they kept coming back again and again. They even tried to take control of my emotions, urging me to react according to human thinking, and with that, strengthen my attachments and desires.

Although I made a conscious effort to eliminate them every day, the intensity of the conflicts with my fellow practitioners did not lessen. Even physical ailments began to manifest in my body, because I was unable to dismiss the thought karma.

One day, as I was sitting in front of my computer, it suddenly occurred to me that perhaps it would help for me to write down everything about the thought karma in detail. The karma seemed to be indestructible to me. And so I wrote, "My most hidden thoughts are those that judge someone as being unworthy; once someone has spoken or acted in an improper way, that person is now deemed unusable, useless and untrustworthy. I judge that I should not even listen to that person. I decide that that person's mind is not clear and that they are always causing problems, and that their attachments are enormous. But in reality, that person is actually pointing out my own shortcomings."

After writing this down on my computer, the issue no longer bothered me; the thought karma was weakened to the extreme and had almost completely disappeared. My relationships with other practitioners became good again, because the conflict inside me no longer existed.

Since writing this sharing paper, I have suddenly been able to listen to others without it stirring up any thoughts and attachments in my mind. I have stopped feeling the need to "improve" others with my understandings, and I have stopped trying to elaborate to give an intelligent reply in conversations. Master's fashen have cleansed much of my thought karma for me. I can now listen to others with a calm heart, and I can even learn something from others. I have begun to treasure my fellow practitioners more, which is actually to treasure myself.

I have no way of expressing my gratitude to Master for all he has given me. I only hope to improve faster, so that I can help my fellow practitioners and my local group to better assist in the salvation of sentient beings.

Thank you Master!

Thank you fellow practitioners!

Chinese version: <https://www.zhengjian.org/node/239976>

Article 30: Some Enlightenment in Cultivation: Having a Grateful Heart

<http://www.pureinsight.org/node/5915>

Author: Wang Haotian, a Dafa Disciple in China

After I finished doing the Falun Gong exercises, my heart was still and very tranquil. Looking around at my surroundings, I saw some bright blue lights through the clear air. My entire heart melted into the light and I was extremely happy and peaceful. I was touched from a very deep place in my heart and it was a very sincere appreciation of Dafa cultivation from my true being.

When I was young, my parents often educated us with ancient teachings, “Being given a cup of water should be rewarded with a running spring.” It means that when we get little help from others, we should try our best to pay it back later on. This should be one of the basic principles of our life in this world.

When I was in elementary school, I had a vicious lung disease. My parents, who are doctors, tried their best to cure my illness. They begged other doctors for help and sought out some secret folk prescriptions. However, my illness was not cured completely. Instead, my other organs above my lungs, like my bronchial tubes, face and brain were infected because of the vicious lung disease. It was extremely painful to go to school. From elementary school to middle school, these diseases followed me rudely just like a shadow.

I remember that after I finished my first round of reading through the book [Zhuan Falun](#), I had barely started doing the exercises. One day, I suddenly realized, “Wow, how could I have not taken any medicine for several weeks?” Strangely, I did not even think about it. However, I did feel that my whole body was quite comfortable, relaxed and clean from the inside to the outside. I had no need to take any medicine at all. At that moment, I realized that my many years of illness had gone by a miracle, just like flying away without any wings.

After the wicked Chinese Communist Party (CCP) began to persecute Falun Gong (Falun Dafa), some people asked me when they met me, “Are you still practicing?” I told them my story. Then I asked them, “If you were me, what would you do?” They all responded the same to me, “It is so good, and of course I would continue.” Yes, nowadays everyone is seeking and fighting for profit no matter what class one belongs to in this society. Where can you find anything like this high level practice, which not only teaches people to value virtue and be kind, but also cures people’s illnesses and upgrades people’s moral standards!

The nurses and doctors who knew me and worked in the same hospital as my father did not believe what had happened to me. They forced me to go to the hospital for a check-up. In the end, the results showed that all the organs above my lungs were quite normal and healthy. There were no traces of disease pathology. They were all shocked by the astounding effects of Falun Dafa.

Many people do not understand why so many Falun Dafa practitioners are still very persistent on cultivating Falun Dafa after the wicked Communist Party started to persecute Dafa illegally? They also cannot understand why so many Dafa practitioners are willing to donate their money which they saved by limiting the expense of their food and clothes to minimal levels to make CDs and materials for clarifying the facts. In addition, they do not give up their belief of “Zhen, Shan, Ren” (“Truthfulness, Compassion, Forbearance”) even when they are arrested and tortured unconstitutionally.

Of course, it is really hard to understand if one has not yet experienced the beauty of Dafa. One who has not been validating the power of “Zhen, Shan, Ren” will not be able to be enlightened.

Facing these misunderstandings by people, so many Dafa disciples still hold onto their beliefs because they have the most sincere, kind and thankful hearts deep inside. They are thankful for their Master’s merciful salvation. They thank Dafa for giving them the beautiful and precious opportunity to be saved. Sometimes, they thought about how they could pay back Master for his merciful salvation. After thinking again and again, they found that it is quite difficult to pay back. Perhaps being more diligent and telling more people about the beauty of Dafa is the only way to pay it back. Or perhaps one can cultivate better and assimilate to “Zhen, Shan, Ren.”

Now another new year has just started. We can see our ever-lasting thankful heart deep in ourselves, and we know Master and Dafa’s grand mercy. We need to think about the countless efforts that Master has made during the process of saving our lives, including protecting us at every moment and all the other things that we cannot even know about at this moment in order to save the cosmos. Facing “Buddha’s enormous benevolence,” any grateful words would seem too vague and insignificant.

Nevertheless, I still wish that we have even more grateful hearts and are more diligent in the New Year. With a thankful mind, we could be even more selfless!

Chinese version: <http://www.zhengjian.org/zj/articles/2010/1/19/63817.html>

Article 31: A New Version of ‘Alice in Wonderland’

<http://www.pureinsight.org/node/6125>

Author: An Overseas Dafa Disciple

Alice, a student of mine, is a beautiful and quiet girl. Her Chinese name is Mengyuan (a dream in realization). We came to know each other in 2008. Back then, I said to her, “Alice was a girl who liked to dream. That is why I would recommend it as your English name.”

One day, early in the spring semester in 2010, Alice told me, “I had a long dream last night and I’d like to share it with you. Do you have a minute?” I smiled at her and nodded. Alice continued, “I’ve had this dream many times and it has always been very clear, just like it was real. I’ve never experienced this in the past.” She then told me her dream and it took her an hour to finish. I was amazed after hearing it and asked her to share the dream with the entire class the next day. Then, I wrote it down:

The Heavenly World

I was sitting on a cloud and the cloud was as soft as velvet. Then I saw our teacher in a white dress, wearing golden curly hair, much more beautiful than she is right now. Later, I saw our Chinese language teacher (also a young Dafa practitioner). Then a transparent glass door appeared, on which there was a golden button. The language teacher pressed the button and the door opened. Inside there were many gods, all in long, white robes and sitting on giant lotus flowers. Then three giant gods came. As one of them pointed to far away, a long ladder appeared leading to the sky. Following the giant god, we stepped on the ladder and, at the end of the ladder, we saw a door. On the door, there were three gold and shining words, “真-善-忍 (Truthfulness-Compassion-Forbearance).” We flew inside and found it was very big and very beautiful over there. I would call it a paradise. There were many palaces and each of them was as big as the earth. I could see the roof of the palace, but was unable to reach it no matter how high I flew. On the palace pillars were engraved godly images, which, to us, are probably more valuable than gems. In the paradise, there were big, beautiful gardens that had soft, colorful flowers. There, even the bees and the springs could talk. The paradise was magnificent and it had a fragrance that does not exist in the human world. Interestingly, there is no sun in that space; instead every object emits light. The light is real, but not glaring. More surprisingly, all the students of our teacher—including some that I am not familiar with—were here and we lived together like a family. We were all very young, like teenagers, and were very beautiful. Plus, our character and hearts were assimilated to the principles of Truthfulness-Compassion-Forbearance. We lived together in peace with friendship.

The Tests for Gods

We lived like this for about one hundred million years. Then one day, a giant god came, asking us if we wanted to raise our levels. We all said yes. The giant god led us across a glass door into another dimension. We continued to walk and saw a big dark cave. Then, a disaster happened and a tornado blew towards us from the dark cave. We immediately ran away, but the cave followed us, closer and closer. The language teacher picked a big leaf from a tree nearby and threw it into the cave. It was a big leaf, as big as a house. However, the cave became even bigger and soon came close to our feet. By then, we were astonished to find that the cave was connected to hell and we could even see scary scenes, such as a mountain of swords and a sea of fire. Then a line of words appeared at the cave opening, “One of you has to be sacrificed to

save the group.” Without hesitation, the language teacher jumped in. Before we could express sorrow, within a second the cave disappeared. Then, the language teacher showed up in front of us again, and he appeared more dignified and handsome—even his clothes became more beautiful. The giant god then appeared again. He smiled at us and said, “You have done very well and passed the test.” Now we knew it was a test, so we were all relieved.

Then the second test came. We went to another place where there was a heavenly prison. Adam and Eve were doing hard work in rags in the prison. In front of the door, there were two trees: one was silver and the other one black. There were copper statues of human beings on both trees: good people on the silver tree and bad ones on the black tree. The god asked us if we wanted to rescue Adam and Eve, who had been punished there for a long time. We said yes. He told us to take the statue for Mao Zedong from the black tree and throw it into the heavenly prison. We did what he said. Adam and Eve then immediately came out, while Mao started to do hard work there. The god then asked us to take all the statues from the black tree and throw them into the heavenly prison. In this way, the bad people were punished.

The Mission of the Gods

We then began a new life and everybody was happy. One day, we were tested on a giant lotus flower: whoever had a heart lacking compassion, or had been contaminated with impurity—even a little bit—could drop from the flower, and down to the human world to suffer. None of us usually fell down, except a naughty girl. She dropped and reincarnated into a boy in our class, still very naughty. The boy is in danger and only by following the principles of Truthfulness-Compassion-Forbearance can he return. We also saw the reincarnation of Jesus, who came to the human world not because of impurity, but to fulfill a mission. After he came down from the lotus flower, we immediately saw a giant transparent, quartz mirror, which displayed his whole life: his birth in a manger, traveling as a missionary, and being nailed onto the cross. He then came back after fulfilling his mission. It took several decades in the human world, while it only seemed several minutes in that dimension.

Then we went to another place, where there was a big book. The book has everyone’s statue, a three-dimensional one. The first half of the book has records for everyday people, who either went to heaven or to hell. The second half has the records for us gods, who either return to the heavens if they cultivate well or are unable to return if they do not cultivate well. I tried to memorize the missions of various people, but was able to recall only several of them: some to tell others to believe in gods, some to tell others to forbear, and some to bring happiness to people, etc.

All those gods who had missions descended to the human world. Their memories were wiped clean and their powers were lost.

Last year, I had part of the dream again. Interestingly, when the dream was finished and I was half awake, someone constantly told me, “Please come back soon and come back to the heavens.” The voice repeated itself several times before it disappeared.

Alice finished her story and the class was very quiet. Nobody said anything: even the naughtiest boy was calm. Then Alice raised her hand. I asked her what happened. She said in tears, “I felt very bad because many people on the earth had missions, and they will not be able to return if they don’t fulfill their missions.” “As long as we all memorize the most important words—‘Falun Dafa is good’ and ‘Truthfulness-Compassion-Forbearance is good,’ we will be able to return,” I said and looked at each student with

confidence and high expectations. They were all very serious. Then a boy raised his hand and said, "I saw something mysterious. When Alice was telling her dream, I saw the test she mentioned. We took down all the statues from the black tree and threw them in the heavenly prison. But there was still one left and it was for Jiang Zemin. I asked the god if I could take it off and he said yes. I put all my effort, but still could not take it off. When I asked the god why, he said because the time was not over yet."

The students in the class were not surprised by the story. They all listened attentively as if the entire class lived in another dimension. Feeling that their hearts were very pure, I asked them to share what was on their minds. One boy said, "It seems to me the gods have come to our classroom and live together with us." All of the students thought the dream was a real story. A boy, who was usually very naughty, said to us, "I hope everybody can remember 'Truthfulness-Compassion-Forbearance is good' so that we can all return to the heavens." I was deeply touched by his words.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/3/24/72994.html>

Article 32: A Cultivation Story: The Heavenly Ladder

<http://www.pureinsight.org/node/6084>

Author: Wang Haotian, a Dafa Disciple in China

Every time when I came to understand a principle of Falun Dafa, I always felt that the principle hit my mind with some force, which led to a shaking in my body. In the past, I thought that my every new understanding of the Fa Principles would promote my body and mind to a higher level realm. Therefore, I believed that I should have climbed the Heavenly Ladder and my cultivation should have arrived on a new platform.

It happened a few days ago when I just finished sending forth righteous thought. My mind was hit by Master's principle, "Offering salvation to the world and its people, he builds up his merit naturally" (*Essentials For Further Advancement*, "Sage"). I felt this principle came into my mind from a time and space that were far away and beyond reach. I really felt the moment when the force of Dafa hit my mind in an instant by crossing such vast time and space. I suddenly realized that my thoughts in the past were very narrow-minded and short-sighted.

Only at that moment, I suddenly realized that Master has been constantly injecting the principles into my mind since I began cultivation. That was why I was able to remember a principle or a paragraph of the Fa whenever I needed it. At all times, Master has been protecting me when I was shaking inside and offering me the wisdom and capacity to understand Dafa.

I have come to understand that the Heavenly Ladder, which all cultivators want to climb on their cultivation paths, is rotating automatically all the times without stop. The automatic evolution and composition of the Heavenly Ladder will take every cultivator to different levels of heaven. Driven and refined by the Heavenly Ladder, cultivators are able to enter higher levels of heaven where they will be accepted by the higher beings there. The perfection of the Heavenly Ladder originated from the wisdom and virtue of the Fa, and it will offer those cultivators with the honor and power the ability to reach those higher realms. Therefore, any attempts that come from human attachments to climb up to the higher heavens are unnecessary.

Every time when I got rid of an attachment, I believe that it was the Heavenly Ladder that brought me to a higher level of cultivation. The actual changes are brought about by the Heavenly Ladder taking cultivators to higher levels of heaven. During the process of saving sentient beings and at the moment of removing our human attachments, the Heavenly Ladder not only takes those cultivators, but also the related sentient beings at that level, to higher realms. The perfect system of Dafa will benefit all sentient beings in the best and most secure way in the vast cosmos.

Removing an attachment will bring a cultivator to a higher level. This is a dramatic and large transformation. Master's power of virtue has strengthened the Heavenly Ladder, which selflessly delivers Dafa disciples to the different high-level realms and offers brightness and eternal life to sentient beings.

Chinese version: <http://www.zhengjian.org/zj/articles/2010/12/28/70583.html>

Article 33: Life and Death is Human; Righteous Thoughts Pave the Way to Heaven

<http://www.pureinsight.org/node/7376>

Author: A Taiwanese Dafa Disciple

1. Will You Become Cold?

On a certain day in 2015, I suddenly felt dizzy. Upon coughing, large amounts of blood started flowing from my teeth and nose. At the time, my first thought was that I was fine. I told my teeth that it was part of my body, and asked it to stop emitting blood immediately. After a minute, the bleeding stopped. Half a year later, while I was working at a construction site I suddenly became dizzy and collapsed. A worker then took me to a local hospital. I was sent to the emergency room, where I underwent blood testing. A week later, I was informed that I had leukemia. In order to not worry my family and therefore affect their cultivation states, I kept this a secret from them as well as from fellow practitioners.

I constantly experience bouts of sharp pain, bleeding, coughing, and dizziness, which interfered with my validating of the Fa. Through long-term group and self Fa-study, I have become aware these arrangements were forced upon me by the old forces; they come repeatedly because of my human attachments and personal karma. However, we do not accept the old force's interference and arrangements. I must look inwards based on the Fa so as to eliminate my attachments and improve.

During periods when my righteous thoughts were strong, my condition was fine; at other times, it hit me severely. If while enduring the pain I developed the attachment of fear, my will would start to waver. The attachment of fear can cover up all the positive factors in one's cultivation and can lead to many more, such as the attachment to saving face, the attachment of anxiety, not wanting to be told by others, competitiveness, showing off, etc. The attachment to being wary of attachments will then further enhance this fear. Cultivation waits for no one. "Fear is a death trap on a human being's journey toward divinity." (*The Essentials of Diligent Progress VOL. III, [Pass the Deadly Test](#)*)

One morning, when the intense bodily pain spurred me on to send forth righteous thoughts, I suddenly remembered when I was in New York, venerable Master had said to me three times, "Will you become cold?" For a very long time, I had been using human thinking to understand Master's words. I had thought it was an ordinary phrase referring to that the weather had become cold; words a Master caring for his disciples would say. I did not use a cultivator's standard in my each and every thought to evaluate the things that I heard. I suddenly enlightened to that the inner meaning behind "Will you become cold" is similar to that of "Cultivate as you did at the beginning, and you are sure to succeed!" ([Fa Teaching Given at the 2014 San Francisco Fa Conference](#)). Master was asking me to find that unmovable True thought that I had at the beginning of my cultivation. To not become cold – this is already a righteous thought rooted in the Fa, as well as a thought that truly comes from the heart.

We are too lost in the human world. The human shell in the three realms is just like the Daoist's Dan-tempering furnace in Journey to the West. The human shell is cultivation's "golden furnace." Life and Death is a Fa principle given to humans. But to a cultivator walking on the path to divinity, the question of life and death does not exist, because we are returning to our original true selves. So while we are in this human-shell furnace, we must temper ourselves into a God. Then the fire used to burn this furnace is precisely the Fa in [Zhuan Falun](#). All the hardships that we encounter during the tempering process shape

this human shell so that it can be saved along with us —this is the manifestation of compassion. On the other hand, the ego that protects the self must be shed before one can ascend.

After enlightening to the above Fa principle, I felt much lighter. In a brief out-of-body experience, I very clearly saw a pair of huge hands remove the red substance from out of my chest, and then my body become lighter. After I awoke in the early morning, I knew I had made it through. It was Master that removed that accumulated karma from me. I also came to understand Master words in [Zhuan Falun](#), “Cultivation depends on one’s own efforts, while the transformation of gong is done by one’s master.” In the months to follow, the coughing, aching, bleeding, and dizziness all disappeared. Only after walking through this process did I realize that life and death is human; righteous thoughts pave the way to heaven.

2. There is Never a “Set Time” in Clarifying the Truth

In 2017, my mother, a practitioner, suddenly developed cerebral thrombosis. In order to care for my mother, I took two months off work. At the time, my uncle forced my mother to go to the hospital, but my mother refused. My uncle did not understand Dafa. When I arrived at the hospital, my uncle raised several questions denigrating Dafa. His first question: If your Dafa is this powerful, then ask your Master to allow your mother to be able to walk and talk in three days. Two: Is it true that your Master teaches you to not go to the hospital when sick? Three: If your practice is so powerful, why do some people become paralyzed after practicing?

As I maintained my xinxing and thought about how to reply, my uncle pointed his finger at my nose and said, “If it wasn’t for you introducing Dafa to your mother from the start, she wouldn’t be refusing to come to the hospital and get treatment as she is now. She also would not have delayed for a week the golden treatment period. Your practice is a cult!” The expressions on my sister and aunts’ faces told me to maintain my xinxing, but I just could not listen to Master and Dafa being defamed without doing anything. There is no such thing as a “set time” in clarifying the truth. In my heart, I decided that I would use some understanding closest to humans and based on Fa principles to clarify the truth.

I told my uncle, “Falun Dafa is an advanced cultivation practice of mind and body. Our Master did not spread the Fa to cure illnesses, but as a cultivator improves in his/her cultivation, it can indeed have the effect of healing illnesses here at this level. If today someone does a bad deed, would it be allowed to absolve him/her of his/her sins at will? Would it work if he/she does not pay for his/her own wrongdoings? You were a former military officer and believe in Buddha. Then you should understand these principles!”

“‘Of course a person needs to take medicine when he gets sick.’ ‘Of course a person needs to go to the hospital for treatment when he gets sick.’ This is how people deal with this, and it isn’t wrong” ([Lectures in the United States, Teaching the Fa in New York City](#)). But as a cultivator, one must understand the standard of cultivators. If someone learns the practice like he/she is studying philosophy and does not improve his/her xinxing when dealing with conflicts, then of course, he/she is not a cultivator. Then as a human, whatever should happen to him/her will happen to him/her. A human should go to the hospital if he/she is not well.”

“It is like a doctor in a hospital: Because one is a doctor, one should never be ill in this life—how can it be understood like that?” ([Zhuan Falun](#)). “If a teacher uses one textbook to teach a class of students, will every student’s grade be the same? Some will score 100 points, while others will not pass. Each student absorbs the teacher’s teachings at a different level. The student’s own circumstances and qualities are

also different. You cannot make a blanket statement that this teacher is no good, or that the teacher's teaching material is no good."

After I made this reply, the whole room became quiet. I also realized that this was a test given to me. In clarifying the truth, one must do so based on Fa principles, and ordinary people should be able to understand. Clarifying the truth should be done without exceeding the understanding of everyday people and be without attachment. It should be done for the sole purpose of helping the other side understand the truth.

As I was looking after my mother in Taizhong, I said to Master, "Your disciple will not neglect a single fellow practitioner. Master: please strengthen my mother's main consciousness so that she can leave the hospital." I told my uncle that I was going to take my mother out of the hospital. My uncle refused, telling me that if the hospital said that it was okay, then he would not reject. I sent forth righteous thoughts and found the head doctor to talk about leaving the hospital. The doctor said that due to my mother's high blood pressure, it was not recommended for her to leave the hospital. If she were to leave, then I would have to help her write and sign a written pledge taking full responsibility. I thought about how once at a group sharing, a fellow practitioner shared how when he was undergoing a sickness karma test with his wife, he was also asked to sign a pledge certifying full responsibility. He mentioned how practitioners in detention centers are made by the evil to sign a pledge. This scene flashed again in my head. How could a Dafa practitioner sign this? I was clear in my heart that this was a trick by the evil. But if I didn't sign it, the hospital would not allow a release. My mother's blood pressure was over 240; the doctor would not allow her to be released either.

Hospitals are akin to cages that confine people. Both my mother's hands were filled with so many needles that she could not move them. I know that on the surface, this pledge certified that I would be taking responsibility for any consequences. But in actuality, I knew that in another dimension this was a test to see whether I and my mother truly believed in Master and the Fa. Seeing my mother lying on the bed at dawn that day my fear came out. For the first time, I felt miserable and helpless. Later, I thought of a passage of Fa that I thought of when going through my test in 2015: "You are Dafa disciples, and you can't have fear inside. If a cultivator can truly let go of [the fear of] death, then that death will forever be far removed from you. But this isn't something you can will to happen---it's a point that you cultivate to in the Fa, one at which you become that kind of being" ([Teaching the Fa at the 2004 International Fa Conference in New York](#)).

I later softly asked my mother if she was willing to believe in Master and the Fa and leave the hospital. My mother could not articulate clearly, but she nodded her head. I knew that my mother's knowing side was clear. Starting from the morning, the hospital checked my mother's blood pressure four times during the day, and her blood pressure was detected to be in the 170-180 range. The next day I again asked the doctor if my mother's condition had improved enough that she would be able to leave the hospital. The doctor was very surprised and said my mother's blood pressure had decreased so much in just one night. The doctor did not know the cause, but said that my mother's blood pressure was still higher than normal. Later the doctor said that after looking at my mother's records from her week-long stay in the hospital, it should be fine for her to leave the hospital. It was thus agreed that I would not have to sign a pledge and that it would be fine to conduct the normal procedure for leaving the hospital.

After finishing the procedural work, the doctor told me that there was one thing that puzzled him. When conducting x-rays on my mother's head, he noticed two blood clots in the left region of my mother's head

where she had suffered a stroke. It was due to this that my mother's speech was affected and the right side of her body was paralyzed. Yet half of the right region of my mother's head was damaged and deficient of oxygen. Under normal circumstances, the left side of my mother's body should also be paralyzed. Yet my mom did not have this symptom. Based on the timeline, this symptom should have occurred two years ago. Later I told the doctor that I and mother had cultivated Falun Dafa for five years. It should be that my mother had passed this test, so I took advantage of this opportunity to clarify the truth to the entire team of doctors working in the stroke department of the Wujitonzhonghe hospital. Thank you Master for this arrangement.

During those days that I was looking after my mother, there was something else that occurred. It was that my older sister had also started on the path of Dafa cultivation. I had given her the book [Zhuan Falun](#) five years ago, and this year she had started studying and practicing. For the past two years, my sister had been in poor health; later, I found out that she had been going through radiotherapy. My sister said that she was diagnosed with lymphoma at the end of 2016. When I was preparing to write my experience sharing this year, she sent me a text message saying that she had started to read [Zhuan Falun](#) and that the radiotherapy she been doing to control the lymphoma cells was ineffective, and even made it worse. However, after she read [Zhuan Falun](#) and constantly thought of the book's principles to guide her in her everyday life, in three months, the doctor operating the radiotherapy department told her that the lymphoma cells had suddenly disappeared. The doctor was very surprised. She later sent a text message thanking me and mother for not neglecting her and always urging her to study the Fa and do the exercises. She said it was our cultivation state that allowed her to see the beauty of Dafa and want to take up cultivation. I told sister that we in fact should thank Master. Everything is done by Master. Master was looking after her, while she also did not give up on herself.

After leaving the hospital, I accompanied my mother in studying the Fa, doing the exercises, and sending forth righteous thoughts daily. My mother's condition improved day by day. A month later, she was able to walk on her own, and was able to be understood when she talked. One day when I and my uncle took her to our home in the South, a neighbor came over to see her. The neighbor asked, "What is this young person's relation to you?" Worn and fatigued, my mother replied, "This is my brother's child." At the time, I froze and felt emotional; I felt difficult to breathe and knew this was the human Qing. Later some of Master's words entered my thoughts: "Since one's real life is one's Original Soul, the one who gives birth to your Original Soul is your real mother" ([Zhuan Falun](#)). Another passage of Fa appeared in my mind: "I want you to cultivate to reach the kind of Consummation that is of a righteous Fa, with righteous enlightenment, and is one in which others come before yourself. That is removing selfishness, being able to remove 'self'" ([Teaching the Fa at the Fa Conference in Australia](#)). I suddenly then enlightened to another passage of Fa: "Without 'nothing,' it is a human feeling. If it is a human feeling, then it's not bei (compassion)" ([Teaching the Fa at the 2004 Western U.S. Fa Conference](#)). Compassion (ci bei) describes the manifestation of a state of Gods that surpasses that of human emotion.

My depressed state lasted for five minutes before my heart suddenly felt light. It is precisely this "self" that protects my selfishness. On the road of cultivation, Master constantly points out to me to enlighten to things based on the Fa, as well as to elevate and eliminate this "self". I should also look at things from others' vantage point, and treat everyone with a cultivator's compassion and righteous thoughts. At this point, I have no words to express the painstaking efforts Master made in saving his disciple.

3. Nine Day Ascent to the Heavens; The Grace of the Golden Buddha Body

Since obtaining the Fa in 2012, I once had a dream where I was surrounded by 12 light-emitting people wearing white monk garments. Some people had long curly gold hair; others had short curly blue hair. I was teaching them the exercises. All I knew at the time was that in the universe was a huge asteroid, on it engraved a blue dragon mark which flashed a flickering golden light. Under the dragon claws of the dragon were some cloud patterns; on the clouds I could vaguely see 10 or so rows of ancient text. It looked a little like oracle script or seal script. Later, after I had obtained the Fa for 4 months or so, I was lucky to become a volunteer at a 9-day lecture series.

The classes were a cultivation experience not only for new students, but also for veteran students and volunteers. Conflicts would occur when some ordinary people were averse to volunteers using their hands to correct their exercise movements. Some people were very attached to studying the exercise movements, and would use human thinking to judge and argue right and wrong. In actuality, this was a process for them to remove their attachments.

In 2013, Master let me see that during the lecture series, while watching the lectures, rotating within every person in the class—whether a volunteer, practitioner, or ordinary person, was a transparent glass-like Falun the size of a thumb. When the Falun struck the body, a loud sound—similar to that of a tower clock or a drum, would emit, eliminating all the karma and notions on the person's body. It is just like, "At the mallet's drumming one knows to be diligent; The Fa drum rouses those lost in confusion" ([Hong Yin II](#)).

When the nine-day class finished, I saw the changes on the bodies of practitioners. Master planted varying degrees of golden shining lotus seeds in the bodies of new practitioners. The idea was that during future true cultivation, the lotus flower would grow alongside the immortal infant until the golden lotus fully blossomed, after which the immortal infant would rotate on top the golden lotus. When veteran practitioners come to the class, if their xinxing is up to par, one can clearly see different colored Falun emblems on the bottom of the lotus flower. It constantly turns to help the student adjust mechanisms that have gone awry, as well as purify the body. The immortal infant can also be seen growing at a fast rate. Every time I see these manifestations, I know that it is Master using His boundless compassion and Fa power to help students purify their body. At the same time, it is helping students bear a portion of karma that previously belonged to themselves.

During true cultivation, to understand cultivation and elevate requires one to know the high level Fa.

"We've said that your main consciousness has to be aware, for this practice cultivates your own self. You should progress with an alert mind" ([The Great Way of Spiritual Perfection](#)). At the same time, one must use the highest principles of Zhen, Shan, and Ren to evaluate oneself rather than others, as well as meet the xinxing requirements set for us by the principles of the practice. This book also states, "Those who focus solely on the exercises but neglect character cultivation will not be acknowledged as Falun Dafa disciples. Dafa students thus need to make studying the Law and reading the books the essential part of their daily cultivation"([The Great Way of Spiritual Perfection](#)).

Towards the end of Master's Fa Rectification, I hope all veteran students can return to the lecture classes to hear Master lecture on the Fa, as well as set straight any mechanisms that have gone awry. This is being responsible to oneself, sentient beings, and to Master. We must not only do the three things well, but study the Fa and do the exercises, send forth righteous thoughts, clarify the truth, and finally, be worthy of the title of Fa-Rectification Period Dafa Disciple and a disciple painstakingly saved by Master.

Finally, I would like to give this poem as a tribute to great, benevolent Master.

True Thoughts

Body at the low levels, a disheveled world

True Thoughts accompany me as I enter the universe

The mind at higher realms, the Fa light shines

Falun Dafa, cultivate xinxing

Look inward, find the reason, and the mist dissolves

Zhen Shan Ren is good, save sentient beings

Fa Disciples, an unwavering mind and will

The Fa sound disseminates the human realm

Thank you great, benevolent Master, thank you fellow disciples.

Chinese version: <http://www.zhengjian.org/node/240946>

Article 34: Rebirth in Dafa

<http://www.pureinsight.org/node/7223>

Author: An Overseas Dafa Disciple

1. From an Atheist to a Dafa disciple

Seven days after I was born, I developed typhoid and stayed ill for many years. When I was an infant, I had high fevers and went into many comas. My parents had to carry me for four to five hours to reach the nearest hospital. Every time after a high fever and coma incident, I miraculously survived. My parents worried that my brain might be seriously damaged by the high fevers. They never imagined that someday I would become an excellent student. I fell into the river three times when I was a young kid, but every time I was promptly rescued. From as early as I can remember, I have vaguely felt that a divine being had always been protecting me. Because I was an excellent student, I became more and more obsessed with science and only believed in things that I could see or touch. After years of brainwashing by the Chinese Communist Regime, I became a total atheist.

A few hours before the Tiananmen massacre in 1989, I was still in Tiananmen Square. After 10 P.M., I felt an unknowing anxiety. I vaguely heard a voice in my head that urged me to leave quickly. I found my bike and immediately left for my university. On my way, I saw a student on a tricycle with blood everywhere on his body. If I had left a little bit later, I may not have survived. I vaguely felt again that a divine being was protecting me even though I was still an atheist at the time.

When I was in college, many people practiced different types of qigong on campus. I thought that they were superstitious and laughable. In 1997, my wife started to practice Falun Gong, and I witnessed the miracles on her body. She was not in good health when she was a kid and suffered from various chronic diseases. Only a few months after she practiced Falun Dafa, all her illnesses disappeared. In 1998, we had a healthy, lovely son. I was so grateful towards Falun Gong, but I still did not have the desire to practice it myself. In 1999, the Chinese Communist Regime started to persecute Falun Gong, yet I still supported my wife to continue practicing Falun Gong. I was very busy with my school and work and thought that Falun Gong might be something for me after I retired. I was still an atheist at that time.

In 2003, a big car accident reminded me that a divine being was still protecting me. I was in Texas at that time. It was a rainy day in January, and the road was very slippery. I drove my wife to Houston to attend a Dafa activity. On the highway, I suddenly lost control of my car, and it swerved 90 degrees, hitting the guardrail at high speed. Miraculously none of my family members were injured including our four-year-old son. My wife was not wearing a seatbelt, which was very dangerous. However, she did not even injure a piece of skin. The airbag on the driver's side did not deploy to protect me, but I was not injured either. This is hard to explain scientifically. For the first time, I vaguely felt that the divine being who was protecting me might be my wife's Master. Later on, I learned that a family of three had a similar car accident on the same roadblock that day. Both the husband and wife died in the accident. My gratitude increased further, but I was too stubborn and stupid to develop the desire to practice Falun Gong. However, the atheism in my heart gradually weakened.

At that time, we lived in a small rural town, and my wife was the only Falun Gong practitioner within 100 miles. Our son had already started to study the Fa and did exercises with his mom. Because he knew very few Chinese characters, my wife and I took turns reading [Zhuan Falun](#) and [Hong Yin](#) to him. Our four-year-

old son could already recite many poems from [Hong Yin](#). Every time after we read "[No Confusion](#)" from [Hong Yin Vol. II](#):

"The time of return now draws near

Let us see who remains deluded"

My son would say in a serious tone, "My dad." I was very surprised but did not think too much. At that time, the U.S. economy was in a poor condition. I was under great pressure and did not even have the desire to think about cultivating Falun Dafa.

In 2004, my current employer suddenly reached out to me and offered me a job. We moved from Texas to Boston shortly after. The first time that I took my wife to MIT to study the Fa, I met a practitioner. She was very warmhearted and told me how to get to our hotel from MIT. After a brief talk for a few minutes, we did not contact each other again. Shortly after, my family flew to Chicago to attend the Fahui. On the way to the Fahui venue I met that practitioner unexpectedly. She told me her experience of cultivating Falun Dafa and advised me to practice Falun Dafa. I told her honestly that I was still in a state of science-first. This was my second time attending a Fahui and I saw Master both times. However, I was too obsessed with science and was not thinking about practicing Falun Dafa.

A couple of months before we left Texas, I started to have abdominal pain for unknown reasons. After we moved to Boston, it became worse. One night my wife and I were reading the Fa to our son. Large beads of sweat were constantly dripping from me for no reason. My wife said that this was a sign for me to decide if I want to practice Falun Dafa or be an ordinary person. I decided to try it and started to read [Zhuan Falun](#) alone for the first time. A few days later, my abdominal pain did not improve. I continued to study [Zhuan Falun](#) every day and tried not to think about my discomfort. After some period, I suddenly realized that I did not have abdominal pain for a few days. I did not know when exactly the pain went away. I was very grateful to Master for helping me at a time when I still did not understand many things in [Zhuan Falun](#) For the part that I could not understand; I just read through it and did not think much. After I read [Zhuan Falun](#) over and over again, the atheism became weaker and weaker in my head and finally disappeared completely before I knew it. My opinion toward science was totally changed. Master's lectures about science totally convinced me, and I completely realized the harm to human beings caused by science. Master said in [Teaching the Fa at the 2003 Atlanta Fa Conference](#), "Many of mankind's natural disasters were caused by the fundamental damage science has done. In its effort to 'develop' science mankind has excessively and wantonly harnessed energy and resources, and everything is being damaged."

After I started practicing Falun Dafa, I encountered many tests. When Boston hosted the first Chinese New Year Spectacular show, I was assigned to be a stagehand. One day before the show, I had a feeling of pins and needles stabbing many parts of my body. I just practiced Falun Dafa for a year and did not send forth righteous thoughts right away. The next morning, I had countless scary-looking shingles all over my body. Although I have experienced countless kinds of pain since my childhood, none of them could compare to this one. I had to hold back the acute pain while being a stagehand. After I went home that night, I could not sleep due to the pain. After I dozed off occasionally, the pain would suddenly wake me up. Several days later, my pain still did not let up. At that time, I still had many human notions, and I searched the Internet to find out what caused the pain. Online resources said that the pain caused by shingles is one of the most acute and usually lasts for a long time. After a person recovered from shingles, heavy scars would remain. I realized that I did not treat myself as a practitioner. Whenever the idea of being ill came to my

mind, I sent forth righteous thoughts to eliminate it. I shared my experience with other practitioners during a group study and asked them to support me with righteous thoughts. About a week later, my pain gradually went away, but heavy scars were left as if I were cut by a knife. I realized that this was a disguise and a test for me. I did not pay attention to it at all. I did not know when these heavy scars went away completely. Several years later when I was on the way to a hotel to answer the Shen Yun ticketing hotline, the same feeling of pins and needles in many parts of my body appeared again. I thought that I already practiced Falun Dafa for a few years, and I would absolutely not allow the shingles to appear again. Whenever I was not answering phone calls, I sent forth righteous thoughts. Before I went to bed that night, I increased the time and intensity of sending forth righteous thoughts. The next morning there was nothing on my body. After this test, I learned that I should always treat myself as a practitioner. This thought is very important.

Master said in [Be Vigilant](#), "Cultivation is about removing human thinking and attachments." Removing human thinking is easy to say but hard to do. Sometimes human thinking came out before I even knew it. One day I put a foil-wrapped cookie in the microwave oven casually. The foil was melted instantly and created a very strange low noise. I had a feeling of mishap even if my body did not show any discomfort. Isn't this feeling of mishap human thinking? Isn't it easy to draw bad things toward me once I had that thought? On the way back home after work, I experienced a loud noise in my right ear. Every sound around me was amplified many times in my ear and became thunderous. At that time, I realized that the tinnitus was caused by my first thought, which was not righteous. I intensified sending forth righteous thoughts and increased my Fa study time. However, the tinnitus did not get any better after a few days. Some human thinking appeared again and I searched on the Internet about the tinnitus. What I found scared me. For some people, the tinnitus could last for a lifetime. Some people had to live underground. I realized that I had to put down my human thinking and not treat it as an illness. At that time, my company was in Cambridge, and I had to take the bus to commute. The noise on the bus was thunderous after becoming amplified in my ears. I had ten sick days to use each year, and many of my colleagues used sick days when they did not feel well. I thought that it should be perfectly fine if I use a sick day to get some rest. Once this thought came out, I immediately realized that this was human thinking. As a practitioner, how can I treat myself the same way as an ordinary person? I kept working every day and listened to Master's lectures on the bus. About one week later, the noise in my ear disappeared suddenly, and it never came back. I thank Master very much for helping me get over another test and eliminating some human thinking.

2. Promoting Shen Yun

Shortly after I started practicing Falun Dafa, I participated in several important projects such as truth clarification in Manhattan, *Nine Commentaries on the Communist Party*, quitting the CCP, Chinese New Year Spectacular promotion, Shen Yun promotion and Shen Yun Symphony Orchestra promotion. I deeply felt that Master always tried to bring pre-destined people to me. One day I went to put up Shen Yun Symphony Orchestra posters. I went to a business area and found a parking spot. Suddenly I noticed that the parking spot in front of me was also vacant, so I moved to that spot. Then I found that the parking spot in front of me was still vacant and was close to the building, so I moved to that parking spot without knowing why I changed the parking spot twice in a row. A clerk in a store liked the poster very much and asked me to put it on the most conspicuous glass door. Then I went to other stores to put up posters. After I finished that area, I found my car and was ready to go home. I noticed that a car beside me had the engine idling, but did not have the intention to leave immediately. I was curious but did not think more. The moment that I got into my car, the clerk that I mentioned earlier suddenly ran out of the store and

shouted at me to give him one more poster. He wanted to give it to his friend. The man inside the idling car beside me also rushed out and asked me for a poster. Then he left happily. The store clerk could not have known where I parked my car, or when I would leave. However, he found me in just a few seconds, which was really inconceivable. The driver inside the idling car had nothing else to do. His knowing side wanted him to wait for me to get the Shen Yun Symphony Orchestra poster. Suddenly I realized why I changed my parking spot twice in a row. Master arranged everything for me. Just as Master said in [Dafa Disciples Must Study the Fa - Fa Teaching Given at the 2011 Washington DC Metro Area Fa Conference](#), "Everything has been prepared, and all that's missing is for you to carry it out."

My ordinary job is always very demanding and technically challenging. Several years ago, my company had frequent layoffs. Most of my vacation days were used to promote Shen Yun. Sometimes I had to go to clubs to schedule Shen Yun presentations during working hours. I made up the time that I missed. I normally told my boss in advance, and he understood what I was doing. I scheduled a presentation at a club that was far away. The day before the presentation, the practitioner who was assigned to do that presentation suddenly could not become unavailable. Other presenters could not do it either for various reasons. At that time, I had a deadline approaching in my project, and I had a technical problem that was not solved for a few days. Nobody in my company could help me solve that problem. I thought that I could not waste this presentation opportunity even if my project was due pretty soon. I told my boss and did the presentation at that club. A member of this club bought eight high-end tickets that night. That second I got some inspiration and solved the technical problem shortly afterwards. I finished the project two days in advance even though I had worried about not being able to finish it at all. I knew that everything was arranged by Master. I do not have any special talents. If I have a strong desire to save sentient beings, then Master will harmonize everything.

It is hard to express my feeling now after practicing Falun Dafa for so many years. Even if I experienced a lot of hardships and tribulations, I feel so lucky to be a Dafa disciple during the Fa-Rectification period. Even if my celestial eye has never opened, I can feel how much Master has done for me. Master has always been protecting me since I was born and has guided me to obtain the Fa step by step. I sincerely thank Master for the mercy and suffering to save me.

Chinese version: <http://www.zhengjian.org/node/155041>

Article 35: The Portal of Time and Space in One's Heart

<http://www.pureinsight.org/node/6101>

Author: Wang Haotian, a Dafa Disciple in China

Speaking of portals through time and space, we may have come across such a thing in sci-fi movies or novels. That is, one is able to enter a totally different world through such portals.

Prior to cultivation, I used to think that such portals only existed in one's imagination. As I began to cultivate myself, however, I often thought about it again, especially when facing subtle incidents or complicated relationships between various people. By then, I often calmed down to examine myself, to check if there was something wrong within me, and correct it.

If, without any complaint or negative feelings, I maximized my efforts to improve and harmonize everything around me, then my heart would enter another world at an extremely high speed through a portal. In that world, the air is fresh, the dimension is broad, and even my life is transparent. After experiencing this several times, I found such a portal does exist in a person's heart. This portal, which can bring a person to different worlds and allow them to sense various dimensions, can only be opened by their own compassion.

Once when calling my parents, my mother said nervously, "You father has a stomachache and he is in a lot of pain." I asked my mother to give the phone to my father and then said, "Dad, please recite, 'Falun Dafa is good'." After several minutes, the pain stopped. My father was very happy and said, "Where did the magic power come from? After reciting those words, I felt as if I passed through time and space, and the pain suddenly stopped. I am unable to explain it although I am a doctor."

This real life example led me to think many things. Heart disease and high blood pressure are a major challenge in the health care sector. How did this come about? It is because people have spent too much time thinking and worrying. With the tense relationships between people, it is hard to even find a person to talk with. Therefore, the portal in one's heart is often blocked, which not only impedes the connection with our true selves, but also in turn aggravates our anxiety. If such blockage continues, people can easily get sick. From this, we can see that it is indeed very important to stay connected with the kindness of our true self.

With these thoughts, the portal of time and space in one's heart may not seem so intangible as it used to. The existence of this portal could help to prevent human beings from degenerating too early. It also allows us—especially when we calm down—to connect with our true self. At that time, whoever does so will feel bright, peaceful, and pleasant.

When looking around, I noticed that life displays itself in various ways. This portal, which helps to maintain the wonderfulness of our being, exists within each of us at all times. As the Chinese New Year approaches, I wish everyone will be immersed in compassion as they travel through these portals.

Chinese version: <http://www.zhengjian.org/zj/articles/2011/1/27/71398.html>

Article 36: Persisting in Cultivation

<http://www.pureinsight.org/node/7310>

Author: A Dafa Disciple in Italy

In 1999, I left Greece, my homeland, and came to Italy to study medicine. In 2007, while I was still a student I learned about organ harvesting in China from a practitioner. He invited me to study and practise Falun Dafa, but my own karma prevented me from starting cultivation.

His words on forced organ harvesting from practitioners shocked me and I started looking for more information about the persecution online as well as talking about it with my friends at the University. A few months later, the Olympic torch in defence of human rights, (calling for a boycott of the China Olympics), passed through Italy. The Italian practitioners organized a truth clarification activity. I felt a strong force inside me that pushed me to participate. When I arrived at the activity, I asked a practitioner how I could help. She smiled and gave me some flyers and told me to distribute them to passersby. I felt very comfortable and I was very calm. I felt a very pure energy field and I was very glad to stay with them. A practitioner offered to teach me the exercises and on my birthday, three days later, I learned them. From that moment, Master gave me a new life, a life of cultivation.

It was not easy to obtain the Fa. In the first year of my cultivation, my old creditors came in my dreams to take my life. I dreamed many times of strangers running behind me to kill me. It was all so vivid. Every time I felt the vivid sensation of the knife or the bullet of the gun through my body. It was so tiring to escape from them and every time I woke up very weak. I got to the point that I was afraid to sleep. Studying the Fa, I gradually understood that I could not only think of myself. I created tribulations for these people and I had some debts with them. I felt a sense of compassion for them and I cried for the suffering I caused them. One night I dreamed of climbing a ladder very quickly and behind me there was a man who wanted to kill me. In an instant I found the strength, I turned and without any fear I looked at him. He looked at me but did not kill me. I realized that I had already paid for my debts.

Later on, another episode happened to test my faith. I felt a great pressure in my mind during a tribulation. After that pressure, I started to have bad thoughts about Master and the Fa. Those thoughts told me to stop cultivating and that Falun Dafa was not good. I did not know what was happening and because of my fear I didn't speak with other practitioners. I looked at Master's picture and I told Him with tears that they were not my thoughts and asked for forgiveness. For all the day, I persisted in eliminating these thoughts but the next day these thoughts came back in my mind. I was afraid of being possessed. The fear dominated me and a new thought appeared - suicide. So to save my life I thought, "I know that Dafa is good but I cannot cultivate. It's too much for me. I have so much karma. I have to stop my cultivation." Despite the fact that all these forces were trying to stop me from cultivating, I persisted. I realized that "saving my life" was a false thought. I had to continue my cultivation. That would be the only way to be truly saved. The next day I studied the Fa and recited all day "Falun Dafa is good" and "Truth-Compassion-Tolerance is good". I did not recognize the old forces' arrangement. I passed the test. Master helped me to eliminate my thought karma and strengthened my main consciousness.

I knew it was hard to obtain the Fa and I had to treasure my journey. I understood that I had to face all these tests because I had decided to embark on the path of cultivation, otherwise how could I eliminate my karma?

Master said in [Fa Teaching at the 2008 New York Conference](#), “Those ordeals and the suffering, no matter how great or harsh you find them to be, are good things, because they take place solely on account of your cultivation. A person can eliminate karma and shed human attachments when he goes through ordeals, and through ordeals he can improve. ”

During the tribulations, I never stopped clarifying the truth to the Italian people and Chinese tourists. I was thinking of the suffering and tribulations that Chinese practitioners endure in China and that gave me the strength to resist and continue clarifying the truth. All the tribulations made me mature, strengthening my main consciousness and my determination in cultivation. I strengthened my faith in Master and I realized that my only purpose in life was to help Master in the Fa-rectification.

I knew I had to do better. I had to follow the path Master arranged for me. For this reason, I finished my studies in medicine and I started contacting the Italian Parliament to clarify the truth about forced organ harvesting. At the beginning, I was very shy and my voice always trembled. I was afraid to lose face and be ignored. The MPs seemed to be disinterested, cold and sometimes they seemed to be disturbed. I felt their hearts closed. I cried because I felt I could not help Master but at the same time I knew it was my path, my mission. I had to clarify the truth to the Italian Parliament. I slowly eliminated my attachments to fame and losing face and I was able to calm my mind. I understood that the key to touch their hearts was to cultivate Shan (compassion).

When my only concern was their salvation, the MPs started answering me and receiving me in their office. Before every meeting, I felt very bad with chills and cold, I sweated and went to the toilet many times. I knew Master was purifying my body.

Every time I had to remind myself not to look at their social position and I remembered Master words.

Master said in [Fa Teaching Given at the Fa Conference Marking the Tenth Anniversary of the Minghui Website's Founding](#), “When clarifying the truth we aim at people, and do so to save people, regardless of who they are.”

Continuing to clarify the truth I realized that the standards were high. I had to improve my xinxing but at the same time I had to improve my professionalism. I thought that by elevating my professionalism I could clarify the truth better. It was all clear but I did not know how to do it. There were not any doctors among practitioners in my area. In 2013, I had great help from Master. I became a member of DAFOH, Doctors Against Forced Organ Harvesting. I had the possibility to learn from others, look at their strengths and share how to improve. I learned to combine professionalism with the heart of a practitioner.

With the help of practitioners, we strengthened truth clarification to our Parliament. The MPs took a righteous position and they decided to support Dafa instead of their interests and the fear of disturbing relations with China. In these years the Italian Parliament approved a resolution against forced organ harvesting and approved a law against organ trafficking.

Being Part of the One Body

In 2016, I saw Master for the first time at the New York Fa Conference. Master’s concern for practitioners and for sentient beings deeply touched my heart.

Master taught in the [Fa Teaching at the 2016 New York Fa Conference](#), “Anyway, I just want to tell you that, as Dafa disciples, you should know how enormous your responsibility is, and this is not a child’s game.

This undertaking has already come to the last stage, and I am extremely worried, yet you still do not treat it seriously. In the end, however, it will be too late even if you cry.”

During Master’s teaching, I deeply felt the sense of urgency for sentient beings. This strengthened my thoughts and the will to bear all the hardships and tribulations in order to fulfill my vow and to eliminate all my attachments like when I just started my cultivation.

Back in Italy from New York, I was determined to do well because Master was waiting for good news from me. I put my heart in the project to clarify the truth to the European Parliament with the 0048/2016 Written Declaration on stopping organ harvesting from Falun Gong practitioners.

The project coordinator asked me to share the importance of the project with all Italian practitioners because Italy has a large number of MPs. Following his suggestions, I started sharing with fellow practitioners the importance of participating in this project, but I did not receive any acceptance. I explained to the coordinator that I had done what he asked so things no longer depended on me. The coordinator did not give up so easily. He kept asking me to involve practitioners but I was not able to understand.

One day the coordinator told me, “I beg you to share the importance, it is an urgent problem, and we should not treat it in a relaxed way”. His words touched me. Master’s 2016 New York teaching came to my mind, along with the urgency he spoke about. I immediately thought, “Where is my shortcoming? I need to find immediately my shortcoming!” I could no longer hide myself, it was an urgent matter.

In the [Fa Teaching at the 2016 New York Fa Conference](#) Master taught, “Dafa disciples, although Master spoke a little sternly, it was to lift up your spirits, because you are the hope for humanity! The hope for sentient beings! You are also Master's hope!”

I thought, “Master wants me to involve Italian practitioners to succeed in this project. Without practitioners, Master cannot save the Italian sentient beings.” I thought, “I need to urgently look inside me to see my shortcoming.”

I saw my lack of confidence in Italian practitioners. I saw my selfishness because I did not want to waste time in training practitioners on the arguments and I did not want to take my responsibility. I saw that I did not put my heart into involving practitioners. My invitation was not pure and it hid a sense of mistrust and fear. These were my fears, “That practitioners who have no idea how to deal with an MP would like to participate?” And “If practitioners who have no experience about organ harvesting call an MP, they could maybe damage a relationship built on years of hard work.” “Practitioners also needed to go to the European Parliament to speak directly with MPs, and they had no experience. How could I take on the responsibility for others?”

All the thoughts in my heart suddenly showed up and I saw the wickedness in their content. I thought, “How is it possible that Master could take the responsibility and the guilt for all of us and I can’t take the responsibility for the actions of the practitioners that would like to help Master? If a practitioner does not act in the right way, wouldn’t it be my responsibility? Why do I put my attachment to losing face behind Master requests?”

In that moment, the Fa principles became very clear. I saw my responsibility. I did not keep any excuses. I could easily eliminate thought karma, selfishness and attachments like reputation and the attachment to time. I had to trust practitioners; this was what Master asked me to do.

Master said in [Fa Teaching at the 2016 New York Fa Conference](#), “Do not fear that there will be problems with them. Perhaps they have no experience at the moment, but as time passes, through practice they will gain experience.”

After seeing my shortcomings, I really tried to motivate practitioners. I considered every moment they could dedicate to the project to be very important. Every call to the European Parliament was very precious like gold, regardless of the result. After changing my mindset, in 2-3 days more than 10 practitioners joined the project and within a short period of time, our group was composed of 30 practitioners both Chinese and Italian. I realized that the heart of practitioners was already there but what was missing was my heart for them, for my fellow practitioners. My fears blocked them.

With this project, I once again experienced the enormous power of the Fa. Almost no practitioners had any experience; they never called MPs to clarify the truth. Some really knew nothing about organ harvesting, but everyone set their hearts to learn and do well. Their desire to do well allowed them to acquire all the skills that I did not acquire in years. I was so honored to work with them. Their arrangements with MPs were truly extraordinary; I would never achieve alone what they reached together.

I felt for the first time the sensation to be part of the one body. Our sharings were open and sincere without any fear or prejudice. Amid difficulties and mistakes, everyone looked inside and we never pointed the finger to others. We never complained about each other and we worked together like brothers and sisters. When a practitioner encountered some difficulties, all practitioners supported him and encouraged him to overcome them. I saw the sacredness and the dignity of opening our hearts and sharing our attachments with fellow practitioners without hiding.

We considered every MP as a precious being that Master wanted to save. We worked hard until the end to encourage all of them to sign. In the end, 61 of the 73 Italian MPs signed the Written Declaration.

Better Understanding of my Role in Coordinating

A few months later, I was asked to coordinate the Public Relations area for Shen Yun 2017 promotion in Milan. My coordinator told me that this year I had to involve more practitioners.

Since I had already worked with many Italian practitioners for the European Parliament project, I did not find it so difficult. However, the standards and the requests were now higher. There were many challenges and pressure. I could feel some forces that would separate the one body and set us against each other. Competition, complaints, fear of conflicts with others and fear of losing face – all of these showed up. I started to have bad thoughts about some practitioners and I realized I needed to elevate my xinxing, look inside and put all my efforts to strengthen the one body. I understood that to fulfill my vow I needed to have a big heart and to listen to all practitioners.

Master said in [Fa Teaching at the 2016 New York Fa Conference](#), “People in charge are coordinators, and you should coordinate others well and motivate them well, and have everyone involved. That is being in charge!”

I took Master's words seriously and I felt compassion for fellow practitioners. I listened to their ideas, their difficulties, their criticism - and with compassion I supported them. I realized that being responsible for a project means also being responsible to practitioners. All practitioners put their hearts into the project and for the first time, thanks to Master, we got a full house.

This is my understanding at my current level. Please tell me anything that is not in accordance with the Fa.

Chinese version: <https://www.zhengjian.org/node/239982>

Article 37: Scientific Experiment: Why Falun Gong Practitioners' Hands Have No Bacteria

<http://www.pureinsight.org/node/7507>

Author: A Dafa Disciple in USA

The epidemic in Wuhan spread rapidly, and people around the world panicked. The outbreak of the new deadly Coronavirus disease (COVID-19) drew people's attention to "super bacteria" in the microbial world. Scientific experiments found that Falun Gong practitioners carry a supernatural antibiotic to kill "super bacteria".

On February 19, Minghui reported that the new coronavirus (Wuhan pneumonia), a virus that looks like a crown under a microscope, has drawn people's attention to the world of microorganisms.

On Wikipedia, the definition of a microorganism is a tiny organism that is difficult to see directly with the naked eye. Microorganisms with a cell structure include various bacteria, while organisms without a complete cell structure include viruses. We will not talk about viruses today, but will instead relate a story linked to bacteria in the microbial world.

During an inadvertent microbial experiment, Falun Gong practitioner Deyuan was found to carry a supernatural antibiotic that can kill the bacterium *Staphylococcus aureus*, which is harmful to the human body.

Deyuan, 22, was born in Germany and started learning Falun Gong with her parents when she was a few months old and grew up following Falun Gong's principles of Truth-Compassion-Forbearance. After growing up, Deyuan continued to have both good moral character and academic excellence, successfully entered university, and is now studying medical science.

Anyone who has been in contact with Deyuan feels that she is a quiet, low-key, and well-educated girl.

First Microbiology Experiment

One year in the winter semester, Deyuan took a course in microbiology at the university. In the first lesson, students were given a few agar plates on which they bred and observed microorganisms and performed various experiments.

Students were asked to put their fingers on a blood agar plate to find out how dirty their hands were. The plate was then placed in an incubator to grow any bacteria that may be present and allow them to multiply until they could be easily observed.

A few days later, Deyuan was surprised when she retrieved her fingerprinted plate. Many students could clearly see bacterial colonies on their plates, but on Deyuan's plate, there was almost nothing.

Deyuan herself was also very surprised, "Why is there nothing on my plate? Did I wash my hands before class? But I did touch something afterwards!"

Deyuan often practices Falun Gong. On the surface, she seems no different from others. The practice can fill a practitioner's body with energy, but how does this energy manifest? Were bacteria from Deyuan's fingerprints killed by her energy, or was their growth suppressed?

Of course, we cannot draw a conclusion because this was only the result of one experiment. People may say that it was accidental. Let us look at a second experiment involving Deyuan.

Second Microbiology Experiment

The second microbiology experiment for her course involved testing for the existence of microbes on objects with which she came into contact either outside or at home. Deyuan chose a banknote. A few days later, she was even more surprised when she retrieved the agar plate that came in contact with the banknote because the plate was also "clean", while many other students had bacterial colonies on their plates.

Deyuan was also confused at the time because everyone knew that banknotes were particularly dirty.

It should be noted that this experiment was part of a microbiology class in a German university. Deyuan had no intention of proving that she had energy, and Germany has strict medical science teaching facilities and advanced medical equipment.

From the results of the second experiment, one can see that Deyuan's fingerprints and the objects she touched did not transmit bacteria to her even though she lives in a bacteria-ridden world. For example, many objects such as a computer mouse all have bacteria.

The only explanation is that the energy generated by Deyuan's Falun Gong practice has an effect on bacteria. If the conjecture that the energy in Deyuan's body can kill bacteria is true, then her body has protection that can resist bacterial invasion, and her body would be naturally healthy from infection.

So how does this energy exist? And what is actually happening? Perhaps the third experiment can answer this question.

Third Microbiology Experiment – Finally Seeing a Colony

In the third microbiology experiment, the professor asked students in each group to culture mucus from their throats and nostrils on agar plates.

Because other students in Deyuan's group wanted to use throat mucus for the experiments, Deyuan used nostril mucus.

A few days later, students retrieved their respective agar plates with worksheets containing analysis data and names of various bacteria. This time, there was a visible bacterial colony on Deyuan's plate. She was very happy when she found that her plate grew *Staphylococcus lugdunensis*.

Anyone could ask the professor about their bacteria, but no one had the same bacterium as Deyuan. Deyuan also wanted to know what her bacterium was. She was the last person to ask the professor.

When the professor heard the name of Deyuan's bacterium, he was very excited and said that it was a newly discovered species. Although it had been discovered more than ten years ago, it was not published until recently. This kind of bacterium can kill other harmful bacteria such as *Staphylococcus aureus* that can cause many different serious diseases.

When the professor mentioned this, all students turned to look at Deyuan. The bacterium found in Deyuan's nostril in the third experiment, *Staphylococcus lugdunensis*, is actually a type of *Staphylococcus* that can kill other harmful bacteria.

From the three experiments, it is clear that although Deyuan does not seem to differ from others at a superficial level, on a microscopic level, the energy she carries can hinder bacterial invasion. Once harmful bacteria enter her nostrils, *Staphylococcus lugdunensis* will kill them.

What is *Staphylococcus lugdunensis*?

Firstly, we need to know about *Staphylococcus aureus*. *Staphylococcus aureus* can cause purulent inflammatory diseases of varying degrees, such as pimples, urticaria, otitis media, sinusitis, osteomyelitis, and sepsis.

Staphylococcus aureus is the culprit of many diseases from the upper respiratory tract to the digestive tract and even the epidermis. Among them are also "super bacteria" such as methicillin-resistant *Staphylococcus aureus* (MRSA). In other words, *Staphylococcus lugdunensis* is the nemesis of this super bacterium.

In 2016, Andreas Peschel, a scientist at the University of Tübingen, Germany, and colleagues found a weapon that could fight the "super *Staphylococcus aureus*".

Interestingly, this deadly weapon comes from another *Staphylococcus* bacteria: *Staphylococcus lugdunensis*. The related paper has been published in the journal *Nature*.

Other research has found that *Staphylococcus lugdunensis* is equipped with a four-gene cluster (lugA, lugB, lugC, and lugD) that forms a pipeline to coproduce a protein called "lugdunin".

This protein consists of six amino acids joined together to form a circular structure.

Surprisingly, lugdunin has a powerful and wide range of antibacterial activity. Just 1.5 µg of lugdunin per milliliter can inhibit the growth of *Staphylococcus aureus*, and even MRSA becomes the "ghost under the knife" of this antibiotic.

In addition, lugdunin is also lethal to many other Gram-positive bacteria. At the right concentration, even notorious super bacteria such as vancomycin-resistant enterococci (VRE) can be eliminated.

The Nemesis of the Coronavirus Disease (COVID-19) in Wuhan

Among Falun Gong practitioners, there are many cases of practitioners who were sick before starting the practice and have miraculously recovered after starting the practice. Many people only see this phenomenon and its results. No one pays attention to what is happening at the microscopic level that is invisible to the human eye.

Through Deyuan's case, this could explain how, in many examples of physical rehabilitation among Falun Gong practitioners, the microcosmic body undergoes huge changes through the cultivation of righteous Fa. These come from their inner positive energy in the microcosm of their bodies.

There are super bacteria among microorganisms, but there exists their nemesis *Staphylococcus lugdunensis*. The new coronavirus will also have a nemesis.

Some people also showed symptoms of the Coronavirus disease, but they responded quickly after sincerely reciting, "Falun Dafa is good, Truth-Compassion-Tolerance is good," after which their symptoms disappeared.

Deyuan's three experiments may make people believe that when sick people are sincere from their hearts, a battle against harmful bacteria or viruses may clean up their microcosm. When the viruses are eliminated, the human body becomes naturally healthy.

Wuhan Epidemic is "Evil Qi"

According to ancient Chinese medical theory, the current pandemic caused by the Wuhan pneumonia is "evil qi." How did the ancient Chinese prevent the plague?

According to the "Cifa Theory" in *The Yellow Emperor's Classic of Internal Medicine*, the emperor said, "I heard of five epidemic diseases that are all very infectious. They all have similar symptoms without rescue treatment. How can I prevent people from becoming affected by these epidemic diseases?" Qi Bo said, "Those who are not affected have righteous qi inside them, so the evil cannot bother them."

Many Chinese people are quite puzzled by this statement. Why does "the righteous qi prevent the evil from bothering them"? Is the ancients' method of resisting the plague "superstition"?

According to research, the "qi" mentioned in the *The Yellow Emperor's Classic of Internal Medicine* does not refer to air as it is now called in science, but instead refers to an invisible substance in the universe.

The "qi" in ancient times was not only a substance, but also an energy, and it could be transformed into a high-energy substance. Therefore, righteousness itself is positive energy, and evil qi includes negative material such as wind, cold, heat, humidity, dryness, fire, viruses, bacteria, etc.

The energy of righteous qi can resist or destroy the evil qi. Therefore, Qi Bo said, "The righteous qi exists within, and the evil cannot bother them."

The virus understood by modern medicine is generally only 50-100nm. Its structure is a protein shell (capsid) containing a nucleic acid (RNA). This nucleic acid contains information to destroy cells.

At present, general physical methods to eliminate viruses include using ultraviolet rays, which have a wavelength of 10-400nm. A single photon carries a large amount of energy that can destroy the nucleic acids of bacteria and viruses. If the nucleic acids are destroyed, then the operating information carried by the nucleic acids is damaged, in which case the intended function of the virus cannot be achieved.

In the summer, people wearing short sleeves will feel heat and even pain when exposed to strong sunlight. This is because the energy carried by ultraviolet rays causes changes in the proteins of human skin cells.

The gong mentioned in Chinese qigong actually carries a kind of high-energy substance like light. This substance is not in the visible light frequency range, so it is invisible to the naked eye, but it is radioactive and has the same bactericidal effect.

Reciting "Falun Dafa is Good" to Overcome the Plague Has a Scientific Basis Since a Long Time Ago

As early as 2003, scientists carried out biomedical experiments on the energy field of Falun Gong cultivation. The experiments successfully used myocardial cell research technology to demonstrate that Falun Dafa exercise fields can enhance the contractile activity of cardiomyocytes, which proves that the exercise fields provide a certain energy.

In fact, according to general knowledge of muscle physiology and biochemistry, the increase in contractile tension of cardiomyocytes requires additional biochemical energy (e.g. ATP, calcium ions) or physical energy (e.g. heat, electromagnetic energy).

However, in this experiment, there was no such addition of energy. A Falun Dafa practitioner's hands simply surrounded both sides of the cell. The cell's contractile tension increased without any conventional energy source.

This shows that during the practice of Falun Dafa, an unknown energy acts on biological systems to increase their activity. The results of this experiment directly provide a reliable scientific basis for Falun Dafa, which has magical beneficial effects on biological systems.

On April 14, 2005, a Falun Gong practitioner in Jinan, Shandong Province, was tested using an instrument called an "MDI multifunctional micro-diagnostic instrument" to analyze blood. It was found that the living cells of Falun Gong practitioner's blood were evenly distributed, the cells were very active. There was no sediment in the interstitium, and there were almost no spinous cells.

Even more amazing is that each cell circle had purple, blue, yellow, and white haloes from the inside out. They looked crystal clear and very beautiful from the computer screen. Stem cells were evenly distributed without sediment.

Under the microscope, living cells of an average person are extremely irregular, have poor mobility, and have fragments, black circles and spots, and sediment in the field of vision with black circles around each cell. The stem cell examination is messy and dim.

These phenomena confirm the magical and extraordinary nature of Falun Dafa. People who regularly recite "Falun Dafa is good, Truth-Compassion-Tolerance is good" can also be linked to this energy, so this energy has magical effects.

Modern scientific experiments have long confirmed that one's mentality can change one's surrounding matter.

Various scientific experiments have proven that people who have good thoughts and often say righteous things produce positive energy. Frequently reciting "Falun Dafa is good, Truth-Compassion-Tolerance is good" will have a positive effect on one's body. This is the fastest and most effective way to improve one's body's "righteousness".

Minghui.org published on September 21, 2013 and January 25, 2020 that during SARS in 2003, some people who sincerely recited "Falun Dafa is good, Truth-Compassion-Tolerance is good" could be saved from real dangers.

When the Coronavirus disease (COVID-19) in Wuhan got out of control, Minghui.org also published a number of cases in which pneumonia patients recovered within a few days by reciting "Falun Dafa is good, Truth-Compassion-Tolerance is good".

It can be seen that frequently reciting "Falun Dafa is good, Truth-Compassion-Tolerance is good" can help one overcome the illness. This is not a superstition, but instead has a scientific basis verified by many scientific experiments and the personal experiences of Falun Gong practitioners.

Chinese version: <http://www.zhengjian.org/node/257188>