



**Falun Gong is an entirely peaceful belief system which encourages the highest standards of moral behaviour.**

—Lord Avebury,  
House of Lords, UK

## Practiced by Millions

Falun Dafa is the fastest-growing spiritual practice in Chinese history. It's estimated that it saved the country over \$100 billion annually in medical costs.

The practice has received thousands of proclamations from government officials worldwide for its benefits to health and wellness and peaceful efforts to protect freedom of belief.

Falun Dafa's founder, Mr. Li Hongzhi, has received a U.S. International Religious Freedom award. He has been nominated 4 times for the Nobel Peace Prize.

## Path to a Happier & Healthier You



*“Enlightening! Knowledge on so many levels, like my brain is being tweaked and tickled.”*

—Kimi G.

*“I’ve meditated and done Qigong for years, but this experience connected me with a power of universal love that I have never felt before.”*

—Lawrence S.

*“This is the best life-enhancing energy practice I’ve ever come across.”*

—Dhebi I.

*“Profoundly life-changing. Within a few days I’m feeling the difference in my body.”*

—Jennifer B.

## Try Falun Dafa Today

FREE Online Class in 30+ Languages:

[LearnFalunDafa.org](http://LearnFalunDafa.org)



Join Local Group:

[LocalContacts.LearnFalunDafa.org](http://LocalContacts.LearnFalunDafa.org)

Free to Learn in Your Language  
Improve Health  
Attain Inner Peace

# FALUN DAFA

(FALUN GONG)

真

Truthfulness

善

Compassion

忍

Forbearance



# FALUN DAFA

A profound practice for mind, body, and spirit

170+

Spread to over 170 countries worldwide



## The Basics

Falun Dafa, also known as Falun Gong, is a profound spiritual practice guided by the universal principles of Truthfulness, Compassion, and Forbearance. It consists of daily study of these principles and five gentle but powerful exercises to purify the body.

## The Teachings

*Zhuan Falun*, the core text of Falun Dafa's teachings, explores themes such as "Healing," "Perfecting Your Character," "Costs and Rewards," and "A Pure and Serene Mind." It has helped people release attachments, find spiritual clarity, and live with deeper joy and purpose.



## The 5 Exercises

Falun Dafa includes four standing exercises and a sitting meditation. They help open energy channels, boost energy levels, and purify the body. They are easy to learn and taught absolutely free of charge.



## BOOKS

Free downloads in 50+ languages at [falundafa.org](http://falundafa.org)

Hard copies can be purchased at [fayuanbooks.com](http://fayuanbooks.com)