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## What is Falun Gong?

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Falun Gong, also called Falun Dafa, is a "cultivation practice" rooted in ancient Chinese tradition, was introduced to the public in 1992 by Li Hongzhi in the city of Changchun, China.

It consists of two main parts: the principles and the exercises. People found it to be a quiet, peaceful system of self-improvement and exercise and began practicing it outdoors in parks. Practitioners soon began seeing improvements in their health and general well-being. Their attitudes, outlooks, and relationships at home and work also changed for the better as they began following the teachings in the books Falun Gong and Zhuan Falun and living according to three principles: Truthfulness, Compassion, and Forbearance.

As more and more people across China began hearing about Falun Gong and taking up the practice, even the government began noticing its benefits. An official from the National Sports Commission, for example, was quoted in a February 1999 U.S. News and World Report article as saying that 100 million people practicing Falun Gong could save billions of yuan in healthcare costs.<sup>1</sup>

Falun Gong's effectiveness in improving health and its principles have quickly made the practice immensely popular throughout the entire world. The people who practice Falun Gong come from every imaginable walk of life of all ages in over 60 countries. Most major cities and universities in the United States, Canada, Australia, and Europe have Falun Gong practice groups. At the same time, Falun Gong is gaining worldwide recognition and regard, especially in Asia, Australia, Europe, and North America.

"They cultivate the will to live in peace with themselves and in harmony with the universe, thus learning compassion for others and helping to create a more open and tolerant society."

- Her Excellency Adrienne Clarkson, Governor General of Canada

Reference:

Bay Fang, "An Opiate of the Masses?" U.S. News & World Report, February 22, 1999.