

Falun Gong

A powerful ancient discipline,
now practiced in over 40 countries worldwide

Falun Gong (Falun Dafa) is a practice that has brought better health and inner peace to millions around the world. We call it a **cultivation** practice - a way to improve both the mind and the body.

One "cultivates" one's heart and mind through the careful study of universal principles based on Truthfulness, Benevolence, and Forbearance. These principles are explained in the book, *Zhuan Falun*, and in the beginner's text, *Falun Gong*, both written by Falun Gong's founder, Mr. Li Hongzhi.



"Practicing" means doing the five gentle exercises, including a seated meditation, which you can learn quickly and easily at any of the thousands of practice locations around the world. The practice is simple, powerful, and absolutely free.

So many have found Falun Gong a worthy and enjoyable investment in health, happiness and meaningful living. We invite you, too, to give this wonderful practice a try.

For a more detailed description of Falun Gong,
and answers to common questions, visit:

<http://www.falundafa.org>

or call 1 (877) FALUN99 (toll free)

