

Falun Gong Exercises

There are five simple yet powerful sets of exercises, which include four standing positions and one sitting meditation. The exercises in combination with the refinement of one's inner nature (heart and mind nature) according to the principles of Truth, Compassion, and Tolerance is the path for reaching excellent health and higher spiritual attainment.



1. Buddha Showing a Thousand Hands

Uses gentle stretching movements to open all energy channels in the body.

3. Penetrating the Two Cosmic Extremes

Uses smooth hand movements to purify the body by mixing and exchanging the body's energy with energy in the cosmos.



2. Falun Standing Stance

A standing meditation that enhances energy and awakens wisdom.



4. Falun Heavenly Circulation

Rectifies all abnormal conditions of the body, returning it to its original state by enabling energy in the body to circulate.



5. Strengthening Divine Powers

A tranquil sitting meditation, requiring an empty mind, that strengthens supernatural powers and energy potency.



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