

# Raising Morality and Improving Health by Cultivating Truth, Compassion, and Tolerance



At the Great Wall in China, Zenon unfolds a banner: "Falun Dafa is Good."

## Falun Gong (Falun Dafa) is Good

I know Falun Gong is good because I have been practicing for three and a half years. The practice has enabled me to get over drinking, smoking, drug abuse and many other bad habits, which had polluted my heart, mind and body. Just before I found Falun Gong, I was going to leave my family, friends, and society to live in the mountains because I felt hopeless. Instead, I began to practice Falun Gong and have been able to eliminate all my former addictions and mental confusion by aligning myself with Truthfulness-Compassion-Tolerance. When my mother saw the changes in me, she also began to practice. Her arthritis went away and she began to lose her excess weight. She also experienced a deeper sense of purpose in life.

– Zenon Dolnyckyj (Canadian Practitioner)



## A New Reason to Live

**Robert Nappi**, 46, is a resident in the metropolitan Washington, D.C., area. He was in a severe car accident in 1991 and actually died, but was revived by a doctor who witnessed the accident. Robert had to be air lifted to a hospital where he stayed for a year. He suffered brain damage and couldn't read, write, or walk as a result. He spent his days drinking alcohol, smoking pot, and taking drugs just to tolerate his lonely existence. "Then along came destiny," as Robert puts it. He was "reintroduced to a reason to live" when one day in 1998 he came upon the book *Zhuan Falun*. "When I opened the book *Zhuan Falun*, suddenly I could read. I felt as if I'd just woken up. Also I forgot all about smoking and drinking, and had no desire to do so anymore."

## "I Live a Much Freer Life Now"

**Emily Myers Kutolowski** was a student at Swarthmore College in Pennsylvania when she first came upon Falun Gong. She used to have severe lower back problems for three years, which kept her from doing sports and many other physical activities, including going on long walks. The Qigong practice she tried before helped somewhat, but one day the pain returned, worse than ever. Since beginning to practice Falun Gong, she has been able to play sports again, go on long walks, and lift heavy objects without concern. She also experienced great relief from her allergies, for which she had to take prescription medications.

"In a short seven months since beginning to practice Dafa, not only has my health greatly improved, but also has my peace of mind. Those around me have remarked about the change. During the always-stressful final exam period at the end of last semester, a friend noticed how calm I was and said, 'Emily, you don't seem stressed out at all. What's your secret?' I guessed at the time that it was Dafa that had helped me; now, I am sure of it."

