

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



“I Can Stand Up Now”

July, 10, 1998 *China Economy Daily*

The July 10, 1998, issue of the *China Economy Daily* reported that Xie Xuifeng, a farmer from Hebei Province, had been paralyzed for 16 years. On top of her spinal damage and paralysis, she suffered from a dozen

other illnesses including gastritis, coronary heart disease, hypertension, esophagitis, colitis, cervicitis, and anal fissure. With the help of her husband, who pushed her wheelchair, she started to go to a local Falun Gong practice site on July 1, 1996. She followed the teachings of Master Li Hongzhi in his book *Zhuan Falun*, and continued to improve her moral character and to practice the exercises. Two months later, all her illnesses were gone. She has been walking since February 3, 1998. Falun Gong had enabled her to walk again after having been paralyzed for 16 years.



Practicing Falun Gong Can Benefit Health

As a complete self-cultivation system, Falun Gong emphasizes cultivating one's spirit by assimilating to the spirit of the universe, namely, Truth, Compassion, and Tolerance. By living a life based on these principles, [practitioners] have better relationships, reduced stress, a happier life, more peaceful mind, and a naturally healthier body. Practicing cultivation also means making constant effort to give up unhealthy mental and physical attachments like smoking, drinking, and gambling. They also stop complaining, competing, showing off, or being jealous...Many are convinced that practicing Falun Gong can bring health to its practitioners at many levels.

excerpted from a report by Dr. Jingduan Yang, MD, at the 8th International Conference of Anti-Aging Medicine and Technology in December 2000.

Saves Billions of Dollars in National Health Care Annually

In February 1999, *U.S. News and World Report* quoted a senior official from China's Sports Commission as saying, "Each Falun Gong practitioner saves the country 1,000 yuan each year. If there are 100 million people practicing, the savings in medical costs are 100 billion yuan. This amount of money can be used elsewhere (economic development) for the country." (Note: There are approximately 8 yuan per dollar.)



“It's All Uphill From Here”

Bruce Pettinari, 46, is a resident of Boston. He was very unhealthy for a long time before discovering Falun Gong. Some of the things he suffered from were severe depression and sleep apnea, as well as a foot injury that severely limited his range of motion. "Being dependent on my medical support system, supplements, and medicines was my way of life. I had worn out many of my social contacts and had not worked at a full-time job in over eight years. Feeling isolated and vulnerable, I found myself living in a very unhealthy situation. I was tired of having so many unanswered issues in my life. To stand on my own two feet without pain seemed so far away."

Six months after starting Falun Gong, Bruce's ability to stand and support himself improved significantly. His medical support group was surprised by his change. One doctor who had been following his progress for some time concluded that Falun Gong contributed to putting him back on his feet. A member of the doctor's staff was moved to tears by his progress. And Bruce himself says, "In the past couple of months, I've reflected on what good fortune I have had....I remind myself as I continue my practice: it's all uphill from here."

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