

Clearwisdom Review

An Update on Falun Dafa Worldwide

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San Francisco Media Highlight City Resolution in Support of Falun Gong

(Clearwisdom.net) On January 31, 2006, the San Francisco Board of Supervisors passed a resolution to "condemn the persecution of Falun Gong." Major local media, including the *San Francisco Chronicle*, *Examiner*, *Sentinel* and CBS 5 TV, reported on this first-ever local resolution condemning the persecution.

According to the *San Francisco Chronicle*, on the afternoon of January 31, the San Francisco Board of Supervisors passed a resolution condemning the persecution of the Falun Gong spiritual movement. The resolution was introduced by Supervisor Chris Daly in response to practitioners' complaints that they were being discriminated against for their beliefs. CBS 5 reported that the Board voted 9-2 on the resolution.

San Francisco Falun Gong practitioners welcomed the resolution. As quoted by the *Examiner*, practitioner Sherry Zhang said, "This resolution speaks on the principles of what the United States believes in - the freedom to practice religion."

The resolution states that Falun Gong practitioners should be free from the persecution within the City and County of San Francisco, and that appropriate City agencies, including the police department and human rights commission, should protect practitioners' rights and security.



Falun Gong practitioners hold display boards to expose the persecution facts and to urge a stop to the persecution.



Falun Gong practitioners protest the communist regime extending the persecution to San Francisco.

Falun Dafa Gave Me a New Lease on Life

(Clearwisdom.net) I am a farmer from Dapu Town, Hebei Province, China. For a long time, I was coughing every day and could not sleep. By 2001, I was vomiting every day and my chest was extremely painful. Our finances were drained due to my being sick for so long. In 2003, I met a friend who taught me about practicing Falun Gong. I have disciplined myself according to its teachings of Truthfulness, Compassion and Forbearance. Two months later, my sicknesses were cured, without my spending a single penny. I can now work full time in the fields without feeling at all tired!

Introduction to Falun Dafa

Falun Dafa, also known as Falun Gong, is a practice for benefiting physical health and elevating the mind. The practice consists of five gentle exercises including meditation, and diligent effort on the part of practitioners to follow the universal principles of Truthfulness-Compassion-Forbearance in daily life. Falun Gong is not only beneficial to one's own health and well-being, it also benefits others. Although the practice originated in China, today it is practiced throughout the world by people of all races and walks of life. In the face of the most brutal and vicious persecution perpetrated on them by the Chinese Communist Party, Falun Gong practitioners have found the spiritual strength to resist peacefully and tirelessly by upholding the principles of Truthfulness-Compassion-Forbearance.



About Clearwisdom

Clearwisdom.net is the most authoritative source of information about the practice of Falun Gong and about the persecution of Falun Gong in China, reporting timely news and events happening inside China as well as from the more than 70 countries around the world where Falun Gong is practiced. Clearwisdom responsibly publishes the experiences and understandings of practitioners themselves, who submit the majority of the articles.

Practitioner Ms. Zhen Fengru Dies as a Result of Persecution

(Clearwisdom.net) Ms. Zhen Fengru, 55 years old, a Falun Gong practitioner from Lanzhou City, Gansu Province, was arrested by the Qilihe Public Security Department on October 26, 2004. She was brutally tortured and later isolated from her son and confined to her house. Ms. Zhen collapsed mentally and passed away in September 2005, after relentless persecution.

Zhen Fengru once had a variety of illnesses. After she started to practice Falun Gong, she regained her health. After the persecution started in July 1999, Zhen twice went to Beijing to appeal on behalf of Falun Gong. She was thus detained several times. She had to leave her home and become homeless for fear of endangering her family. For several months in 2000 and 2001, Zhen was forced by her employer and the local police to study materials attacking Falun Gong.

On October 26, 2004, the Qilihe Public Security Department arrested Ms. Zhen from her rented house and sent her to the Gongjiawan Brainwashing Center. Zhen was tortured until she was debilitated and had dangerously high blood pressure. The authorities did not release her nor did they allow her only son to visit her. Around July 2005, under the vicious tortures and huge mental pressure, she wrote statements to renounce Falun Gong and was thus released.

Because the communist regime threatened Zhen Fengru's son, after she returned home, he sent her to their hometown in Anhui Province and kept her inside. Zhen could not live a normal life. She was exhausted physically and mentally and finally suffered a mental collapse. She passed away in September 2005.

Researchers Discover Meditation Builds up the Brain

(Clearwisdom.net) According to a report from *New Scientist* on Nov. 15, 2005, researchers have found that meditation does more than just feel good and calm you down, it alters the structure of your brain.

Researchers from the University of Kentucky in Lexington made the conclusion based on their recent experiments. Ten volunteers were tested before and after 40 minutes of either sleep, meditation, reading or light conversation, with all subjects trying all conditions. Researchers found that meditation was the only intervention that immediately led to superior performance. "Every subject showed improvement," says O'Hara, one of the researchers. The improvement was even more dramatic after a night without sleep.

meditating actually increases the thickness of the cortex in areas involved in attention and sensory processing

Sara Lazar at Massachusetts General Hospital in Boston, and colleagues have compared 15 meditators, with experience ranging from 1 to 30 years, and 15 non-meditators. They found that meditating actually increases the thickness of the cortex in areas [of the brain] involved in attention and sensory processing. "You are exercising it while you meditate, and it gets bigger," she says. The finding is in line with studies showing that accomplished musicians, athletes and linguists all have thickening in relevant areas of the cortex.

More Persecution Cases in China (Clearwisdom.net)

- Mr. Li Baoqing, 34, from Jinzhou City, Liaoning Province, was demoted at work after the persecution of Falun Gong began in 1999. In October 1999, he was sentenced to two years and suffered all sorts of torture in a forced labor camp in Jinzhou City. On July 3, 2005, he died on the way to the hospital.
- Mrs. Wang Yafang, 50, lived in Chifeng City, Inner Mongolia. After she began to practice Falun Gong, the police raided her home and confiscated many personal belongings in 2002. She left home to avoid further persecution and became destitute. She died on January 6, 2006, after many years of persecution.
- Mrs. Zhang Shiyu, 60, was from Chongqing City, Sichuan Province. In October 1999, she went to Beijing to appeal for justice for Falun Dafa. One week later, her family received a police notification asking them to go to Beijing to pick up her ashes. The Beijing police forbade them from asking any questions and holding memorial services. The family, to this day, still does not know what happened.
- Falun Dafa practitioner Mr. Yu Huinan from Suzhou City, Jiangsu Province, was tortured at the Suzhou Prison for five years. He died on January 4, 2006. His wife and two daughters are also illegally incarcerated.