



# Compassion Overcomes Evil

Personal Accounts from the 1st Internet  
Experience Sharing Conference  
for Falun Gong Practitioners in China

## Introduction

Since the persecution of Falun Dafa began on July 20, 1999, practitioners in China have remained unmoved and resolute on their path of cultivation. For the past five years, while opposing the persecution, they have legitimized and safeguarded the reputation of Falun Dafa and allowed millions of Chinese people to understand the true nature of the persecution. Since the publication of Falun Dafa founder, Mr. Li Hongzhi's Lecture at the U.S. Falun Dafa Experience Sharing Conference in Florida on December 29, 2001, Falun Dafa practitioners in China have joined their fellow practitioners in more than 60 countries to fulfill the three tasks of studying the Fa, sending forth righteous thoughts, and clarifying the facts about Falun Dafa to the world. In this process, they have gained innumerable valuable experiences in improving their moral character, exposing the truth about the persecution, introducing people to Falun Dafa, and establishing great virtue.

Through the many trials over the past five years, Falun Dafa practitioners in China have certainly matured on their cultivation paths. They have become more clear-minded and rational and have shared their invaluable depth of experience with all of us. Because of the ongoing persecution, much of the information is focused on practitioners' opposition to the persecution and on the suffering they have endured. In order to help eliminate the evil factors behind the persecution, show people the goodness of Falun Dafa, expose the lies that maintain the persecution, and to compensate for the lack of a safe environment for large scale cultivation experience sharing conferences in China since the persecution began, Clearwisdom<sup>1</sup> called for the "First Written Experience Sharing Conference for Falun Dafa Practitioners in China" to be held over the Internet. This conference took place between October and November in 2004. Thanks to the overwhelming support of practitioners in China, a large collection of experience sharing papers was received. It proved to be a majestic and honorable experience sharing conference for practitioners in China, and an inspiration to practitioners around the world.

Through this conference, practitioners from different parts of China have been able to learn from each other's experiences and reflect on their own shortcomings. This valuable sharing encouraged other practitioners to overcome obstacles and make tremendous progress.

This collection of sharing shows the world the honorable and pure intent of Falun Dafa disciples upholding the principles of "Truthfulness, Compassion, and Tolerance." We also hope it will help fellow practitioners strengthen their resolve and further eliminate the evil factors behind the persecution. In this light, the following experience sharing papers have been selected and compiled into a book for the benefit of all readers.

---

<sup>1</sup> Clearwisdom, a website set up by volunteers outside mainland China for the purpose of clarifying the truth about Falun Dafa to the world and stopping the persecution against the Falun Dafa practitioners in China.

# Table of Content

|   |     |
|---|-----|
| 1) "Your Teacher Is Really Great" – How I Safeguarded the Fa.....   | 1   |
| 2) A Seventy Year Old Practitioner's Advice: Keep Up With the Pace of Master's Fa-Rectification.....  | 5   |
| 3) A Young Practitioner: Nothing Will Shake My Belief in Falun Dafa.....  | 8   |
| 4) Actually, Cultivation Is Not That Difficult.....   | 10  |
| 5) An Eighty-Year-Old Woman Speaks from Her Heart.....  | 17  |
| 6) Becoming More and More Clearheaded.....  | 18  |
| 7) Being Grateful for Master's Compassion and Protection: My Story of Going to Beijing to Appeal for Falun Dafa in 2000.....                        | 21  |
| 8) Braving the Storm with My Head Held High.....  | 26  |
| 9) Clarifying the Truth for Four Years: Each Day Is Like the First Day.....   | 37  |
| 10) Completely Negate the Old Forces' Arrangements When Looking for Employment.....   | 44  |
| 11) Cultivating Diligently on the Path to Godhood.....  | 46  |
| 12) Doing My Part to Safeguard Falun Dafa.....  | 52  |
| 13) Eliminate Evil with Righteous Thoughts and Righteous Actions--Clarify the Truth to Save the People of the World.....                            | 64  |
| 14) Following the Path toward Divinity with the Diligent Use of Righteous Thoughts.....   | 70  |
| 15) From a Farmer's Hoe to a Computer Mouse.....  | 72  |
| 16) How My Family Benefited from Attaining the Fa.....  | 76  |
| 17) I Am a Disciple of Master Li Hongzhi.....   | 79  |
| 18) I Am Our Magnificent Teacher's Disciple; No One Can Harm Me.....  | 93  |
| 19) I Came to the World for Dafa: My Cultivation Experiences in Validating Dafa During the Past Five Years.....                                     | 113 |
| 20) I Would Still Want to Be a Falun Dafa Disciple If I Were to Choose Again.....   | 123 |
| 21) Keeping Righteous Thoughts at All Times and Walking Along the Cultivation Path Arranged by Teacher.....   | 133 |
| 22) Maintain Righteous Thoughts, Play the Role of a Dafa Particle.....  | 137 |
| 23) Making Use of Every Opportunity to Clarify the Truth.....   | 150 |
| 24) My Experience Downloading Information from the Internet to Make Truth-Clarification Materials.....  | 162 |
| 25) Only When I Absolutely Have Faith in Teacher and the Fa and Study the Fa Constantly Can I Avoid Taking A Detour in My Cultivation Practice..... | 165 |
| 26) Only With Firm Belief in Falun Dafa and Teacher Can We Effectively Validate Dafa.....   | 169 |
| 27) Only With Determined Faith in Master Can I Walk My Cultivation Path Well During the Fa-Rectification Period.....                                | 177 |
| 28) Play a Major Role on the Big Stage, and With a Pure Heart Be Responsible to Sentient Beings.....  | 182 |
| 29) Pure Compassion Shocks And Frightens the Evil.....  | 193 |
| 30) Purifying Myself - My Path in Validating the Fa.....  | 195 |
| 31) Relatives and Neighbors Learn the Truth about Falun Gong.....   | 199 |
| 32) Righteous Belief Guided Me Through 5 Years of Persecution with Righteous Thoughts and Actions.....  | 201 |
| 33) Saving Sentient Beings With a Pure And Compassionate Heart.....   | 207 |
| 34) Some Thoughts on Clarifying the Truth about Falun Dafa.....   | 210 |
| 35) Steadfastly Cultivate Dafa with an Unflinching Will - Improve as a Whole to Save Sentient Beings.....   | 214 |
| 36) Strive Forward Courageously and Diligently On the Path of Fa-Rectification Cultivation.....   | 221 |

|  |     |
|--|-----|
| 37) <i>Strive Forward on the Path of Cultivation During the Fa-Rectification Period</i> .....                            | 227 |
| 38) <i>The Choice of a Young Falun Gong Practitioner</i> .....   | 243 |
| 39) <i>The Cultivation Path of a New Practitioner: So Many More People Waiting to be Saved ..</i>                        | 246 |
| 40) <i>Towards Fundamental Improvement</i> .....   | 249 |
| 41) <i>Treat the Fa as Teacher, Rectify Myself, and Do the Three Things Well</i> .....                                   | 252 |
| 42) <i>Using the Wisdom Endowed by Falun Dafa to Harmonize My Fa-Rectification and<br/>Cultivation Environment</i> ..... | 256 |
| 43) <i>Validating Falun Dafa in Steady Steps While Denying the Old Forces' Arrangements</i> .....                        | 268 |
| 44) <i>Validating Falun Dafa – Touched by Master's Enormous and Powerful Grace</i> .....                                 | 272 |
| 45) <i>With Righteous Thoughts, Eliminate the Evil Factors</i> .....   | 287 |
| 46) <i>With Unwavering Faith in Our Teacher, I Overcame Tribulations One After Another</i> .....                         | 290 |

## 1) "Your Teacher Is Really Great" – How I Safeguarded the Fa

*By a Falun Gong Practitioner from Dongying City, Shandong Province*

*A friend of mine who is not a Falun Gong practitioner said to me, "Your Teacher is in the United States and has not looked over your shoulder, yet you still risk your life and unreservedly listen to your Teacher. This is really great. From your words and deeds I know that those who cultivate Falun Gong are good people. I am positively inclined towards your Teacher. He is really great."*

\* \* \* \* \*

I began to practice Falun Gong in October 1997 and have diligently practiced the exercises and studied the Fa ever since. However, I only went to the practice site to join the group practice in April 1999 at the insistence of other practitioners. Several months later the persecution of Falun Gong began.

In facing the unprecedented persecution, I pondered deeply upon it and finally decided to firmly cultivate in Falun Dafa. I believe it to be the great Fa that can save sentient beings of the universe. I was so fortunate to come across Falun Dafa; therefore I should not renounce it. I knew instinctively that no matter how difficult it became, I would cultivate to the end. Sadly, at that time, most of the people who did not practice were deceived by the untrue propaganda. They could not understand why I would continue to practice Falun Dafa, and they made sarcastic comments about me. It was not unusual to hear criticism or accusations. Because of the political pressure, leaders at my work, the county and the city talked to me again and again in an attempt to persuade me to give up my practice. At that time, I was not clear about the concept of clarifying the facts, but I understood the greatness of Falun Dafa. I would talk about the beauty of Falun Dafa, the improvement of my health and my moral standards. I safeguarded the Fa anytime someone badmouthed Falun Dafa. Some of the leaders believed me and expressed their understanding, but others, the leader of my work in particular, thought I was too stubborn and too obsessed. She talked to me five times and I told her clearly that there was no need for her to keep trying to persuade me any more because I would not change. She has not tried to persuade me ever since. During that time, many relatives, friends and neighbors visited me. They attempted to convince me to give up my cultivation. I used these opportunities to clarify the truth to them.

My workplace arranged someone to keep surveillance on me. She reported my words and deeds to my boss regularly. I used every opportunity to talk about the beauty of Falun Dafa and the positive changes within me after I began the practice. I also told her that the propaganda about Falun Gong was nothing but lies. Gradually she changed her attitude toward Falun Dafa. She changed from not believing to believing. Gradually she found that it was not enough to just listen to me, so she read the truth-clarification materials many times by herself. She not only stopped her surveillance of me, but also helped me to print or hand out truth-clarification materials. In the 2004 Chinese Lunar New Year, she wanted to donate 200 yuan for printing truth-clarification materials to save sentient beings. Even though I did not take the money, I felt very happy for her positive action.

During the process of studying Teacher's new lectures, I gained a better understanding on clarifying the truth to everyday people. It is our sacred duty and historical mission, so we must do it earnestly using different methods and should not miss any opportunity.

Normally, I would clarify the facts to friends and relatives either by visiting them or when they visited me. I also went for three days to a friend's home in the countryside. During that time, I clarified the truth to nearly 30 people. Later on I began to clarify the truth to strangers. For example, when service people came to my home to fix doors and windows, or to fill up the natural gas cylinder, I would clarify the facts to them and give them truth-clarification materials. One day when a service provider came to my home to fix the air-conditioner, I put the truth-clarification material into his tool bag, as I could not find any opportunity to talk to him. My daughter jokingly said, "You should not let anyone leave without having clarified the truth to him."

Teacher provides opportunities for me to clarify the truth, as long as this is my heart's wish. One day when I swept the stairs, I found a 5 yuan note on the floor and I guessed it might belong to the elderly lady upstairs. I went to her and talked about how practitioners would not keep the money they find, because they want to be good people. I talked to her about the beauty of Falun Dafa and gave her some truth-clarification materials and a VCD. Later on this elderly lady came to learn Falun Gong.

There were times when my truth clarification did not go smoothly. Yet, none of these impediments made me lose the wish to continue clarifying the truth. I would search within, look for my shortcomings or check to see if I had any loophole that the evil had taken advantage of. After careful thinking it over, I would find my shortcomings and I would improve during the process. In clarifying the truth, I also used the methods of handing out truth-clarification materials to nearby residents and mailing materials to police departments, police stations, procuratorates, courts, judicial departments, the 610 Offices, primary and high schools as well as radio and TV stations.

During the process of cultivation in validating the Fa, whenever I had *xinxing* problems or came across major setbacks, Teacher gave me hints to help me overcome them and continue to diligently go forward.

One day, I learned that my district would hold a photo exhibition slandering Falun Dafa. Fellow practitioners and I took action to stop them from poisoning people's minds. We sent forth righteous thoughts, handed out truth-clarification materials, clarified the truth to the organizers and exposed the persecution. At that time, I enlightened that we should give truth-clarification materials to the leaders of a dozen or so companies to clarify the facts and expose the persecution. I believed strongly that once they realized the truth they would stop these bad deeds. I immediately prepared 30 truth-clarification packages and was ready to mail them. Just at that time a relative of mine came to tell me that because I clarified the truth publicly and promoted the beauty of Falun Dafa, someone had reported me to the 610 Office, and I was listed as a key Falun Gong practitioner. Therefore I could be arrested at any time if I continued to clarify the truth. That was a real test for me. Should I mail the letters I had prepared? If I took blind action and was spotted by the police, would I be severely persecuted? What should I do? I could not make a decision.



Suddenly my granddaughter asked me to help her in reciting a passage. She asked me to listen, compare it to the book, and check for errors. When I opened the book, the title "A Step Forward" caught my attention. I was a bit shocked. Wasn't that the clearest sign from Teacher, hinting that I had to overcome the difficulties and step forward diligently? How could I be misled by false manifestations? Nobody could stop us from clarifying the truth and nobody could sabotage what we were doing. So I sent out the letters I had prepared. Our concerted efforts frightened the evil and the photo exhibition that slandered Falun Dafa was cancelled.

During my truth clarification work over the past few years, I not only helped a great number of people learn the truth, I also helped 9 people to learn Falun Dafa and embark on the path of cultivation. Among them was a woman in her eighties and a 6-year-old girl. The 6-year-old was very pure of heart. After she heard that the construction of truth-clarification materials required money, without blinking an eye she took all her savings, about 100 yuan, from her piggy bank and gave it to us for making truth-clarification materials. Later on she again gave us the 300 yuan she had received as Lunar New Year gifts or birthday gifts. Another elderly practitioner had had various illnesses before practicing Falun Dafa. She could not walk on her own upstairs or downstairs and needed to be carried on other people's backs. After she learned Falun Dafa, her health improved with each passing day. Now she can take the stairs up or down without anyone's help. She is illiterate, but with the help of Teacher's Law-body, she can now read *Zhuan Falun*. This is a magnificent manifestation of Dafa.

During the past years, I also helped four practitioners who lagged behind or had left the practice return to the path of cultivation. Teacher said, "Advance together, ever diligent, to a glorious future." (One With the Fa – *Hong Yin*) I enlightened that no matter how well an individual has cultivated, his power is still limited, and only when practitioners as a whole improve together can they form a powerful force. I also enlightened that practitioners, no matter where they are from, are one body and should help each other. When I was told that five Falun Gong practitioners (one of them was my relative) in Zibo City, Shandong Province could not get Teacher's new articles since their contact person had been arrested, I took Teacher's new articles to them. I studied the Fa and shared with them. We all benefited a great deal.

The home environment is a good place for our cultivation. My husband at one point had no income, so he relied on my salary. He opposed my practice of Falun Dafa and several times threatened to send me to the police station. I began to feel suffocated by this. Teacher hinted many times that I still failed the test at home. The tribulation lasted for a few years.

Teacher said in *Zhuan Falun*,

"During cultivation practice there may be two scenarios in dealing with specific conflicts or when someone mistreats you. One can be that you had probably treated this person badly in the previous life. You may feel uncomfortable and wonder, 'How can he treat me this way?' Then, why did you treat him that way in the past? You may

claim that you do not know what you did in the past, and this life has nothing to do with the one in the past. That is not permitted. "

After I understood this from the point of the Fa, my Xinxing also improved. I found my own shortcomings and my husband's strong points. In the past I did not treat him well and often criticized him. I began to show concern for my husband and changed my tone when I spoke to him. At the same time I also used opportunities to clarify the truth to him.

When he found the change in my attitude and saw my physical changes after practicing Falun Dafa, he changed his attitude toward Dafa. He did not oppose my practicing Falun Gong any more. Later on he even helped me rebind Dafa books, buy Teacher's Fa lecture video-tapes and exercise instruction tape, and fixed the cassette recorder. Some times when I failed to wake up at midnight, he would wake me up so that I could send forth righteous thoughts. He later bought an alarm clock and put it beside the bed. He sometimes would buy fruit and put it in front of Teacher's portrait. Because the environment at home changed for the better, fellow practitioners would often come to my home to share experiences. When I first began to study Falun Gong, my son-in-law opposed my decision. Now he has changed his attitude. My daughter also helped me print truth-clarification materials. Our home, as well as the surrounding environment, has changed for the better.

I am determined to earnestly study the Fa and actively do well the three things of studying the Fa, sending righteous thoughts and clarifying the truth, as required by Teacher. I want to become a Fa-rectification period Falun Dafa disciple worthy of this name.



## **2) A Seventy Year Old Practitioner's Advice: Keep Up With the Pace of Master's Fa-Rectification**

*By Chao Ran, a Falun Dafa practitioner from China*

I am seventy years old. I began practicing Falun Dafa at the end June 1996. A few of my family members were also practitioners. My daughter-in-law was under surveillance and was illegally imprisoned. She was persecuted until she died. My son was forced to become homeless to avoid being persecuted while preparing Dafa materials, and he was recently detained and illegally sentenced. The evil interfered with and finally took away the life of my wife. This persecution is extremely inhuman and has taken the lives of several of my family members. Now only my grandchild and I, the oldest and the youngest, are left.

Before July 20, 1999, when the persecution began, we were in a period of personal cultivation. After July 20 we entered the period of cultivation during Fa-rectification. When the persecution of Falun Gong first started, I did not know what it was all about, and there were many things I did not understand. With the passage of time, I gradually recognized and began to understand the meaning of validating the Fa and Fa-rectification cultivation, and I came to understand that this is how we will keep up with Master's Fa-rectification.

### **1. Validating Dafa in Beijing**

Before I went to Beijing, I used all my time to study the Fa and rectify my attitude pertaining to my reasons for going to Beijing.

Through experience sharing with other practitioners I realized that the purpose of going to Beijing was not to achieve consummation, but because Dafa was being persecuted. Therefore on June 16, 2000, I took the train to Beijing and arrived at the Appeals Office on June 18. Not far from the Appeals Office, I was stopped and arrested by the police, and taken to the local Beijing police station. They dragged me by my hair and questioned me. Finally deciding that I was not a local person, they let me go. On December 26, 2000, three practitioners, including myself, again went to Tiananmen Square. I held up a banner with the words, "Falun Dafa Is Great," and cried out in a loud voice, "Falun Dafa is great!" Police officers knocked me down and dragged me into a waiting car, and I was driven to a nearby police station. When questioned as to my identity, I told them my name was "Fa particle." Later I was taken to a fenced enclosure behind a courthouse. I saw that many practitioners were being held there. Following their lead, I began to cry out loudly, "Restore the good name of our Master and restore the name of Dafa!" At that time, there were many onlookers beyond the fence who heard our cries. They witnessed the righteousness and the heroic spirit of practitioners validating the Fa.

After some time, a few people from the local Beijing police station came and forced me to go with them. After ascertaining that I was not a local person, they beat me with a plastic rod and then released me. Many days after I returned home, my body was covered with bruises from this beating.

## 2. To Save Sentient Beings, To Validate Dafa

On February 1, 2002, Master Li said, "In history's present, Dafa has bestowed upon you the mission of saving all sentient beings." ("Congratulatory Statement to the New York Fa Conference") To save sentient beings is the mission of every practitioner. I understand it is my duty to save sentient beings while clarifying the truth. Practitioners are the only hope to salvage sentient beings, and only practitioners can save sentient beings. My sense of commitment and responsibility has grown stronger, and my compassion is greater. In order to position myself properly in Fa-rectification, saving sentient beings through validating the Fa is now my number one priority. My heart is committed to saving sentient beings. My personal afflictions have disappeared, I have emerged from grief, and my mind has been elevated to a state of calmness and clarity beyond everyday human emotions.

While clarifying the truth, I must continue to cultivate myself and upgrade my mind nature (xinxing). Often when I tried to clarify the truth, I became annoyed if the person I was talking to refused to accept the truth. I would no longer want to talk with that person, and I would think to myself, "This person doesn't deserve to be saved." When I met someone who could accept the truth, I would feel great and want to talk more. My compassion was shallow. If I were truly led by compassion, I would be able to talk to them patiently regardless of their response, and would not mind making the extra effort to find a better way to explain the truth. We need to cultivate ourselves and lift our mind nature. Sentient beings' lives are very difficult to save. The old forces have put sentient beings in a fatal position. Who will save them if Dafa practitioners don't? Since I have this heart to rescue them, I can now tell them the truth in a purer and calmer manner.

While clarifying the truth to people, we need to identify where their misunderstandings lie and address them specifically. When I first began I spoke casually according to my own understandings, and often failed to address the incorrect understandings of those to whom I spoke. In this way clarifying the truth became a formality. Becoming aware of this has allowed me to see that my sense of commitment and responsibility was not strong enough. Now, when clarifying the truth to people, I focus on finding and addressing their misunderstandings, and I invite them to ask questions, which I specifically answer. The effect is much better.

One person I spoke to told me, "Falun Gong is an evil cult." In response I told the person, "Contrary to what has been publicized, neither the National People's Congress nor China's two highest courts have made this declaration that Falun Gong is an evil cult. These are statements made by editorials in the People's Daily (China's state controlled newspaper), which were authored and brought out under the authority of Jiang Zemin. Editorials from the People's Daily are only articles, they are not the law. Although Jiang Zemin was Chairman of the country, according to the constitution, the Chairman does not have the authority to dictate the law. If he declared Falun Gong illegal, he has exceeded his authority and has violated the constitution. The persecution of Falun Gong does not have any legal basis according to the constitution." Hearing these words he no longer had an incorrect understanding.

In clarifying the truth we should use a variety of methods. When I first began clarifying the truth, I used only one format, and because I was very rigid in my way of thinking, I tended to go to extremes. Now I find the effect is better if I incorporate different ways of explaining the truth, so now I also distribute flyers and small booklets, and send letters to people. I clarify the truth to my acquaintances and I also talk to strangers. After becoming acquainted, I find I can speak comfortably with nearly anyone. When I returned to my hometown to clarify the truth, I briefly told them the truth at the dinner table. House by house I visited my neighbors to clarify the truth, and in so doing, a half a day would pass very quickly. The topics of discussion should be loose, but they should emphasize the truth, and should be used to pinpoint people's inaccurate understandings in order to fully clarify the facts to them.

We should search out different ways to clarify the truth. Because one of my close relatives was persecuted to death, I filed a lawsuit and hired an attorney. I went to my attorney's law firm to clarify the truth. In the beginning, my main focus was unclear to me: should I concentrate on filing the lawsuit or on clarifying the truth? Through Fa study, I understood that working to end the persecution and clarifying the truth were tied together. I went to other law firms to clarify the truth to them, simply explaining to them how Jiang Zemin's persecution of Falun Gong is in total violation of the constitution. To expose those who carry out the persecution as criminals, I explained that they shielded themselves behind laws that were unconstitutional, and therefore invalid. And the reality was that they did not execute the law in a legal way, and only enforced laws which were in fact illegal. The laws they had enacted in order to persecute Falun Gong have no legal basis whatsoever. I also told them the truth about the persecution and the truth about Falun Gong, enabling them to distinguish between right and wrong, and to see for themselves the evil nature of the persecution.

Among attorneys, some are able to understand the truth from the perspective of the law. They know that the suppression and persecution of Falun Gong is illegal. Some attorneys do not understand the truth and cannot see that the persecution is illegal. I was in a law firm where they said Falun Gong is an evil cult, and the National People's Congress with legislative measures has already ruled on the nature of Falun Gong, and that it has also been ruled on by the two highest courts in the land. I told them that this was not true. They did not believe me. Seeing a judicial book on the table, I turned to a page and showed them. None of them were able to respond. There was also an attorney who said that Falun Gong practitioners belonged to a different category than other citizens and could not be treated equally under the law, which is a statement unsubstantiated by the Constitution of China. We really need to clarify the truth to members of the judiciary and other legal personnel. I have already begun to clarify the truth to them one by one.

Through this process I realized that when we clarify the truth, save sentient beings, and validate the Fa, we will discover many things that we need to get rid of, and through the experience we can cultivate ourselves better and elevate ourselves.

### 3) A Young Practitioner: Nothing Will Shake My Belief in Falun Dafa

*By a Young Chinese Falun Dafa Practitioner Fatong*

I began to practice Falun Dafa with my mother when I was 12 years old. It's been 8 years now. During this 8-year period, I didn't have to overcome Xinxing tests like grownup practitioners. In fact, during the first several years, I didn't really understand Dafa. I didn't ask any questions either. I just tried to be like my mother. I continuously studied Dafa materials and went to the practice site to practice the Dafa exercises daily. My practice progressed smoothly during that time.

After the persecution of Dafa started on July 20, 1999, we saw fabricated reports about Dafa on TV. My mother decided to go to Beijing to clarify the truth about Dafa. I wanted to go too, but my mother wouldn't let me. She said, "You should stay at home to protect the Dafa materials. You must do a good job." I guaranteed that I would guard the Dafa materials with my life and that no one would be able to touch them. I thought to myself: I have Teacher and Dafa. I'm not afraid of anything. Teacher told us in *Zhuan Falun*:

"I am rooted in the universe. If anyone can harm you, he or she would be able to harm me. Put simply, that person would be able to harm this universe."

Because of my righteous thoughts, we didn't encounter any problems. Even my father was holding up, although he was still afraid of the persecution and was worried, since he didn't practice Dafa. He was worried because of the widespread persecution of Dafa practitioners. I tried to console him and said, "I'm a dignified practitioner. The persecutors are nothing."

During that time, other than the time I had to go to school, I stayed at home to protect the "place." I even "guarded" my father since he was not a practitioner. I felt like I couldn't trust any ordinary people. This is because after my mother left for Beijing, I made a pledge in front of Teacher's picture: "If I betray Teacher and Dafa, I will be eliminated by total extinction of body and soul. Nobody can shake my belief in Dafa." After my mother returned from Beijing, she told me that many practitioners went to Beijing to clarify the truth about Dafa, and that they were all unlawfully detained and beaten by the police.

After hearing this, I really hated those police and considered them bad people. Then I realized that these are ordinary people's thoughts and they were not up to a practitioner's standard. But when I saw those police behaving like criminals, I felt that I shouldn't just sit there and do nothing. I suddenly thought to stop the evil and make the villains receive karmic retribution. At that time, Teacher had not published the article on sending forth the righteous thoughts. So I didn't know what to do. But I knew I must steadfastly stick to having righteous thoughts. Through this, I realized that every practitioner should think and behave righteously.

Later I decided to copy *Zhuan Falun* by hand. I thought to myself: no matter how bad the evil is, after I study Dafa more and immerse myself in Dafa, I will eliminate evil. I continued copying *Zhuan Falun* throughout my vacation, but once I returned to school, I began to slack off. I felt that it's not easy to keep up with schoolwork and copy Dafa

books. I decided to wait until I had some free time. I waited for three years! I'm embarrassed to mention it. It took me three years to finish copying *Zhuan Falun*. Having no time was just an excuse. The real cause was my laziness. As a practitioner, any attachment is a roadblock to improvement. If we recognize things we didn't do well, we need to take corrective actions immediately. We should not wait and see what other practitioners are doing. A practitioner can only improve through his or her own practice. After I finished copying *Zhuan Falun* for the first time, I copied it for a second time. I also copied Lecture Two twice and *Hong Yin* three times. It only took me a little over two months to finish all these.

Through copying Dafa books, I started to understand Dafa more and more. I realized what an honor it was to be a Dafa practitioner. Teacher taught us Dafa and gave us the most precious thing in the universe. Many people talk about what's the right thing to do, but they always blame others for not doing it. One can make many resolutions each day, but it won't help if one doesn't implement any of them. Teacher said in *Zhuan Falun*:

"Even for those who can continue their cultivation practice, it remains to be seen whether you can succeed and if you are determined to practice cultivation."

Whether we keep on the right track in Dafa practice depends on how well we study the Fa.

Looking back on the past five years of the Fa-rectification period, I recognize that all activities, including hanging Dafa banners, distributing Dafa materials, putting up Dafa flyers, protecting Dafa materials, writing to newspapers and government officials, would not have been successful without Dafa. As Dafa practitioners during the Fa-rectification period, let's get rid of our attachments and carry out the three things Teacher asked us to do.

#### 4) Actually, Cultivation Is Not That Difficult

*By a Falun Gong practitioner from Mainland China*

I started practicing Falun Dafa in 1998. During my cultivation in Dafa, I have always followed Master's teachings and placed emphasis on Fa-study and xinxing [*mind or heart nature, moral character*] cultivation. I have a strict requirement for myself in my daily life and at work. Whenever I get into a conflict, I first look inside myself to find the cause of the conflict. My xinxing has thus greatly improved.

Since July 20, 1999, with righteous belief in Master and righteous understanding of Dafa, I have remained a determined cultivator. Moreover, from my personal experience, I have truly realized that cultivation is not difficult as long as we are rooted in Dafa and firmly follow Master's words.

From the moment I decided to take up cultivation, I have believed in Dafa's principles completely and have never had any doubts. When I encounter a conflict, I take Dafa as my teacher and look inside to find my own problem. For instance, when I encounter tribulations, such as experiencing serious karma-elimination, I never have any doubt about Dafa; instead, I feel that I am walking on the path of cultivation and I am doing everything according to Master's teachings. Thus, my cultivation progress has been relatively smooth.

On July 22, 1999, evil propaganda seemed to blanket heaven and earth. It deceived almost all our fellow countrymen and women. It also tested the righteous belief of every Dafa disciple.

The first test was the pressure forcing us to turn in Falun Gong books. At that time, many practitioners turned in their books. Some turned in all their books, and some turned in just a couple of books just to cope with the requirement. I was the only practitioner at my workplace who was a Communist Party member. Another retired party member had turned in all his books. The Party Secretary tried to persuade me to turn in the books. He said to me, "You are a Communist Party member. If you turn in just a couple of books—those that you don't read very often—that will be good enough." I replied seriously, "If I turn in the books, how can I study the Fa? Where can I buy these books in the future? I won't turn in even a single book." I thus didn't turn in any books and protected all of my Dafa books. With such determination, although I encountered other dangerous situations, my house was never searched.

Later, there was a notice that stipulated, "No CCP member is allowed to practice Falun Gong." Because everyone knows clearly how good I am at work, the party members who attended the meeting tried to avoid the subject of my cultivation and just made some vague comments to me without actually applying any pressure. Thus, I passed another test.

However, I myself never evaded this topic in my daily life. Whenever my supervisors, colleagues, relatives and friends talked about Falun Dafa, I told them clearly that the propaganda on television about Falun Dafa was false. I told them that after I started to

cultivate Dafa, my health was restored and my character improved. I further told them that the changes in my behavior were the result of the teachings of Falun Dafa. Although the outside environment has been quite severe, I have never had any pressure in my mind, and have been enjoying a relatively relaxed cultivation environment. Because I didn't realize how seriously the evil was sabotaging Dafa and defaming Master, I limited my activities to spreading the Fa and clarifying the truth only to the small group of people around me in my daily life, and I did these things without a second thought.

One day in June 2000, I went to Beijing to appeal for Falun Dafa and took with me several appeal letters. After I got off the train at the Beijing station, I went to the post office at the station directly. I sent an appeal letter to the Beijing Appeals Bureau, then I took a taxi to Tiananmen Square and unfurled a four-meter-long banner with "Falun Dafa" on it. I was then illegally arrested and imprisoned.

Since I had dared to go to Beijing, I had no fear at all. I really felt that I had let go of fame, personal interest and emotions. While in the police van, I gave an appeal letter to the police and hoped that they would help me submit it. At Qianmen Police Station in Beijing, I reported my name with a calm mind. When the police asked me if I was a party member, I said "Yes." The police said, "It's most telling when party members come to appeal." Tears came to my eyes. I was very thankful to Master who had enlightened me through the police officer's words.

Later, I was taken to my hometown's local liaison office in Beijing. I handed the police another appeal letter. After they passed the letter around and they had all read it, they started to chat with me. From the beginning, I didn't take them to be enemies. I told them the facts about Dafa and answered all kinds of questions that they raised in plain language with a compassionate heart. The atmosphere was quite harmonious. Some police told me some strange things that they had personally experienced and said that they believed that goodness would be rewarded. Later, a forty-year-old police officer talked to me alone about some religious issues, and I answered all his questions. Then he told me that his nephew had a liver disease. The family had spent a lot of money and tried many methods, including witchcraft, but nothing worked. He asked me if practicing Falun Gong could help. I told him affirmatively that if his nephew would truly practice Falun Gong, he would recover for sure. I knew that he was discussing this with me sincerely and I knew that he was convinced. During the 24 hours of my detention there, the police didn't make any trouble for me. Moreover, they gave me their mailing addresses and phone numbers before the personnel from my work came to take me back to my hometown. These police came from different police stations in my hometown.

According to their leader, because the banner I unfurled was rather large, they had already reported my name to my province, and none of them were willing to help me get the banner back. I did not blame them. After all they were only ordinary people and did not practice Falun Dafa. When I left their office, they all saw me off at the gate and emphasized that I should not come to Beijing again. They didn't want me to suffer from unfair treatment again. By sharing this experience, I mean to say that the police are also human beings and they also have kind sides. As long as we don't have fixed, negative



opinions about them, and if we try to save them with genuine compassion, I really feel that we will be able to melt their hearts with our compassion.

After we got back to my hometown, I was sent to the police department directly. At the police department I was very calm. When the police took my affidavit, I answered their questions and at the same time I was very clear about the fundamental issues. They could not get any information from me that they could use to harm Falun Dafa and Dafa practitioners.

As soon as I was sent to the police department, my husband came through some connections he had with the people who worked there. The police explicitly stated that as long as I wrote the Guarantee Statement, I would be allowed to go home. I told the police, "Why did I go to Beijing? I didn't go to Beijing just to come back to the police department and promise you that I would not practice any more. I will not write such a statement." I was very firm. They didn't force me. Another practitioner I knew wrote the Guarantee Statement, but the police didn't think that the statement was up to their standard and asked her to curse Master. She said she could write the Guarantee Statement, but would not curse Master. Just then, her husband also came to the police department to force her to follow what the police said. He swore at her and even beat her. From what happened to her, I clearly saw how the evil would reach out for a yard after taking an inch and how the evil escalated its so-called test in the persecution of Dafa practitioners.

Later I was sent to a detention center. The first test in the detention center was a body search. I had on me a hand-written copy of *Hong Yin* [a collection of Master's poems]. As we were wearing thin clothes in summer, it was very easy for the police to find the books that we had carried with us. I remembered Master telling us that just by having our hearts unaffected, we would be able to handle all situations. As a result, the police didn't find the hand-written *Hong Yin* I had with me, even though the policewoman searched me carefully, including my bra. I was able to bring *Hong Yin* to the cell. Other practitioners had managed to bring in *Zhuan Falun* and *Essentials for Further Advancement*, but they did not have *Hong Yin* yet. Once again, I felt the power of righteous thoughts and Master's great compassion.

In the detention center, more than 20 detainees were held in a room that was smaller than 20 square meters. We ate, slept and relieved ourselves in the same cell. I was not affected by all these inconveniences. During the daytime, apart from sitting on a board (a form of punishment) and cleaning up the cell, I constantly clarified the truth about Dafa to the non-practitioners in the cell. Most of them were kind-hearted and it was easy for them to accept the truth about Dafa. Practitioners taught them to recite the poems of *Hong Yin*. At nighttime, after they had gone to bed, practitioners would quietly read the Falun Dafa books under their blankets.

Days passed. I felt everything was in a routine pattern. I even felt comfortable in the detention center. I realized that this was wrong. How could such a routine life in the detention center be the high-level cultivation that many practitioners considered it to be? It was definitely wrong. The whole process of one's cultivation is a process of letting go

of attachments. How could we get rid of attachments in such a comfortable environment? Soon, Master published the article, "Towards Consummation." Many practitioners stepped out to validate Dafa, and many were arrested and sent to detention centers. Some of them started to practice the Falun Gong exercises as soon as they were imprisoned. I was deeply moved. I asked myself, "Should I do the exercises too? If I do the exercises, the police will beat me. The police beat practitioners with such thick rubber clubs." I evaluated my thought according to the Fa and I was determined to practice the exercises. Of course a practitioner should do the exercises.

During those days in detention, my husband came to visit me twice with some of his friends and some of my colleagues. It was very difficult for them to get permission to visit me. He needed to get approval and signatures from several departments. During the visit, the police stood right behind me. I kept talking to my husband and our friends. I said, "When your benefactor receives unfair treatment, are you going to keep silent? When a critically ill patient is saved by practicing Falun Gong, how will he or she react to its suppression? We Chinese people emphasize conscience. 'If one receives a small help, he should repay the obligation in a big way.' Our Master has given so much to us and I have benefited so much from Dafa, how can I not step forward to uphold justice?"

On the 20<sup>th</sup> day of my detention, the guard told me to pack up my personal belongings. I asked her why, but she would not tell me. I thought that I would be transferred to another detention center, because in the past they often transferred firm practitioners to other centers. I gathered my belongings and went out. Though I had a thought that I should not stay in jail any longer, I did not realize that they would release me. There are several gates at the detention center. When I went out of the first gate, I saw the head of the police's Political and Security Section. He was in charge of my case. I asked him, "Where am I going to be transferred to?" He said, "You feel that you did not stay here long enough? I am releasing you." When I left the last gate, the guard in charge of my case told me, "Don't go to Beijing any more. If you want to practice, practice at home." I regained my freedom.

The rule of the day was that all practitioners who went to Beijing to appeal for Falun Dafa would be imprisoned for at least one month in criminal detention. If the practitioner did not give up the practice by the end of that time, he or she would be imprisoned for another 15 days of administrative detention. I did not accept such a concept in my mind. All I thought about was that I was a practitioner. I would follow the cultivation path arranged by Master. After looking inward and not finding any attachments on my part, I told fellow practitioners that I should be released, and I recognized that I should clarify the truth about Dafa on a large scale after I was released. As soon as I had such a thought, I was indeed released. This incident told us that the purpose of our cultivation is not to be arrested. As long as we are truly validating Dafa and improving ourselves according to the Fa, Master is protecting us at all times. At the critical moment of being tested, all Master needs is our righteous thoughts.

Outside the detention center, my husband and two carloads of people were waiting to welcome me home, including two directors and one party secretary at my husband's work place. They took me directly to a restaurant for a banquet to celebrate my release. While

eating, the party secretary tried to persuade me to give up cultivation. I took the opportunity to clarify the truth to them. We went home after the banquet.

When I was in jail, my husband had visited the leaders at my workplace and complained that I worked so hard in the past yet they did not make any effort to get me out of jail. On the second day after I went home, the director and the party secretary came to my home. They told me, "Your husband is great. His true love was shown in that difficult situation. You should treasure him." Again I took the opportunity to clarify the truth to them.

Since I did not go to work for more than 20 days, many coworkers came to talk to me as soon as I returned. I took the opportunity to clarify the truth to them. I was quite calm and open about practicing Dafa. None of my coworkers discriminated against me for this. In November 2000, in an effort to improve profit, the company I worked for assigned a quota to each unit to reduce employees. All employees with bad records would be forced to go. Low performers would fill the remaining spots. My work unit tried to force me to "buy out" (*accept a small lump sum payment in exchange for future retirement benefits*), otherwise they threatened to fire me. I saw my attachment to personal interest in such a situation. In order to get rid of my attachment, I decided not to accept the "buy out," even if I was fired. After I thought about it from the standpoint of the Fa, I talked to my husband, using a way he could understand, "Though we may receive some money from this buy out, I would have to sign a contract accepting it as voluntary, but it is not voluntary. There is nothing wrong with my practicing Falun Gong. Sooner or later, the government will acknowledge Falun Gong as being innocent. We should not be afraid of being fired; neither should we accept the buy out money." As a result, I did not take the buy out option and was not fired either. I signed a one-year work contract. All the other practitioners in the company were either fired or bought out. I was the only one left working there.

In November 2001, when my one year contract expired, the condition for a new contract again requested me to "guarantee" that I would not practice Falun Gong. I firmly refused. Later I was offered a normal work contract again.

I would like to mention here that my husband is a blue collar worker, and he does not practice Falun Gong. Because I tried to harmonize my family environment and often discussed issues with him from the standpoint of the Fa, he greatly supported my cultivation. Prior to July 20, 1999, when I participated in group Fa study and exercises, he looked after our child. After July 20, 1999, he did his best to help me when I encountered difficult situations, and encouraged me not to give up. I greatly appreciated his support.

Since the end of June 2000 when I was released, I started to participate in truth-clarifying work. At first, I had to be very careful since I was the only "exposed" practitioner in the area. There were three practitioners in our area, and we coordinated very well as one body and clarified the truth well and safely. Our first activity was distributing truth clarifying fliers to every home in eleven buildings in our area in one night. The next morning on my way to work, I heard people talking about the fliers. They thought that there had been at least twenty practitioners involved the previous night. The evil could

never imagine that three practitioners could do it overnight. This was a very good starting point for us to further clarify the truth.

During the Chinese National Day (*October 1*) holidays in 2000, I went back to my hometown. In the meantime, the other practitioners posted Dafa posters in our area. The police came to arrest me the next day. The neighbors told them, "She is not home, you cannot find her." As a result, all practitioners were safe. Another time I told other practitioners which rooms at my work were occupied and which were not. They went to distribute truth clarifying materials accordingly. Since I was attending a leaving-employment study class and did not go to work during those days, even though my work unit suspected that there were insiders, they did not even question me about it. We were all safe. We also distributed fliers, VCDs, and put up posters and banners in surrounding countryside areas.

Below I would like to share several stories:

In the summer of 2001, we coordinated as a group again to distribute fliers and put up posters with the words "Falun Dafa is Great" on buildings in our area. That day we started when it just turned dark and there were still people on the street from time to time. Though we were safe that night, someone reported me the next morning. The security guard came to try and search my home. I was at work and my husband called me from home asking me to go back home to hide all the Dafa materials and Master's photo. My workplace was only across the street from my home, and it would only take me a couple of minutes to get home. I told my husband with confidence that the guards could not enter our home. Master had told us that practitioner's righteous thoughts are powerful and told practitioners to send forth righteous thoughts. I kept sending forth righteous thoughts at work. Later, my husband called to ask if the evil had caused any trouble for me. I said, "No, they have no reason to do so." As a result, they did not search my home. Instead, the security guards started to follow me whenever I left home to go to work, and from my workplace back to home. I did not avoid them and just kept sending forth righteous thoughts. Several days later, they stopped following me. During this period, fellow practitioners kept distributing truth clarifying materials. One day I heard a person reporting to the security guard that there were Falun Gong fliers in the building. The guard said, "It is none of my business."

In 2001, I wanted to buy a computer, but my husband did not agree, and worried because it was known that I was a Falun Gong practitioner. I told him that I was a technical professional, and there was nothing unusual for me to purchase a computer even from an everyday person's point of view, and that there was nothing to worry about. In the fall of 2001, I bought a computer and a printer, and started to search the Internet for Dafa materials. At that time, Clearwisdom did not recommend small material production sites yet, so most of our materials came from bigger sites. But whenever fellow practitioners needed any additional materials, I would make them immediately. Eventually my home became a small material production site, and I became responsible for editing local practitioners' articles and experience sharing papers for Clearwisdom and also for printing materials. In the Fa-rectification process, fellow practitioners were doing better and better as they became more mature and experienced. I did my best to keep providing

them truth clarification materials. In addition, I actively followed Clearwisdom's guidance and coordinated local practitioners accordingly so that we could improve together.

While writing this article, I could see each step on my cultivation path and there is so much I would like to share. Now five years have passed during the Fa-rectification. Even though the cultivation environment in China is still rather severe, I feel that as long as we follow Master's directions and do the three things well, cultivation is actually not that difficult. Though I did not meet all of Master's requirements for Fa-rectification period Dafa practitioners at each stage, I am confident that I am making progress in improving myself.

Above is my cultivation experience over the past five years of the Fa-rectification period. Please kindly point out any mistakes.

## 5) An Eighty-Year-Old Woman Speaks from Her Heart

*By a practitioner in Jinan City, Shandong Province*

Greetings Honorable Master!

Greetings all practitioners!

I am eighty years old. I often saw my son and my daughter-in-law writing things lately. I asked them what they were writing, and my daughter-in-law told me that they were writing experience sharing articles for the First Written Experience Sharing for Falun Gong Practitioners in China. Every practitioner may write an article. These experiences will be mailed to America where Master lives. I also wanted to share, but I do not know how to write. So, I asked my daughter-in-law to write for me.

Before, I believed what I heard on TV. I opposed my son, daughter-in-law, granddaughter and grandson for practicing Falun Gong. But after I saw the miraculous changes in my son and daughter-in-law, I became convinced from the bottom of my heart.

My husband departed when I was 39 years old. Afterwards, I nurtured my son to maturity with countless trials and hardships. My son had a serious case of hepatitis when he was 33 years old. It cost us more than 5,000 yuan to have his illness treated. My daughter-in-law had myocarditis and cervical vertebral disease. I had a very young granddaughter and a very young grandson to take care of, and I was in poor health myself. I have had such a hard life! I thought my situation was hopeless. Once my son and daughter-in-law started practicing Falun Gong, they soon became healthy. I almost could not believe it, but it was right there before my eyes. My son's complexion is now fair and rosy; my daughter-in-law takes good care of me and keeps up with the housework. She never feels tired even though she wakes up early and goes to bed late. She has not needed to take any medicine during these years.

Eventually, I said, "I also want to learn Falun Gong." My family was very happy with my decision. In March of this year, I started to practice Dafa. When I listen to Master's audiotapes, I felt that Master's voice was very familiar and kind. I am illiterate, so my children transcribed Master's *Hong Yin* for me. They taught me word by word, and I studied diligently. Now I can read all of *Hong Yin*. My children have started teaching me to read "Lun Yu." My relatives all think it is a miracle. I am eighty years old and couldn't read a single word before. But now I can read the whole book! I have gained good health and have not needed medicine ever since I began studying the Fa. Sometimes, it appears that I'm eliminating karma on the surface, but I do not treat it as illness. I will follow our Master and cultivate diligently!

I deeply appreciate that Master has saved our family. I want to tell the people who do not believe in Falun Gong that "Falun Dafa is wonderful!"

## 6) Becoming More and More Clearheaded

*By a Falun Dafa practitioner in Changsha City, Hunan Province*

After hearing news of the First Written Cultivation Experience Sharing Conference of Falun Dafa Practitioners in China, I felt that I had not *truly* attended a Falun Dafa disciples' cultivation experience-sharing conference. Now comes the opportunity to share cultivation experiences with Dafa disciples around the world. I could not let this opportunity pass by.

### 1. Beginning the Practice

I began the practice in 1997 when my neighbor loaned a copy of *Zhuan Falun* to my mother. After reading the book my mother said, "This book explains how to be a better person. If I had read this book before, I would not have argued with your grandma."

At that point, my mother started to practice, though I did not. On July 20, 1999, the beginning of the persecution, I chose to avoid the situation. Later, my mother went to Beijing to peacefully appeal at Tiananmen Square. Because my mother and I worked at the same workplace, I was fired. After this heavy blow, I thought, "Now I have time to read the book! This was something I had been waiting a very long time for--it was just that my human side was not clear." I remember one day in August 2000, when I was reading *Zhuan Falun*, one sentence in particular really struck me, "...the people living among ordinary human beings aren't here to be human. They're here to return to their original, true selves." These Fa principles reached deep inside me. It was not until that moment that I clearly understood. I will practice cultivation in Falun Dafa! It was not easy for me to begin practicing.

### 2. At Tiananmen Square

I studied the Clearwisdom editorial article "Serious Teachings" many times, and tears ran down in my face. In my heart I called out, "One day I will also go to Tiananmen Square to peacefully appeal for Dafa."

After studying "Teaching the Fa at the Great Lakes Fa Conference in North America" (*Guiding the Voyage*) twice, I clearly and firmly told teacher in my heart that I would go to Tiananmen Square.

In December 2000, I went to Tiananmen Square. Together with fellow practitioners, we displayed banners reading, "Falun Dafa is Great," "Falun Dafa is an Upright Way," "Stop Persecuting Falun Gong," and "Restore Our Teacher's Reputation; Restore Falun Dafa's Reputation."

While holding the banners, which we made by affixing words to white scarves, I walked across Tiananmen Square towards the Goldwater Bridge, telling passersby that Falun Dafa was a good practice and that they should read the book to better understand it. Within several steps, a plainclothes policeman grabbed me and covered my mouth with his hand. Later, a practitioner asked me, "When the police covered your mouth, your face



was deformed. Was it painful?" I later realized that he grabbed me very hard, though I did not feel it. It is difficult to describe that transient moment. A Fa-rectification Dafa disciple was realizing a prehistoric vow, solemnly and sacredly!

### **3. I Saw a Falun**

The self-immolation incident on January 23, 2001 was among the most severe incidents defaming Dafa, and it aggravated the persecution. Around January 23 of that year, all the practitioners that the 610 Office knew of were arrested. This was around the time of the Spring Festival. My mother was arrested and my grandmother was seriously ill. The surrounding holiday atmosphere made this even gloomier. It was winter, and a chilly wind was blowing, as if the air was frozen. One day, I was thinking about this mess as I walked. Finally, I became very determined, "No matter what, I will definitely continue to cultivate!" Immediately I felt relieved. When I looked up, I saw a light green Falun quickly rotating in the sky.

### **4. A Lesson**

In August 2002, because of evil interference, our truth-clarifying materials site was damaged, my mother was arrested, and I was forced to leave home. During that time, I thought more and more about how to break through the old forces' arrangements, and I became more and more worried. Unwittingly, I was trapped in that attachment. Finally, in mid-November, as I distributed truth-clarification materials in a residential building, local security personnel noticed me and reported me. I was sent to a detention center.

At the detention center, another practitioner and I opposed our forced labor and the detention center director yelled at us furiously, "This is autocracy! Chain them to the door and we will see how strong they are!"

With that, we were transferred to another cell, which claimed to accommodate the elderly and the weak (they were also chained to the door). Although we were bound by all four limbs to a wooden board smaller than a twin size bed, we were clear-minded, and had more time to study Teacher's articles, which were recited by practitioners who had been illegally detained there previously. Among them was the article, "Fa-Lecture at the Conference in Florida, U.S.A." It read,

"When a cultivator's mind departs from the Fa, the evil will find its way in."

I had no choice but to study the Fa, recite the Fa, and send forth righteous thoughts. Fifty days quickly passed. An inmate who was detained in the same cell as me was worried that I would be sent to a forced labor camp. I smiled and said, "It doesn't matter. It is the same everywhere. If we feel pressure, it is actually created by ourselves." I was released the following day.

After returning home, I studied Teacher's lecture from November 30, 2002,

"I didn't tell you that before because I didn't want you to form an attachment--'What's my connection to the old forces?' None of you should think about that." ("Teaching the Fa at the 2002 Fa Conference in Philadelphia, U.S.A.")

After that, I understood that before I was arrested I had paid too much attention on how to break through the old forces' arrangements, and this even became an attachment. With that attachment, I was unable to read Teacher's lecture, and I was arrested several days beforehand. Weren't the old forces taking chances? This was a lesson. Through Fa-study, I unwittingly let go of that attachment, and walked out from the aggravated tribulations arranged by the old forces. Teacher said,

"The Fa can break all attachments, the Fa can destroy all evil, the Fa can shatter all lies, and the Fa can strengthen righteous thoughts." ("Drive Out Interference" from *Essentials for Further Advancement II*)

Unconditionally, I calmed down and studied the Fa. It was impossible to calm down when seeking something during Fa-study. We cannot even have the thought of "seeking something during Fa-study," it must be purely Fa-study!

Teacher wrote,

"Study the Fa and gain the Fa,  
Focus on how you study and cultivate,  
Let each and every thing be measured against the Fa.  
Only then, with that, is it actually cultivation."

("Solid Cultivation" from *Hong Yin*)

After understanding what to do, we need to be strict with ourselves to achieve results. It is true that sometimes we feel we are in a difficult situation. No matter how hard it is, this is the path we must take. "Studying the Fa, sending forth righteous thoughts, and clarifying the truth" are the three things that Dafa disciples have to do well during Fa-rectification. Right now, there is only one word in my mind: determination.

When writing this experience-sharing article, I felt myself become more and more clear-headed.

## 7) Being Grateful for Master's Compassion and Protection: My Story of Going to Beijing to Appeal for Falun Dafa in 2000

*By a Falun Gong practitioner Yuzi in Shandong Province*

*The inhumane treatment I experienced over the past ten days had exhausted me mentally and physically. I just wanted to have a good night's sleep. Once when I sat down in the train, though, I felt my energy returning. I stood up. Facing all the people in the train car I started to tell my story. I pointed to my new goose down coat and new leather shoes, now ruined, that the police had cut to shreds with scissors. I started to tell my story, what had happened to me during the previous 12 days. I told them I am a Falun Gong practitioner and as such had come to Beijing, because I trusted the Party and the government and wanted to tell the authorities the real story of Falun Gong. I told them what happened to me on my journey. I told all of what I had experienced, without stopping. People gasped and were shocked. Some cried; some berated the police for not having any humanity left...*

*I started when the train pulled out of Beijing. I kept talking, for the entire trip of more than 600 km, without feeling thirsty or tired, until the train arrived at Jinan City. The car was filled with people, and some were even from other cars of the train. These people were listening to my story as if listening to a never-before-heard fairy tale and they were deeply moved. I saw railroad security guards walking around, but no one tried to stop me and no one came to arrest me. A righteous energy field had enveloped all.*

*-- Author of the article*

Respected Master,

Respected fellow practitioners,

I entitled my paper, "Being Grateful for Master's Compassion and Protection; My Story of Going to Beijing to Appeal for Falun Dafa in 2000." It is an episode of my five-year cultivation story during the Fa-rectification period.

Since July 1999, Falun Dafa has endured relentless persecution beginning on July 20, 1999. Master was shamefully framed and slandered, and practitioners were cruelly persecuted. I couldn't keep silent any longer. None of the practitioners who benefited from Dafa could keep their concern under wraps. On November 30, 2000, ignoring the rampant arrests of practitioners by Jiang's regime, three of us rented a car and went to Beijing again to appeal for Dafa.

At Tiananmen Square, police with electric batons were everywhere. They were spread out evenly, close together, and stood monitoring people. Police cars frequently passed through, horns and sirens sounding. Groups of patrol police were running around and shouting hoarsely. Big buses were parked everywhere, ready to hold those who were arrested. I knew it was the peak, most rampant period for Jiang's regime to arrest practitioners. Many practitioners were peacefully appealing on a daily basis at Tiananmen Square, but they were beaten, arrested and put in the police vehicles.

When I was thinking of a good place to unfurl a banner, someone hit me with a stick and also gave me a kick. The police officer who had just beaten me shouted at me, "What are you doing here?" Being hit totally confused me since I hadn't even done anything. Why did I get beaten? Instinct made me get up and I stared at the police officer. He said to me, "Will you curse the founder of Falun Gong? Let me hear you say so!" I answered, "I would not curse anyone. Cursing people will make a person lose virtue." Immediately, four police officers came upon me, grabbed me and took me to a police vehicle. Six practitioners were already inside.

The police started to body search people. They were angry and yelling. With rubber clubs in their hands they beat people on their heads and faces. I couldn't think of anything else except that I hadn't fulfilled my mission before the arrest. I said in my mind, "Help me, Master! Let me have an opportunity to display the banner." It worked! The police didn't search me.

We were sent to a district police department in Beijing. Several thousand practitioners were there, and 90% of them were young people. We stood so close together that it was difficult to turn around. The police forced us to stand in seven rows. Later we heard they were going to send us to five different prisons. They treated us like criminals. We were forced to face a wall standing still and were not allowed to turn our heads. I was shocked by this turn of events. My mind was confused. I was thinking, "In the past, the police loved people; nowadays, the police are taught to curse and beat people."

I suddenly understood why. I remembered a line from a poem in the book *Hong Yin*,

"Sinister gangs and the deranged political party—  
Politicians and gangsters work together as one."  
("Ten Evils in the World," *Hong Yin*)

That was it! Jiang Zemin used his power to make the police into a "club" in his hand—they were puppets.

When I thought about the tribulation Dafa suffered--evil lies, being framed and how they placed Master on the "wanted" list--with no place for practitioners to appeal, the accumulated sense of injustice in me exploded. I called out with all my strength, "Falun Dafa is great!" "Restore our Master's unblemished reputation!" "Being a good person does not represent guilt." A thousand voices echoed my calls, "The Fa rectifies the Heaven and the Earth!" "It will eliminate all evils!" The combined voices rose like waves, one following another, ever higher and higher. They shook the city and the universe and shook the layers of layers of beings in the universe.

We were taken to Huairou Prison. After getting off the buses, we lined up in four long rows, so long that one could not see the end. One practitioner's face was badly beaten. Spontaneous calls of, "Stop beating!" "The Fa rectifies the Heaven and the Earth." "Eliminate all evils," "Falun Dafa is an upright way," sounded out again from our combined voices, which made the police quite angry. Their sense of power and violence snapped in the police officers' heads. They began to kick practitioners to the ground, one

after another. Some practitioners were kicked and forced to lie on the ground or to kneel down on the ground. Then they started the second round of body searches. Each practitioner was taken to a small room and was completely stripped. It was not a customary body search—the officers acted like hoodlums. I saw then what one calls a "political hoodlum."

When it was my turn I stared directly at the young female police officer. I told her that I was even older than her parents and asked her whether or not she would do this to her parents. She seemed struck with awe and didn't strip off my undergarments. I took this opportunity to quickly unfurl the banner and called out, "Falun Dafa is great!" The police officer didn't beat me. She just quickly grabbed the banner from me and then opened it to show others saying, "Hey, come see this one! It is so beautifully made!" Then she carefully put it away. They normally tore up or cut the banners.

I understood that Master was helping me. When we respect Master and Dafa and have a pure mindset, the evildoers are moved toward goodness and can't be evil anymore. I had worked very hard and with great care to make that banner. Every word on it represented a disciple's sincere heart and mind for Master and Dafa.

We were detained at Huairou Prison, which we had heard was the most evil of evil places. Twenty-nine people were held in a less than 10-square meter windowless room. This room was used for everything, eating, sleeping and even for relieving ourselves. It was packed, even for just sitting there. Everyone had to squeeze tight to be able to sit down. It was in the cold of winter and was snowing outside. We warmed ourselves by leaning against each other. To protest the unreasonable persecution of Dafa and the frenzied abuse and mistreatment of practitioners, we started a hunger strike. For the first few days, police delivered food to the room to tempt us. Seeing we were so determined, they later stopped sending food.

On the fourth day, they began to force-feed us with a combination of high-density salt solution and corn gruel. Everyone had strong reactions. We felt extremely thirsty and our lips became chapped. We felt burning inside and felt unwell. The force-feeding itself was agonizingly painful. The police completely ignored humanity and let off their personal spite on behalf of Jiang Zemin. Four police officers would hold one practitioner. The force-feeding tube was carelessly inserted through the nose and was later removed suddenly and forcibly, full of blood. It seemed that the heart was taken out as well. The extreme pain made one feel like dying.

On the sixth day a young man kept vomiting blood and then died from the effects of force-feeding. They turned around to intimidate us, "If you do not cooperate, we are not responsible for any death. It will be regarded as a suicide!"

Suffering unbearable thirst, some practitioners felt unable to endure this any longer and suggested, "Let us start drinking a little bit of water." We discussed this but couldn't reach an agreement. Just then I had a strange feeling and felt every cell of my body being full of water. Others could clearly hear the sound of running water rising up from my

goose down coat. Suddenly we were all deeply inspired and became steadfast again. Master was giving us an encouraging hint to persist to the end.

At that time when evildoers were running rampant, we were called group by group every morning to listen to their speeches, attempting to brainwash us. We were then forced to stand outside to suffer in the freezing cold. In that icy and snowy weather, even with heavy warm cotton-padded coats and pants, one would feel completely frozen in a short time. Nevertheless, they would force practitioners to stand outside for two hours. Young practitioners were only allowed to wear sweaters usually worn during autumn and older practitioners were only allowed to wear wool sweaters. Some would stand without shoes since the police had cut the shoes apart. How ruthless they were!

Our righteous belief and righteous thoughts frightened and made the evildoers unable to act. We refused to give our names and had no ID with us. We did not answer any questions or sign anything. Once, when being checked, my high and low blood pressure measures both read zero. On the tenth day my blood pressure rose to 170. I knew Master was helping me to leave the demon's den. Police panicked and were afraid to be held responsible. I was released the next day. I spent a total of ten days in prison without drinking a drop of water or eating any food. When I left, they took all the money I had, 300 yuan.

A fellow practitioner who was released at the same time with me knew another practitioner in Beijing. We went to this Beijing practitioner's home. The warm welcome we had was beyond the welcome usually extended to a family member and we were deeply moved. I drank four thermos bottles of warm water but still felt thirsty! After eating a warm meal I decided to go home. The practitioner sent me to the train station and felt relieved after seeing that I safely got on the train from Beijing to Jinan.

The inhumane treatment I experienced over the past ten days had exhausted me mentally and physically. I just wanted to have a good night's sleep. Once I sat down in the train, and I felt my energy returning. I stood up. Facing all the people in the train car I started to tell my story. I pointed to my new goose down coat and new leather shoes, now ruined, that the police had cut to shreds with scissors. I started to tell my story, what had happened to me during the previous 12 days. I told them I was a Falun Gong practitioner and as such had come to Beijing, because I trusted the Party and the government and wanted to tell the authorities the real story of Falun Gong. I told them what happened to me on my journey. I told all of what I had experienced, without stopping. People gasped and were shocked. Some cried and some berated the police for not having any humanity left. People were incredulous saying "Is it true?" "How could it happen?" I pointed to my clothes and shoes, "These are the evidence. I cultivate 'Truthfulness-Compassion-Tolerance'; I do not lie!" Some said, "Where is justice nowadays? Politicians and bandits are one and the same!"

Some people kindly asked me to sit down and to take a break. Some kindly advised me, "If you keep telling your story, maybe they will arrest you again." I told people, "I just want to be a good person based on 'Truthfulness-Compassion-Tolerance' and to tell the truth. How could that be regarded as a crime? They have power. Let them do whatever

they want to do. The Constitution has clearly stated that citizens have the right to appeal to a higher authority. Those appeals offices are open to the public, are they not? On the other hand, if you go to appeal nowadays you will be arrested, beaten or even put into prison. Who gives them the right to do so? Falun Dafa teaches us to be a good person and benefits people with good health, which saves the government hundreds of millions in medical costs. Falun Dafa has hundreds of benefits without harming society. Why do we have no freedom of belief?"

More and more words came out from my mouth. The more I talked, the more clearly I stated my thoughts. I started when the train pulled out of Beijing. I kept talking, for the entire trip of more than 600 km, without feeling thirsty or tired, until the train arrived at Jinan City. The car was filled with people, and some were even from other cars of the train. These people were listening to my story as if listening to a never-before-heard fairy tale and they were deeply moved. I saw railroad security guards walking around, but no one tried to stop me and no one came to arrest me. A righteous energy field had enveloped all.

Master said, "Indestructible righteous faith in the cosmos's Truth forms benevolent Dafa disciples' rock-solid, Diamond-Like Bodies; it frightens all evil and the light of Truth it emanates makes the unrighteous elements in all beings' thoughts disintegrate." ("Also in a Few Words," *Essentials for Further Advancement II*) Master bestowed heavenly courage on me. The righteous thoughts suffocated the evils. When we put down selfish thoughts and step out of human concerns, the evil will self-destruct!

The above are some of my experiences during Fa-rectification. I still have a long way to go toward what Master requires. During this last, rare historical period, let us remember what Master teaches and do well "The Three Things" to fulfill our pledge made long ago in history - study the Fa, explain the facts of Dafa and the persecution and send forth righteous thoughts into the universe.



## 8) Braving the Storm with My Head Held High

*By a Falun Dafa practitioner in Daqing City*

*July 20, 1999 marked the beginning of a persecution unprecedented in history. Terror gripped the country. That morning, when my mother and I went to the Falun Gong practice site as usual, we saw police everywhere. It was Mother's turn to teach the exercises.*

*When we got home, my father was so furious that he knocked me to the ground with a club and asked, "Will you still practice Falun Gong?" I looked straight at my father and answered firmly, "Yes!" He has never hit me since.*

*Several security officers came to see me. They mentioned my truth clarification material and said, "We are connected with the police department!" As a practitioner I remained totally unafraid, because my mission is to offer people salvation, not to suffer persecution. After I clarified the truth to them, all but one said they now knew the facts. The stubborn one accompanied me home. Before we parted he said, "Truth -Compassion -Forbearance is really great!" I was again moved beyond words by Master's benevolence!*

*-- Author*

### 1. Predestined to Practice Dafa

On the morning of July 12, 1996, I woke up and saw two books on the coffee table in the living room. One of them was *Falun Gong*, and the other one was *Zhuan Falun*. At the time I didn't know their names since they were wrapped, but I knew that I wanted to read them. This seemed a bit strange, though, since I was a person who didn't read anything aside from textbooks. Later I learned that a Falun Gong practitioner had loaned the books to my mother when she was doing morning exercises in the park.

As I started reading, I knew I had finally found something for which I had been searching for many years. I cannot put into words how excited I was. The moment before I opened the books I was a hard-line atheist, but several pages later, I had realized that the meaning of being human is to return to one's true, original self. I learned that people can change themselves for the better and be forever freed from illness and death through the practice of cultivation. I learned why people should conform to the principles of Truth-Compassion-Forbearance, and why people should care about their morality and their character. More than a decade of atheistic theories instilled in my head completely fell apart, and my heart was moved countless times by Master's Fa principles. I thought, "Master, I will cultivate myself according to Truth-Compassion-Forbearance, and I will return to my true, original self!"

### 2. Cultivate Dafa with Determination and Closely Follow Master

The next morning I followed my mother to a practice site. It was the first day they were teaching the exercises, so I learned them right then and there.

In 1997, a certain university accepted me into their law school because of my outstanding grades. There was no practice site at my university. Since the *Guangming Daily* incident in 1996 [*Guangming Daily published a deceptive article attacking Dafa*], a few university officials forbade Falun Gong practitioners from doing the exercises at school. I practiced on my own.

On July 20, 1999, a historically unprecedented persecution began. China was shrouded in an atmosphere of terror. The morning of July 20, 1999, my mother and I went to the practice site as usual, and we saw police in uniform and plainclothes police everywhere. It was Mother's turn to teach the exercises. When we got home, my father was furious, and he struck me to the ground with a four-edged wooden club, then pointed it at my nose and asked, "Will you still practice Falun Gong?" Looking my father straight in the eye, I gave a firm answer, "Yes!" He put the club away and has never hit me since. He said that it didn't work to beat me.

Soon after I returned to school from summer break, the university officials had a talk with me during which they threatened to expel me if I didn't give up my belief. I was an excellent student and my grades were the highest in my department, yet I was to be expelled only because of my belief in Truth-Compassion-Forbearance! At that time, Falun Gong practitioners in China were forced to choose between their faith and a career, their faith and an education, their faith and their family, and sometimes even between their faith and their life!

Master said,

"A magnificent cultivator, on the other hand, is able to let go of his Self and even all of his ordinary human thoughts amidst crucial trials." ("Position" in *Essentials for Further Advancement II*)

I explained to the school officials the wonders and the facts of Falun Dafa, as well as the illegality of the persecution. One instructor who was assigned to "reform" me learned the truth and asked the school authorities to stop persecuting me, but the authorities said he was "not taking a firm stand" and berated him. However, at a class meeting this instructor said, "There is a girl in our school who practices Falun Gong. She is the most intelligent student I have ever taught, and she insists on standing by her belief."

In early June 2000, I stood in Tiananmen Square and shouted to the whole universe, "Stop persecuting Falun Dafa!"

Officials from my university took me back to school.

Some fellow practitioners helped me get in touch with a Dafa material production site in my city. I used all my spare time to study the Fa. I once studied as many as all nine chapters of *Zhuan Falun* in one day, and I was not tired although I slept only about 10 minutes a day. I took the bus to the Dafa materials production site and picked up hundreds of flyers by myself. I separated the flyers and went to the faculty dormitories, the student dormitories, the staff residential areas, and the communities surrounding the

university. Two security officers were guarding each building at night, but I successfully delivered the flyers without any difficulty.

I realized I was not an ordinary person doing things for Dafa. I was a Dafa practitioner taking on responsibilities bestowed by Dafa, and there are fundamental differences between the two. An ordinary person does things with a show-off mentality, a competitive mentality, or the desire to achieve a certain goal, while a Dafa practitioner offers salvation to deceived people with the compassion Falun Dafa bestows on them and by constantly eliminating attachments and degenerate notions. A Dafa practitioner does the work but is not attached to the outcome. I gave out every flyer with a pure and compassionate heart, and I also sent forth righteous thoughts: "Eliminate the evil's persecution of Dafa! Let predestined people learn the truth about Dafa." The flyers were rarely torn up or thrown away. Sometimes, right after I posted a flyer on a door, someone would immediately start reading it.

During the process of truth clarification, several people did begin practicing Dafa, and we distributed flyers together. We left home after sending forth righteous thoughts, and no matter how many people we encountered in the streets, we openly posted flyers and hung up Dafa banners. One person did the posting or hanging while the rest of us sent forth righteous thoughts. Once, the other practitioners went home, and I was the only one distributing flyers. Suddenly I felt very tall; the city and the whole earth felt very small in comparison. My whole body felt empty, and I was completely void of fear. I knew Master was helping me.

In May 2001, a friend of mine who worked as a tour guide asked me to help with daily translations for the CEO and managers of a company owned by the family of a powerful American politician. I was writing my dissertation at the time, but I thought it was a good opportunity to clarify the truth, so I went. Arriving at the county villa, I openly carried *Zhuan Falun* (unwrapped) with me all the time. The staff at the villa looked shocked at my boldness, but I smiled and told them the truth about the persecution. They listened. It was a little difficult to clarify the truth to the Americans, and I used almost all the words I could think of. I also gave them the URL of the Clearwisdom website, and they liked Dafa. Later, the CEO of the company sent me an e-mail in which he said, "Bless you and your book!"

One night, some security officers called for me. They pointed at truth clarification VCDs on a table and said, "You should know that we are closely connected with the city police department!" I didn't feel the slightest fear, because their threats had no effect on a Dafa practitioner. As a practitioner, my mission is to save people and it's not to suffer persecution. I solemnly clarified the truth to them with benevolence, and in the end they nodded and said they now knew the facts. Only one person was very stubborn. He walked me home and when we parted, he suddenly said, "Truth-Compassion-Tolerance is really great!" Although I could not see his face in the dark, I felt the genuine gratitude of a person whose heart was illuminated by the benevolence of Falun Dafa. I was again moved beyond words by Master's benevolence!

When I returned to school, all my classmates were worrying about their dissertations. I wrote the draft in one afternoon, 20,000 words in all, and spent another day and night to complete the written dissertation. I received the highest overall score in my department after successfully defending my dissertation during the stressful verbal portion of the process.

### **3. Validating Dafa Amidst the Storm**

#### **(1) Coordination as One Body**

In late October 2001, during the flag-hoisting ceremony in Tiananmen Square, I held up a banner with red characters and a yellow background that read, "Falun Dafa is Great" and shouted, "Falun Dafa is great! Falun Dafa is an upright way! Restore Dafa's reputation! Restore Master's reputation!" A police officer snatched the banner from behind me and stuffed it into my mouth. I pulled the banner out and shouted to the crowd, "The government staged the Tiananmen Square Self-Immolation!" The police shoved me into a car and drove me to the Qianmen Police Department in Beijing. They put me in a cage used only to hold practitioners who validate Dafa in Tiananmen Square. More than ten practitioners were arrested that day, while many other practitioners came and left safely. We shared our experiences and sent forth righteous thoughts.

In the evening, we were sent to the Fangshan District Detention Center. After exchanging our understandings, we realized we should not cooperate with the evildoers and decided to hold a group hunger strike to resist the persecution. We are one body and we must advance together. Two practitioners didn't want to hold a hunger strike. One of them was about to be transferred to a prison and the other one thought she was about to be released. Several days later, the practitioner who was supposed to be released was instead sent to a forced labor camp. When the guards came to escort a practitioner to the force-feeding room, we stood in front of that practitioner and would not let the guards take her away. Seeing us protect the practitioner with our bodies, the practitioner who was about to be sent to a prison was very moved. She later joined us in validating the Fa.

Once the guards dragged us outside individually and beat us. They put handcuffs and shackles (weighing more than 10 pounds) on us. They connected the handcuffs and the shackles behind our backs. This torture was called "backward stringing." Our bodies were forced into the shape of an ellipse. We experienced great physical agony if we stayed in any position for more than a few seconds. It would have been hard to endure if we didn't have righteous faith in Dafa. It felt as if time had slowed down as I gritted my teeth and endured. I clearly knew that I must completely do away with the old forces' arrangements. I recited *Lunyu* in my heart again and again. When I remembered that Master bears the actual hardships for us while I was only enduring a little physical pain, I couldn't hold back my tears. The next day, a miracle happened: all the pain disappeared, and my arms and legs felt as if they were stretched out flat in front of my body instead of being tied up behind me. In the evening, the guards unlocked the handcuffs and shackles, because they realized nothing could change Dafa practitioners' righteous faith in Dafa.

I was able to do as Master had said,

"...just by having your heart unaffected you will be able to handle all situations."  
("Eliminate Your Last Attachments" in *Essentials for Further Advancement II*) I  
knew

Master was right beside me and he was protecting me!

Nine days into the hunger strike, police officers from my hometown picked me up and planned to take me back on a train. On the train I had two dreams, the gist of which was that I still had unfinished tasks and could not leave yet. I know that dreams cannot guide my cultivation and that I must understand Fa principles and regard the Fa as teacher. I am a Fa-rectification Dafa disciple, and I absolutely cannot walk the path arranged by the old forces. I still have much Fa-validating work to do. I asked Master to help me as I looked inward to find my attachments. I discovered that I was afraid of the persecution that might be awaiting me should I fail to escape. I sent forth righteous thoughts to eliminate that fear.

When the train stopped, I escaped right in front of three police officers, and again I validated the magnificence of Dafa.

At the end of December 2001, Auntie A, whom I had gotten to know in Beijing, introduced me to a city several thousand kilometers away from my hometown. In that big city, most of the local practitioners were unable to step forward to validate the Fa. Few of them could get access to materials from the Clearwisdom website. I immediately knew my mission in this city. Auntie A wasn't a veteran practitioner, and she only knew one other practitioner, practitioner B. But with B's help, I got to know other local practitioners.

I went to talk to them one by one. I recited Teacher's new articles for them. I told them of the Fa-rectification progress in other areas. I shared my understandings of the Fa-rectification process. I emphasized how to rationally understand the Fa and how to step forward to validate the Fa. I told them my views on what the old forces' arrangements were and how to completely deny them. We also talked about the relationship between individual cultivation and Fa-rectification cultivation. We all agreed that clarifying the truth wasn't a job but cultivation. We clarified what true compassion means. We discussed the need to clarify the truth and what our attitude should be when clarifying the truth. We knew we needed to constantly keep righteous thoughts. After sharing with each other, we knew more clearly the importance of sending forth righteous thoughts. We came to know that we were supposed to assume major roles at this stage of history but that we needed to concentrate on minor details while we were full of great aspirations. We talked about many topics, including what Fa-rectification period Dafa disciples should be like.

I cherished every opportunity to talk to those practitioners. Specifically, I had to gain their trust when first meeting with them. Otherwise, their attachment to fear would stop them from talking to me more. At that time, they suspected everybody else was a spy. On a number of occasions, some families misunderstood me and tried to drive me away. Once, one of them even tried to call 911. No matter how difficult it was, I knew clearly

that they were the old forces' arrangements trying to stop sentient beings from learning the truth of Falun Gong. While improving my xinxing level, I completely denied the path arranged by the old forces. After a lot of effort and talk, I gained local practitioners' trust. We became a cluster of indestructible Dafa particles. Very soon, we set up a distribution site for truth-clarification materials. When there was a problem with one of us, instead of blaming him or her, we recognized that it was a sign of our omissions as one body and that we all needed to look inside. When we dug out the root cause, we wouldn't hesitate to rectify ourselves. For example, some practitioners regarded me as a leader and would agree to anything I said. I knew it wasn't right. When I looked inside, I found I had an attachment to showing off, which was buried deep down and that I hadn't realized before. In Dafa work, we can't allow ourselves to have the attachment of leading others. We are all Dafa particles, assuming different roles and working on different kinds of Dafa work. No one is qualified to command anyone else to do anything. Also, we can't use our own notions to judge others regarding how we should proceed with Dafa work, since it is more important that we put our heart into the work rather than simply trying to follow a certain formality.

Personally, I believe that one of the most important things is for practitioners to understand each other. When I first arrived in this city, I encountered many difficulties. When an auntie brought me to visit practitioner D, he suspected I was a spy. Just as I began to talk to him, one of his friends came from abroad to visit him. I got a chance to send forth righteous thoughts from another room. After a while, his friend left. But then the auntie's husband, who wasn't a practitioner, hurried to D's home and tried to drive me away. I wasn't affected by the superficial interference. I was determined to cherish each and every sentient being. I started to clarify the truth to him. I told him how I validated the Fa. I told him that practitioners didn't have selfish goals when stepping forward to clarify the truth. Our sole purpose is to help people get to know the truth of Falun Gong. Yet, what do we face when we do this? Some practitioners have been detained or sentenced to prison or tortured. Some practitioners have even lost their lives. In the end, he said, "You are magnificent!" Practitioner D didn't suspect that I was a spy anymore. We opened our hearts to each other. From then on, he actively came out to validate the Fa.

Before the persecution began I had wanted to talk to the Falun Gong assistant in that city. Because the police have been closely monitoring him, he hasn't been in contact with any fellow practitioners. First, I passed a note to him, asking him to talk to me, a fellow practitioner who was visiting from thousands of kilometers away. He sent a note back but didn't want to meet in person. When I went to his home and found him gone, I left him a long letter. Then next time I went we talked for a long time. With tears in his eyes he watched a truth-clarification VCD I had taken to him five times. After this, he determinedly took the Fa-rectification path arranged by Teacher.

Some practitioners had the attachment of treating Dafa work as ordinary people's jobs. Some of them wanted to "lead" others. Some of them exhibited strong jealousy. Some of them updated truth-clarification materials too frequently based on their personal preference instead of explaining the facts logically and consistently. In my heart, I couldn't accept those fellow practitioners. I tried to share my opinions with them, but it

didn't help much since I was trying to impose my personal views on them. Those practitioners didn't heed what I said, and conflicts started among us.

Teacher said,

"Now when we clarify the truth to others you all feel that we should treat sentient beings with compassion, then all the more so should you be compassionate among our Dafa disciples. You're all disciples in the same practice, and you're giving your all for the cosmos' Fa-rectification, so you should cooperate well with one another. Don't approach things with too many human attachments, and don't cause unnecessary conflicts and arguments by interacting with each other with human attachments. In these situations your conduct should always show Dafa disciples' tolerance, kindness, and niceness. The next person's things are your things, and your things are his things. We don't talk about the "unity" everyday people do, which is a forced, superficial thing. You are cultivators, and your realms are higher. So in your many projects your actions should reflect an understanding of others, an ability to listen to people's opinions, and an ability to gauge what's right and what's wrong by using Dafa." ("Teaching the Fa at the 2002 Washington, D.C. Fa Conference")

Every time I saw Teacher emphasizing that practitioners needed to treat each other with tolerance, understanding, kindness, and immense compassion, I would say to Teacher in my heart, "How am I supposed to get along with them when they are so attached to their own ways." I didn't realize that I was also being too attached to my personal views. I knew it wasn't a correct state. Because I didn't improve my xinxing level and dig out the root cause in time, the conflicts among us became more serious. I struggled, trying to look inside to improve myself. However, I got trapped in the notions implanted by the old forces, and I couldn't resolve the conflicts. At last I came to realize that I needed to change myself before trying to change others. I spent fourteen days reciting the whole book of *Zhuan Falun* from beginning to end. I also read fellow practitioners' experience sharing papers while looking inside.

Finally I uncovered a notion that I had been holding onto for too long: I always believed I was right, and I was very attached to my own likes and dislikes and other practitioners' attachments. One of the reasons that the old forces arranged the persecution was to use the old cosmos' principles to judge Fa-rectification period Dafa practitioners. They did so because they thought their notions were right. The old forces, twenty percent of the sentient beings at each level of the old cosmos, created separations among practitioners by implanting this notion.

Teacher said,

"So when a God comes here and can't go back, it's not because that filth can't be washed off, but because the realm of his being has been lowered. It's because of the influence of various different concepts and different beings in the cosmos that they can't go back. So what's really polluting me, creating trouble for me, bringing the Fa-rectification trouble, and persecuting Dafa disciples is actually not those filthy

elements here but is the cosmos's beings' warped concepts manipulating those elements." ("Teaching the Fa at the 2003 Midwest-U.S. Fa Conference")

I came to realize that the notions a being is attached to are truly dirty things. Also, Forbearance doesn't mean to encourage others' shortcomings, but to kindly understand them. When we keep a heart of compassion and are willing to look at things from others' perspectives when handling our differences, we are then able to reach the standard of Dafa practitioners. Otherwise, if we simply hold on to our personal opinions and notions, the old forces will take advantage of us and create separations among us so that our cooperation and coordination as one body will not go smoothly.

## **(2) Eliminate Attachments and Clarify the Truth Whole-Heartedly**

As a Fa-rectification period Dafa disciple, we need to continuously break through ordinary people's notions and get rid of our attachments as we realize them. Some practitioners were afraid to clarify the truth to others face to face. The ultimate reason for this was the attachment of fear. We need to ask ourselves what we fear. Are we afraid that we might be arrested, tortured, detained, or endure hardships? Are we worried that our families will suffer because of our acts? Are we too attached to our vested interests? We need to dig out the root cause of our fear.

"...matter and mind are one and the same." (*Zhuan Falun*)

Therefore, our notions that are not consistent with the righteous principles of the universe are tangible matter in other dimensions. They are from the degenerated beings in our systems that haven't been rectified and assimilated to the Fa. When we improve our xinxing level, we are offering salvation to countless beings in our systems. Therefore, we need to clearly know the origin of our thoughts so we can tell whether the thoughts are based on the Fa or implanted by the old forces.

In order to do well in our truth-clarification work, we need to walk each step down the Fa-rectification path well. We need to be strict with ourselves. Our xinxing improvements have to be solid and steady. We need to take clarifying the truth as a part of our life. Personally, I believe we can make rational evaluations about others; however, we absolutely cannot use our notions to pass judgments on whether one person is savable or not. We need to try our best to save as many sentient beings as possible. We should not have the attachment of differentiation when clarifying the truth to people.

Some practitioners became complacent. They thought they were pretty good already. They didn't hold themselves to the Fa's standards at different levels. They were actually trapped in one realm instead of striving forward along the Fa-rectification cultivation way. It's time for us to seriously think about how we can be truly responsible for ourselves as cultivators. There are several things that can affect whether we are able to strive forward diligently: Whether we can study the Fa with a peaceful heart, whether we can constantly keep in our mind that we are practitioners, whether we can be strict with ourselves using the Fa requirements at different levels, and whether we put our hearts



into the three things that Teacher asked us to do--study the Fa, send forth righteous thoughts, and clarify the truth about Falun Dafa to the world's people.

I have a story to share. In 2002, I lived away from my hometown with another practitioner. Once we met a spy, who claimed to be a cabdriver. He tried to collect information about the practitioners who worked at the truth-clarification materials distribution site. I stayed calm, and he didn't get anything from me. Before he left, he set up another appointment to talk to me. The other practitioner was very nervous. She wanted to leave, but I told her not to since it might make the spy suspicious. I need to be responsible for my fellow practitioner's safety, too. Also, our truth-clarification work had just started, and it looked very promising in that area. Many things needed to be done. I needed to be responsible for the sentient beings that were waiting to be saved. Besides, we needed to completely deny the evil old forces' arrangements, and we needed to send forth righteous thoughts to eliminate interference. Running away was not a solution. Teacher said,

"Wherever there's a problem, *that* is where you need to clarify the truth and save people. Don't take a detour when you run into difficulties. When you see something that does us harm, or when you see something blocking our validating the Fa, don't take a detour--you should face it, and clarify the truth and save those beings. This is the compassion (*cibei*) of a Dafa disciple, and it's our saving lives." ("Teaching the Fa at the 2002 Washington, D.C. Fa Conference")

That spy was also a person waiting to be saved. Therefore, shouldn't I treat him as someone I am supposed to save? That may have been his only chance to directly interact with a practitioner. I wanted to offer him the opportunity to position himself for the future. I didn't want to regret later that I didn't help him to make a correct choice. I couldn't let another being be destroyed because of my attachment to fear. As a Fa-rectification disciple, I needed to do what I was supposed to do and not worry about the final results.

My fellow practitioner insisted on going with me to the appointment. A few days later, we went to the restaurant where we were to meet with the spy. We were quite relaxed since we didn't consider ourselves at all. I wasn't afraid as I had the Fa in my mind. When the spy came, we started to explain the facts of Falun Gong to him. I started with some very basic things, such as "Falun Gong teaches people to follow Truth, Compassion, and Forbearance" and "Falun Gong practitioners are good people with high moral standards." I told him how the media had been used to fabricate stories against Falun Gong. He simply sat there quietly, listening to me. Occasionally he asked a few questions and quoted some slander against Teacher. I got a little frustrated, but I quickly adjusted my state of mind. I calmly but solemnly clarified the truth about the malicious lies. We talked for a long time. Eventually he said that he had invited a friend to join us. Just then, another spy arrived at our table. He looked at us and said, "She is really good."

I still clearly remember this. My purpose in telling this story is to remind fellow practitioners about improving our xinxing level. At that time, I didn't have any ordinary people's notions in my mind. I didn't take any chances or try to make things go my way.

With Teacher's kind help, I broke through the old forces' arrangements. Therefore, it's very important for us to keep a calm state of mind when clarifying the truth, which is a result of solid individual cultivation.

### **(3) Being Attached to One's Notions Is Being Selfish**

One time when I successfully finished a task, I felt very good about myself. Then a fellow practitioner said, "It was the power of the Fa that made it happen." I immediately felt ashamed. Why did I always think of myself? Actually, being selfish was the essential reason that the old cosmos degenerated. We should know that whatever goes successfully or smoothly, it is because of the power of the Fa and it is a manifestation of Teacher's immense compassion in the cosmos. What we can do is to maximally let go of our attachment to self and ordinary people's notions. Of course, some notions have been in the cosmos for a long time.

Teacher said,

"No matter how much work a person in charge has done among everyday people, he is working for Dafa out of his own will. The success of his work is only a manifestation among ordinary humans. It is the mighty power of Dafa itself and the specific arrangements made by my Law Bodies that enable people to obtain the Fa and spread the Fa widely. Without my Law Bodies doing these things, even protecting the people in charge could hardly be ensured, let alone spreading the Fa widely. So don't always think of yourselves too highly. There is no fame, self-interest, or official titles in Dafa, but only cultivation practice." ("A Heavy Blow" in *Essentials for Further Advancement*)

### **(4) Being Attached to Formalities Is a Heart of Trying to Do Things Intentionally**

Deep down in their hearts many practitioners admired their fellow practitioners who worked at truth-clarification material distribution sites. Some practitioners who worked at the sites felt proud, too. However, these are all ordinary people's notions. Truth-Compassion-Forbearance, the righteous principle of the cosmos, is the only standard to judge what is good and what is bad. Some practitioners who worked at the site thought that they could only catch up with the Fa-rectification progress by expanding the site. They simply wanted to make more truth-clarification materials and banners.

Actually, whether something is large or small is not the standard to judge what is good and what is bad. Every practitioner has a different cultivation path. Every area has a different cultivation path. There is no role model. We will be able to closely follow the Fa-rectification progress when we improve our xinxing level and rectify ourselves by the righteous Fa principles. Then we will surely know what we should do and how we should maximally use the wisdom we have obtained from the Fa. Imitating others is an ordinary person's way of doing things. Superficial magnificence is the manifestation of the power of the Fa. Meanwhile, how to help people learn the truth of the Fa depends on our continuous efforts. We should feel free to use any formality as long as we can rationally clarify the truth. As cultivators, we need to consider others first. We are here to save

sentient beings. Therefore, we need to maximally accord with ordinary people's attachments and ways of living. Some areas are very quiet when doing Dafa work. However, the practitioners in those areas put in a lot of effort, helping many people in that area to have already learned the truth of Dafa. We should not be attached to formalities, since that is an ordinary person's attachment.

### **(5) A Brief Review of My Past Five Years' Fa-Rectification Efforts**

I have braved many storms along the path of the past five years of Fa-rectification. When I review what I have done, my heart is calm. Teacher has been protecting me during my validating the Fa. I have many regrets and many achievements. When I look at myself, I think there is still a big gap between what I did and what I was supposed to do. What should I do next? I need to get rid of all my ordinary people's notions and attachments. I need to study the Fa well, solidly improve my xinxing level, break through the evil's arrangements, and make the best use of time to do those three things well. Together with all the practitioners around the world, we will study the Fa, send forth righteous thoughts, and clarify the truth. Let's brave the storm with our heads held high.

Best regards to our magnificent Teacher!

Best regards to my great fellow practitioners!

Finally, I'd like to thank the Clearwisdom website for hosting the First Written Experience Sharing Conference by Falun Dafa Practitioners in China.

## 9) Clarifying the Truth for Four Years: Each Day Is Like the First Day

*By Rongxin, a Falun Gong practitioner in Shandong Province*

From 2001 to 2002, two fellow practitioners and I clarified the truth about Falun Gong by distributing materials containing important facts about Falun Gong, putting up truth-clarification posters, and hanging truth-clarification banners in the streets. In 2003, I started to clarify the truth to people face to face with the encouragement of a fellow practitioner. Since 2001, I have been clarifying the truth about Falun Gong each and every evening, rain or shine, winter or summer, holidays and weekends.

I need to look after one of my grandsons, sometimes two. When I was busiest, I took care of two babies, both under the age of three, as well as my elderly father-in-law in his 80s. My mother, who is in her 80s, became ill during that time and was taken to a hospital. My mother lives in a farming village far away from me. As the eldest daughter in the family, I went to visit her every several days in the hospital and stayed by her bed looking after her. Four generations of my husband's family live under one roof, including my parents-in-law, my husband and me, my children and my grandchildren. With nine people in one household, I carry an extremely heavy load of daily household chores. Each day I have to do a lot of housework and overcome an incredible level of difficulty in order to study the Fa, cultivate my xinxing, practice the Falun Gong exercises, send forth righteous thoughts, and clarify the truth about Falun Gong. I would like to share with you stories of my truth-clarification efforts.

Since Jiang Zemin started to openly persecute Falun Gong on July 20, 1999, my former company began monitoring my activities. (I retired from this company nine years ago, but in China, retirees are still under the control of their former companies since they receive pension and other benefits from them.) Hence, I decided I would start clarifying the truth to the head of my company, the general manager. I said to myself, "I must not take the easy way out when it comes to clarifying the truth."

Teacher said,

"Wherever a problem occurs, that's where you need to clarify the facts."  
(*Explaining the Fa During the 2003 Lantern Festival at the U.S. West Fa Conference*)

As soon as I entered the home of the general manager, whom I hadn't seen for a few years, he started to look nervous and sheepish. "What brings you here? What can I do for you?" "Nothing in particular. I've just come to see how you are doing," I replied in a comfortable manner. He relaxed a little and said, "Have a seat." Before I even started to say anything else, his wife said, "You look terrific. You look even better than before you retired." I replied, "Nine years ago, after I retired from the company, I had multiple job offers from several other companies. I really appreciated that they valued my work, and it gave me opportunities to utilize my professional skills and experiences. But the downside was that I worked too much and damaged my health. In the end I developed a kidney disease. My face and legs swelled. I felt so frail and weak all the time that I couldn't even

carry three heads of Chinese cabbage (*bok choy*) home by myself. After practicing Falun Gong for only two and half a months, my health was restored and I could carry a sack of flour weighing 55 pounds to the fourth floor by myself." The general manager said, "Our finance department told me that you haven't made any health insurance claims for the past six years, ever since you started practicing Falun Gong." I added, "Do you remember that, before I practiced Falun Gong, I was admitted to the hospital and cost our company 17,000 yuan in medical expenses?" "Yes. Yes, I remember."

I shared with the couple the fact that Falun Gong is welcomed in more than 60 countries and regions worldwide and that China is the only country that persecutes Falun Gong and tries to justify and sustain the persecution with slanderous lies, such as the staged Self-Immolation on Tiananmen Square. Over 1,000 Falun Gong practitioners have been persecuted to death, more than 100,000 Falun Gong practitioners are incarcerated in prisons and forced labor camps, and even more are under house arrest or under 24 hour surveillance. Falun Gong practitioners have lost their spiritual freedom in China, although the Chinese Constitution guarantees it. He was very moved by my sincerity when he learned that I was taking my valuable free time to visit him after having to babysit my grandchildren during the day and helping to bathe my father-in-law in the evening. He said, "I am retiring soon. After I retire, I will be sure to learn Falun Gong from you." Finally, I advised him to make a wise choice and treat Falun Gong and practitioners with kindness. I told him that he would surely be blessed if he had genuinely kind thoughts towards Falun Gong. He said repeatedly, "I understand. Thank you very much."

After I had clarified the truth to the general manager, fellow Falun Gong practitioners and I paid visits to all the managers, assistant managers, mid-level team leaders, the head of my department, my former colleagues, and any other employees that I could find, such as the receptionist, security guards, water carriers, janitors, and even contract gardeners. Many of them said, "I have read Falun Gong's truth-clarification materials before, but I couldn't determine whether the information was true. Now that we have met, I have to say that Falun Gong is truly remarkable." The head of my department said, "If you had started to practice earlier, you wouldn't have worn a long face at work everyday and you wouldn't have groaned about making only 585 yuan per month." (With my qualifications back then, I would have made over 2,000 yuan per month if I had worked in a public organization or school.) I replied, "After I retired from this company, I got another job that paid 50 yuan more every month. I now make over 600 yuan per month." He smiled wearily, feeling slightly sorry for me, but I don't feel sorry for myself or bad about my pay at all. A former colleague teased me, "Fortunately you now practice Falun Gong. You were left out twice when the company distributed large apartments to certain employees although you were entitled to one. If you weren't practicing Falun Gong now, I guarantee that your anger and frustration would lead you to another admission to the hospital." I smiled peacefully and said, "I have become a new person. What Falun Gong has given me is a lot more than 2,000 yuan per month and a large apartment!"

After several fellow practitioners working in my former company and I worked tirelessly together to clarify the truth to these folks, the secretary of the Discipline Committee at my former company admitted his mistakes in shame. "Why don't you hate me? If only I had known better!" (He has now become seriously ill and has been admitted to the

hospital.) We also visited those security personnel at my former company that cooperated with the police officers in abducting us. After we clarified the truth to them, they were overcome with guilt and shame, but they were also immensely touched by our kindness, forbearance, and our consideration for their best interests. Now the entire company applauds Falun Gong and gives it a “thumbs up.” Falun Gong's truth-clarification materials have become very popular among the employees. Some of them request new truth-clarification materials on a regular basis.

After I finished clarifying the truth to my former company, I visited my schoolteachers and classmates from elementary school to college and clarified the truth about Falun Gong to them. Teacher gave me help along the way. For example, I would accidentally run into one old classmate and obtain contact information for another old classmate. On another occasion, I made an appointment with a classmate from middle school that I hadn't seen for 43 years. The wind really picked up as soon as I got on my bicycle. I could hardly move an inch into the strong wind. I saw many students riding bicycles to school, struggling and fighting against the wind like me. Some had already gotten off their bicycles and started walking them to school. Still on my bicycle I said to the wind, "Wind, you are also a part of the universe. You are not supposed to create any obstacles for me. You are supposed to lend me a hand, because I am on my way to offer Teacher's salvation to a human being." All of sudden I no longer felt any resistance from the wind. Indeed, I flew through the streets and astonished everyone. It only took me 20 minutes to ride over 10 miles in the strong wind. My classmate, who arrived late, was amazed to see me arrive there on my bicycle under such conditions.

One night I visited an old high school classmate at her home. As soon as I left my home, it started to rain. When she opened the door, she immediately said, "We have just returned home." It turned out that she was in the habit of accompanying her ill husband for a walk every evening to improve his health, but they had had to cut the walk short that evening because of the rain. If it had not been for the rain, I would surely have missed them. In the next two hours, I clarified the truth about Falun Gong to her, and she understood and accepted the truth.

I once went to visit another old classmate at his home when a neighbor told me that he had moved in with his son. When I hurried to his son's home, another neighbor told me his son had already moved. When I obtained the address and hurried to his new home, I saw a new building containing many apartment units. A passerby told me that the building belonged to several different organizations. I did not know the apartment number, so I had to ring each doorbell, one at a time. After I had rung many doorbells, a young man came out and asked who I was looking for. I told him the name of my classmate's son. The young man told me that they worked in the same office and pointed me to an apartment. In this way I found my old classmate and clarified the truth to him.

Last winter I visited my old schoolteacher at his home. He hardly recognized me when I entered the door. It had been about six or seven years since he had visited me in the hospital. He exclaimed, "How could you have recovered so completely?" I replied, "It's because I practice Falun Gong." After I had shared some important facts about Falun Gong for two hours, his wife told me of their misery. His wife is only in her 60s, but all

of her hair had turned gray and her face was full of wrinkles. She also looked very tired and sad. She said that, not long before, her husband (my former teacher) had had an acute myocardial infarction and had almost died. She herself endured excruciating pain from the protrusion of lumbar vertebral discs in order to stay at his sick bed. Their second son-in-law has been locked up in a detention center for half a year for financial fraud. Their two-year-old grandson is now living with them, but they had to hire a nanny to look after him.

After learning about the physical and spiritual health benefits I experienced from practicing Falun Gong, she asked me eagerly, "May I learn Falun Gong from you?" "Of course," I replied. "Do you really mean it?" "Yes," I said, "but you have to really mean it, because I cannot give the sacred Falun Gong book to just anyone." She reassured me three times by saying, "I do wish to learn Falun Gong." The following evening, I delivered a copy of *Zhuan Falun* and a Falun Gong exercise instruction VCD to their home. She smiled very happily and looked excited when I entered. Before I even took a seat, she exclaimed excitedly, "A miracle! A miracle has happened!" She told me that after I had left the night before, her husband went to sleep without having to take his medication. She forgot to take her sleeping pill but she had a good night sleep anyway. For half a year she had been embarrassed to leave her home because everyone knew that her son-in-law was in jail for financial fraud, but today she was in such a good mood that she hummed a song on her way back from the supermarket. Each day she talked about her son-in-law at the dining table, but today she did not mention him even once.

When I visited them a month later, I was astonished by what I saw. I thought I must have knocked on the wrong door. Half of her gray hair had turned dark brown, and her face had become smooth and radiant. She had also gained some weight. She had just practiced Falun Gong for a month! She also told me that she had stopped using the nanny on December 23. Now that she was more healthy and vibrant, she thoroughly cleaned the big apartment, including the curtains, by herself. My schoolteacher's illness also stabilized. He was happily entertaining his grandson when I visited them. In addition, his son-in-law had been released because of insufficient evidence. She told me that she had been studying one lecture of *Zhuan Falun* each day, practicing the Falun Gong exercises twice a day and also the sitting meditation for one hour a day. She felt that her body had become very light and relaxed.

After the New Year, I paid them another visit. She told me that since the New Year holidays she had been clarifying the truth about Falun Gong. She even promoted Falun Gong to the manager of her organization when he visited their home. When her neighbors visited them and gave them New Year's greetings, she told each of them the facts about Falun Gong. Her daughters, son-in-laws and her relatives witnessed the wonder and beauty of Falun Gong from the changes in her. They read the truth-clarification materials at her home. I also taught her how to send forth righteous thoughts and encouraged her to study *Zhuan Falun* more often if she has a lot of free time. I also gave her a copy of Teacher's recent lectures. She believes she is also a Falun Gong disciple in the Fa-rectification period.

Once a fellow Falun Gong practitioner and I visited the head of a factory owned by my former company. He looked disgruntled when he saw us. We let ourselves in with big smiles on our faces. He stood at the entrance, with no intention of inviting us to sit down. "If you don't have anything pressing, I have more important things to tend to," he said. We didn't respond. Instead, we each took a seat in a modest and polite manner. Then he started to get angry, pacing back and forth. "I am the head of the factory. I am responsible for my employees' living. I only care about two things: the production technology of my factory and sales. I don't care about anything else!" We watched him peacefully while sending forth righteous thoughts to eliminate the evil in other dimensions that had been obstructing him from learning the truth about Falun Gong. He started to avoid eye contact, but his anger and impatience gradually subsided. Then the electricity blacked out every several minutes for five times. He asked playfully if we were cutting off the electricity with our supernatural abilities because this appeared to be the only household suffering from the blackout. We smiled while sitting comfortably in our chairs, giving no sign of leaving. Seeming to have given up the fight, he leaned against the kitchen door.

I asked my fellow practitioner to continue sending forth righteous thoughts and decided to begin. "We know you are very busy, so we won't take too much of your time. It'd be great if you could spare 30 minutes or even 10 minutes of your undivided attention. Let me start by asking you one thing: If we saw you walking towards an open manhole, would you expect us to warn you?" "Of course. Of course." He no longer looked fierce and started to pay careful attention to me. We briefly described the truth about Falun Gong to him, and we could see from his eyes that he was undergoing a great transformation. He went from being confused about Falun Gong to being amazed by the facts about Falun Gong. Then he started to consider, accept, and finally admire Falun Gong. He felt sorry for what he had done and thanked us for taking the time to explain to him the truth so patiently. He was deeply moved and walked us out for a long distance. This is another man that has accepted Teacher's salvation.

I have also clarified the truth in person to company managers, high-level intellectuals, laborers, farmers, housewives, the elderly, students, contract laborers, vegetable vendors, storekeepers, and even soldiers. I have also visited relatives and friends that I hadn't seen for many years to clarify the truth. I have even clarified the truth to relatives' relatives, friends' friends and my old classmates' old classmates. I have grasped every opportunity to clarify the truth. After I "ran out of" friends, relatives, colleagues and old school friends, I accompanied fellow practitioners to clarify the truth to their friends, relatives, colleagues and old school friends. Some of them initially refused to listen or accept any truth-clarification materials, but they were eventually moved by our sincerity and accepted the materials. They even thanked us repeatedly and walked us out.

My beat-up old bicycle has taken me to nearly every street and alley in this city. I have traveled by bicycle to the most populous downtown areas, as well as shabby old buildings. I have met people that have accepted the truth, people that have started practicing Falun Gong, people that have started clarifying the truth about Falun Gong, and people that have cursed us, kicked us out, laughed at us, and mocked us. I have seen all kinds of people. But we never stopped or despaired. I continue to clarify the truth today. I may be walking down a street or alley, sitting in a park or on a river bank,



holding a baby in my arms while chatting with the mother, teasing a grandchild in front of their grandparents, helping a pregnant woman cross the street, helping a passerby carry heavy items, or speaking with a college student in English. I try to approach people in different ways and find an opportune moment to start talking about Falun Gong. I try to offer Teacher's salvation to everyone I meet. I also remind everyone to cherish the truth-clarification materials and not to throw them away. I may be able to clarify the truth to five, three, two or only one person every evening. I am not attached to the number; I just try my best. When I clarify the truth about Falun Gong, I feel free, as if I were living in a free world.

Teacher said, "...everyone in the world was part of my family." ("Explaining the Fa During the 2003 Lantern Festival at the U.S. West Fa Conference")

"We don't have to know each other to meet each other." This is what I said to a couple close to my age that I met last night. It is how I truly feel these days.

To clarify the truth well, a Falun Gong practitioner must study the Fa well. It is very difficult for me to study the Fa. Because I carry an extremely heavy load of housework and because I must look after my elderly father-in-law and small grandchildren, I can only study the Fa at night. I usually go out and clarify the truth to people from 7:30 to 10:00 p.m. Then I return home to study the Fa. I go to bed at 12:30 a.m. after I finish sending forth righteous thoughts. For the past few months, I have stayed up every night correcting words in Falun Gong books until dawn, according to Teacher's instructions. Sometimes I completely skipped sleep to correct the words, study the Fa, and read cultivation experience sharing articles. Recently I stayed up night after night writing my own experience sharing paper. At first I tried to catch some sleep during the day, but I would still feel sleepy and have difficulty memorizing the Fa. I once slept seven hours after staying up all night. Then I felt sleepy when memorizing the Fa. I had difficulty keeping my eyes open and even dropped *Zhuan Falun* from my hands. That's when I really woke up from my notion. I stopped trying to "catch up" on my sleep after staying up at night, and in turn I no longer feel sleepy. Teacher is leading us to godhood. It's not the physical constraints but our stubborn human thoughts that are obstructing our path to godhood. When I tried to memorize *Zhuan Falun* for the third time, I felt the serenity of my heart in the middle of the night. As I quietly memorized *Zhuan Falun*, I felt as if I was listening to Teacher giving a Fa lecture right in front of me.

The alarm clock went off. Another night had passed. The lamp illuminated Teacher's new article, "Let Go of Human Attachments and Save the World's People" next to my cultivation experience sharing paper. My eyes were fixed on several lines in Teacher's new article:

"For this reason, all Dafa disciples, students both new and veteran, should get to work and begin comprehensively clarifying the truth. This is especially so for the Dafa disciples in Mainland China: each must come out and clarify the truth, bringing it to every field and valley, mountain and hill, not omitting a single area where there are people." ("Let Go of Human Attachments and Save the World's People")

I remember riveting moments from our truth-clarification efforts all over the city. I feel especially delighted to think of those fellow practitioners that had given up practicing Falun Gong or slacked off in their cultivation practice after July 20, 1999, but have overcome demonic tests and tribulations and are now striving forward in cultivation practice and truth-clarification.

## 10) Completely Negate the Old Forces' Arrangements When Looking for Employment

*By a Falun Dafa practitioner in China*

After the old forces and their dark minions launched the persecution against Falun Dafa practitioners, I never had a stable job. Not long ago, I was arrested again because I practice Falun Dafa. I maintained righteous thoughts and walked out of the detention center in three days, but I lost my job.

After I was freed, I went back to my previous workplace to clarify the truth about Falun Dafa to the management and my former co-workers. They all agreed that the government was wrong to oppress Falun Dafa practitioners. But due to tremendous pressure from the government, my former boss was too afraid to rehire me. I submitted my resume to several small, privately owned companies. All of them wanted to hire me because of my educational background, but they offered me low salaries. I realized that Falun Dafa practitioners deserve reasonable salaries since they work very hard and have good hearts. For a long time, the dark minions have been economically persecuting practitioners, and I understood that I should negate this situation. Subsequently, when I went to another small company to apply for a position, they accepted my salary request, and they gave me a starting date. But after I returned home, I received a phone call from them, telling me that they had decided not to hire me.

When I asked why, the company owner said, "After you left, we had a discussion. We felt that you're over-qualified for a small company like ours. You may not stay here long. Why don't you try a larger company?" His words made me think. Looking back at my recent job-hunting experience, I started to see what my problems were. Very quickly, I figured out where I did not do so well:

1. I didn't apply for a job in a big company because I thought I might be more "noticeable" in a large company. I just wanted to work for a small, inconspicuous company. The dark minions persecuting me made use of my fear of enduring more persecution. I am capable of doing a good job; why should I not look for a good job?

2. I was well-known for outstanding job performance within my line of work. I received lots of compliments about my work. I began to have the attachment to zealotry. Teacher said in *Zhuan Falun*:

"In other matters and in the course of cultivation practice, one should be sure to not develop the attachment of zealotry--this mentality can be very easily taken advantage of by demons."

3. My resume was well received, and this encouraged my attachment to showing off. Teacher also said in *Zhuan Falun*:

"Showing off itself is a very strong attachment and a very bad attachment that a practitioner must relinquish."

After I rectified my mindset, the next morning I went to apply for a job at a big company. I passed the exam and was hired with good pay and benefits.

## 11) Cultivating Diligently on the Path to Godhood

By Xiaolian, a practitioner from Heilongjiang Province

*"Righteous thoughts" are not a one-time impulse; they are the distillation of the understandings in Dafa, which is forever, something that does not alter with the changes of time or environment. When encountering tribulations, if my mind is not calm and wavers, indicating my righteous thoughts are not strong enough, I need to study the Fa more and strengthen my righteous thoughts.*

- the author

For this First Written Experience Sharing Conference by Falun Dafa Practitioners in China, I would like to express my sincere gratitude to our most honorable and respected Master. Master, thank you for shouldering our hardships for us during these years.

### **1. "Coming to the world with one heart, having obtained the Fa earlier." ("Fulfilling a Wish" from *Hong Yin*)**

On April 26, 1996, I went alone to relax in a park. I saw dozens of people practicing some kind of exercise. I thought it was quite interesting and asked them for information. This inquiry entirely opened my mind, which was covered with dust from so many of my past lives. I started out on the path back to my true home and towards becoming an enlightened being.

After beginning to practice Falun Dafa, I advanced diligently and cultivated my xinxing while overcoming tribulations. I experienced significant physical and spiritual changes. During the first three years of cultivation prior to the persecution, I built a solid cultivation base.

Since the "April 25" incident and with experience gained from some similar, prior interference, our local practitioners' xinxing was quite good and improved tremendously. The suppression that began on July 20, 1999, however, was still worse than anything we could have imagined in our wildest dreams.

Everyone thought about what would happen to him or her, what Dafa was and what kind of person Master Li was. After thinking through all these issues carefully, I started awakening and seeing through the widespread lies. I knew that cultivation was for reaching Consummation and going back to an indestructible paradise. It was clear that, as a practitioner, I should not merely cultivate and practice in comfort, simply to enjoy a happy life.

I still had many human thoughts then. Although I had righteous thoughts toward Falun Dafa, my righteous actions were insufficient. These distorted human notions caused conflicts for me. While I knew that the TV stations were spreading obtuse lies, misrepresenting the Fa and quoting out of context, due to fear, I could not speak the truth from my heart.

When I was only doing self-cultivation at home, a fellow practitioner received several experience-sharing papers from the "Guangzhou Experience-Sharing Conference in 1999." When I started to read them I could not keep from crying. The divine language and words, combined with righteous thoughts and righteous actions, were truly moving and inspiring. Master is the one who scoops us up from hell and who makes it possible for us to cultivate. When Master is framed and slandered, why do we, Dafa witnesses, not step forward and speak out for justice? If I dare not speak the truth, how could I be Master's disciple?

From then on, whenever local officers and police came to our home to monitor my mother and me, we clarified the truth of Falun Gong to them and shared with them the benefits we experienced from Dafa. We told them that Falun Gong is totally the opposite of the slander in the media. Facing the indisputable reality that, as the result of practicing Falun Gong, we had gotten healthy and were continuously improving our moral characters, those police officers had to admit the facts. A relative once said to me, "Police from your area told me, 'Though the government claimed Falun Gong was very dangerous and harmful, Mrs. Xiao (referring to my mother) in our area has not taken any medicine, but her disability from polio has much improved. She does not look as lame as before. Isn't that amazing?'"

## **2. Compassion is the basis from which to clarify the truth, and belief is the foundation that allows us to persist in the face of tribulation**

When I started to clarify the truth I often got lost in an argument, so now I always look inward to find whether my truth-clarifying strategy is correct.

After January 1, 2000, some practitioners went to Beijing to appeal for Falun Gong. Because the police were afraid that we would go, too, they placed us under house arrest at our Street Administration Committee office and held a brainwashing class. Personnel from the office and local police raised many tough questions at that time. We practitioners gave them reasonable answers, and they were satisfied. They were not as vicious as before. Thus, this brainwashing class turned into a Fa-promoting class.

After January 15, the county authorities decided to put some of us steadfast practitioners into a detention center. The Street Administration Committee Party secretary cried and explained to us that this was an order from their superiors. The secretary had no leeway. Other practitioners and I validated the purity and greatness of Dafa with our words and actions. Even the personnel from the local police precinct said that Falun Gong practitioners were good people.

I was held in the county's detention center. At first I found the environment disturbing, with the high wall topped with electric wires and the prisoners abusing each other. Some time later I thought that, since I was put into this detention center, I should take this opportunity to spread Dafa and provide salvation to the prisoners. Therefore, I clarified the truth while I worked. A prisoner close to my age, who had been arrested for fighting, once asked me, "Were you detained here for violating the law? You are so good, but you are still being held here. Is it worth it?" I smiled, "Who would like to be here? It is Jiang's

gang, with their autocratic powers, that is responsible for our arrests. Think about it, if 'Truth-Compassion-Forbearance' is wrong and illegal in a country, what then could be legal?"

During three arrests and stays in the detention center, I continuously got rid of a lot of bad ideas and corrected my thought processes. My belief in Dafa is the basis for me to work through the tribulations. "Belief" is not a simple word. It demands very powerful righteous thoughts to reach a true state of belief. As a practitioner, it is quite easy to find an excuse to justify not facing tribulations; however, in the end, he is indeed deceiving himself.

I have concluded that "righteous thoughts" are not a one-time impulse; they are the distillation of the understandings in Dafa, which is forever, something that does not alter with the changes of time or environment. When encountering tribulations, if my mind is not calm and wavers, indicating that my righteous thoughts are not strong enough, I need to study the Fa more and strengthen my righteous thoughts.

### **3. Improving xinxing in the process of making truth clarification materials**

The self-immolation incident on Tiananmen Square staged by Jiang Zemin and Luo Gan has deeply and adversely affected the general public in China. When I returned to my hometown, other practitioners and I talked about buying a speedier press to print truth clarification materials, and I fully agreed. Afterwards, another practitioner and I began studying the instruction manual for this press and gradually learned its structure and functions. The press could produce several thousand copies of regular-sized newspapers for truth clarification. Even with the accelerated printing speed and support from other printing methods, the amount of truth clarification materials was still not enough because there were many practitioners clarifying the truth. Furthermore, we sometimes had to supply the needs of other areas, so we had to keep printing truth clarification materials from early in the morning to very late at night.

I got so busy during that time that mentally I felt really pressured. More significantly, I did not keep up with Fa study and practicing the exercises. Consequently, the state of my xinxing varied greatly. When my xinxing was stable and I truly had the compassionate mindset to offer salvation to all living beings while printing truth clarification materials, I found that the printed materials were both clear and neat. In contrast, when my xinxing was not good and was confused and uneasy, the printed materials were both unclear and messy. Later, when I thought about my experiences, I found that everything is completely dependent on how one sets one's mind. Even if only one copy of truth clarification material is printed, it should be done from our most inner, purest thoughts. If we only do it to finish the assignment or do it unwillingly, it will be the same as ordinary people doing good deeds and will not have any of the effects of offering salvation to all living beings.

With the aid of the high-speed press, our material supply center operated very well. Innumerable copies of truth clarification materials were distributed to the public through

practitioners' hands and have changed the notions of the public to a large degree, helping them to understand the truth about Falun Gong and the persecution.

When truth clarifying flyers started to be seen everywhere, personnel from the local 610 Office and the Political and Security Section were quite shocked. However, because practitioners did not have enough wisdom while making the materials or because they did not have a sufficiently good mental state, a direct result from not keeping up with Fa study and coordinating as a whole, some practitioners who frequently distributed the materials were arrested and sentenced to long prison terms. Facing such interference, I kept searching inward.

I was greatly shocked to discover that I still had many ordinary peoples' mentalities, such as jealousy, competitiveness and aggression, and that I did not behave better than some ordinary people. I kept searching inward to dig out the roots of those warped notions I still harbored. Sometimes I wrote down my experiences in this process and submitted them as essays to the Clearwisdom website. In the process of searching inward, I forced myself to eliminate all the interference that prevented me from studying the Fa. I then studied the Fa more, studied the Fa well, and practiced the exercises more. Gradually, my heart and mind began to develop compassion and more consideration for others, and I truly treated "validating Dafa" as my life's duty. I no longer behaved as before, with the incorrect mentality of routinely doing work just for the sake of completing the work.

#### **4. Righteously handle the individual relationship and the coordination as a whole to validate the Fa and comprehensively oppose the persecution without letting up**

One by one many practitioners in our area who stepped forward to clarify the truth were arrested and given heavy sentences. This greatly dampened practitioners' enthusiasm to clarify the truth. I then took on some tasks to foster coordination among practitioners in order to counter this negative impact. The coordination sometimes went very smoothly, while at other times conflicts occurred when practitioners had different opinions. Whenever I experienced these types of conflicts, I would once again ponder our mission and its significance.

I wrote in my diary, "In order to obtain Dafa and to cultivate and achieve consummation during Fa-rectification, we have traversed many lifetimes over so many years. A God who is completely assimilated to the Fa never ought to have the mentality of doing anything to obtain certain things or to accumulate merit. Everything is his responsibility and mission. In plain words, everything would be the manifestation of the abilities and wisdom of a Lord or King at a certain level as created by Dafa."

Every great enlightened being has his or her own principles that he or she is enlightened to. Although they all originate from Dafa, they are all different. Judging from a person's appearance, clothing, and the manifestations of their mighty virtue, their differences are enormous. Therefore, the way they do things and how they think about things will not be the same, either. Each enlightened being is a lord, entrusted to manage both heaven and earth at his own level and state, and it is the power of the Fa that brings us together and dissolves all lives into a whole. In the immense universe, each enlightened being is like a



tiny particle, a tiny portion of a far wider range of the universe or the cosmos. But from a microscopic view, wouldn't each enlightened being be a complete universe or cosmos?

For practitioners who display the mentalities of ordinary people, why do we impose our own ideas onto others? For example, sometimes when I proposed certain ideas and others did not agree, my mind would be uneasy. I would think, "Is this mentality right? Could it really be that the principles I have enlightened to are the most comprehensive and the wisest?" Furthermore, sometimes my own ideas contain many notions and impure factors. Teacher once said,

"Nobody should treat Dafa as his own exclusive thing. Get rid of that thought that you've been treated unfairly!" ("Further Elimination of Attachments" from *Essentials for Further Advancement*)

Teacher also tells us,

"How should Dafa disciples deal with having arguments? Do you deal with it with upright thoughts? Especially when there are intense conflicts due to differences of opinion, you should look at yourself and see where your heart is positioned. Is it 100% in the Fa? What is your insistence on holding onto your own opinion based on? You must look at the root of this thought." ("Lecture at the Australia Fa Conference")

I realized that Teacher is so compassionate to have bestowed on us the great and magnificent title of "Fa-Rectification Dafa Disciples." What qualifications do we have to be able to choose how to cultivate and how to let go of attachments? Only when we actually do it can it be considered "genuine cultivation."

Afterwards I started to take on a more active role. As long as I understood the importance of validating Dafa and clarifying the truth, I would take an active role in doing so. As a result of all sorts of predestined relationships, I bought a well-equipped computer and a printer. With practitioners' help to overcome some technical difficulties, I was able to provide some materials in limited amounts to other practitioners, to play a supporting role in supplying these materials to practitioners, and, in doing so, reduce the pressure on some of the major material producing centers. One's own cultivation path has to depend on one's own effort to walk steadily through trials, surrounded by all sorts of tribulations. This is a practitioner's path to becoming a deity. In the process we also have to completely let go of all sorts of degenerated notions and impurities on different levels that have been formed over the years in ordinary people's society.

Sometimes when I looked through my celestial eye at those great enlightened beings, I found that, though both the principles they had enlightened to and the attire they wore were infinitely different, they were creations established by the Fa at that level. Moreover, the degree of purity, compassion and tolerance in their relationships is beyond words. The state of being that Dafa has created for living beings is incomparably prosperous, rich and colorful. It is impossible that there is only one way to show an existence and only one way for all beings to live. Practitioners have very precious and

great, predestined relationships with each other as we come together in the world to do these great and sacred tasks. Imagine remembering, at the time the truth is revealed, how attached we were to other practitioners' mistakes. We will surely regret being so attached to them and being unable to let go of the concerns of ordinary people at that time.

During the process of validating Dafa over the past several years, in particular for practitioners who made truth clarification materials and took on coordination tasks, they were sometimes unusually busy and oftentimes neglected their families. This occasionally caused some difficulties for them, to the extent that they relied on other practitioners' help and support. The more the practitioners became this way, the worse their family environments became. In the end, this situation leads to a vicious cycle, which fosters the development of many attachments for these practitioners, and these practitioners then use "doing Dafa work" as an excuse to ignore many opportunities to solve issues involved in leading a normal life. All of these issues have imperceptibly created additional and intensified tribulations in certain practitioners' personal cultivation, seriously affecting their own cultivation as well as the completion of Fa-rectification tasks. On the path of Fa-rectification, we must have righteous thoughts and righteous actions to clarify the truth with a sober and rational mind. We also use the divine powers bestowed upon us by Dafa to eliminate evil and persist in practicing the exercises. Thus, our bodies are transforming toward high-energy matter and any evil interference is very easy to break through.

I would also like to say that the standard that we need to attain is the standard set by Dafa for the new cosmos. We are not here merely for the purpose of countering the persecution or eradicating the arrangements the evil old forces have made.

Finally, I hope that Dafa disciples in China, together with overseas Dafa disciples, will advance even more diligently on the path of cultivation.

I would like to heshi once again to Teacher, and heshi to my fellow practitioners.

### **Post Script**

The "Experience Sharing Conference" is one format within our cultivation method that Teacher has created for practitioners. Thus, as Dafa disciples, it is our duty to provide articles for these conferences. Moreover, the process of writing down our experiences is a process by which we can improve ourselves, as well. How do we handle ourselves when writing about issues that we have cultivated well, without attachment to zealotry, and how do we face and handle the things in which we have not yet cultivated well? All of these require righteous thoughts on the part of a practitioner. The persecution has been going on for over five years! Every genuine practitioner has gone through so much, and every genuine practitioner has something valuable to write about and share.

Therefore, I hope that more practitioners in our area and throughout China will write down their experiences to share with others. By doing so, let us advance together diligently in Fa-rectification cultivation!

## 12) Doing My Part to Safeguard Falun Dafa

*By a Falun Dafa practitioner in Southwestern China*

### 1. A bolt out of the blue

After being tormented by untreatable illnesses for a long time, I was fortunate enough to start practicing Falun Dafa in May 1998. Very quickly, all my stubborn illnesses disappeared without medical intervention. I experienced what seemed to be many miracles, both physical and mental, while practicing Falun Dafa. But at the time, I did not cultivate genuinely nor were my understandings of Falun Dafa and Teacher at rational levels.

What happened on July 20, 1999, the day Falun Gong was banned in China, was like a bolt out of the blue. Faced with the situation, I had no choice but to make a decision. After some reflection, I decided to continue practicing Falun Dafa quietly at home. I simply chose not be intimidated by the dictatorial powers and that I would steadfastly hold on to the truth. When I practiced the exercises, the energy field was stronger than ever before, and my ability to grasp Fa-principles became better. During that period, I experienced elimination of sickness karma in my intestines and stomach, which lasted for almost a week. I could not eat anything, and I felt bloated with pain and nausea. On the seventh day, a miracle happened. I had about a dozen bowel movements with diarrhea within two or three hours in the morning, yet I was not dehydrated or bedridden. On the contrary, after having lunch, my whole body suddenly became light. I felt energized and invigorated, as if nothing had happened. The miraculous experience was beyond description, and because of this I became even more steadfast in my faith in Falun Dafa.

As my mind and body continued to benefit, I developed a strong desire to validate the goodness of Falun Dafa to the government. At the time I still did not have a clear goal or wish for my cultivation. I only felt that Falun Dafa was very good. At a time when Falun Dafa was being persecuted without reason, anyone with a good heart and a sense of justice, especially those who had benefited from practicing Falun Dafa, should have stepped forward to bear witness to its greatness.

At the beginning of 2000, I boarded a northbound train. When I was on my way home, and later when I was detained, Teacher mercifully arranged for me to be with three local practitioners who had cultivated diligently and who could help me learn. The younger practitioner helped me improve my understanding of Fa-principles and the elder practitioner gave me encouragement in the area of genuine cultivation, while the middle-aged practitioner helped me understand the spread of Falun Dafa in our local area for the previous six or seven years and the numerous miraculous legends Teacher and Falun Dafa had left behind. In only a short few days, my way of thinking took a dramatic turn, and I developed a strong desire to cultivate steadfastly. I deeply regretted not having cultivated diligently in the past and having wasted more than one year of precious time.

I was released to go home after being detained for four days. Since then, I have dedicated myself wholeheartedly to safeguarding Falun Dafa. I discovered that neither the police

nor the 610 Office personnel nor the supervisors at my work understood Falun Dafa at all. I developed a strong desire to help them understand the truth so that they would not participate in the persecution. After going home that night, I started to write down the truth of Falun Dafa in about ten thousand words. I worked more than ten hours a day, including checking and sourcing information from Falun Dafa books, yet I was very energetic and clearheaded. Teacher not only gave me strength but wisdom. My inspiration felt endless. The process of writing truth-clarification material expanded my understandings, allowing me to see more clearly the true nature of the lies spread by Jiang's faction. These materials were the earliest truth-clarification materials in our area. Some practitioners took them to friends, relatives, police, personnel of the 610 Office, and work supervisors. By doing this, the evil elements in other dimensions were suffocated. The materials laid a good foundation for my efforts to powerfully and effectively validate Falun Dafa and to clarify the truth and oppose the persecution when I was later detained in a forced labor camp.

In the following half-year, I used the time to study in depth and comprehensively all of Teacher's lectures. I kept making breakthroughs in my understanding of the Fa. Meanwhile, I held myself to a strict standard by checking everything of mine against Falun Dafa's requirements. I let go of many attachments and human mindsets. Although it was only for a short period of time, it laid a solid foundation for my being able to still take the Fa as my teacher, to act and think righteously, and to make it through one tribulation after another when I was later persecuted for more than three years. During that period of persecution, my understanding of the Fa continued to improve. I broke through my "self" and gained a deeper understanding of assisting Teacher in the Fa-rectification. I began to understand what Teacher wrote in "Determination and Solidity":

"You are treasured because through cultivation you are capable of becoming truly great Enlightened Beings with virtuous enlightenment and righteous Fa." "If you're a Great Enlightened Being who's capable of taking care of many things below your level, then perhaps you exist for more beings."

I didn't know why these words of Teacher's touched my soul so deeply. In this way, I had a sense of a great mission and I persisted in moving forward to validate Falun Dafa.

In March 2000, I was detained in a brainwashing class. I solemnly and righteously exposed the evil, revealed the persecution, openly practiced the Falun Gong exercises and studied the Fa. In April, between my Communist Party membership and Falun Dafa, I again chose Falun Dafa. I also submitted Falun Dafa truth-clarification material to related departments. Although I was a key member in my work group, due to pressure from the 610 Office, I was not assigned a regular job. Instead, my work made me run small errands and only paid me 200 yuan for my monthly living expenses. In that year I had the chance to get a good review and a promotion. A highly rated organization with excellent working conditions in the city had asked that I be transferred to them. But none of these things materialized because I remained steadfast in my loyalty to Falun Dafa. When I continued to persist in validating Falun Dafa, I was also at risk of losing my house, my family, and my job. But the mission to assist Teacher in the Fa-rectification enabled me

to advance without ever looking back. With a will to let go of attachments, my mind was extremely tranquil and empty of everything.

In May 2000, a traveling exhibition of books that defamed and attacked Falun Dafa and Teacher arrived in our area. After taking care of things at home, approximately ten practitioners in our area went to the exhibition hall and together we clarified the truth and exposed the lies to viewers of the exhibition. In the visitors' logbook we also wrote down powerful testimonies to validate Falun Dafa. Because our mindset was upright and because we were not frightened, with Teacher's protection we returned home safely. Even under intense social pressure, we were still able to persist in studying the Fa, practicing the exercises and sharing experience. Together we watched and listened to Teacher's Fa lectures every weekend. We formed one solid body in Dafa.

Within just half a year, I went from being a student with ambiguous feelings toward cultivation to being a steadfast Falun Dafa practitioner. One night after I finished doing the sitting meditation, as I turned off the light, three lotus flowers suddenly appeared in the dark. They were crystal clear and bright, as if there were light bulbs in the stamens. The three flowers rotated clockwise, counterclockwise, and on their own. It was magnificent. There were layers after layers of petals that displayed strong three-dimensional images. The petals were thick and sturdy and very beautifully colored. The edges of the petals were purple, fading to light purple, and in the middle they were pink. I quietly watched them for a minute, then, they disappeared.

## **2. "Through hardship the body of gold is tempered"**

In July 2000, I was arrested and sent to a forced labor camp for three years. The first persecution I endured in the labor camp was mental persecution, being subjected to "transformation" and writing a "repentance statement." At that time the labor camp found some out-of-towners to pose as Falun Dafa practitioners, who acted to trick practitioners into enlightening along an evil path. Faced with the large-scale and widespread evil elements, within a few months, almost all the practitioners had accepted the persecution of transformation. When I saw former fellow practitioners go astray and when I saw Falun Dafa suffer losses, I felt a deep pain in my heart. I decided to resist the transformation to the very end. Even if the sky collapsed and the earth sank, I still would hold up a blue sky and safeguard Falun Dafa to the very end.

At the forced labor camp a succession of agents, including the chief of the provincial Religion Bureau, a psychiatrist who was also a psychiatry professor in the Province Normal University, as well as priests and abbots of three temples in the province, attempted to carry out the task of "transforming" me. I used the opportunity to fully expose the evil and validate Falun Dafa. In this way, the several dozen rounds of persecution in the form of "transformation," lasting for several months, did not "transform" me but was instead an opportunity for me to clarify the truth.

Every time they came to transform me, it was one more time for me to clarify the truth and validate Falun Dafa from another perspective. All of this came from Teacher's protection and support, which gave me such great wisdom, courage and resourcefulness.

When I was outside, although I understood Fa-principles, having genuinely cultivated for only a short period of time, I could only remember *Hong Yin*. Nevertheless, Teacher always arranged for me to come into contact with practitioners who were able to recite the Fa. Teacher also arranged for someone to give me half a copy of *Essentials for Further Advancement*. This enabled me to quote Teacher's original words to dispute the strong attacks from the so-called experts and scholars among those who had enlightened along an evil path. As I battled them alone, I truly and surely felt that Teacher was by my side encouraging me and enabling me to calmly, rationally and wisely eliminate the evil.

From then on, I entered the new stage of comprehensively clarifying the truth to and saving forced laborers. I adopted numerous means. I talked to different groups of people from different angles. For instance, I discussed with educated people about the mysteries of the universe and history. For people who were not well educated and who believed in the existence of ghosts, I first talked to them about ghosts, then about gods, and eventually about Falun Dafa. For people who believed in fate, I talked to them about historical prophecies (for example, Nostradamus' prophecy), then I cut to the topic. For people who were not satisfied with the government, I first talked to them about the corruption and the continual decline of society's moral standards. All in all, I made modifications for different people. Meanwhile, my conduct strictly followed the principle of "Truthfulness-Compassion-Forbearance." I brought Falun Dafa's goodness and beauty wherever I went, and Falun Dafa naturally became a hot topic. In addition to personally talking to people, I also wrote fourteen sets of truth-clarification documents and passed them among the forced laborers. Many who came to understand the truth said that they would practice Falun Dafa after they were released. People whose Buddha-nature came out at that time asked me to teach them about the Fa and how to practice the exercises.

Even under that kind of pressure, there were eight or nine people, including those in the detention center, who took up cultivation of Falun Dafa. When a guard discovered one of them, although she was reprimanded, she solemnly said, "Yes, I'm indeed a Falun Dafa practitioner and Teacher Li is indeed my Teacher. Falun Dafa is indeed good. I have only cultivated for about one or two months, but I've kicked many bad habits. For example, I used to indulge myself in comfort, and I hated working. Every month my family gave me four to five hundred yuan just to squander on privileges in the labor camp. For a long time I had not been able to complete my work, so I paid others to do it for me. I did not do my own chores, and I paid others to wait on me. I was famous for being lazy, and I was addicted to cigarettes. Yet now I can finish my production assignments on my own, and I do all my own chores. In addition to learning to endure hardships and become frugal, I only need 150 yuan from my family every month. I'm also trying to break my long-standing smoking habit." Because of her powerful statement and open acknowledgement of the changes she experienced among the people in the unit, the guard was speechless.

Some of them had only been practicing Falun Dafa for a few months. Consequently, some peoples' terms were extended, some were kept in solitary confinement, and some were forced to serve hard labor; yet, they still remained steadfast in Falun Dafa and never yielded to or cooperated with the evil to persecute Falun Dafa or its practitioners. Some of them were deeply aware of Teacher's compassionate salvation, because within a short

period of time Teacher had on numerous occasions eliminated sickness karma and eliminated toxins for them (they were drug addicts). After understanding Fa-principles, some deeply regretted selling drugs in the past that harmed others and themselves.

Many people did not take up practicing Falun Dafa at that time. However, after understanding the truth of the persecution against Falun Dafa, they took the initiative to ask me, "What can I do for Falun Dafa?" Dozens of people have done good things for Falun Dafa after knowing me. During those years, there were several dozen people planted as covert monitors to keep an eye on me at one time or another. Yet, after they came to understand the truth and were moved and inspired by Falun Dafa's "Truthfulness-Compassion-Forbearance," the majority of them did not cooperate with the malicious persecution and, instead, became good people.

After the news was out that I was promoting Falun Dafa and passing around information, several people (including people who took up practicing Falun Dafa and monitors who had done good things) and I had our forced labor terms extended. Except for specific individuals, they did not hate Falun Dafa or me while living in such a cruel environment. In our private conversations, they still said that Falun Dafa was a good practice. "Falun Dafa is great" was publicly acknowledged throughout the unit.

When the guards became aware of this and had to face the people involved, they panicked. Their numerous tactics to coerce the laborers to attack me came to no avail, so they attempted to defame me and to incite hatred against Falun Dafa and me by fabricating lies. These tactics did not have any effect on those who had come to understand the truth of Falun Dafa.

Why was all this handled so well? First, I had a firm belief in Teacher and Falun Dafa. Otherwise, nothing would be possible. Second, I was able to let go of life and death and self, keeping my mind on how to help more people understand the truth and therefore be saved. Those who understand the truth will shortly return to society, and they will spread the message to many people by word of mouth. Third, I resisted the evil and exposed the persecution, establishing an environment with a righteous field—without this, a great many things would be impossible. In the beginning, to rid myself of the monitors, I went to the chief of the division and unit and I even went to the labor camp supervisor to ask them to stop assigning monitors to watch me. I pointed out to them that monitoring is a violation of my rights. I held a hunger strike to protest, and they had no choice but to compromise with me. Afterwards, I utilized numerous methods to resist the persecution by the new, vicious guard who was in charge of Falun Gong practitioners. I was again monitored. To protest, I regularly practiced the exercises in front of everyone. Faced with a pure and righteous field, the malicious factors had no choice but to retreat and stop assigning monitors to watch me.

In order to resist their persecution, I wrote an in-depth truth-clarification report that exposed the facts of judicial corruption and the pervasive persecution imposed on Falun Dafa practitioners and forced laborers.

I also wrote a letter to their supervisors at the provincial level to report and expose their unlawful acts.

When high-level personnel came to check it out, they were shocked and panicked.

I then made 14 sets of truth-clarification packets. I mailed them to relevant supervisory departments and submitted them to the labor camp, the division, the unit, the hospitals, and so on. Many people from various office levels read these materials. Their attitude toward me changed dramatically, and they gave me leeway in many areas. I also went to them and condemned their policy of forcing Falun Dafa practitioners and forced laborers to serve hard labor for as long as 18 or 19 hours per day, every day. This is in direct violation of the regulations, which state that, "Working part-time and studying part-time, with no more than eight hours of labor." As a result, they later had no choice but to require no more than four hours per day of work from practitioners.

I wrote several hundred thousand words of truth-clarification materials. They earned me ample time and precious opportunities to reach people on a large scale and clarify the truth in-depth. Afterwards, in order to protect a certain labor camp supervisor's position, they assigned me a full-time so-called monitor under the guise of "taking care of me" and to "prevent me from doing too much work." After I clarified the truth to the monitor, she developed a sense of justice and in turn offered me leeway in many respects.

After different levels of supervisors and guards had read the fourteen sets of truth-clarification materials, their attitude toward me changed greatly. There were numerous reasons people's minds were changed. For people who were deceived in the past, after reading information about the appeal in Zhongnanhai, the staged self-immolation in Tiananmen Square and the 1,400 death cases, the poison in their minds was eliminated.

For people who were not complete materialists and who were also interested in spiritual things, after reading the numerous legends and miracles of Fa-validation and that there is a karmic relationship between good and bad, which are rewarded accordingly, they would develop good and righteous thoughts. After reading articles that exposed their persecution and judicial corruption, the guards' demented thoughts were definitely shaken and stifled. All of this prepared a smooth path for me to clarify the truth at will.

How do I clarify the truth to the laborers in a comprehensive manner? When searching for Fa-principles to guide my mind, I suddenly remembered Teacher's article "Digging Out the Roots":

"Dafa has created a way of existence for the lowest level, mankind. Then, among various types of human behavior within the human form of existence at this level, which include collectively presenting facts to someone, and so forth, aren't these one of the numerous forms of existence that Dafa gives to mankind at the lowest level? It is just that when humans do things, good and evil coexist. Thus, there are struggles and politics. Under extremely special circumstances, however, Dafa disciples adopted that approach from the Fa at the lowest level, and they



completely applied their good side. Wasn't this an act that harmonized the Fa at the level of mankind?"

In one workplace with several hundred people, both new and seasoned laborers constantly coming and going, I did not have enough time to contact everyone. Therefore, aside from clarifying the truth to those around me, I had people pass around and read the truth-clarification materials. I mainly targeted laborers who appeared strong and trustworthy, had good reputations, and were capable of influencing others. I helped them understand the truth and Falun Dafa, and that enabled them to teach people in their own circles to understand and spread the truth. Because there was a large population of laborers, I was able to achieve the effect of, as the Chinese saying goes, "stirring up a thousand waves with a single pebble." Consequently, the company that I was in generally had pretty good opinions about Falun Dafa. When some forced laborers were chosen as monitors to watch over practitioners, this was a good assignment for the average person, because they did not have to do hard labor, yet, the people would rather be working hard and be exhausted than involved in something that was against heavenly principles.

In addition to rationality, wisdom, righteous thoughts, righteous actions and taking the Fa as one's teacher, passing every test well is important in doing Fa-validation work well.

For the past several years, emotions have been the most difficult attachments to give up. My son from my previous marriage was only 14 when I was arrested. I was not sure where he was heading during all this chaos. At any moment, my present husband could leave the two of us. Then my son would have to go back to his biological father and an environment that was extremely unfavorable for his growing up. Every time I thought about him or saw him, my mind was filled with all sorts of complicated emotions. When I saw 13- or 14-year-old children being sentenced for taking drugs, I could not help but think about him, and I worried that he might go astray or that he might not handle himself well.

After agonizing about this for a while, I told myself clearheadedly that I must understand this from the Fa. If he did not have that karma, he would not encounter the tribulation. I firmly believed that his learning Fa-principles during the past few years had laid a foundation for his character and that he would definitely make it through the challenges. I also firmly believed that Teacher would take care of him. I quickly let go of my attachment.

Later, a guard told me that my son had moved back in with my ex-husband and was attending school there. My heart immediately turned cold. The thing that I dreaded most had finally happened. Seeing how upset I was, the guard immediately tempted me and said, "Actually, I understand that you want to cultivate, but you don't necessarily have to be so strict with yourself, you could give in a little bit and still achieve your goal." I realized that the opposition was taking advantage of me because I had become emotional. I replied firmly with righteous thoughts, "It's impossible. I can't possibly be so selfish that I would do something against heavenly laws and principles. Heavenly principles are fair; however much you have endured, that's how much you'll gain. He will be compensated for his misfortune and the pain he is now suffering."

My son later returned home from his biological father. It happened as I had predicted: he had fallen so far behind in school that he was not admitted to any reputable high schools. After learning about this, the guard again came to sway me, "High school is the most critical period. With no one watching over him, how will he be able to enter college?" I replied calmly, "With my cultivating in Falun Dafa, he will be blessed. If he is destined to have something, he eventually will have it. What's there to worry about? I'm pretty confident in his conduct. The son of a Falun Dafa practitioner will definitely take an upright path."

In this way, the test of emotion touched my heart again and again. Everything turned out to be unexpectedly good. My husband did not leave me, and he painstakingly took care of our family and helped raise my son. In only six months after I returned home, my son's performance in school quickly improved, and he actually improved his ranking from thirty-something to number eight in his class. His former, undisciplined behavior also changed greatly.

In the spring of 2001, we had to watch the video of the staged self-immolation in Tiananmen Square. At the time I did not see clearly and did not have time to analyze it from the perspective of Fa-principles. I thought to myself, "How could this be true?" My thought was not in the Fa, so malicious factors took advantage of me. It was as if my brain was about to explode. I felt dizzy the whole night. The next morning, with heavy steps, I climbed up to the third floor to see the scenery and to relax my mind. At the time, the sky was filled with morning clouds and the red sun was rising. I felt like I was in a Buddha's sacred land, a holy place. At that moment, I sorted out my thoughts and checked them against the Fa. Everything immediately became clear and was resolved easily. It was so dangerous! Luckily, Teacher helped me in time and enabled me to rationally use the Fa to evaluate things; otherwise, I could not imagine the consequences. Teacher had let me see the magnificent views and inspired my sacred feelings, enabling me to become rational. It was Teacher who used incomparable, immense compassion and the power of the Fa to dust off the dirt and puzzles in my mind.

When I made up my mind to write a truth-clarification article, I thought about writing it in a comprehensive manner and to extensively cover both deep and superficial aspects to validate Falun Dafa. For example, Falun Dafa's effect in improving one's health, Falun Dafa's numerous extraordinary occurrences and how Teacher is indeed an enlightened being who saves sentient beings. In addition, I also thought about exposing the lie of the staged self-immolation in Tiananmen Square, analyzing the 1,400 death cases, and about explaining the truth of the appeal in Zhongnanhai. I exposed the perpetrators' different forms of torture and that the heavenly law of good and evil will be rewarded accordingly. I also thought about reminding them that everyone is positioning him or herself in the Fa-rectification and that they will establish a path for themselves in the future.

After reflecting on it at length, I decided to write a truth-clarification article with fourteen special topics. Moreover, in order for people understand it fully, the truth had to cover various levels, from the highest to the lowest—all these should be presented. But the conditions in the labor camp were extremely poor at the time. What would happen if practitioners continued to openly spread and safeguard Falun Dafa in the forced labor

camp? It was obviously very dangerous. What could be done to change this situation? At the time I did not know about sending righteous thoughts to protect myself. I thought that the meaning of my life's existence should be the same as it was before: to assist Teacher in Fa-rectification, to save beings, and to safeguard Falun Dafa. Even if there were a mountain of swords and a sea of fire ahead of me, I would still advance, not to mention that Teacher and Falun Dafa were by my side. I started writing with all this in mind. In the process of writing, the Fa-principles that I needed to know and the facts, statistics and information that I used for explanation would all emerge in different ways. I was able to be clearheaded. Including the ones I had transcribed, they were several hundred thousand words long. It took me six months to complete.

Accordingly, with Teacher's protection and hints, I broke through one obstacle after another and passed one test after another. Teacher gave me one opportunity after another to establish mighty virtue. In this way I steadfastly made it through this difficult time.

But there were also things that I did not do well. At the beginning, except for refusing to be "transformed," validating Falun Dafa and clarifying the truth, in terms of other aspects, I was basically taking the personal cultivation path arranged by the old forces, and I passively endured the persecution. For example, I blindly participated in hard labor and lined up for roll calls. I constantly used human notions and thoughts to look at problems. I failed to continue to understand the Fa from the Fa and to make new breakthroughs to transcend the persecution. Consequently, I was persecuted even further.

In the labor camp, in addition to continuing to clarify the truth and spreading Falun Dafa, going home became a passive and pessimistic expectation. I was grief-stricken and regretful, although, by taking the Fa as my teacher, I made it through the tribulation.

Teacher has explained to us the Fa-principles of transcending tribulations and persecution and given us capabilities and elements of Falun Dafa, yet, I did not make good use of them, nor did I completely oppose the old forces' arrangements or eradicate their restrictions. Instead, I was controlled and persecuted by the malicious factors. It was really heartbreaking. After I was released, I realized that I had to enter a brand new stage of cultivation.

### **3. Constantly rectifying and transcending myself**

To my surprise, my state of mind when I was in the forced labor camp changed when I was outside. The attachments and human notions that I'd let go of in the forced labor camp got stirred up after I was released, and sometimes my behavior was even worse than when I was in the labor camp.

First, my son and my husband took turns testing my xinxing. I remembered that Teacher said that things that do not have anything to do with you would never happen to you, and that even if a third person sees it, he should look within himself:

"Everything that happens today in the ordinary society is the result of Dafa disciples' thoughts." ("Teaching the Fa at the 2002 Fa Conference in Philadelphia, U.S.A.")

So every time there was a conflict, I searched within myself and I let go of a great deal of fighting mentality. I also discovered that I lacked immense tolerance, forbearance, and mercy, and I failed to maximally conform to the ways of ordinary human society while cultivating.

After digging out my attachments, I then found a way to resolve the problems based on the Fa. Faced with my son's rudeness, disrespect, and seriously worsening character, I gave him direct guidance and spent more time with him to show him that I cared for him. Moreover, I determined that the reason he had all these problems was basically because he failed to hold himself to the requirements of Falun Dafa, because his understandings of many problems were not based on the Fa and because he was severely contaminated by the big dye vat of everyday people. I made extra effort to spend more time with him to chat with him about cultivation and Dafa related things. I also listened to tapes of Fa-teachings and studied Falun Dafa books with him. He watched and read truth-clarification video programs and materials, and I took him to share experiences with fellow practitioners and to hear local young practitioners' cultivation stories.

Understanding this from the perspective of the Fa, I felt that I should not treat him like my son. Instead, I should treat him like a young practitioner. We are both here to obtain the Fa. I should respect him and should not be too critical of him or correct him. I should not maintain everyday peoples' mentality of seeking returns. I let go of my attachments, and his school performance improved, his xinxing elevated greatly, and he became more disciplined.

The fundamental problem with my husband was that he felt he had sacrificed too much for me and, as a result, had suffered serious financial loss. When I let go of my attachment to money and considered others in everything I did, I felt very relaxed. Under Teacher's merciful arrangement, our financial condition gradually improved and our family relations also became good. In many respects, I tried as much as possible to conform to the ways of ordinary human society while cultivating. However, I did not compromise in my cultivation. Gradually, he again got used to my cultivation ways. Sometimes I forgot the time to send righteous thoughts, and he actually reminded me about it. Before National Day approached, I discussed with him letting an out-of-town practitioner, who had just been released from a forced labor camp, stay at our home for a short time. He happily agreed and said, "Tell her she can come. Let her come and rest for a while. When you get together, you can talk about whatever you like. If it has something to do with your belief, I'm not against it."

"Everything that happens today in the ordinary society is the result of Dafa disciples' thoughts." ("Teaching the Fa at the 2002 Fa Conference in Philadelphia, U.S.A.")

This is absolutely true. When we keep rectifying ourselves and when we try our best to be compassionate, benevolent, tolerant, and selfless, everyday people's kind and knowing side will be inspired and motivated, and they will show their kindness, rationality, understanding, and support.

My second breakthrough was assimilating to the Fa and catching up with the progress of Fa-rectification.

Just after my release from the forced labor camp, because I had not been studying the Fa or practicing the exercises for more than three years, I had a very poor understanding of Fa-rectification cultivation. I knew that it was not good and that I needed to elevate my understanding of the Fa in order to solve some fundamental problems. So I put aside everything and calmed my mind to study the Fa wholeheartedly. Yet, since I had not been studying the Fa for more than three years, it would take quite some time to read through all of Teacher's many articles at one sitting, and I did not have an in-depth understanding of the Fa. During that time, Teacher published, "Stop the Evil Acts with Righteous Thoughts" and "Eliminate the Dark Minions with Righteous Thoughts." I repeatedly read and recited them and deepened my understanding of the Fa. I felt strength and courage emerging from somewhere in my body. At that time, I also heard fellow practitioners' understandings of the new articles, and I was somewhat inspired.

I repeatedly studied "Teaching the Fa at the 2003 Atlanta Fa Conference." In particular, I repeatedly recited what Teacher said:

"You need to be clear that a Dafa disciple's cultivation is about stepping out of humanness; it is to step out of the old colossal firmament that is restrained by all kinds of factors that result from endless, countless, innumerable beings in this old cosmos; it is to gain a new life, emerging from an environment that is at the last of the last stage of the formation-stasis-degeneration-destruction process of the colossal firmament." ("Teaching the Fa at the 2003 Atlanta Fa Conference")

One time while reciting it, I felt as if I was really undergoing the process of breaking away from those countless layers upon layers of restraining forces, in which all the forces that had tied me up and restrained me broke loose one after another. Then my body immediately felt light all over. Instantly, the puzzle that had always bothered me was solved. Before I was arrested in 2000, it was completely the result of righteous enlightenment and letting go of life and death that I was able to step forward to validate the Fa. Now, however, Teacher has endowed disciples with the capability that surpasses all gods and demons, and Teacher has given disciples the immeasurably precious magic weapon of sending forth righteous thoughts, which gives us the capability to eliminate all evil.

At that moment, I truly felt my mind transcend and the capacity of my heart expand like never before. My body and mind were filled with Dafa's power and righteous thoughts. My fear, worry, and depression vanished in an instant. I truly melted into the Fa-rectification.

My third breakthrough was made in practicing the exercises and overcoming the restraints of time.

I had been reluctant to practice the exercises. I obtained the Fa late, and I seldom practiced the exercises during my three-year detention in the forced labor camp. I had

been busy after returning home. I was also intimidated by the authorities, so I slept very little. Because I was afraid to interfere with the following day's work and study, and because I was affected by human notions, I did not practice the five exercises every day. In July and August, I seldom practiced the exercises. As a result, I did not see a big change in my body, nor was my state of health very good. In particular, my previous lower back problem kept re-appearing. After studying Teacher's lecture, which requests us to practice the exercises well, I realized how serious my problem was. I also read in *The Great Consummation Way of Falun Dafa*:

"One purpose of the exercises is to strengthen a practitioner's supernormal abilities and energy mechanisms using his or her powerful *gong* potency (*gongli*), thus achieving 'the Fa refines the practitioner.' Another purpose is to evolve many living beings in a practitioner's body... A person who only cultivates his *xinxing* and does not perform the exercises of the Great Consummation Way will find the growth of his *gong* potency impeded and his original-body (*benti*) unchanged."

Fa-principles enabled me to become clearheaded and rational. Consequently, I was determined to break through. After sending righteous thoughts at midnight, I practiced the exercises before I went back to sleep. I practiced the exercises for one and a half hours, and I practiced the meditation the next morning. The first two or three days when I started, I was very tired. Some fellow practitioners told me, "You need to pay attention to getting some rest. We are, after all, in a human state, and our bodies are restricted by time and space at this level. Plus, if you never have any energy, it is not good for your clarifying the truth to everyday people." I thought to myself, "No, I simply must do this. These notions are still human things, and I must completely eliminate them. I am Teacher's disciple. As long as my thoughts are righteous, nothing can interfere with me or stop me.

"One's *gong* level is as high as one's *xinxing* level" "In fact, let me tell everyone that matter and mind are one thing." (*Zhuan Falun*)

As long as I steadfastly maintain my righteous thoughts, matter will change. Practicing the exercises is, in itself, absorbing high energy matter to change the innate body. Therefore, the more the innate body is changed, the less it will be restricted by the space and time at this level. Even if I appear to be tired for a period of time, I will still persist. My life was meant to save sentient beings in the first place. I don't have enough time, so I should break through time. Moreover, I firmly believe that everything will change for the better. Indeed, since the second day after I steadied my thoughts, I never felt tired again. On the contrary, I became increasingly more energetic, my body felt light, and my mind was clear. I can't describe the magnificence of Falun Dafa.

There is not that much time left and time won't wait for me, so I need to strive forward even more, keep breaking through and transcending myself, and accomplish the great mission that Teacher and history have bestowed upon us.

### **13) Eliminate Evil with Righteous Thoughts and Righteous Actions--Clarify the Truth to Save the People of the World**

*By a practitioner in Jinzhou City, Liaoning Province*

Mr. Li Hongcheng began practicing Falun Dafa in October 1995. On the evening of February 4, 2000, he and other practitioners went to Tiananmen Square in Beijing to appeal on behalf of Falun Dafa and were arrested by the police. Here is his story.

#### **1. Clarifying the truth at the village fair**

I met many old friends when I was at a village fair. Everyone knew I had just been released from the forced labor camp. When they asked me if I had been beaten, I said, "Far more than just beatings, I experienced all kinds of torture." I frankly told them how the forced labor camp had tortured me.

More and more people came up and surrounded me. I told them how Jiang Zemin does not tolerate citizens' becoming good people and how he fabricated the self-immolation incident in Tiananmen Square, as well as all the false evidence surrounding various events and the lies that are "planted" to deceive people. The crowd grew so large that it blocked the road, so I moved to another place to continue telling them the facts. I clarified the truth like this in three different locations.

That afternoon, Wang Yonggui and another policeman came to my home and asked me where I had been that morning. I said, "I met several friends at the village fair and chatted with them. I told them the facts about how the forced labor camp and the detention centers tortured me with tactics such as the Tiger Bench, scratching my upper torso and penis with metal crampons, and inserting electric batons into my mouth." After hearing this, the two policemen raised their thumbs and said, "We really admire you. You dare to do something and then accept responsibility for it. We have been dispatched from higher authorities. Please consider our situation. Don't talk too long. Move to another location after talking in one place for a while. If you do this, we won't prevent you from speaking." I said, "Speaking out is a human right. Moreover, what I have said is the truth. You aren't persecuting me, but I would just clarify the truth to you if you did." They said, "Yes, that's fine, but don't talk too long. Keep it short." Then they left.

#### **2. Standing firmly by our convictions and presenting the truth clearly can destroy Jiang's "transformation" process**

In 2002, the Town Party Committee held a "transformation" class. Chen Yishun was in charge of the area where I live. He came to my home once a day. One day he said that the Party Committee was going to hold a transformation class and he wanted me to attend. I asked, "Who is going to come to transform us?" He replied, "Former practitioners who have been transformed and released from labor camps. All villages have been notified about the meeting." I said, "No problem. However, I have a requirement that the forum allows me to speak." He said, "OK." I responded, "That's fine, I will be there. But let's see who will transform whom." The following morning I just waited for their telephone call after breakfast. After a while, they called to let me know that I did not need to go.

They were afraid that they would lose control over the outcome of the meeting if I was there.

Two days later, Wang Yonggui, the instructor at the local police station, and Du Xueshan, the secretary of the Party Committee, led a team to search my home. They claimed that I had hung a Falun Dafa banner illegally. I was not at home that day, and my wife was there alone. They left after rummaging around for a while.

That evening after I returned home I thought, "Something is not right here. They searched my home without any reason. I have to ask for the reason." The next day I went to the Town Party Committee and attempted to speak with the Secretary, but he was not in his office. I decided to talk to his assistant and said, "You went to my home yesterday and rummaged around. You had no grounds to do this and said it was just because I had hung a banner. Do you violate the law by searching another person's home at your pleasure?" Concerned that the situation was getting out of control he said, "Yes, I know about this situation. However, I did not lead the team. The county authorities produced a search order." I questioned him, "I was accused of making the banner. Did you see me do this or were there fingerprints on the banner?" He replied, "I was just joking with you." I said, "How can you make a joke of this? You also searched my home. I will not go home until I see the Secretary."

When I met with the Secretary I said, "Without any evidence, you issued a search warrant and entered my home." He asked me what I was going to do about it. I said, "I am going to Beijing to accuse you of breaking the law. How dare you issue such a search warrant." He said he did not do it. Later, he called the village mayor to come and persuade me to leave. They told me they would not search my home again. Then I said, "If this happens again, I will not open the door if I'm at home. If you kick the door open and enter my home, I'll treat it as a burglary. If I am not at home and you search my home, I will go to Beijing to the National Appeals Office." They said this would not happen again.

### **3. Facing unreasonable demands straight-on and resisting evil actions**

It was three days before the Chinese New Year. Wang Yonggui and the Secretary came to my home again. He said, "According to our instructions, we are to put your welfare as our first priority. If you have any problems with your personal finances or your house, we can help you." I said, "I have one question. Falun Dafa is very good, but why don't you allow people to practice? At this point in my life, because of Dafa, I have become a very good person. What's wrong with this? Jiang tells lies, rejects Truthfulness-Compassion-Forbearance, deprives people of their right to be good, sends Falun Dafa practitioners to jail to be persecuted, tortures good people with all kinds of malicious means, and has tortured so many people to death, which violates the law!" He seemed to understand what I was getting at. He said, "This is good. Then you just practice at home. Do not go to Beijing." I said, "It does not violate the law to go to Beijing."

### **4. Convincing people with effective reasoning preserves Dafa banner**



I make a living driving a taxi. I do business with everyone alike, rich or poor, young or old. Whenever I find something left behind in my vehicle (even cell phones), I always leave my vehicle and try to find the owner of the lost property. I try as hard as I can to find them, even if it consumes more gasoline and takes up valuable time, decreasing the money I could have earned transporting others. People who travel between Yuji Town and the electric power plant know me, and my business has increased because of my honesty. Everyone says that I am kindhearted, so everyone who sees me shouts, "Falun Dafa is good!" No matter where I am, they stop and talk with me. Someone said, "Mr. Li, clarify more truth to us." I just have faith. I am going to clarify the truth to save all beings wherever I go.

One day I went to the local police station to register my niece's new address for her. A policeman saw me and shouted to me, "I have been transferred from the detention center to the Yuji Town Police Station. I was the captain when I was at the detention center. You were practicing when I was on duty, so I handcuffed you to the window." I finished his words and said, "I said you could handcuff my hands but not my heart."

The superintendent of the police station was also present and heard our conversation. He said, "Mr. Li, what do the words on the banner at your home mean?" I responded, "The saying is written in this way: 'It is an eternal law that good will be rewarded with good and evil with evil. Burning grievances that have lasted throughout the ages will certainly be righted.' The horizontal text on the banner states 'What is wrong with Truthfulness-Compassion-Tolerance?'" The superintendent told me to tear the banner down. I said, "Let me explain its purpose, which will sincerely convince you to let it remain where it is. If what I say has no basis, I'll just take it down. What do you think?" He said, "Fine."

I said, "It is a truism that good will be rewarded with good and evil with evil, isn't it? We do good things, but the government is against it. Those who oppose us are corrupt. Instead, the police should arrest those that persecute us, shouldn't they? We study Falun Dafa, clarify the truth, do things truthfully, and become better people. Is this wrong? Isn't this exceptionally good? People tell lies to cheat someone. It is good to tell the truth. So the word 'Truthfulness' cannot be changed. 'Compassion' means to do good things and be considerate of others everywhere. However, doing bad things will do harm to people. So do you think the word 'Compassion' can be changed or not?" He said, "It cannot be changed." I continued, "Let's look at the word 'Forbearance.' Forbearance is not cowardice. A heart with great forbearance can tolerate life. You abuse and beat me, but I do not strike you back. But if you punch me and I stab you with a knife, what then? Which way do you think is good? In your opinion, is 'Truthfulness-Compassion-Forbearance' good or is 'Deceitfulness-Cruelty-Fighting' good?" He said, "Of course the word 'Forbearance' is good." I responded, "In other words, the word 'Forbearance' cannot be changed either. So all three words, 'Truthfulness-Compassion-Forbearance' cannot be changed." I talked to him for a while. Later, another person came by. He shook his head and said, "You do not need to say any more. I understand clearly what you are saying. The saying should remain exactly as it is." This saying of mine has been hanging there for several years. No one can take it down.

## **5. Emerging from the evil den again**

One night the police from the power plant arrested me at my home and took me to the detention center. I shouted, "Falun Dafa is good!" during the entire trip. When I arrived at the detention center, they told me they had administratively sentenced me outside of the court. I was beaten unconscious. I did not know how long I had been unconscious when I awoke. All I could hear were the electric batons firing around my ear. I did not know how long they had beaten me. I was in extreme pain, and it seemed as if my body was falling apart. I was not even able to stand up. I went on a hunger strike and insisted on practicing the exercises. Liu Zheng, the superintendent, said, "Mr. Li, I am going to detain you for fifteen days. On the morning of the fifteenth day, I will let you go, whether you eat or not." I said, "You do not tell the truth. I cannot trust your words." I proceeded to clarify the truth to the people who were detained with me in the same room. They all knew the truth after hearing what I said and no longer held any animosity against Falun Dafa. Moreover, they shouted, "Falun Dafa is good!"

On the thirteenth day, the detention center guards carried me out and transferred me to the police station, where they started to process me for a term of forced labor. At 9 a.m. the next morning, I was sent to the forced labor camp. At that time, I had not eaten or had any water for thirteen days. I had no energy left in me. When I arrived at the forced labor camp medical center, the doctor and the nurse, who were in charge of the medical exams, knew me. They said, "Is this Mr. Li? What's happened? What did you do?"

The doctor asked, "Mr. Li, why are you in this condition?" The police did not dare to say anything. The doctor said, "Mr. Li, open your eyes. Look at me. I am the doctor. I once went to your home." I slowly opened my eyes but was unable to see clearly who he was. He said, "Mr. Li, what did you do? How many days have you not eaten?" I said, "I did not do anything. I was at home when they arrested me. I have not eaten or drunk anything for thirteen days. They tortured, beat and abused me. But I do not hate them. I am only able to use the hunger strike to stand up to the persecution."

The forced labor camp finally decided that they would not accept me, so the police had to release me.

## **6. Continuing to clarify the truth both inside and the outside the police station**

On another occasion, I was reported when I was clarifying the truth at the Qilihe Market in Yi County. Half an hour later, the police sent me to the Qilihe Police Station. They intended to send me to a detention center and then to a forced labor camp. They asked me my address, but I refused to tell them. One of the policemen knew that I was from Lihai City. I just told him how good and righteous Falun Dafa is and also that Falun Dafa is the law of the universe. He had taken out a form and was about to complete it, but after he had listened to what I said, he stopped. Later the superintendent called my local police office and told me to leave. I said, "Why should I go? I have not finished my message, so how can I leave?" He said, "What do you mean you don't want to leave? You still want to stay here?" I said, "Did I come here of my own free will? Isn't it you who asked me to come here? Now that I am here, I do not want my visit to be in vain. I will finish my truth-clarification and then leave. You should return those items you confiscated from me, as well as that Dafa book." He did not return them to me, but I stayed there and did

not leave. Finally he had me carried out to the gate and told two people to secure it so I could not re-enter.

I then went to the town government offices to clarify the truth. After I had finished, I meditated there. A group of people from the government came and beat me. I went back to the yard and sat cross-legged. At that time, many people came by and said, "This person practices Falun Gong. He is so good. The government does not allow anyone to practice Falun Gong. He comes to the town government office and does the practice!" At that moment, several policemen came and pulled me into a vehicle. Later, the police became worried, "Where do we send him? No facility will accept him." I held onto the door of the vehicle, because I did not want to leave with them. Two people got out of the vehicle, pried my hands off the door, and forced me inside. They drove the vehicle back to the police station.

When they delivered me to the police station, the superintendent was surprised, "You are really good. We have driven you far away and yet now you have come back again. Can you fly? Your journey was so fast. Why have you come here again?" I said, "You did not return the Dafa book to me. How could I not come back?" He would not return the book, so I just sat on the floor of the police station. When I tried to sit cross-legged, the superintendent said, "Give him the book, quickly. Tell him to leave." I said, "I cannot leave. I have not yet finished clarifying the truth to you." When he saw that many people were coming to the open market to do business, he told two people to remove me from the area. When I saw I had no way to enter the market, I just clarified the truth at the entrance of the market. No one prevented me from clarifying the truth anymore.

One afternoon, I returned to the same police station. When the superintendent asked me why I was there, I said, "I did not finish clarifying the truth the last time I was here. I have come to finish my message." After he heard this, he told someone to push me beyond the gate. Then he took a wooden stool, sat himself down at the gate, and said, "You will come again if I don't listen to you. Just talk to me here." I noticed more than ten people, including policemen, at the gate. I started to talk about how practicing Falun Dafa has many advantages, how cultivation can heal illnesses and people can become healthy, how the labor camps brutally beat good people and counted those who were beaten to death as suicides, and how Jiang Zemin corrupted and ordered police to arrest good people. I also discussed the relationship between loss and gain. I spoke for more than an hour. He said, "Mr. Li, you've finished your talk. I also understand what you have said. Don't come here again."

## **7. Eradicating harassment from the labor camp**

Whenever there were "sensitive" anniversaries, such as July 20, when the persecution started in 1999, or April 25, when 10,000 practitioners silently assembled in front of the State Council Appeals Office adjacent to Beijing's Zhongnanhai central government compound in 1999, the labor camp would send someone to harass me. In 2004, someone from the labor camp came to harass me again. This time it was the captain of the labor camp who came to my home. I reasoned with him, "I have not committed any crimes. It's

wrong to sentence me. Do not threaten me with a term of three years. Even three days is too long. I am not a prisoner. I will not go."

Finally, when the term was set to three years and ten months, the captain came again. I told him, "I do not admit guilt to anything. I will not go!" He later came to my home and asked me to write out, "I am diligent in observing and obeying the law." I said, "Every day, I strictly observe and obey the law. Do I still need to write it?" He said, "It's just fine as long as you write it." I said, "No! I won't write a word. You sentenced me to over three years in the labor camp. Now you ask me to write this. It will not do!" He could see that I was not going to write anything. He asked me to appear before the Party Committee and then to see the head of the village. The head of the village said, "He behaves pretty well. If there is a summons, he always shows up. He has never kept a lost item that he found. He is a good person. All the local people say he is a good man. Just leave him alone." A week later, someone from the labor camp came and said, "Here is your notification of release. The labor camp will not take any responsibility if anything happens to you in the future." He gave me a sheet of paper and asked me to sign it. I said, "No! I won't sign anything. Take it away!" He said, "You do not need to sign. I'll just leave it with you. We do not care if you throw it away." After that, he just left.

#### **14) Following the Path toward Divinity with the Diligent Use of Righteous Thoughts**

I am a Falun Dafa practitioner from Changchun City, Jilin Province. After being introduced to Falun Dafa in 1998, I found that it was what I had been longing for all my life. I promised to persevere to the very end.

During the course of my cultivation practice, I have diligently followed every instruction Teacher has given, and I do not allow myself to fall behind. Hence, I have progressed by leaps and bounds. Teacher has asked us to do the three things well, and I have done them as instructed. As I am not in the workforce, I can devote all my time to clarifying the facts and distributing flyers to people, sending righteous thoughts, and regularly keeping up with my Fa studies.

Since July 2001, I have been rigorous in sending forth righteous thoughts, doing it every hour on the hour, at least twenty times a day. I get very disappointed in myself if I happen to miss a session or two due to sleeping in. During every session, I direct my powerful thoughts to both destroying the demons and dark minions that cause interference to Fa rectification and to helping fellow practitioners who are still in prison to escape from the demon's den. Whenever I clear my own dimensional field, I help other practitioners to clear theirs as well. Teacher said,

"Let me tell you, all those who remain and that can persecute Dafa and Dafa disciples are due to our students themselves. Students who haven't taken sending forth righteous thoughts seriously: the evil in the dimensions that you are supposed to shoulder and be responsible for has not been eliminated. That's the cause. So you must take sending forth righteous thoughts seriously. No matter whether you think you have the ability or not, you should do it. What you eliminate from your own mind are ones which have an effect within the expanse of your own body; at the same time, you need to eliminate the external ones, which are directly related to the dimensions you're in. If you don't eliminate them, then they not only persecute you and restrain you, but also persecute other students, other Dafa disciples." ("Lecture at the Conference in Florida, U.S.A.")

Since our fellow practitioners imprisoned in the labor camps don't have the same opportunity to send forth righteous thoughts, I do it for them. Therefore, for the last few years, I have worked on being more steadfast. I have never doubted for one moment my strong righteous thoughts. Since Teacher allows me to do the work, he will give me the power and make sure that I can do it and do it well. And because of Teacher's strengthening and my years of persistence, my righteous thoughts have become incredibly strong. They have the ability to destroy evil in the other dimensions. Furthermore, the stronger my field of righteous thoughts is, the more I enjoy doing it. Even though my celestial eye is still closed, I feel that the supernatural powers rising from my righteous thoughts have driven the demons out of their hiding places.

After realizing the importance of sending forth righteous thoughts at close proximity to the evil, I often do it as close as possible to Heizuizi Forced Labor Camp. To ensure that I do well on the three things stipulated by Teacher, I have not taken festival celebrations

seriously during these last few years. On the contrary, whenever the festival season arrives, I do more sending forth righteous thoughts, and I do not sleep for more than four hours each night. I often ask myself, "What have I come here for? Have I not come for the Fa? Since I came for the Fa, should I not be happy and proud to be a Fa-rectification period Dafa disciple?"

I have put all my savings into printing materials for clarifying the facts, and although I may not have slept or eaten well, I put more time in Fa study, more time in sending forth righteous thoughts, and more time in clarifying the truth. I appreciate my Fa study time. Although I am illiterate, whenever I want to read *Zhuan Falun*, I can read it. At first the pace was slow, but now I can read much faster. I can even pick up mistakes made by others during Fa study. I have also managed to update all the words Teacher has asked us to in *Zhuan Falun*. Recently, after reading Teacher's article "Let Go of Human Attachments and Save the World's People," I understand that we are running out of time, so I am presently putting in more effort in clarifying the truth. Whether I am riding a bus or shopping, the moment I step out of the house, I start my day's mission.

Teacher said,

"This is especially so for the Dafa disciples in Mainland China: each must come out and clarify the truth, bringing it to every field and valley, mountain and hill, not omitting a single area where there are people." ("Let Go of Human Attachments and Save the World's People")

So we are now going out to the towns and villages, everywhere where people gather and where people work. I realize the importance of saving people, and I try to follow everything Teacher says.

As long as Fa rectification has not come to an end, we still have an opportunity to clarify the facts. I must not slacken. I feel that I need to be even more disciplined in Fa study and righteous thoughts to save more people, get rid of the evils, and keep pace with the work of Fa-rectification.

## 15) From a Farmer's Hoe to a Computer Mouse

By Jianyu, a Falun Dafa practitioner from Jilin Province

Greetings, revered Teacher. Greetings, everyone!

I am a practitioner from Jilin Province who started to cultivate Falun Dafa in 1998. I am a farmer in my thirties, living in a remote rural area. I have endured many hardships from the time I was very young, and I have received little education. Living in poverty and in a spiritual void, I developed the bad habit of excessive drinking. In order to make money, I slaughtered sheep. I also often sold adulterated grains and cheated people by short-changing them. In my ignorance, I accumulated much karma.

In February 1998, I started to cultivate Falun Dafa. I finished reading the book *Zhuan Falun* in one sitting. I was very excited, having finally found my life's goal. I made up my mind to cultivate until I reached Consummation. To stop drinking was the first big obstacle I had to contend with. Because my desire for alcohol was so strong, on the first day that I stopped drinking, I couldn't even eat anything. With help from the mighty power of Dafa, I was able to pass the test after some very difficult struggles. Since that day, I have never again drunk any alcohol. I moved forward on my path of cultivation with a firm mind.

After I started to cultivate Falun Dafa, I got rid of bad habits and learned how to truly become a good person. I also helped people around me to learn Falun Dafa by buying books for them and providing a place for them to practice. I felt enriched spiritually every day. Then the persecution started on July 20, 1999, and I started my Fa-rectification cultivation.

Because there was a shortage of truth-clarifying materials, I asked some non-practitioners to print truth-clarifying flyers for me. They charged a high price, and I didn't have much money to spare, but I could not find a better way, so I kept using my own money to pay the printing costs. Later on, I shared my experiences with some practitioners around me who had not stepped forward to validate Dafa, encouraging them to step forward so that we could clarify the truth together. Gradually more and more practitioners came out to validate Dafa, forming a large group locally, which powerfully suppressed the evil.

Because I did not understand the Fa well, the evil took advantage of my attachments and I was arrested. In spite of the brutal torture, I remained firm and refused to cooperate with the authorities. After I escaped in 2002, I was forced to leave home and go from place to place to avoid arrest. I participated in the work at a site for producing truth-clarifying materials. Thus I started my path of Fa-rectification cultivation at a production site.

The local material production site has experienced many tribulations. Since 1999 it has been destroyed many times by the authorities. This created a huge negative impact on local Fa-validation work. My fellow practitioners became numb and passively withstood the persecution. For some time, the dark cloud of persecution covered the whole area. Most of the diligent practitioners who participated in the work of the production site were arrested, resulting in a shortage of manpower. The remaining practitioners lacked

experience and the necessary skills. We lost the source of truth-clarifying materials for the whole area, and everyone was worried. Having experienced many attacks, the local practitioners were all afraid and felt that there was nothing they could do.

Then the practitioner who had the skill to access the Internet through the blockade was arrested, and we could not even see the Clearwisdom website anymore. Not knowing about the events transpiring in Fa rectification or being able to read Teacher's new articles, we suffered greatly, as though we were blind. Eventually a practitioner from another area heard about our situation and helped us access the Internet and produce truth-clarifying materials. The practitioner bought a computer and a printer for us, but no one knew how to use them. The available practitioners were either old or poorly educated, and most of us had never even touched a computer.

There was a struggle in my mind. Although I was the appropriate candidate to learn the computer skills, I was very afraid, because I realized that all the practitioners who had accessed the Internet for us had been arrested, and I would be no exception if I learned the skill. At that time I had just come from the local detention center, where I was so badly tortured that I lost consciousness several times. I was still under the shadow of the persecution. The struggle in my mind was very intense—to step back and protect myself in the face of hardship or to bravely step forward to learn how to get on the web, letting go of my attachment to life and death in order to do important tasks in Fa-rectification. After a few days of struggle, I finally decided to learn the computer skills to access the Internet. Looking back at the incident, I now feel that my fear originated from my unclear understanding of Fa principles.

When the practitioner put the computer and printer in front of me, I was overwhelmed. When he asked me if I knew how to use the mouse, I said with much difficulty, "I have never even touched one." When he heard that, the other practitioner felt nearly as helpless as I did. My heart was beating hard, and I thought to myself, "The task of accessing the Internet for the whole area is now on my shoulders, and all the practitioners are eagerly waiting. What will happen if I cannot learn the skills? This is a huge responsibility!"

Having been a farmer all my life, I had spent most of my time doing hard physical labor, and my palms were covered with thick calluses. I worked with hoes so much that my hands had become stiff and distorted, and my fingers would not straighten. I have no trouble doing farm work, but manipulating a computer mouse was extremely difficult for me: I could not even double click on the left side of the rounded, slippery object. Opening a file was hard, and I could not double click on the icon after several attempts. To make things worse, my brain was not used to thinking about these tiny things. While the practitioner was teaching me, my brain was completely empty, and I could not remember a thing. As if all of this were not enough, the practitioner who came to teach me was very busy and had only three days to teach me the skills. I felt that learning how to use a computer was harder than ascending to heaven.

I had to remind myself, "I am a Dafa practitioner, so I am capable of doing anything. I am doing the most righteous things, so I should eliminate all interference." In my heart, I asked, "Teacher, please help me." I tried to expel the negative notions and obstacles in



my mind, such as, "I am a farmer. I have little education. I am not intelligent enough." I reminded myself that I am a practitioner, so those factors could not restrain me. Finally, with help from Teacher's law body, I learned the basic computer skills needed for copying files, typesetting, and printing, all in three days.

After that, the practitioner who taught me left, and I worked by myself on the computer for the first week. I finished the typesetting work without any difficulty, but I still had a lot to learn. I continued to learn how to download files, repair printers, and use common software. The more I learned, the more difficult the tasks ahead appeared. As I learned how to do all this, the practitioner who taught me would at times get impatient with me. Sometimes he sternly criticized me. I felt pretty sad and thought I was being treated unfairly. At times the idea of quitting came to mind, but I immediately realized that this idea was wrong, and I should look inward. This practitioner came from far away to teach me in order to serve the needs of Fa-rectification.

Actually, anything we do during Fa-rectification is related to our own cultivation and for the improvement of our characters. Bigger responsibilities come with the higher requirements of our character, and nothing happens accidentally. I needed to clearly differentiate personal cultivation from Fa-rectification cultivation. In the Fa-rectification period, Teacher does not arrange any tribulations for us. All the "tribulations" and interference we meet are obstacles on our path of clarifying the truth and saving sentient beings. I should not passively tolerate it or think I was being "tested." In fact, the old forces arranged everything we've encountered a long time ago. The purpose of their "tests" was to create our "mighty virtue." I need to negate their arrangements and follow the path arranged for us by Teacher, doing the three things well and validating Dafa righteously, because the paths Teacher arranged for us are wide and golden paths. Our cultivation is following the mechanisms that Teacher arranged for us.

I calmed down and analyzed all the problems I ran into. I asked myself why, in spite of my great efforts, was it still so difficult? I concluded that it was caused by the interference of the old forces. Clearly recognizing the interference based on the principles of Dafa, I was able to firmly negate them. Suddenly my mind became crystal clear, with all the knowledge and computers skills I was unable to learn before flashing into my brain. I understood them clearly and quickly. I smiled and said in my mind to the old forces, "Your arrangements are empty now. You have failed." Slowly, I became familiar with computers and mastered the skills necessary for what I needed to do. With the help of Teacher's law body and my fellow practitioners, I was able to struggle through the process of "going from a hoe to a computer mouse."

After I acquired computer skills, I started to teach others. I deeply understand the importance of having computer skills for validating Dafa, as well as the great difficulty practitioners face when no one in the area has them. In my area, I helped several practitioners learn how to use computers. As the Fa-rectification has progressed, several of these practitioners have started truth-clarifying material production sites in their local areas. As a result, that form of validating Dafa in our area is taking flight.

Our Internet browsing site has been working reliably for nearly two years without any major interference. My notion that "the Internet browsing site will not last a year before being destroyed" was ridiculous. As long as we do the three things well according to Teacher's requirements and negate the old forces' arrangements with clear and rational minds, we can do anything successfully.

I have been teaching other practitioners computer skills ever since. When I teach others, I understand the difficulties of the practitioners who taught me. Their sense of responsibility for Dafa truly moves me. Everything they did was not for themselves but to meet the requirements of Dafa. I suggest to practitioners who still have the mentality I had when I first started to learn computer skills to let go of all attachments and protect Dafa firmly. Put the Fa first and do not create obstacles for yourselves. When validating Dafa, practitioners are deities, and for deities, nothing is impossible.

Thank you, everyone. Heshi.

## 16) How My Family Benefited from Attaining the Fa

By Yu Xiufu

My name is Yu Xiufu. I am a farmer and nearly 50 years old. I used to be strong and capable. In September 2003, however, misfortune struck. I was driving a three-wheeled vehicle on my way to deliver goods, when I suddenly passed out and fell to the ground. The hospital finally accepted me after my family gave them a "gift." I was hospitalized for days. My life was finally saved, but I could not move the right side of my body, and I could not speak. Tests in the hospital revealed that all my cerebral blood vessels were hardened, and the doctors could not do anything about it. All I could do was to leave the hospital and go home. How was my family going to live?

My wife's older cousin learned that I was sick, and she came to my home. She introduced Falun Gong to me. I could not speak and I could not move, so how could I learn and practice Falun Gong? She then asked my wife to read *Zhuan Falun* to me. Within half a month, all of my wife's illnesses went away, and I was able to speak and ride the bicycle to go to the market. Only one of my hands was still not agile.

Because my wife had an anxious temperament, she thought that my recovery was too slow and went somewhere else to ask for help. She found something involving possessing animal spirits. When I got home later, I suddenly fell to the ground and lost consciousness. My wife was frightened and she sent me to the hospital. Several veteran fellow Falun Gong practitioners said that my wife had been deceived when she asked for help from the people who did things involving animal spirits. The doctor ordered a CAT scan, which showed "a cerebral blood vessel suffered a massive thrombosis." In other words, I'd had a stroke. After I returned to the emergency room, I could move my legs. The doctors and the nurses were all quite surprised. They said, "How could he recover so fast?" After we finished the hospital admittance procedure and went to my hospital ward, I was able to say some simple words and walk a few steps. I was also able to hold things with my hands. On the second morning, my wife went back home early and cleaned away all the bad things she had asked for. She ripped them up, smashed them, and discarded them. She then faced the Falun Gong books and Master Li's picture and cried. She said from the bottom of her heart, "I was wrong. Please punish me, Master Li!" But how could Master Li, being so merciful, punish her! On the third morning I was released from the hospital. My wife's older cousin also clarified the truth about Falun Gong to two doctors there.

As soon as we got home, my wife read me one paragraph from the section "Spirit or Animal Possession" in *Zhuan Falun*. Master Li said,

"There is another principle in our universe: If you pursue or want something, others are not willing to interfere." "The master takes you through the entrance, and it is up to you to practice cultivation." (*Zhuan Falun*)

After she finished reading, she pressed her hands together in front of her chest and said, "Master Li, thank you! I will not do such a stupid thing again."

From then on, I listened to Master Li's lectures every day. I soon could walk, and my hands stopped trembling.

My wife Yu Ailian is 46 years old. She attained the Fa when she read *Zhuan Falun* to me. Two weeks after she started reading the Fa, her back pain, headache, and acrophobia (fear of heights) all disappeared, and she became healthy and energetic. She even did all the housework for our family of five by herself.

During the wheat harvest season, my oldest daughter, who was out of work, came back home. One day she went to pull wheat stalks with her mother. She was driving a three-wheeled vehicle with her mother sitting in the front. Suddenly a gust of wind blew off her mother's hat. She asked her daughter to stop so she could stop and pick up her hat, but my daughter did not hear her, and my wife was knocked down. One of the vehicle's trailing wheels ran over her back, hip and upper leg. My daughter looked back, horrified. After the vehicle stopped, my wife got up and said, "I am all right, let's go." My daughter told me about the incident after they returned home. I was frightened, but my wife said, "I was fortunate that I am protected by Master Li. I have eliminated a large amount of karma. Isn't that a good thing?"

My youngest daughter is seven years old this year. She attained the Fa last winter when she recited the Fa for me. She can recite some short articles and "Lunyu." She can do the Falun Gong exercises and sit in the double lotus position. Because I was not diligent, she frequently teased me with a smile, "You don't read the book by yourself and you totally depend on others. You don't act like a Falun Gong practitioner." As soon as she comes home from school, she works on her homework. At night she learns the Fa and does the exercises with me. Her mother once asked her, "Did you learn the characters in the book from school?" She replied with a smile, "Actually, by learning the Fa, I can also learn the characters."

My second eldest brother is 60 years old. He suffered a stroke eight or nine years ago. He could do some work before he started to practice Falun Gong, but his illness had not healed completely. He walked somewhat lamely, and he usually fell several times when he rode his bicycle. His hand did not have the strength to hold things, and he had tracheitis and other illnesses. In April of this year, he saw that our whole family was benefiting from practicing Falun Gong, so he also learned Falun Gong from a veteran practitioner. Within one week he saw the effects, and about three weeks later all of his symptoms went away. His temperament became better, and his xinxing was also elevated.

Previously, our two families did not have a good relationship, and when we saw each other we behaved like we were strangers. Now we have a harmonious relationship and we do everything together with happiness. My elder sister saw that we all benefited from practicing Falun Gong, so she also wanted my wife to teach her the practice. My 91-year-old mother-in-law went to Falun Gong practitioners' home last year to listen to Master Li's lecture tapes and to watch the videotapes. She also recited Master Li's articles. At night, she recited, "Truthfulness-Benevolence-Forbearance is good" and "Falun Dafa is good" in her bed. As a result, her back straightened out, her injured leg recovered (she

had fallen and dislocated her hip twice), and she no longer needed her walking stick. She can even wash her clothes and cook by herself.

Finally, let us use Master Li's article to encourage each other:

**On Reading *Weathering the Storm***

Born into a sphere of suffering  
Man struggles just to survive  
One day, behold, the Great Law gained  
Cease not your steps on the path of return

Li Hongzhi

July 19, 2004

## 17) I Am a Disciple of Master Li Hongzhi

*By a Falun Dafa Practitioner from Jilin Province*

### Elevation

One night in the late fall of 1995, I had the good fortune to acquire a copy of the book *Falun Gong*. I read the book in one night without stopping. I was dumbfounded.

Before I began practicing Falun Dafa I had heart problems, but I did not begin to practice so that my illness would be cured. The Fa principles expounded by our Teacher cleared the dust off my heart. After reading the book, I did not close my eyes the whole night, but even so I was not sleepy.

After reading *Falun Gong* only once, my view of the world had changed and my mind elevated. The next morning, I invited my mother and several sisters to my house. They too were shocked when they saw me full of energy! I told them that I had found a righteous way and a great path—Falun Dafa! After that, my whole family started practicing.

Three months later, I obtained a copy of *Zhuan Falun*. I became even more determined after I read *Zhuan Falun*. I was very confident that my choice was right. I wholly immersed my life and work in cultivation. I treated Dafa as my Teacher at every moment and conducted myself according to the requirements of "Truthfulness, Compassion, Forbearance." I studied the Fa, cultivated my mind, and practiced the exercises. I never became lazy again. Teacher's words, "In Buddha Law cultivation you have to boldly and vigorously forge ahead," left a deep impression on my mind and encouraged me to be diligent, more diligent, and even more diligent.

From 1995 to July 1999, I had four years of precious time for cultivation. Looking back at these four years, every elevation, every transformation of my body, every bit of my progress, and every second of my life were all cultivated in the Buddha Fa. The pure land of Falun Dafa purified me and helped me improve on my path of cultivation!

On July 20, 1999, the tyrant and coward Jiang Zemin, out of his own jealousy, spread enormous lies all over China and the world, framed our Teacher, framed the Buddha Fa, and suppressed 100 million kind people who were cultivating Truthfulness, Compassion, Forbearance. While several fellow practitioners and I were on the train from Changchun, the capital city of Jilin Province, to Beijing, we saw the news on a big screen TV. Although I was very calm, I was a little confused. I was calm because I recalled the words of our Teacher,

"If we change the situation in human society and reverse the general climate, then let's see who still says that Dafa is good and who changes his mind."

("Huge Exposure" in *Essentials for Further Advancement*)

I was confused as to why such a ridiculous thing could happen—the state machinery being used to suppress a group of people who cultivate Truthfulness, Compassion, Forbearance?

On the street, fully armed police were everywhere. The atmosphere of terror and the openness and serenity of Falun Dafa practitioners during the arrests formed a sharp contrast. Over a dozen fellow practitioners who had come with me were arrested one by one. At the time, I felt sad for the people in power who had issued such orders and mistreated cultivators! Meanwhile, I felt proud of our respected Teacher, who had so many determined and honest disciples! I was also proud of myself that I was able to become one of Teacher's disciples. Even though I was the only one left, I was still going to face the terror with calmness. I realized that a nobler task was awaiting me. I wanted to go home to tell more practitioners to step forward and assist Teacher in Fa-rectification! On July 20, 1999, the curtain opened. In this act of the play, Falun Dafa practitioners were going to Beijing to rectify the Fa and save sentient beings.

### **Fa conferences**

Facing the lies and terror that covered the sky and earth, some practitioners hesitated and felt confused, not knowing whether it was wrong or right to step forward. Some did not step forward because they feared being arrested. It was a small Fa conference that united the hearts of all practitioners and made our practitioners realize the importance of going to Beijing to validate the Fa. Practitioners stepped forward one after another. Some distributed truth-clarifying materials, and some went to Beijing to validate the Fa. I realized the role of a "Fa conference," which our Teacher left to us during the Fa-rectification.

Several fellow practitioners and I decided to hold Fa conferences at different places in the city.

"The Fa can break all attachments, the Fa can destroy all evil, the Fa can shatter all lies, and the Fa can strengthen righteous thoughts."

("Drive Out Interference" in *Essentials for Further Advancement II*)

We first studied the Fa well so that we could ask practitioners to step forward. Only elevation in understanding the Fa principles could bring about the advancement of the whole of Fa-rectification. Therefore, before every Fa conference, we studied Teacher's articles first. Through studying the Fa and discussion, we found our shortcomings. Many practitioners thought that if they went to Beijing and were arrested they might go to the opposite side when they could not bear the torture, so they felt it might be better to stay home and do what they could. For this question, we studied Teacher's articles "Toward Consummation," and "Drive out Interference" repeatedly. Through studying the Fa, fellow practitioners realized that the two thoughts of "selfishness" and "fear" were preventing their cultivated godly side from rectifying the Fa. Everyone realized that going to Beijing to rectify the Fa is the sacred duty of Dafa disciples during Fa-rectification.

During every Fa conference, we were protected by our compassionate Teacher. At the beginning of 2000, due to the situation at that time, many fellow practitioners could not get in touch with each other. However, we would always "bump into each other accidentally" on our way to Chaluhe, Shuangji, or Erdao. We would always end up meeting the practitioners whom we were looking for. Every Fa conference was held smoothly and finished successfully.

When we went to Xiawuazi to attend a Fa conference, deep snow covered the ground. To get where we needed to go, we followed each other's footprints in the snow. When the conference finished at 2 a.m., it was very dark. We could not see any footprints. As the four of us were wondering which way to go, a light appeared in the distance and lit the way ahead for us. We quickly walked through the rice field and arrived at the highway, where we found a taxi. We all got in and cheerfully told the taxi driver, "It seems you came here just to pick us up." The driver replied, "I had actually finished my work for the day, but somehow, I ended driving my taxi way out here." When we told him about the Fa, he said, "I am also a Falun Dafa practitioner." We have had this experience many times. We all have a deep understanding of those incidents. As long as we conduct ourselves righteously, our Teacher is always protecting us.

### **Going to Beijing**

The third time I went to Beijing to validate the Fa was in November 2000. Three fellow practitioners and I calmly went to Beijing. On the train, we saw many police officers milling about. I had one righteous thought, "I am the disciple of Li Hongzhi, and nobody can persecute me." At either end of the compartment, the cries of Falun Dafa practitioners being arrested could be heard constantly. However, these cries could not shake my determination to go to Beijing to validate the Fa. When we were about to reach the Beijing Train Station, I "saw" the scene of the four of us returning from Beijing safely. After I got out of the train station, we all looked at each other and smiled. We didn't feel pressured by the terrorist police tactics.

We met a fellow practitioner from Beijing, who told us that practitioners from all over the country were gathering. When they realized from our accent that we came from Teacher's hometown, they all wanted to see us and to share experiences. My first thought was, "No, we have not done well enough," so I repeatedly emphasized our intention to validate the Fa on Tiananmen Square first. Later, after repeated requests by the Beijing practitioners, I realized my selfishness. I realized that each of our practitioners is a particle, and practitioners from all the cities throughout the country are one body. Only if every particle is mobilized can we become an indestructible body. Therefore, we followed the practitioners from Beijing, visited several places, and shared our experiences and understandings. During the sharing, we learned that many practitioners from other cities had lived in Beijing for several months to distribute informational materials.

One evening, a practitioner and I went to Tiananmen Square. A few police officers came and interrogated me. I smiled and said, "I came here to tell you that Jiang is evil and he is here in Beijing. All the orders to persecute us came from Beijing. We want to clear Falun Dafa's good name, so there's nowhere else other than Beijing for us to come. Our actions



and words don't violate the Constitution or the law. We are exercising the rights of good citizens who practice their faith and appeal to the government. Jiang has trampled the Constitution and blatantly arrests those who practice 'Truthfulness, Compassion, Forbearance.'"

The police officers answered, "We are just following orders."

I continued, "You have experienced and heard about this before: political movements in the past were always initiated by 'orders from above.' When the political movements ended, was anyone who had participated in them exempt from punishment simply because they had followed the 'orders from above'?"

After a moment of silence, they left. Yet I still had many things to say to them, so I followed. A big police officer asked me, "Why don't you leave?" I answered, "I still have something to say." He told me to get in their vehicle. I boarded their van without hesitation, and I was driven to the police station in a few minutes. No one questioned me when we arrived there, so I entered and exited the building a couple of times. I saw three women and two men locked in a cage. They appeared very calm, so I thought they must be practitioners. I smiled and nodded to them. They asked if I was a practitioner, and I replied, "Yes." There was no one in the corridor. I wasn't thinking of leaving nor was I afraid. I told them that they needed to have righteous thoughts.

About an hour later, a policeman came to ask me why I was there. I told him that I was a Falun Dafa practitioner and that I had been invited. He told me to fill out a form with my name and address. I said he could just write "practitioner" for the name. While pointing to the cage, he said that if I didn't write my name they would lock me up. I smiled and didn't answer. He said, "If you don't say your name then you can get in." He opened the door to the cage. I walked in calmly and started reciting *Hong Yin* with the other practitioners.

Around 8:00 p.m., a young man was sent in, a practitioner around 18 years old. His face was covered with red marks from being shocked with an electric baton. He said that he couldn't endure the torture and had told them that he was a high school student. The police called the lady to my left. After half an hour, she came back. Her neck was covered with blood, and her wet clothes were covered with mud. She said, "He locked me in a room and beat me. He didn't stop until someone knocked on the door. I didn't tell him my name."

The police came to the cage again, pointed at me, and said that I was next. I thought, "I am a disciple of Li Hongzhi. If this is my tribulation I will take it. But if it's not mine I will not seek it. I will do well in this test." I started reciting one of the poems from *Hong Yin*, "A great Arhat in the world, Spirits and ghosts fear greatly." ("Mighty Virtue") Suddenly I felt a milky white sphere covering me. I shook off the chill that I had felt earlier and felt very warm. I smelled a faint scent that cleared my lungs. I raised my head and saw Teacher's Law Body. Inside the red light, he smiled compassionately. I suddenly shuddered. I knew that only Teacher's principles could make us become indestructible.

The metal door was once again opened. The policeman stood in the doorway and pointed to me, "You."

I swiftly stood up, without fear or any worries. I was thinking, "I am a disciple of Li Hongzhi. No one can trouble me." Then I heard the policeman roar, "Not you! Him!" The man to my right was called out. I found out later that he had worked in the Jilin City Police Department. He had appealed in Beijing numerous times and was fired. He was returned to the cage around midnight. He said, "My body was immune to the electric baton. That cop was enraged, so he tried it on himself, and it was fully functional all right. I then started clarifying the truth to him until his demonic thinking wore off." The policeman didn't come back until the next morning.

At 6:00 the next morning, newly arrested practitioners were brought in. Around 9 a.m., two practitioners that had traveled with me arrived in custody. Practitioners that participated in our experience sharing conference the day before were sent in as well. During the evening, the police started counting: over 900 practitioners had been arrested. They sent us to different places. I was sent to Yanqing Detention Center, in a county near Beijing, along with a practitioner that had traveled with me. Since we didn't tell them our names, they assigned us numbers.

When we arrived at Yanqing, they started interrogating us. They beat and shocked many practitioners with electric batons. They even burned some with cigarette butts. Two officers interrogated me. I started telling them about how Falun Gong heals illnesses and makes people into good people and how Jiang's regime started persecuting Falun Gong. I told them that, although they were the actual perpetrators, they were victims as well. I also told them that they were being fooled by Jiang's regime's lies, that they were carrying out foolish commands, and that they had to tell good from bad and should not commit crimes for short term profits.

During the interrogation, one of them said, "We can't do anything, we are police. A soldier's fate is to carry out commands."

I said, "You are first a human being, someone with a brain, then you are a policeman. As citizens we should follow an order that is right. But it would be shameful to carry out a foolish order when you know that it's foolish." They later asked us why we were coming to Beijing. I said, "It's very simple. First, we want you to restore the good name of our Teacher. Second, return the good name of Falun Dafa. Third, give us an environment where we can practice. Fourth, release all practitioners. Fifth, put Jiang on trial for his crimes." They laughed when they heard the last request and said that Jiang was the Party's Chairman and that we would have to send him to an international court if we wanted to sue him. I smiled and told them that when that day came I would be there.

At that moment a big police officer behind them threatened to beat me. He stood up and raised his hand. I smiled and stared at him. His fist was frozen in mid-air. His chair, as well as some towels on his chair and clothes that were hanging on a pole, all dropped to the floor. He was shocked. The two that were interrogating me asked, "Are there really gods?"

I said, "They do exist." I said to the one whose hand I had frozen, "My Teacher came to bring salvation to sentient beings, and I came here to tell you the truth. You shouldn't have vicious intentions." He replied with a few grunts and left. The other two policemen said, "If Falun Gong's name is cleared, and if we got laid off, and if we happen to be begging for food by your house, would you feed us?"

I laughed and said, "I would lead you into my house, teach you Falun Gong, give you a sumptuous meal and congratulate you on returning to the right path."

### **Personal cultivation has to be linked with Fa-rectification**

There were 12 female practitioners in our jail cell. I said to them, "We are locked here for now. There might be attachments that we have to get rid of, and we have to bring salvation to the people here, but we can't stay here for long. After we tell these people what's going on, we will have to leave immediately. Should we go on a hunger strike?" One of the practitioners who had been in Masanjia Forced Labor Camp said, "This place is not too bad. The food is pretty good, and we can practice. Hunger striking is very painful, and we shouldn't create personal tribulations." Seven other practitioners agreed with her. I said that we'd wait until the following day since everyone hadn't agreed on a hunger strike.

That night I enlightened to the realization that if our cultivation wasn't linked with Fa-rectification, then our cultivation was meaningless, and we had to leave immediately.

The next evening I said that this would be our last meal there and that we were going on a hunger strike the following day. After the meal we were going to practice when we heard the prison guards tell me to pack up my stuff. In the office, one of the police officers who had interrogated me said that he wanted to walk me out. In the car he said that at first he didn't know what Falun Gong was, but that now that he understood. I told him I hoped that he would look after practitioners if he came into contact with them. He nodded, and told me to take care. Before we parted, he asked me if I could tell him where I came from. I said, "I trust you." I was sincere and I did trust him and I saw that he was touched. He held my hand and kept on telling me to take care of myself.

When I boarded the bus I remembered that I only had 50 yuan. The bus fare was 10 yuan. The remaining 40 yuan wouldn't take me all the way home. I waited for practitioners in the bus station. More practitioners were released, and finally I met up with those that I knew. I went to their place, where I met a lot of practitioners who hadn't been to Tiananmen Square. I said that, since we were there, we should pay Tiananmen Square a visit and fulfill our oath. I gave them the banners that I had with me. We talked until late into the night before we parted.

### **Teacher's encouragement**

By the end of 2000, my city's goal of "Validating Falun Dafa in Beijing" was completed. We then had to turn to raising public awareness and bringing salvation to sentient beings. We needed some equipment. With the help of practitioners we purchased a few computers, copiers, laminating machines, printers and cars. However, we couldn't

produce materials fast enough, so we decided to purchase a multi-tasking machine. Our money was running out, so I took another 30,000 yuan out of my own funds. With the help of practitioners in Changchun, we bought one for 35,000 yuan. The printer could produce a few dozen boxes of fliers a day. It fitted our needs as well as the needs of practitioners in nearby districts. We enlightened that whatever Dafa needs, it has to be perfect. We worked well together in making and giving out materials. We searched within when we encountered problems. We took the principles as our Teacher. It's difficult for me to describe the harmony we experienced. I had a dream one night, and in it many practitioners were walking as if they were flying. They were faster than lightning. The police cars were chasing us, but we lost them in no time. Many practitioners came to a wide-open space, and in a grand feast, Teacher gave us each a delicious peach. I could remember the sweetness even after I woke up and started meditating.

I told fellow practitioners about my dream. They were overjoyed and said that this was encouragement from Teacher.

### **A thought**

In December 2000, a few practitioners in the city were arrested and sent to Changchun's Heizuizi Forced Labor Camp. I heard that the guards made the practitioners renounce Falun Gong rather quickly, and that the practitioners were steadfast ones who had done a lot of work for Dafa. Why would they reverse themselves so quickly? Was Heizuizi so terrible? ("Heizuizi" literally means "Black Mouth.") Another practitioner and I had a thought that we should go take a look. I didn't reject this thought, and I didn't realize that this thought acknowledged the arrangements of the old forces.

Eight months later, on August 15, 2001, a group of plainclothes officers arrested a fellow practitioner and me when we were purchasing paper. They were disappointed to find out that they had no evidence whatsoever to convict me. I was locked in a small dark room in the division office. I spent the whole night telling seven criminal inmates there what was going on. I started sending forth righteous thoughts at 12 a.m. I saw that the yuanshen (soul) of a practitioner detained in front of my cell rode toward me on a lotus seat. We sent forth righteous thoughts together.

The next day, I was sent to the detention center. I told the discipline instructor, who came to talk to me, about Falun Gong. I started telling the criminals how to be better people. I told them that they had to correct their bad thoughts to practice Falun Dafa. I talked to them about "Truthfulness, Compassion, Forbearance," using the example of how they argued over little things, which sometimes resulted in violence. At the same time, I sent forth righteous thoughts to help them. In the last few days, all the detainees saw the magnificence of Falun Dafa in the detained practitioners. They started reciting Teacher's words and practiced with us everyday. The whole prison cell became our practice and study area. No one, from the discipline instructor to the directors, opposed what we did. A political instructor said to a sickened detainee, "Get up. Go and practice with the Falun Gong practitioners, then you will get well." Ms. Zhang was detained for 15 days because she had been gambling. She cried all the time about how she has been wronged by the police. Under our influence, she started practicing Falun Gong. She could even recite

many poems from *Hong Yin*. Before she left, she said to us, "I haven't wasted these 15 days. Not only have I learned the truth, I even learned Falun Gong. I will teach my husband when I get back."

The director of our cell was a young, pretty girl, but she always beat the detainees. I told her that one must be beautiful inside to be truly beautiful, and since she attained Falun Dafa she should follow the principles of "Truthfulness, Compassion, Forbearance." I told her not to just practice the exercises without cultivating her character. I also warned her that she shouldn't fight evil with evil, and she had to treat others with a practitioner's compassion and tolerance in order to get good results. After that, she stopped beating others. She always helped us deliver Teacher's lectures and articles to other cells. When she left, the discipline instructor Li Xiaomin wanted me to be the cell director. She said, "Usually the rule is that no practitioners are allowed to direct the cell, but contrary to what the propaganda says, I find you people to be very nice." With no way of refusing, I took over. I said that I would be the director for a few days. After I became the cell director, there was no more fighting.

A few days later, the Chuanyin Division chief, the director, and a section chief from a government branch came to the detention center to interrogate three detainees. They tried to make the detainees sign a statement saying that I had organized everyone to practice Falun Gong. None of the detainees signed. Then they took two practitioners away. When the practitioners came back they told me what happened. I sighed. The detainees didn't sign, so what made them think the practitioners would sign? Their plot failed, but they still sentenced me to one year in a forced labor camp.

When we arrived at Heizuizi Forced Labor Camp they refused to take me in because my blood pressure was so high at 220/80 and my heart rate was 200 beats per minute. I didn't feel abnormal at all. I knew that Teacher was guarding me. I thought about how the 12 articles that I remembered couldn't be brought into the camp. With this thought, the police turned back and begged the camp to take me in, so I was left there for a week of observation.

### **As a disciple of Master Li Hongzhi**

After I was sent to the forced labor camp, I had no anxieties about getting trapped. Instead, I had only one pure thought in my mind, "I'm a disciple of Master Li Hongzhi. Nobody is able to hurt me. And I don't allow my omissions to be taken advantage of since people would be committing crimes against the Fa when they are used by the evil to persecute me."

I was assigned to Squad Two. Somehow the people inside seemed familiar to me. I smiled at them while sending forth righteous thoughts. My compassion rose up. I felt sorry for them, especially those people who had "enlightened" along an evil path. They had armbands and were free to walk around.

That night I had a dream. I saw black water and black mud everywhere. All the people were struggling in the mud. They were covered in it as if they were made of mud.

However, the mud on their faces couldn't cover their expressions of pain. I saw myself in white, and I crossed a river easily. I looked at myself. There weren't any stains on me. In my dream, I came to realize that my pure thought had laid a solid foundation for me to strive forward in this environment. Teacher kindly let me see the final results of my being imprisoned. I quietly promised Teacher, "Yes, I will do a good job here. I will be a qualified, true Falun Dafa disciple."

The next day, Yi, who was responsible for reforming practitioners, came to me. She said she would gather a few people to "help" me. I said, "No problem. Bring as many as you want." Yi said, "You're different. Others were afraid to talk to us." I smiled while sending forth righteous thoughts to eliminate the evil elements that were controlling them. After a while, over ten people came. I smiled. I told them my previous night's dream while sending forth righteous thoughts. Yi asked, "What does it mean?" I said, "It means bad things won't have any impact on me." Meanwhile, I strengthened my righteous thoughts. They became quiet for a while. Then they started to chat about family matters. I saw little black clusters of spirits coming out of their bodies. I realized those were rotten ghosts and low-level beings that controlled them. After the bad things were destroyed, I started to clarify the truth to them. I told them that it was wrong to renounce their belief in the Fa. I recited some paragraphs in Teacher's articles "Fa-Rectification Period Dafa Disciples" and "Path." When they heard "...Fa-rectification disciples who aren't able to come through the Fa-rectification period will not have another chance to cultivate..." ("Fa Rectification Period Dafa Disciples"), some of them started to realize that they had made a huge mistake. Some of them even wept. I said, "You went to Beijing to appeal for Falun Gong at the end of 1999 and the beginning of 2000, which was a great deed. It showed that you stepped out of human attachments. However, the past magnificence won't make up for the wrong things that you are doing now. Under pressure, you went back from the realm of gods to the level of humans again. You need to correct your mistake. Otherwise, you are not qualified to call yourselves Dafa disciples. You can only say you used to be Dafa disciples. You need to publish a solemn statement to start over. You need to stand up and continue on the path that Teacher arranged for you."

After several rounds of discussions that day, I found the reason that they had gone the wrong way was because they had too many attachments. They couldn't let go of their pursuit of fame, physical interests, and emotions. Besides, they didn't understand the Fa from the Fa. They didn't firmly believe in Teacher. When there were conflicts, they didn't look inside. Instead, they tried to handle them using everyday people's means. Under pressure, they started to pursue comfort. Some of them had the attachment of fear. They were afraid they would be beaten or shocked by electric batons. Therefore, they unwillingly left the cultivation way. I recited Teacher's poem "The Knowing Heart." I said, "Aren't you just like what Teacher described in the poem—With a preoccupied human heart, crossing the ocean proves arduous and with attachments too strong, bearings are lost?"

On the third day, Yi said to me, "I'll bring some other people. You know some of them." I smiled. I recited the verse Teacher gave us to eliminate the evil elements. I felt I was totally melted into the Fa and therefore I had the power to melt any unrighteous elements. In the next hour, I didn't leave them any chance to curse the Fa. When they first came in,

they looked arrogant. But later, they all started to praise the greatness of Teacher and the perseverance of the Dafa disciples. I know they were their true selves at that moment. I felt so sorry for them that they had exchanged their conscience for temporary comforts. Though Teacher still gives them the hope and opportunity to correct themselves, they did pay a huge cost. Besides, they had a history when they tried to undermine the Fa, which is a shame.

When they left, I didn't feel overly joyous, although I knew my righteous thoughts had suffocated the evil. I came to realize my selfishness, and that I was only trying not to be "reformed." I didn't take it as a good opportunity to help them rectify themselves.

That afternoon, Chen, who had just been "reformed," told me, "Your prison term will be reduced if you agree to be reformed. Otherwise, you will be tortured." I smiled. I remembered what Teacher said at the Fa lecture in Chicago in 1999, "By having your heart unaffected you will be able to handle all situations." (*Lecture on the Fa at the U.S. Midwest Conference*) My heart was calm because of my firm belief in Teacher. It wasn't until then that I came to realize a deeper meaning of "the knowing heart." That is, for a person who has obtained the Fa, his heart will for sure know everything. Teacher said in "Dafa is Indestructible," "As a Dafa disciple, your steadfast, righteous thoughts are absolutely unshakable..." Teacher's Fa is in my heart. Nothing can shake my determination. The two days of "education" stopped. With the guidance of Teacher, nobody tried to "reform" me again during my whole year's detention at the forced labor camp.

### **The power of righteous thoughts**

On the third day, Yi said, "From now on, you are exempt from the education since the head of the squad is afraid that those who talk to you might be 'un-reformed.' Now, follow me." She led me to an empty room. I sent forth righteous thoughts to make her sleep. Then I used the time when she was sleeping to write down over ten new articles by Teacher. I hid them well. But who should I pass them to? Who hasn't "enlightened" along the evil way? While I was contemplating who to talk to, Teacher made the arrangements.

After breakfast the next day, the guards started to call people out to the aisle. They ordered those who hadn't been reformed to gather together to do some work. This had never happened before because they didn't allow determined practitioners to get together. I was called out, too. When I went out, I saw over 50 fellow practitioners. I was so happy. There were about one hundred and twenty people in Squad Two. Except for criminals, I realized that half of the practitioners hadn't been reformed. This was different from what I had been told before, which was that most of the practitioners had been reformed. I was very glad that there were still so many true practitioners.

I said to them in my heart, "My fellow practitioners, Teacher sent me here to bring His new articles to you." I looked at them with a smile. They also nodded to me happily. Though we weren't allowed to talk to each other, our hearts could communicate easily. A fellow practitioner found a chance and spoke to me in a lowered voice, "Careful, there are spies among us." I had only one thought, "I'm a disciple of Master Li Hongzhi. Teacher

will make the best arrangements for me." Just when I was wondering who was able to pass along the articles, Liu Lianying, the head of the squad, called a person's name. I couldn't help smiling since I knew instantly that she was the best candidate. I hadn't talked to her before. However, I had heard of her and I knew she was a determined practitioner. Later I started to pass the articles to her one by one, using the opportunities when we worked together. Beginning that day, we started to send forth righteous thoughts together when we got together to work. From then on, I saw smiles on those practitioners' faces. Gone were helpless expressions from before. I knew it was the power of the Fa. It can help bewildered people improve. It can also make weak people strong. The bad environment in Squad Two started to change. Some "reformed" people came to realize their mistakes and rejoined us. It was a result of our sending forth righteous thoughts together.

I told other practitioners that we should let the newly arrived practitioners know that it was wrong to be "reformed" and that they shouldn't listen to the theories of those who had been "reformed." Because of our efforts, none of the next twenty plus practitioners who were sent to Squad Two got "reformed." Liu Lianying was very angry. She cursed those who were responsible for reforming practitioners. The forced labor camp also issued a notice that practitioners who reformed could have their prison terms shortened by half. Some of the practitioners couldn't resist the temptation. Most of us, however, were still very determined. We kept sending forth righteous thoughts.

In order to force practitioners to "reform," Liu Lianying brutally tortured them. She beat practitioner Xu from Gongzhuling City and practitioner Liu from Jiutai County. They couldn't walk very well even one year later. The guard Wei Dan shocked practitioner Mu Guiling with high-voltage electric batons. Ms. Mu lost her main consciousness for a long time. She was "reformed" when she wasn't herself. They would beat up practitioners whenever it was their turn to monitor them. Many practitioners were badly bruised from Liu Lianying kicking or shocking them. They also incited criminals to torture practitioners. They told those criminals that they had to get involved in "reforming" practitioners if they hoped to have their prison terms shortened. Some criminals were forced to beat up practitioners because if they didn't, the guards would beat them up.

Liu Lianying moved me to Group Two since Wei Dan was the guard there, and she was her best assistant. Wei Dan arranged for Lin, a malicious drug addict, to closely monitor me. Within two days, however, Lin was deeply moved by the Fa's magnificence and my righteous thoughts and acts. She never touched me. In fact, she protected me from being beaten up by other criminals. Guard Wei Dan then arranged for He, another criminal with a bad reputation, to monitor me. One day, she tried to kick me from behind when there were some officials nearby. Just as she lifted her leg, I suddenly turned my head and looked into her eyes. She got scared and asked, "Do you have eyes at the back of your head?" I smiled, "Didn't I tell you that a practitioner's every sweat pore is an eye? Do you believe me now?" She said, "Yes, I do now." Similar things happened three times. None of them managed to hurt me. Later I clarified the truth to them. He didn't get her prison term shortened since the guards knew she helped practitioners. When these two criminals were released, they said they would start to practice Falun Gong.



## **Two hunger strikes to deny the persecution**

The first hunger strike started on December 28, 2001. Almost 20 practitioners joined in. The next day, only 12 practitioners continued. Some of the practitioners dropped out because they were deceived by the guards' hypocrisy. When they force-fed me, I kept righteous thoughts in my mind. They force-fed me a bowl of salt water. I didn't feel sick even though they inserted a tube to my stomach via my nose and pulled the tube up and down. I asked Teacher to strengthen me. Teacher said a person would be a god once he or she obtained the Fa. How would they be able to hurt me?! It was very quiet when they force-fed me. They were all shocked by my calmness. After the force-feeding, I stood up and didn't feel sick at all. They all gave me the thumbs-up and said, "You were great. We've never seen anybody like you before." I told them that the reason we went on a hunger strike was to deny the persecution. The force-feeding was actually another kind of torture. Therefore, they shouldn't force-feed us. A nurse said, "They did it to help you get well." I said, "You should be able to tell whether they were trying to help me or hurt me when they force-fed me so brutally." Later, the nurse was kind to me when she was called to force-feed me.

The eighth day into the hunger strike, there were only eight practitioners left. When I saw them suffering so much from the force-feeding, my attachment to human emotions came up. They told me that they could hardly bear it any longer. However, we didn't want to end the hunger strike without achieving any results. After some discussion, we decided that I would be the representative to talk to the officials in the forced labor camp. We asked for four things: improve the quality of meals, shorten the work-day, forbid shocking practitioners with electric batons, and allow determined practitioners to talk to each other. Camp authorities arranged a meeting. I requested that one determined practitioner from each group in the squad attend the meeting. After a few hours' discussion, the forced labor camp officials agreed to what we asked for. We had better meals and shorter working hours. They didn't use electric batons for a few days. Later I heard that they had originally planned to release me on the eighth day of the hunger strike. I came to realize that I hadn't totally denied the persecution by the old forces.

The second hunger strike was after the "Satellite TV Interception" by practitioners from Changchun in March 2002. The Jiang regime launched a large-scale arrest campaign. Squad Two increased to 260 people. A new round of persecution started. Some of the practitioners who had just started to understand their mistakes went along the evil path again. They got actively involved in persecuting newly arrested practitioners by sticking needles into them. I heard cries all day long. When I looked inside, I found my righteous thoughts were not strong enough because I was selfishly satisfied that nobody dared to torture me and nobody watched whether I worked hard or not. This led me to unintentionally walk down the path arranged by the old forces. I was shocked when I realized this. In order to deny the persecution, we decided to go on another hunger strike on April 18.

Almost 30 practitioners joined that hunger strike. The whole forced labor camp was shocked. The officials from the forced labor camp said to me, "If you can keep the hunger strike going for three days, we will agree to your request to punish Liu Lianying.

We'll either transfer her to another position or even fire her." The forced labor camp called in practitioners' relatives to talk to those practitioners that they thought they wouldn't be able to stand the test of emotions. Two days later, about 15 practitioners dropped out of the hunger strike. There were 12 of us left on the morning of the third day. Only nine remained by the afternoon of the third day. On Day 40, only practitioner Zheng Donghui and I were still on a hunger strike. However, the hunger strike still shocked the authorities so that they didn't have much energy left to persecute practitioners. Their "reforming" efforts also tapered off.

During the 40-day hunger strike, I didn't feel sick. A physical examination didn't show any abnormalities either. Dr. Chen was a kind man. He got anxious and said to me, "Why didn't you send forth righteous thoughts to fake some sickness. Then I can let you out." I told him, "How can I get sick after cultivating so many years? I didn't go on the hunger strike to get out. I simply want to show you that Dafa is magnificent." Everyone who learned that I was in good health after a 40-day hunger strike couldn't help admiring the Fa. Many of them said, "Falun Gong is magnificent. You didn't get sick at all after the hunger strike. It looks like your cultivation is successful." Nevertheless, I felt I had some omissions and attachments.

After I was released, I studied the Fa continuously for over 10 days to wash off my attachments. Teacher said in "Teaching the Fa at the 2002 Fa Conference in Philadelphia, U.S.A.":

"...everything that happens today in the ordinary society is the result of Dafa disciples' thoughts. Even though the old forces do exist, if you don't have those thoughts they can't do anything. When your righteous thoughts are strong enough the old forces can't do a thing." "You're cultivators, and all changes come from your cultivation and the Fa-rectification; everything that you yourselves validate and enlighten to, and everything that you'll receive, all this comes from what *you* have done on your path. Absolutely don't think about any favors the old forces might do for us, or about how the ordinary society might help us. *You* are the ones saving society, and *you* are the ones saving sentient beings!"

I came to realize my shortcomings. Although I came out of the forced labor camp with dignity, I had stayed at the level of trying not to get reformed and sending forth righteous thoughts to suffocate the evil. I missed out on many opportunities to clarify the truth and save sentient beings. I had a long way to go to catch up with many other fellow practitioners from my local area. I had an even bigger gap to close to reach the requirements of the Fa. However, I am a disciple of Teacher Li Hongzhi. I'm confident that I can do a good job with the three things that Teacher has asked us to do as long as I study the Fa.

### **Teacher doesn't allow any stains on me**

When my prison term was about to end, a guard asked me to fill in a form. When I was about to sign the form, I hesitated for a second. Before, I only wrote to clarify the truth and I always signed "a Falun Dafa practitioner." I never signed "Imprisoned Person: so-

and-so." Because of my hesitation, the old forces tried to take advantage of me. Guards Wei, Guo and Jia said simultaneously, "Don't seek trouble. Just sign 'Imprisoned Person: so-and-so.'" Just as I wrote down the word "Imprisoned," the pen ran out of ink. I immediately knew what I should do. I smiled and said, "See? It wasn't me that didn't want to sign like that. It was my Teacher who didn't allow me to sign like that." Wei Dan came up to me and said, "Why, I just pumped some ink into it. How could it not have any ink left?" She opened up the pen and swung it, but no ink came out. I took the pen back. Suddenly a big drop of ink came out and fell on the word that I had just written. I laughed and said to them, "Isn't it a miracle?" The guards couldn't say a word. Wei Dan gave me another form. I filled it in and signed "A Falun Dafa practitioner," using just the one pen that didn't seem to have any ink left.

After I came back to my cell, I told the others what had just happened. Everybody, including those that had "enlightened" along an evil way and the criminals, wished me a good future and said, "It must have been your Teacher. He didn't allow any possible stains on you." Yes, I can feel Teacher beside me, protecting and guiding me through the voyage.

Finally, I want to say thank you to our Teacher. Teacher gave me the honor of joining the Fa-rectification process. I will keep studying the Fa, studying the Fa, and studying the Fa more because my righteous thoughts, my firm belief and everything of mine comes from the Fa.

## **18) I Am Our Magnificent Teacher's Disciple; No One Can Harm Me**

*By a Falun Gong practitioner in Hebei Province, China*

### **1. Falun Dafa Saved Me**

I began practicing Falun Dafa at the beginning of April 1998. I was only 35 years old that year but I was in dreadful physical shape, with all kinds of ailments. I had edema throughout my body and I had a serious heart problem ever since I was 23. I was hospitalized several times each year because of the heart problem. Besides these ailments, I had hypertension, kidney trouble, and a bladder tumor, and I had to depend on diuretics to urinate. Even with the medicine I could only urinate drip by drip. It was very painful and the urine was often mixed with blood. In addition, my husband was doing business out of town year around and he had been arrested and detained three times for fighting with others. Any feelings between us as husband and wife had long broken down, and we were on the verge of divorce. I had thought several times of committing suicide to end my pain. But when I looked at my old father and looked at my two children who were not even 10 years old, all I could do was simply weep and struggle on, with each day seeming like a year.

One day, my husband suddenly called me on the phone and said, "I was wrong and I am sorry. Now I want to learn Falun Gong and I will try to be a good person. Wait for me at home and we won't get divorced." At that time I did not believe him. What kind of practice was so effective that it could really turn him into a good person? After he came back home, I saw that my husband really had changed; he had changed into a totally different person.

I was curious and I wanted to hear what Master Li, the founder of Falun Gong, was saying. So, my husband and I watched the videotapes of Master Li's lectures. I have been practicing ever since.

On the third day after I started practicing Falun Gong, I went to the bathroom to urinate. To my great surprise, it was not as difficult as before and my abdomen felt immediately relieved, a feeling I had never felt before. At that moment, I was so moved that I could not hold back my tears. I had never expected that the suffering I had dealt with for six or seven years could miraculously disappear just like that! Soon after that, my other illnesses also disappeared; I became a totally healthy person.

My husband and I deeply felt the magnificence of Falun Dafa. We wanted more people to benefit from practicing Falun Gong. So from then on, every day, one of us would stay to mind our shop and the other would go out to introduce the practice to others. We printed, "A Brief Introduction to Falun Dafa," using our savings, and we also set up a Fa-study group at our home.

### **2. Clarifying the Truth**

Only a year after we began practicing Falun Dafa, the "Tianjin event" happened, followed by the "April 25 incident" in 1999. By that time, although we didn't understand many principles of the Fa, we knew that to speak the truth and to defend the Fa were the right things to do because we had personally experienced the magnificence of Falun Dafa. Therefore we knew that when someone treats Dafa unjustly and speaks unjustly about our Teacher, we should come out to tell him the truth; otherwise we would be not qualified disciples of Master Li.

On April 23, 1999 when we heard about the "Tianjin event," we went to the newspaper publisher right away. That evening, the police forced us out of the publisher's office with violent beatings and kicking, and four personnel carried out those who refused to leave. Soon after the peaceful appeal at the State Council Appeal Office near Zhongnanhai in Beijing, we heard that the authorities wanted to cancel Dafa book publishing orders. Several dozen of us went to the Beijing Publication Bureau to ask them to reconsider. We told them about the positive physical and mental changes we had experienced after we started to learn Falun Dafa. The personnel who met with us suggested that we leave, saying they would pass on our request to their superiors and they would then give us a clear answer.

Not long after that, we heard that a Beijing TV station was about to broadcast a TV show with content defaming Falun Dafa. So we went to the Beijing TV station to clarify the truth. The personnel who met with us took notes of what I said and asked me to write down my name; they said they would report to their superiors. By that time, many Falun Dafa practitioners in and around Beijing who heard about the situation also went to the TV station to tell them the facts. In the end the TV show did not air.

In June, the Central Government issued a notice which forbade any disturbance to our practice. The notice was announced by propaganda vehicles in our district. We were all happy, thinking that the disturbance had finally ended and that we could now calm our minds to study the Fa and practice again.

However, the full-scale suppression started on July 20, 1999. On about August 2, a reporter by the name of Cheng Bukuan from the local newspaper wrote a story distorting the facts about Falun Gong, even fabricating various lies in the story. We immediately went to see him to clarify the truth. He was very rude at the beginning. We told him that his fabrications and distortion of the facts were against his conscience and that it would negatively affect the reputation of the newspaper; who would believe what was printed in the newspaper any more? After hearing that, he knew that he was in the wrong and he apologized. He said that he did not have a choice in the matter and that there were orders from above to force reporters to write such articles in all districts. Later, my husband went to the newspaper publisher many times to talk to the head of the newspaper and to the editors, asking them to clarify the truth of Falun Gong in the newspaper. They refused. Later on, we came to realize that if they refused to clarify the truth for us, we should clarify the truth for ourselves. We then wrote a truth-clarifying article, had it printed in a large quantity and distributed it ourselves.

### **3. I Will Speak the Truth Even if I Die**

On July 19, 1999 there was a massive arrest of Falun Gong practice site assistants across the country. My husband was among those taken away. I went to ask for his release, but the authorities refused. In the afternoon of July 23, they broadcast the circular, "To Ban Falun Gong." Fellow practitioners and I went to the city government and to the office of appeals, but both said that they could not do anything. We then went to Beijing to appeal. I thought then that even if I died I would speak the truth: "Falun Dafa is great!"

The second day in Beijing, I went to Tiananmen Square. There were many practitioners at the square but we did not know what to do. When the police stopped us and asked us if we practiced Falun Gong, we all said "yes," and when they ordered us to get in the police van, we did as we were told. This way many practitioners and I were sent back to our local areas. The street police station took me to the street administration office; they then tried to sway my mind. I kept telling them about the positive physical and mental changes both my husband and I had experienced. They said, "If you talk this way, we will have to send you to the detention center. You'd better think about it. This time many will be executed." I said, "I will still speak the truth that Dafa is great and I will not be intimidated by death."

My husband and I were detained together. The first words my husband said when he saw me were, "We are absolutely not going to write the repentance letter. Is there anything wrong with learning Falun Dafa? No. There is nothing wrong with that. We will not write it since we did nothing wrong." I agreed with him and said, "Right." Later, they called in my brothers who were working elsewhere and asked them to force me to write the repentance letter. The authorities said that if I refused to write it, they would force my older brother to beat me. My brother refused to cooperate with them. Finally, the authorities ran out of ideas and they let us go home.

One day I was reading and studying the Fa in my shop when several people came in (those who were monitoring us) and tried to take my book away. I said, "This book teaches people to be benevolent and teaches people how to be good people. In the past, if you harassed me and interfered with my business, I would have already thrown you out and I would not have treated you so politely like I am doing now. This is because I have become a better person since I started to learn Falun Gong." They were speechless and left.

### **4. Giving up Everything to Seek Justice for Dafa and Master**

After July 20, 1999, we could no longer study the Fa and do the exercises in public because of the persecution, but we continued with group Fa-study at our home. In late August, two practitioners from Hubei Province came to our home and shared their understandings that we should regard Dafa as our top priority and we should step forward to validate Dafa. We agreed and thought, "Since such grave injustice was inflicted upon Master, we should go to Beijing to restore Master's reputation."

On September 5, our entire family set off for Beijing with some money and a change of clothes. In order to minimize the attention we might attract, my husband took our son and I took our daughter, and we went to Beijing separately. I was arrested soon after I arrived at Tiananmen Square, and was held in a basement with a practitioner from Tangshan City. "I have to get out because I have to validate the Fa," I thought to myself. As soon as the police officer that was watching us stopped paying attention, I walked out. I saw people guarding each floor, but they were either chatting or joking with one another when I walked past them, and none of them noticed me. When I was walking towards the revolving front door, I came face to face with a police officer who had interrogated me earlier. I thought to myself, "He can't see me." Indeed, he acted as if he didn't see me as he walked right past me. When I got out, I heard people behind me shouting, "One escaped, one escaped!" I didn't look back and used all my strength to run. I felt as if my feet were off the ground, and that although I was using all my strength to run fast, I felt as if I was only jogging slowly. Still, the police simply couldn't catch up with me. I waved down a taxicab and went to Beijing's South Railway Station. This escape once again manifested the miraculous power of Dafa, making me feel more determined in my belief in Master and in Dafa.

At dawn, I went back to Tiananmen Square and I thought of my husband and my two children. Almost immediately, I spotted my son standing in the square smiling at me. In my heart I thanked Master for his arrangements. In the evening when we returned to our temporary residence, we saw a group of police guarding the front entrance. From then on, during the day, our family went to Tiananmen Square to share understandings with other practitioners, and at night we slept at a hotel. Later, the local police department put us on the "wanted" list and posted our photos at many hotels. Each passing day brought news about practitioners' homes being ransacked. To be safe, we bought several tents and went to Jiulong Mountain. We lived on the mountain for 58 days. During the day, we still went to Tiananmen Square to talk to other practitioners, and at night we brought practitioners who had no place to stay back to the mountain. Some practitioners didn't have much money, and some were forced to eat leftover food from restaurants. The weather was getting colder, and practitioners who left home earlier in the year were wearing thin clothes, and some slept on the streets at night. We gave almost all of the money we brought to fellow practitioners. We heard that 100 yuan was passed from one practitioner to another and to another, as they didn't want to spend the money on themselves. Many practitioners made tremendous sacrifices to validate Dafa.

One day, I met four practitioners from Tangshan City. They had climbed over three walls in the Tangshan City Detention Center to escape. They had nothing but the thin clothes they wore. They had no money, so they begged for food as they walked to Beijing. When I saw them, their shoes were completely worn out and their feet were covered in blood and blisters. They were covered in dirt, and were cold and hungry. We embraced and cried, and we felt like long-parted family reuniting. I immediately bought soft-soled shoes and two sets of underwear for them, gave each of them 300 yuan, and took them to a place where they could take a shower. Then I took them to the mountain so they could rest and study the Fa. Dozens of Dafa practitioners were living at the mountain by this time. Life was hard at the mountain, because it took more than two hours to climb up and

down to the campsite, so it was very difficult for us to obtain food and water. We ate instant noodles with cold water, and when our food became moldy, we dried it in the sun and then ate it. Water was scarce, and we saved most of it for the elderly practitioners and the children. Each practitioner used less than half a cup of water to brush their teeth. A pickled rutabaga would be shared by us all, one bite each. When it rained, life became even more difficult, and we had to sleep on the wet and muddy ground, but none of us minded as we took joy in our tribulation. We shared our experiences and understandings, and we went to Tiananmen Square together to validate Dafa. Later, officers from the city police department came to the mountain and arrested dozens of practitioners. My son was nowhere to be seen and I didn't know his whereabouts.

On October 28, when we heard the slanderous government propaganda on the radio, our hearts were heavy. The next day we went to Tiananmen Square and didn't take anything with us. We were very calm and serene and we felt no fear. I said to Master in my heart, "Master, here I am!" Against the howling wind, we walked to the center of the square and started to do the Falun Gong exercises. Soon, the police came and took us to Qianmen Police Station. We were taken back to our hometown by the officers from the local police department the same day.

### **5. I Won't Write a Guarantee Statement, and I Will Get Out**

At the police department, they interrogated and videotaped my husband and me, saying we were the "key people" in our province. Before I was separated from my husband, I held his hand and said, "No matter what happens, we must persevere to the end. Don't forget the title of your experience-sharing article, 'Master Saved Me, and I Will Always Practice Dafa'. No matter what happens, we'll both persevere to the end." He held my hand tightly and said, "Don't worry." Soon, I heard that my husband had been illegally sent to do forced labor for three years.

At the detention center, when the police interrogated me, I didn't say anything. I knew that I would never betray fellow practitioners. Then they asked me to write a Guarantee Statement, and I said, "I won't write it even if you shoot me with a gun." When I saw that other practitioners gave in and wrote Guarantee Statements to get out, I felt extremely sad for them, so I told them not to write the statements. The division head slapped me in the face and reported to the head of the detention center, saying I was interfering with others writing Guarantee Statements.

One day, my son sent me some things, in which I found a slip of paper with the words, "Mom, I miss you." I couldn't hold back my tears when I read it. I put the paper in my pocket and looked at it whenever I missed my son. A few days later, I received a letter from my relatives asking me to write a Guarantee Statement in exchange for my release. I immediately realized that there was something wrong. I was thinking like an ordinary person, and the evil tried to destroy my will by taking advantage of my attachment to family. I remembered Master's words:



"Disciples! As for disciples practicing cultivation at home, they will gradually, thoroughly abandon attachments to the secular world. But for disciples who are monks or nuns, this is a prerequisite that they must meet from the very beginning, as well as a requirement for becoming a monk or nun." ("Principles for Disciples Who Are Monks and Nuns" in *Essentials for Further Advancement*)

I had left home, and now I must give up attachments. After I realized this, my family stopped asking me to write the statement. I had only one thought on my mind, "I have done nothing wrong. I will not write a Guarantee Statement, and I will get out."

About 50 days later, people from the street administration office picked me up and held me for another three days. I protested and asked to be released. I told them I would hold a hunger strike if they refused to release me. They were afraid of taking responsibility so they brought in a pre-written Guarantee Statement and asked me to sign it, so that they could hand it to their superiors. I said, "If I do that, you will have completed your assignment but I will have failed as a disciple. If I sign my name I'd be insulting Dafa and myself." They went to my mother-in-law and asked her for 3,000 yuan. I said to her, "Mom, I didn't do anything wrong, they are the ones committing crimes by persecuting me. Why should we give them money? Don't give them a penny, and I will not write any statement. I will get out!" They couldn't get anything from me, so they released me three days later.

## **6. I'm a Dafa Disciple, I Should Not Be Sent to a Forced Labor Camp**

Just after the Spring Festival of 2000, I realized that I should openly practice the exercises outside, since I was a practitioner. Once again, I was arrested and sent to the detention center because of practicing the exercises in the park. In the following months, there were so-called "sensitive days," such as the National People's Congress, "April 25" and "May 13." Consequently, I spent most of that time in the detention center. Each time after I was released, I went to the park to do the exercises and was again arrested. Many other practitioners were also arrested and sent to detention centers during that time. Later, we started a hunger strike to protest this persecution. At that time, although I was already sentenced to forced labor, because of the hunger strike, I was released.

Just before "July 20," a practitioner gave me a copy of truth-clarification materials. I thought it was very good and decided to make more copies for people to read. Along with two fellow practitioners who knew the technology, I bought a PC and a printer. We then set up our first truth-clarification materials production site. We were beginners and had no experience. It was in the middle of the summer heat and we were wearing shorts and T-shirts while working and our clothes were soaked with sweat. Overcoming many difficulties, we produced several thousand copies of truth-clarification materials. During that period of time, there were always people in front of my house watching me, and they followed me if I went out. However, with the help of Master, I was always able to elude them. Once, one of them asked me, "How come you always disappear when you walk out of your home? Where have you been?" I said, "It is my freedom to go wherever I want to go. You have no right to interfere."

On July 20, the police were afraid we would go to Beijing, so they set up checkpoints at every road crossing. But they still failed to catch us. In fact, on that day, practitioners distributed many truth-clarification materials in the city. These were the first truth-clarification materials in the area and people found them very refreshing. Many practitioners distributed the materials publicly, clarifying the truth to people face to face.

On August 9, Master published the article "Rationality." Master said,

"Some students suggest that the best practice of cultivation is to get placed into a detention center or a labor camp, or get sentenced to jail in order to validate the Fa. Students, it is not so. Stepping forward to validate the Fa using many different approaches is a magnificent act, but this absolutely does not mean that you have to be arrested by the evil." "Getting arrested is not the purpose. Validating Dafa is what's truly magnificent, and it is to validate Dafa that you step forward." "Don't voluntarily let the evil take you away." (*Essential for Further Advancement II*)

I immediately absorbed Master's words and understood a layer of Fa principle. Validating Dafa did not mean being arrested. In the past, before I went out to validate Dafa each time, I had the thought that I might be arrested. It seemed to have become a notion. I even wore two sets of underwear to prepare for a stay in the detention center. Master's article "Rationality" helped me understand a lot of principles, and I realized many of my shortcomings. I knew how to validate Dafa in the future.

On October 1, three of us practitioners made a three-meter long banner. We opened it on Tiananmen Square and called out loudly, "Falun Dafa is great." We were sent back and detained at a detention center. I commenced a hunger strike to protest the illegal detention. On the twelfth day of my hunger strike, they wanted to send me to Kaiping Forced Labor Camp in Tangshan City, and asked me to sign the paperwork. I refused. They told me they wanted to send me to the forced labor camp as early as July 20. I said, "What makes you think I should be sent to the forced labor camp? Which law did I violate? I'm a Falun Dafa practitioner. I should not be sent to the labor camp. I didn't violate the law. You are the ones who are violating the law while supposedly executing the law."

At the labor camp, when they learned that I had been on a hunger strike for 12 days, they sent me to the labor camp hospital for a routine check-up. In the hospital, I clarified the truth to the doctors. I told them about the improvement I experienced both physically and mentally after practicing Falun Gong and the dramatic changes in my husband after he took up the practice. I told them why I was so steadfast even though my husband had already been sent to a labor camp. When I finished talking, the doctor put a big "X" above my name on the form and firmly rejected me from being accepted into the labor camp. The police who sent me there got so worried that they even went to buy two packages of cigarettes to bribe the doctor. I sternly pointed to them and said, "You want to further persecute me through a bribe. As long as I can get out alive, I will expose all of you." As it so happened, no matter how much they begged the labor camp still refused to accept me.

On the way back from the labor camp, the police officers stopped at a large restaurant to eat. They even ordered a warm drink for me and said the cold drink was not good for me since I was on a hunger strike. I refused the drink. While they were eating, I sat cross-legged on a chair and started to clarify the truth to the waitresses in the lobby (there were not many guests there since it was an off-peak time for restaurants). The two policemen didn't care what I was doing. They even asked me to drink some water to moisten my throat. After the meal, they decided to send me back to the detention center again. However, the head of the detention center firmly refused to accept me. They had to send me back home.

On New Year's Day 2001, five or six of us practitioners who worked at the truth-clarification materials production site decided to validate Dafa again in Beijing. Some were worried that the work might be affected, but I said, "No problem. We will be back after we validate Dafa." By then, practitioners had become more mature. At the beginning, practitioners were just arrested and endured the sufferings passively. Later, practitioners refused to cooperate with the evil, by refusing to give out their names and addresses, and using hunger strikes to protest the illegal detentions. Therefore, I said, "As long as we hold hunger strikes and refuse to give out our names and addresses, we will be back in several days." Just as we expected, except for one practitioner who was detained for a month, most of us came back within a week. Our work at the materials production site was not interrupted.

On Tiananmen Square, I kept calling out, "Falun Dafa is great!" while casting the truth-clarifying materials to the crowd. The police kicked and beat me while pulling me to the police van. Not long after, the van was filled with arrested practitioners. I was at the back of the van. When the van started to move, I opened the banner that I had brought with me but hadn't had a chance to use, against the window. People on the square were so surprised to see the eye-catching banner with "Falun Dafa is great" on the moving police van. The police on foot were worried, and they chased the van and tried to call to the police officers in the van. When practitioners in the van saw what I was doing, they immediately formed a human wall to shield me. Therefore, the police in the van didn't know what happened until they were informed by the police in the square. They stopped the van and several police officers raised their rubber clubs and in a frenzy beat everyone, including old people and children, in their rush to get at me. They grabbed the banner from me and viciously beat me with the rubber clubs. When I turned around I saw each practitioner was beaten to the point that their noses and mouths were bleeding and they had bruises all over their faces. One older lady was beaten so badly that her face was swollen and she couldn't even open her eyes. At that moment, I felt that our fellow practitioners were truly great. They protected Dafa with their lives.

More than 100 practitioners were sent to the Dongcheng District Detention Center. Getting out of the van, I saw police lined up in two lines. One of the officers carried many rubber clubs wrapped in a military coat, and dropped them on the ground. He claimed, "Whoever refuses to give their names will be beaten to death. The higher authorities have already said that death from beating will be regarded as suicide."

After that, they started taking photos and fingerprints, and interrogating Dafa practitioners. I refused to cooperate at all, for which I was brutally beaten. At that time, the persecutors were very rampant, especially in the Dongcheng District of Beijing. You would have to give up the attachment to life and death when not cooperating with any requests or orders. At that time, I thought that since Dafa gave me life, I would give it back to Dafa. I was ready to risk everything and I would refuse to cooperate with any of their demands.

When I refused to have my photo taken, a policewoman raised the rubber club to beat me on my head. Four swollen bumps as big as a fist immediately emerged on my head from the beating. Finally we were sent to cells. Practitioners in each cell recited *Hong Yin* and "Lunyu" loudly. The guards were so angry that they picked up one practitioner from each cell, whom they thought was the head, and stripped off our outer clothes, removed our shoes, and put us in a very cold cell. We continued reciting Master's teachings. They punished us by forcing us to stand still. We then did the exercises while standing. One fellow practitioner lost consciousness and was carried out. At that time, I thought I should not stay there and should get out soon. I pretended to faint, and was carried out. When they checked me, I seemed to not have any blood pressure and pulse, so I was put into a room to have an infusion. I felt extremely nauseous and vomited all over the bed. They told me that if I told them my name and address, they would release me. I said, "I demand to be released unconditionally. We are not wrong to practice Falun Dafa. It is a personal belief. It is you that violate the law. It's Jiang Zemin that violates the law." On the fourth day of my hunger strike, I was released.

## **7. Undaunted in Times of Danger, Frightened but Not Endangered**

Each time I was released from detention, I immediately threw myself back into the mighty current of Fa-rectification. When I heard that fellow practitioners in my hometown, Tangshan City, could not obtain Teacher's recent articles and Dafa materials, I delivered it to them myself in a big leather trunk. At that time, the "self-immolation" case had just been fabricated and the evil was at its most rampant. Inspections at the railway stations were very rigorous, and when passing the ticket check-in entrance, every passenger was forced to unpack their bags for inspection. At that time, I did not yet know about sending forth righteous thoughts, but I said in my heart: "I do not allow you to inspect my package." As a result, each time I approached the entrance, the inspector either turned around, or chatted with others and I took that opportunity to pass by unnoticed. Then the inspector checked the passenger behind me. Each time, the passengers in front of me and behind me were inspected while I passed smoothly by with Teacher's help.

Later, I realized that this was not a good way to supply materials to practitioners. It would be better to help them set up their own materials production site so they could download and produce the materials themselves. Therefore, a practitioner in our area who was computer literate helped practitioners in Tangshan City to set up a materials production site. Several months later, another practitioner was abducted by the police, and he disclosed the existence of the materials production site, but he did not know the exact

location. So the police scouted around. By this time Teacher had told us how to send forth righteous thoughts, and the Clearwisdom editors also notified us of the specific times to send forth righteous thoughts. Therefore, we added the idea of protecting our materials site while sending forth righteous thoughts. In this way, we escaped several searches. All the neighborhood apartments were searched but the police did not enter our apartment while we were sitting inside sending forth righteous thoughts.

Later on, we moved into a bungalow. One day when I walked into the courtyard, about six policemen followed me and asked for my ID. I stood in the yard while sending forth righteous thoughts, since there was printed material everywhere in one room and 40 boxes of new printing paper in the janitor's room. I was calm and cool-headed at the time, and I coped with them while sending forth righteous thoughts. Finally, the police did not enter any rooms. When I sat down inside, my heart began to beat violently and I felt the fear after the event. What a false alarm it was. I could not help expressing my gratefulness to Teacher. At critical moments, gracious Teacher was looking after me. As long as I have righteous thoughts and no attachments of fear, nobody can harm me. The materials site ran smoothly for one and a half years without any interference. One box after another of Dafa truth-clarifying materials was distributed to nearby areas, and saved a large number of sentient beings from the authorities' poisonous lies.

## **8. As Indestructible as Diamond**

At the end of November 2001, a practitioner who had contact with us was abducted by the police and disclosed the location of our materials site, and identified me as the person in charge. At 9:00 a.m. on December 2, I was abducted while I was delivering Dafa materials to another practitioner. To help the practitioner escape, I shouted loudly, "Falun Dafa is great!" "The Tiananmen Square self-immolation was faked." As a result, many passersby crowded around. Then I began to tell them the facts about Dafa. The police beat and kicked me violently. I said, "Look! This is the so-called 'good treatment' of Falun Gong practitioners as propagandized by the TV programs."

The police took me to the police station, and said complacently, "We got you at last. We have awaited your arrest for a long time." To obtain more information about the materials production site, they tried to reach me with human emotion. They asked my acquaintances to persuade me. "As long as you speak a few words about the materials site, you will be released." I said nothing about the materials site, but clarified Dafa facts to them. I also told them, "It is absolutely impossible for me to betray my fellow practitioners." They responded, "We have plenty of means to make you talk." I answered, "You may do whatever you like, but I will not utter a word, even until death!"

At night they began to torture me. They bound my hands and arms behind my back with a rope, and then lifted the rope with a stick. As a result, all of my weight was on the rope and I suffered extreme pain in my hands and arms. After I was lifted to a certain height, they released the rope and I was dropped down. They called this torture "lifting the ropes." I was lifted and dropped three times that night. Without loosening the rope, my arms were too numb to sense any pain. But they loosened the rope each time to let me

regain consciousness, so as to suffer extreme pain. Then I was tied up again. The pain was hard to describe. After the torture of "lifting the ropes" I was tied tightly to a chair. The police beat my feet with a stick as thin as a finger, so savagely that broken bits of the stick were scattered everywhere. As a result of the beating, the flesh on my feet was exposed, torn and bloody. Then they began to beat my body with a thick club. They poked one end of the club into my leg and pressed hard with all their weight. Then they held down my head with their legs to beat my back. I told them, "It is impossible for me to utter any fellow practitioners' name!" I sent forth righteous thoughts while staring at them.

They tortured me this way for three days, while depriving me of sleep. During the day the police did not torture me much. They just beat my swollen and painful areas with a club, and then tried to force me to give them the information they wanted. They also brought six bags full of files, claiming that 28 people had confessed to the authorities about my identity.

On the fourth day they tried to make a video of me. They made me sit on a stool and then wrapped me with an overcoat. I realized that they were seeking to forge facts, so I flatly refused to cooperate. An officer then squatted behind the stool where I sat and stretched his hand inside the overcoat to pull my hair back so that my head was lifted. Another officer stood behind me to force me to look as if I was tearing a book with both hands. I grasped my fists to my chest so that they could not get their way. One officer tore a book and threw it at me and another seized the chance to sprinkle water on my face to concoct a tear. I closed my eyes without any expression. I thought that as long as I refuse to open my mouth they could not fabricate anything. They messed about for half an hour without success. Then they threw the video-recorder onto the table and began to savagely beat me. Afterwards, they attempted to videotape me again. They made three or four efforts in vain. Each time they used brutal violence, with their tough leather shoes, fists, and palms falling on me like raindrops. I was covered with bruises and cuts, and parts of my body were numb. At last they had to give up. Even two years later, some parts of my body are still numb.

I was sent to the detention center at about 11:00 p.m. that day. Before leaving, I said to them compassionately, "I do not hate you even though you beat me to such a state. I simply wish that you would not treat other Dafa practitioners this way. I have no grievance with you. Can you live with your conscience?" I sensed that my compassion touched them, and they revealed their shame.

Director Bai and Officer Liang interrogated me the next day in the detention center. I displayed the forbearance and mercifulness of a cultivator. Instead of hating them, I clarified the facts about Dafa for more than three hours, totally for their own good. I talked about why I cultivated Dafa steadfastly, why I returned to my hometown from afar to distribute Dafa materials, and why it was so important that I clarify the truth to them, that it was for their own good. My compassion touched them. Director Bai was moved to tears. Officer Liang was unable to sit still and walked about back and forth. I could sense that they were condemned by their consciences. They asked me nothing during the three

hours I spent with them. The interrogation turned into an opportunity to save them through Dafa. They did not ask to see me again.

In the detention center, the police brought in the practitioner who betrayed me, to identify me. She nodded her recognition. Suddenly my tears poured out. No matter how savagely I was beaten in the police department, I did not shed a tear. However, when a fellow practitioner, one whom I had gotten along with so well all the time, performed this way at the critical point, I cried in sadness—not for her betraying me, but out of grief for her act.

On the fifth day, when I saw that the police were force-feeding practitioners who were on hunger strike, I began to send forth righteous thoughts. The police came to beat me, and I shouted loudly. Afterwards they set out to force-feed me. The method of force-feeding at the Tangshan Detention Center was very barbaric. The police beat me and pried my teeth with a steel lever and a hammer. I closed my mouth tightly so they could not feed me. They tried hard to bend my neck and pinch my face, until my face and neck were bloody. Since my mouth was closed, they pinched my nose. I almost suffocated. At this moment it seemed that Teacher read loudly and calmly near my ears,

"There are a lot of yoga masters in India who can sit submerged in water for days or be buried underground for days, they can make themselves completely still, and they can even control their heartbeats..." (*Zhuan Falun*)

I enlightened right away. If others can hold their breath for several days, I could also do it. As soon as this idea emerged, I stopped breathing too. After a few seconds, an inmate shouted himself blue in the face, "Stop, she will die!" They stopped immediately and let me go. I fell to the ground and lost consciousness, and they began to resuscitate me.

Since the force-feeding failed, they took me to a clinic in the detention center for an intravenous infusion. I refused to cooperate, and told them, "I demand release unconditionally. I am innocent. You must release me!"

On the seventh day, they took me to the psychiatric hospital. I was asked to change into a patient's clothes, and a nurse took me to a room to change. When she took off my clothes and saw me covered with bruises and cuts all over, she could not help but cry. She put on my clothes right away. I told her that they beat me like this just because I cultivate Falun Dafa to become a good person. I told her that I had been abducted fifteen times and that I am totally innocent. I explained that I had been on a hunger strike for seven days. She immediately brought me back to the doctor's hospital. I told the doctor, "As a doctor, your duty is to heal the wounded and rescue the dying. Before cultivating Falun Dafa, I suffered from a bladder tumor, and I often urinated blood. I had serious edema and high blood pressure. Soon after I began Dafa cultivation, all of my diseases disappeared. How can I be ungrateful to my Teacher and give up Dafa?" After speaking, I was asked to do a urine test. I responded, "I have been on a hunger strike for 7 days. I urinate blood instead of urine." Then police officer Liang from the police department said, "As long as you admit her, I will pay double the fee." The doctor closed his book loudly, stood up

indignantly and said sternly and firmly, "Even if you pay me 100,000 yuan, I will not admit her. How could she survive here?" After speaking, he turned around and left.

### **9. Teacher Is Right by My Side**

After going home I only rested for a day. Since there was nothing wrong with me, I went to the truth-clarification materials production site the second day and again actively engaged myself in saving sentient beings.

However, during that time, I gradually developed a bad mindset. Namely, I became attached to my ego and I thought that I was always right. Fellow practitioners in the truth-clarification material site also had the same attachment. Therefore, the conflicts between us grew intense. I also had a strong mentality of accomplishing my tasks. Although I studied the Fa every day, when my eyes were reading the book, my mind was thinking about something else. We did not look inward when we encountered problems; instead, we blamed each other. We failed to harmonize with each other. As a result, one day, I left the truth-clarification material site in a rage. When I tried to start my motorcycle, it simply would not start. At the time, I realized that I was wrong and that I should not leave. But when I returned to the house, a fellow practitioner was still in a huff and he again responded with unpleasant words. I just could not endure it anymore so I left again. While on the street, I made the mistake of using the phone booth to make consecutive phone calls to give advice to several people who had enlightened along an evil path and who had just been released. Consequently, as soon as I hung up the phone, a police car pulled over and arrested me again. Because of my attachment, I was taken advantage by the evil.

This time nobody touched me. They knew that they could not get anything from me. On my second day of being on a hunger strike, I was picked up by policemen from the local Public Security Bureau. They sent me to a brainwashing center. No matter what they did, I simply refused to get out of the car and I resisted as they wrestled with me. When they dragged me to the big hall, my body began to convulse. They again sent me to a hospital for emergency care. I still refused to cooperate with their medical treatment. The police shouted angrily, "Don't you think about getting out with a hunger strike this time. You'll get a 20-year sentence." I replied with a smile, "When did your words ever count? It's my Teacher's words that count and it's my words that count." The five or six of them tied me to a bed by force and gave me an IV infusion. I shouted in the hospital for over two hours, "I want to go home! I did not do anything wrong by practicing Falun Dafa!" Afterward, whenever they came to give me an IV, I shouted loudly, "Falun Dafa is great!" Finally, they could not do anything to me so they asked my family to pay 1,000 yuan in exchange for me, which I firmly refused. I told Bureau Chief Yang, "Because of your persecution, I did not make one yuan for the past several years and my elderly parents have to take care of my two children who are going to school. Now, you are asking us to give you money. Do you still have a conscience? If you take even one yuan from them, I absolutely will not leave here." On the fifth day, they again released me unconditionally.



From this lesson, I saw more shortcomings in myself. I shared the experience with fellow practitioners. We all elevated ourselves in the Fa; therefore, we became more mature and rational. We studied the Fa more, looked inside ourselves, let go of our egos and no longer blamed others. Instead, we harmonized and made the work in the truth-clarification material site progress very well and smoothly. In 2002, our Fa-validation work indeed extended to every valley and field, mountain and hill. Truth-clarification materials, banners, posters, and "Falun Dafa is great" could be seen everywhere. Later, we successfully installed 30 small loudspeakers in detention centers, forced labor camps and densely populated areas in the city, and broadcast truth-clarification messages, powerfully shaking the evil. Soon after, the province dispatched a special team and they claimed that they would find me and the key practitioner in another truth-clarification materials site, even if they had to dig three meters deep into the ground. Consequently, they put up pictures of me and the other practitioner on major roads. They put up the pictures in the daytime and fellow practitioners went out and tore the pictures down at night. They set up roadblocks at each street corner. They carried our pictures with them and checked people's IDs house by house. Yet, I was very calm and not frightened at all. It did not affect our doing Dafa work in any way. Whatever we should do, we just went ahead and did it. Our whole area had increased our intensity of sending righteous thoughts. Practitioners all tried their best to devote more time to send righteous thoughts to eliminate the evil's interference.

One day, three men came to our building with a big notebook. We immediately sat down to send righteous thoughts with one thought in mind: "Do not allow them to search this unit." They stayed here for a week. Every telephone in each home was wiretapped. We could not go out, and our truth-clarification effort was interfered with. We sent righteous thoughts for them to leave. Eventually, they finally left without checking our unit. Although they checked the building very carefully, because everyone acted and thought righteously, the evil still could not find anything.

Nevertheless, the situation changed at the end of 2002. Because we had done well and were praised by fellow practitioners, we got carried away and developed the mentality of accomplishing a task, and we sought to create a situation with great momentum. Because of this, our workload increased and we spent less time studying the Fa, and when we studied the Fa, we could not calm our minds. As our workload increased, we had to add more people and resources. Some practitioners had a very bad sense of safety and did not watch what they said, contributing too many unsafe factors to the truth-clarification materials production site. There were even practitioners with poor character who formed small cliques and diminished the righteous elements in our whole body. Eventually, the evil took advantage of our loopholes. At the end of 2002, two big truth-clarification materials sites were ransacked one after the other and seven key practitioners were abducted. We suffered huge financial losses, seriously damaging the work of Falun Dafa in the local area.

## **10. Hovering on the Brink of Death, Making It Through With Righteous Thoughts**

The Tangshan truth-clarification materials production site was almost in a state of collapse. It was the Spring Festival time in 2003, and Teacher had published a new lecture. I was extremely anxious. My husband had just been released from a forced labor camp with righteous thoughts. We decided to go ahead and reestablish a truth-clarification materials production site. Because we still had many loopholes and the local practitioners were not in a good state of cultivation at that time, three months later, the newly reestablished site was again destroyed. One after another, I, my husband, as well as another practitioner, were arrested. At 9 p.m. on March 30, 2003, another practitioner and I went back to the truth-clarification materials production site and were arrested by policemen who were waiting inside the house. My husband had already been arrested. They knew that there was nothing they could do about me, so they sent me to the Tangshan Kaiping Forced Labor Camp. As soon as I arrived at the forced labor camp I shouted, "Falun Dafa is great!" I shouted as I walked. After I was admitted, I started to convulse. They immediately did acupuncture on me and performed an electrocardiogram. In the end, the forced labor camp refused to take me, in so they again sent me back to the detention center.

In the detention center, I held a hunger strike to protest the illegal detention. I firmly refused to cooperate with the authorities. One time when they force-fed me, I tried my best to struggle and not cooperate with them, so that they could not force anything down. They beat me so violently that I passed out. They poured cold water on me to revive me, then, they continued to force-feed me. They tortured me like that five times and I passed out five times. In the end, they were unable to force down even a drop. They tied me to a metal chair and didn't release me for several days. They did not let me use the restroom so I urinated on the chair. It wasn't until they saw that I still had blood in my urine that they released me from the chair. They tried to force me to wear a prison uniform when I went back to my cell. I told them that I was not going to wear it because I was not a criminal. The gang of cellmates tried to force me to wear it. I struggled with them and tore up three prison uniforms. They still could not make me wear the uniform. At last, the policeman said angrily, "If she does not wear it, just let it be."

Later, they force-fed me while I was unconscious. After I went back to my cell, I had severe stomach pain. I kept vomiting water, and soon there was a puddle of water. I did not have even one yuan with me, nor did I have a napkin. The prisoners took out their napkins to mop the vomit, which were soaked very shortly. I did not know what they had force-fed me. I again had blood in my urine and my whole body was in pain. On the seventh day, I suddenly started to vomit huge amounts of blood. The prisoners were very frightened. They banged on the door and asked for the guard and prison doctor. Meanwhile, Falun Dafa practitioners in different cells were also alerted. Yet, after vomiting blood, my stomach soon felt better and I was no longer in pain. After that, I was in a semi-conscious state. It was as if I had reached the limit of enduring the mental and physical torture.

I remembered one Saturday night when I felt extremely bad, but I did not remember what happened after that. When I became alert, I thought about sending righteous thoughts. However, after saying, "The Fa rectifies the cosmos," I could not remember the next

sentence. Then, I was unconscious again. I could not tell how long it was before I regained consciousness. Then, I felt as if my life was about to end. I also felt my soul leaving my body for a while, then coming back after a while. Back and forth, I was in that state several times. Afterward, when I woke up again, I started to send righteous thoughts to eradicate the evil. I firmly said, "No one is qualified to take my life. I'm a disciple of Li Hongzhi." I thought and thought, and then I passed out again. But once I woke up, I still maintained this thought, "Who is persecuting me? I will not let you have my body. I am Li Hongzhi's disciple. Without my Teacher's consent, nobody could take me away." Then I said, "The Fa rectifies the cosmos," but I still could not remember the next sentence. Then I fell unconscious again. When I woke again, I thought about those Falun Dafa practitioners who died due to the persecution. So I told Teacher, "Teacher, do you agree to let them take away my physical body? Am I supposed to go?" Yet, after asking Teacher, immediately, I firmly said, "No, I absolutely will not listen to them. I absolutely will not take their path. I absolutely want my physical body. I still want to save sentient beings." After saying that, I again became alert. All that night, I was hovering on the brink of death.

I woke up early in the morning. I was back. Finally, I had rejected the old forces' arrangement with my righteous thoughts and returned to the cultivation path arranged by Teacher! I did not become another death case due to the persecution, and I could continue to do what Teacher wants us to do. I am a Falun Dafa practitioner who assists Teacher in the Fa-rectification and who is envied by countless divine beings. I felt extremely happy.

## **11. Simply Not Cooperating with the Evil**

The authorities sent me to Tangshan People's Hospital the second day. The doctor in the emergency room said that I could die anytime. But the doctor who examined me did not find anything wrong with me. Hearing that I was not sick, the policemen wanted to send me back to the detention center. But the minute I left the detention center, I sent out the thought that I would absolutely not return. Because of this thought, as manifested in this dimension, the doctor in the emergency unit just would not agree with the policemen. He said, "If you want to take her away, you have to sign your names. I have nothing to do with this if she dies. If you don't sign your names, then you cannot take this patient away." They were afraid to take the responsibility, so no one would sign. The doctor then said, "If you take her away, you cannot admit that this patient has once been here in our hospital." At the time, the policeman angrily patted me and said, "Stay in the hospital!"

They took me to the cerebral angiopathy unit on the third floor. They tried to put me on an IV and I firmly refused to cooperate with them. A gang of several people came over and held me down, yet, they still did not succeed. Afterward, the doctor asked all of them to leave so she could talk to me alone. As soon as they left the room, she held my hands. She was very concerned about me and said, "Do you know how serious your condition is? I suggest that you take this IV." I said, "I am a Falun Dafa practitioner. This is the 18<sup>th</sup> time I've been detained and persecuted." I then clarified the truth to her. In the end I said, "I'm a Falun Dafa practitioner. I'm fine. Don't worry." She held my hands with a firm grip

and said, "Can you pull through?" I said, "Yes, no problem." After that, she took the medicine bottle with her and left the room.

One after another, the hospital patients came to see me after they heard that there was a Falun Gong practitioner in the hospital. I clarified the truth to them and told them that the "Tiananmen Square self-immolation" was staged by the government to frame Falun Gong.

Because I refused to take any treatment, I was sent to a mental hospital after 24 hours. As soon as I got there, I sensed the horrifying atmosphere. Some people were crying, some were shouting, and some were yelling randomly. There were also Falun Dafa practitioners who were detained inside. In a hallway, I ran into a fellow practitioner with a feeding tube attached to her mouth. She looked like she was being sent to undergo a forced-feeding. I immediately told her, "If you cooperate with their force-feeding, you are cooperating with the evil. Didn't Teacher say that we should not cooperate with the evil in anything? What does it mean to not cooperate with the evil in anything? You are waiting to be force-fed, aren't you accepting the persecution?" Upon hearing that, the policeman hurriedly dragged me away.

They took me to a big room where there was only one big bed in the center of the floor. They put me on the bed and tied me up with ropes so that I could not move at all. Yet, as long as I could move my mouth, I shouted, "Falun Dafa is great. Falun Dafa is an upright practice." After taking my electrocardiogram, they said, "This person won't live." They wanted to give me an IV immediately. But they could not find a vein anywhere on my body. After pricking me sixteen times on my arm, they finally stuck the needle into a vein. When they turned their eyes away, I would remove the needle. The fresh blood kept dripping all over the needle. At the time, a nurse came over and pleaded with me, "Let me insert the needle. You are in so much pain now. If I don't insert the needle for you, you won't live." I said, "They ought to send me home. I demand that they release me and send me home unconditionally." Consequently, they were not able to give me an IV drip. I stayed there for another 24 hours.

Since nothing worked on me, they sent for my sister the second day. When my sister saw me being tortured like that, she could not help but cry. I also cried. The doctor asked my sister to put my clothes on me. At the time, I felt weak all over. I could not move, nor could I put on my clothes; my voice was feeble and I was barely alive. Yet, I did not cooperate with the evil. I did not know where I got the strength when I struggled with them. A gang of several people could not handle me. It was indeed Falun Dafa's miracle and Teacher's protection.

They let my sister get me dressed and told her she could take me home. I believed them. I slacked off sending righteous thoughts and agreed to go home with my sister. As a result, the evil took advantage of my loopholes. Indeed "a good or bad outcome comes from one thought." (*Zhuan Falun*) Cultivation is so serious. One has to reach the standard to make breakthroughs at each level.

The chief of the local Public Security Bureau came with several policemen in two vehicles. They carried me out on a stretcher. I knew I had been deceived when I did not see my sister following me. Although my head was clear at the time, I did not have any strength at all. I could hardly breathe and I could only utter words intermittently. My eyesight was blurry. Even in this condition, they still sent me to the forced labor camp. They said that they would have to get consent at the provincial level before they could release me and that I was a figure of focus in the province.

When we arrived at the forced labor camp, they carried me in on the stretcher. As soon as I got in, I yelled, "Falun Dafa is great." Although my voice was weak, I just repeated these words. At the time, I thought that as long as I still had one breath, I would say, "Falun Dafa is great." In this way, I still did not cooperate with the evil. I struggled with the labor camp personnel whenever they touched me. Consequently, I only stayed in the forced labor camp for a few hours. They examined me and found that there was no blood pressure and no pulse. They thought I was going to die, so the labor camp refused to take me. They had no choice but to take me home.

## **12. Rescuing My Husband and Saving Sentient Beings**

My husband had been sentenced to a forced labor camp in October 1999 and has endured three years of persecution and torture in two camps since. Yet, he never gave in. He later left the forced labor camp with righteous thoughts and again dedicated himself to the grand force of Fa-rectification after returning home.

Afterward, because he was busy with Falun Dafa work, he did not even have time to study the Fa. He seldom sent righteous thoughts. Because of his many loopholes, he was again taken advantage by the evil. On February 20, 2004, my husband was again arrested and sent to a forced labor camp.

During that time, my husband harbored many attachments. When both of us did Falun Dafa work, we constantly had conflicts. Actually, this was the reason why the evil took advantage of him, and I too was responsible for what happened. Both of us have a strong personality and were attached to our egos. He wanted to do things his way and I wanted to do things another way. Neither one of us could convince the other. As husband and wife, we criticized each other severely. One time my husband moved out because he was so angry with me. I suffered a lot at the time, feeling that cultivation was too difficult. I felt as if I could no longer continue cultivating. No matter how tough or evil a situation was, in validating Falun Dafa, I had never had that kind of thought. Yet, during that time, I felt that I simply could not pass the test between my husband and me. I was extremely upset.

Then, our compassionate Teacher gave me hints in my dream.

"You can only reach Consummation after you have abandoned all of your attachments and none of them remain." (*"Cultivation Practice is Not Politics" in Essentials For Further Advancement*)

I still had such a big loophole. How could I go home with Teacher? At the time, fellow practitioners also came to help me. I saw my own shortcomings. I repented deeply and made up my mind to change. So I found my husband and asked him to come home with me. Because my mind had changed, my husband also changed. He too searched within himself. In the past, I felt whatever he did was not right; and now, I no longer felt that way. Both of us made improvements. However, sometimes we still could not handle ourselves well, as we still have not cleansed our minds completely. This was one of my toughest tribulations in my cultivation. Through this I truly realized that:

"Physical suffering can hardly be counted as painful, Cultivating one's heart is most excruciating." ("Tempering One's Mind and Heart" in *Hong Yin*)

With my husband again in prison, I went through a period of painful reflection for several days. Finally, I was able to break free from the state of personal cultivation. From the perspective of Fa-rectification cultivation, I completely opposed the old forces' arrangement. The old forces should not persecute us even if we have loopholes; we should take the cultivation path arranged by Teacher. Therefore, I began the process of rescuing my husband. In the process of rescuing my husband, I decided to use this opportunity to save more people.

I first asked a fellow practitioner to help me write an open letter to the different levels of supervisors in our local area. In the letter, I talked about the huge changes in mind and body my husband and I experienced after we started practicing Falun Dafa. I wrote about the persecution we had endured over the past several years, and about my husband's current critical condition in the forced labor camp. Fellow practitioners distributed the letter to people while I took the letter with me and went to the Public Security Bureau asking for my husband's release. I went to the Appeals Office. I clarified the truth to whomever I ran into and then I showed them the letter. Many people came to understand the truth and expressed their sympathy toward Falun Dafa and their indignation toward Jiang's regime. However, they dared not step forward to uphold justice for me and they passed on the responsibility to others. I went to many of the places they had suggested for me to go to, for this was an opportunity to clarify the truth. Eventually, the section chief who was in charge of the Falun Gong issue said that she would not interfere as long as the forced labor camp was willing to release my husband. After I found the authorities in my local area, again and again, I took my children with me and went to the forced labor camp asking for my husband's release. Every time we went there, I sent righteous thoughts to eliminate the evil elements in other dimensions in the forced labor camp.

With Falun Dafa's power and our cultivators' righteous thoughts and righteous actions, the barriers that seemed to be simply impossible to overcome from the perspective of the human mindset were eventually broken through one after another. For example, I heard that my husband and I were well-known in the province and were categorized as so-called "stubborn people." However, we were given the opportunity to see each other openly in the labor camp. The camp had never allowed this before. With the guards watching us, we shared our understanding of Fa-principles and how to let go of our attachments and leave the camp. The guards did not stop us. They also said what we had

said was well put and that we had cultivated well. After learning about our difficulties, one kindhearted policeman took 500 yuan from his pocket and insisted that my children and I take his money. This was really unimaginable. When we truly let go of our human thoughts and melted into the Fa, it was so magnificent that it was beyond description. There is nothing that the Fa cannot accomplish.

In the end, after confronting difficulties over and over again, whether the situation softened up or toughened up,

"Just by having your heart unaffected you will be able to handle all situations."  
("Eliminate Your Last Attachments" in *Essentials for Further Advancement II*)

Eventually, the evil could not defeat the good. My husband was unconditionally released. It is indeed true that what people say doesn't count. Teacher is watching over us. As long as our character meets the standard, we can accomplish anything. It is just as Teacher says in *Zhuan Falun*,

"When it is difficult to endure, try to endure it. When it looks impossible and is said to be impossible, give it a try and see if it is possible. If you can actually do it, you will indeed find: 'After passing the shady willow trees, there will be bright flowers and another village ahead!'"

I started practicing Falun Dafa in 1998. I did not have a good education, nor could I talk about many Fa-principles. I just firmly believe in Teacher Li. I let go of life and death and followed Teacher. I did what Teacher said we should do. My mind is simple and I do not have that many preconceived notions. I have come to this point through wind and rain. With the presence of Teacher and Falun Dafa around me, when I look back, I do not feel that it was so difficult. I felt that Teacher has been by my side protecting me all the time. Without Teacher or Falun Dafa, what would I be able to do? Isn't everything given to me by Falun Dafa? Actually, the Great Way is extremely easy and simple. If you do not have too many notions, you will not have too many restrictions, and cultivation wouldn't be too difficult. As long as you listen to Teacher's words, think and act righteously and let go of life and death, you will be indestructible like diamond and no one can harm you. In the end, I still need to listen to Teacher's words, and definitely do well the three things Teacher asks of us. I must walk well the final path and save more sentient beings, fulfilling the vow that I made in prehistory. By abandoning all my attachments in order to achieve Consummation, I welcome the arrival of the Fa-rectification in the human world.

## 19) I Came to the World for Dafa: My Cultivation Experiences in Validating Dafa During the Past Five Years

By a Falun Dafa practitioner in Jilin Province

*"... In the days that followed, my wife got up early and stayed up late studying the Fa and practicing the exercises. In three months, an unexpected miracle occurred, her sallow complexion became rosy. She stopped taking the medications she had relied on for years. She appeared stronger, and she could even help me with some household chores. The enormous change in my wife made me wonder what kind of practice could give life back to my dying wife? Was it only a psychological effect or was this practice truly this powerful?"*

- A quote from this article

\* \* \* \* \*

Greetings to honorable Teacher and fellow practitioners!

My name is Ming Duo (alias), and I am 39 years old. I graduated from a medical school in Jilin Province. I started practicing Falun Dafa in 1998, and from then on I was on the true path to return to my original, true self.

### 1. My Challenges Before Finally Obtaining Dafa

I graduated from college in 1989, and was recruited by a pharmaceutical company, where I worked in the administrative department.

At that time, I just wanted to get promoted, make money, stand out among my peers, and bring honor to my family. With this mindset, I worked diligently without complaint. Because of my talent and outstanding capabilities, I was soon promoted to a mid-management position. That same year I married Ms. Yu, who was my age. She had graduated from the economics department of a university, was very talented, and worked in a municipal government party organization.

All of our colleagues and classmates thought we were outstanding among our peers. I was, however, also complacent. Both my family life and my career went smoothly, and I expected everything in my life to turn out as I desired. However, I didn't know why I sometimes felt empty and lonely in this state of complacency.

Ever since I was young, I often gazed into the night sky, seeing the countless stars, and asked myself, "Why are we alive? Where does life come from, and where will life take us?"

In 1992, the company's earnings plummeted, and I was also badly battered by complicated interpersonal relationships at work. After careful consideration, I decided to start my own business. It was not easy to start a business, however, because of my specialized knowledge in the pharmaceutical field, and my marketing and sales skills, I



was able to expand my business in pharmaceutical sales in a short period of time. My business became very profitable, but little did I know that just when I was feeling fortunate that I was able to make money in an economic depression, a major calamity was waiting for me.

My wife was 25 years old. She had suffered from very poor health since she was young. She had difficulty handling the complicated relationships among people at work, and her competitive personality was always striving to excel and fighting to be number one in every aspect of her life. Working under intense pressure, her health became progressively worse. In addition to psychasthenia, rheumatism, gastritis, prolapsed stomach, duodenal ulcer, and heart disease that she had previously suffered from, she now suffered from rheumatoid arthritis, adnexitis, lower abdominal inflammation, peritonitis, myocarditis, intermittent heartbeat, and other ailments. She was suffering terribly in the prime of her life. My wife went everywhere to see doctors and look for a cure, and it was not uncommon for her to be hospitalized for eight months out of a year. The managers at her workplace talked to her on many occasions, and advised her to retire early. Every year, the company spent tens of thousands of yuan on her medical bills, and we also spent nearly ten thousand yuan of our own money. Our family used to be filled with happiness and laughter, but gradually our lives were filled with my wife's sighs, painful groans, and her overwhelming grief and despair every day.

My wife tried all kinds of treatments and took many expensive medicines and herbs. She went to see numerous experts and specialists, but could not find any relief. After she gave up on the doctors, she began to believe in Buddhism. She practiced deviant side-paths and bowed to the foxes, weasels, ghosts, and snakes, and tried other low-level so-called treatment methods, but with little effect. She also tried a few different kinds of qigong, which sometimes helped and sometimes made matters worse. Nothing could fundamentally cure her illnesses. At first, I strongly opposed her studying those qigong methods, because I had a medical background and I was fully convinced in the science of medical intervention. But, when I saw how much pain she was in, I thought, "Well, whatever she wants to try, I will support her as long as it helps her maintain hope."

One day in August 1997, my wife attended a meeting held at a scenic site in Jilin City. She was filled with joy when she returned home. She told me, "I read the book *Falun Gong*. It's a practice from the Buddha School." I had often seen her like this, so I just casually responded, "Whatever you want to try, just go ahead. I will not oppose it, as long as it can help your illness."

In the following days, my wife got up early and stayed up late studying the Fa and practicing the exercises. In three months, an unexpected miracle occurred. Her sallow complexion became rosy. She stopped taking the medications she had relied on for years. She appeared stronger, and could even help me with some household chores.

The enormous change in my wife made me wonder what kind of practice could bring my dying wife back to life? Was it only a psychological effect or was this practice truly this powerful? Two practitioners who often practiced the exercises with my wife came to our house to study the Fa with her. I remember clearly one day in 1998, when the two women

came to our home and suggested that I also learn Falun Gong. My wife often shared experiences with them on understandings about the Fa. At that time, I didn't know anything about cultivation, but one day I suddenly told them, "I want to cultivate, and I want to cultivate to be a Tathagata." They were surprised and asked me, "Why a Tathagata?" I said, "Because a Tathagata can save people." I surprised myself by saying this, because I didn't know what a Tathagata was. Later, after I began cultivating, I realized that what I said probably came from higher thoughts within me. It was probably my wish from eons ago.

In August 1998, I started to practice Falun Gong. My wife and I and our five-year-old daughter studied the Fa, practiced the exercises, and shared experiences together every day. Our family lived in harmony together. In our daily lives, all three of us were strict with ourselves and followed Dafa's requirements, including our daughter. Although our financial situation was relatively good, we never spent money casually. We even saved money when buying new clothes or snacks for our daughter and bought Dafa books to give to people in need. At that time, I was able to read one of Teacher's overseas lectures in addition to at least three lectures in *Zhuan Falun* every day. I eagerly studied the Fa daily. In just one year, I read *Zhuan Falun* more than one hundred times, and I could almost recite every question in the audio and videotapes of Teacher's overseas lectures. On average, Fa study and exercises took many hours each day, and this built a solid foundation for my future path of Fa-rectification cultivation.

## **2. Going to Beijing to Appeal - Our Lives Suddenly Change**

On July 19, 1999, the three members of our family, along with six other practitioners, heard the news that a few malicious people in the central government had decided to ban Falun Gong. As Dafa practitioners, we were very concerned, and wished we had wings to fly to Beijing to clarify the truth to the leaders in the central government.

Nine of us (six adults and three children) discussed the situation, and decided to go to Beijing without delay to safeguard Dafa. We spent 4,000 yuan to rent two cars, and drove long hours to get to Beijing. We drove 1,200 km (750 miles) in a day and a half and arrived at Tiananmen Square in Beijing at 11:00 p.m. on July 21, 1999. We safely returned home thereafter.

After coming back, we had several opportunities to share our experiences with local practitioners. Many practitioners went to Beijing one after another to validate Dafa. On September 6, 1999, three practitioners, who have since been tortured to death, and I went to Beijing to appeal once again. On October 11, we were arrested and taken back to Jilin City by the Jilin police who were stationed in the Beijing office. My wife and I were accused of being the Falun Gong "ringleaders" by the local newspapers and radio stations. We were detained for three days in the Jilin City Detention Center, and then transferred to the Third Prison and illegally detained there. At this prison I was inhumanly treated. I had never been to a prison, and the people around me were criminals and social outcasts. Each day seemed like a year. When I was in the city prison, my family spent around forty to fifty thousand yuan to persuade someone to "bail" me out, on

the condition that I would renounce my cultivation verbally and in writing. I couldn't wait to go home, so I complied with the request, against my better nature.

### **3. Redoubling My Efforts to Make Up for My Mistake by Openly Validating Dafa**

When I returned home, my wife was still illegally imprisoned in the First Prison, and our daughter was living with my mother-in-law. I was hired by a relative, and worked as a manager in a drug wholesale department. After I was released from prison, I started to realize the seriousness of cultivation.

My wife wrote me a few letters from prison, and encouraged me to correct my mistake of signing a guarantee statement. After I understood that what I did was wrong, I started to read Dafa books again.

I deeply regretted what I had done, and wanted to make up for it by redoubling my efforts. So I cultivated more diligently and worked harder. I treated every employee that I supervised with kindness. I not only helped them with their work and in their personal lives, but also integrated the truth of Dafa into my daily speech and actions. Soon, the employees in the wholesale department that I supervised improved from their previously selfish attitudes, and the profits kept growing each month. More importantly, everybody in the department treated each other with kindness, and like family. The colleagues in other departments all knew about the noble moral character and the remarkable professional abilities of Dafa practitioners. Later, three people in the company started to practice Falun Dafa.

Even though I was very busy with my work in 2000, I spent every minute I could find to study the Fa. Even during short walks I played Teacher's Fa lectures on my Walkman. Sometimes, when I was too busy, I slept only 1-2 hours a night, for up to a month. The days flew by very quickly, and although I felt content in my life, I always wondered, "Will I be able to reach Consummation even though I didn't validate Dafa at that crucial moment?" This question troubled me for a long time.

One morning at around 3:00 a.m., when I was meditating, the dark room suddenly became brilliant with a golden light. I opened my eyes and saw myself. I was filled with golden light and meditating in a brilliant ball of the same light. I thought my eyes might have been blinded, but when I looked again, it was still the same. This lasted for more than ten minutes. When I finished meditating, I didn't feel the slightest joy. Instead my heart felt solemn, and I couldn't stop the tears from pouring down my face. I knew that our merciful Teacher was telling me that I was still able to reach Consummation as long as I persisted in cultivation from now on.

In July 2000, I was illegally arrested and again sent to prison for sharing my experiences with several other Dafa practitioners. This time I resisted the malevolent factors and validated Dafa in all situations. I was mercilessly beaten, and my hips were seriously injured to the extent that I cannot walk. I was released free of any charges twenty-eight days later.

### **4) I Went to Beijing Again to Validate Dafa and Was Imprisoned**

In September 2000, I went to Beijing again to validate Dafa. On September 29, after I was illegally detained for more than twenty days in the Daxing County Detention Center in Beijing, I was transferred back to Jilin City in Jilin Province. Policemen from the Zhihe Police Station took me to the Fourth Squad of the crime division of the Chuanying Police Department. The police tied me to a Tiger Bench for eighteen hours and attempted to force me to disclose information regarding other practitioners. I firmly resisted their persecution. Later the local police station sent me to the Third Detention Center. After being held for more than a month, I was illegally sentenced to two years in the Huanxiling Labor Camp in Jilin City.

During this period of time, I read Teacher's lecture "Teaching the Fa at the Western U.S. Fa Conference." Teacher said,

"What is a Buddha? 'Tathagata' is what human beings call someone who's come with the truth and the power to do what he wants, whereas real Buddhas are guardians of the cosmos and are responsible for all righteous elements in the cosmos."

I realized that I should correct any phenomena that were not righteous in every persecution environment.

In the Huanxiling Labor Camp, I resisted the persecution with righteous thoughts. I benevolently taught policemen the laws of Dafa and how to act like human beings. Eventually one of the most malicious policemen in the Fourth Brigade named Wang, stated in a meeting when all eighteen Falun Gong practitioners were present that he admired practitioners. In the Fourth Brigade, it had been the practitioners who washed the clothing for the criminal prisoners, and the prisoners often beat and harassed practitioners. When I saw this situation, I shared my understanding with other practitioners that we should not cooperate with the persecution. When other practitioners were beaten or harassed, I bravely stepped forward to stop the malicious factors. I talked to them kindly and rectified their wrong thinking.

In two months, with the efforts of all the practitioners, the Fourth Brigade, which was the most malicious brigade in the Huanxiling Labor Camp, became the most lenient. One of the leaders of the criminal inmates, who had been the most malicious and often personally beat practitioners, began to change and finally came to feel from the behavior of practitioners that Dafa was sacred and from a high spiritual level. When his mother came to visit him, he privately told her to practice Falun Gong at home. Later, in order to further improve our environment, the eighteen practitioners in the Fourth Brigade had a group practice of the Falun Gong exercises in the prison in broad daylight. The authorities were shocked.

Then seven practitioners in the Fourth Brigade had a face-to-face talk with the leaders of the prison and requested that all practitioners be released free of any charges. The guards and prisoners were shocked. I was put into solitary confinement in a small cell for seven days for "organizing activities and instigating a rebellion."

On March 27, 2001, forty steadfast Dafa practitioners and I were transferred. I was sent to the Tonghua City Labor Camp in Jilin Province. At that time, the Tonghua Labor Camp claimed a 100% "reform rate" (everyone was forced to renounce their cultivation regardless of their true intention). I remember the day I arrived at the labor camp. Sun Jianfu, the chief of the Education Office came to assault me when he was drunk. He was accompanied by one of his most malicious guards. He held up an electric baton to threaten me. I told him calmly and righteously, "Please pay attention to your image as a government official." Under the effect of my righteous field, Sun Jianfu walked away sheepishly. He never dared to persecute me directly again. In this evil environment, about a dozen practitioners who were transferred with me consistently sent forth righteous thoughts and studied the Fa to create a better environment. In a few months, 90% of the practitioners who had previously renounced, under the pressures of torture, their practice of Falun Dafa, wrote solemn declarations that they would cultivate again and rectified themselves.

We also worked toward becoming "self-supervised" in the labor camp, instead of being supervised by criminal prisoners. We were in fact, the first example of "self-supervision" in China's labor camp system.

On December 27, 2001, more than one hundred steadfast practitioners from three labor camps in Tonghua, Baishan and Liaoyuan were transferred to the so-called "Reform Base" in Jilin Province—the most malicious Chaoyanggou Labor Camp in Changchun City. In the Chaoyanggou Labor Camp, I suffered from all kinds of brutal tortures. I was tortured on the so-called "sitting board" for a long time. Four or five policemen shocked me with several electric batons simultaneously for long periods of time. They brutally beat me with the handle of a shovel. They shocked me on the anus and other sensitive places, and used all kinds of corporal punishments on me.

When the malicious chief of the brigade scolded me, I reasoned with him calmly, but firmly. When the criminal prisoners beat me, harassed me or fined me for no reason, I warned them sternly about the cause and effect relationship of "good and evil" and that it always has consequences. I reported those illegal actions to the leaders in the brigade and the prison according to the law. Eventually even the most wicked policemen and the most threatening criminal prisoners were no longer fierce when around me. They said in private that what I told them made sense. In the Chaoyanggou Labor Camp, I refused to do slave labor. Normally this would result in punishment, but due to my righteous thoughts I was able to avoid being punished. The police exhausted every possible means and finally just left me alone.

I have experienced many tests in life and death situations in the most vicious environments. I strengthened my path of Fa-rectification with righteous enlightenment when facing life and death. After suffering all kinds of tribulations, I nobly walked out of the labor camp with dignity on December 11, 2002.

Little did I know that when I returned home, shocking news awaited me. My wife had been persecuted to death more than seven months before in the Heizuizi Women's Prison

in Jilin Province after being illegally sentenced to five years in prison for practicing Falun Dafa.

I was deeply grieved after hearing this devastating news. Although I lost my wife and my family was broken, I fully understood the mission and the responsibility of Dafa practitioners during the Fa-rectification period. It is to clarify truth and to save sentient beings. So I wiped away my tears and again put myself into the mighty current of Fa-rectification.

### **5) Letting Go of "Self" and Melting into the Fa**

The Fa-rectification work in my area was half paralyzed since early 2002 when the truth-clarification materials production site was destroyed and more than twenty practitioners were illegally sentenced to long prison terms. When I was fully prepared to begin my Fa-rectification work with my whole heart and soul, rumors were suddenly spreading around amongst fellow practitioners that I was a "spy."

I was confused as I faced this sudden "attack." I was willing to safeguard Dafa with my life and blood. How could I be regarded as a "spy"? I calmed myself and looked inward with a clear mind. I evaluated myself and the situation from the perspective of the Fa and came to the conclusion that the rumor was not caused by problems within me, but it was probably that the malicious factors feared that Dafa practitioners would form a whole-body, so they spread rumors that deceived some practitioners who didn't know the truth. The intent was to cause discord among local Dafa practitioners in order to weaken our efforts.

After I understood this, I no longer complained about those people who helped spread the rumor. Instead, I looked into myself for my shortcomings and attachments, and made every effort to resolve the lack of trust other practitioners had of me. I started to share my experiences with every practitioner that I came in contact with, studied Fa with them, improved with them, and worked with them on Fa-rectification projects. Later, several practitioners who coordinated Dafa projects with me were arrested so I had to take more responsibilities on to complete these projects. Over time, the rumor slowly faded as more practitioners began to trust me. I melted the "rock" that blocked them from forming a whole-body in the Fa-rectification path with my words and deeds.

In the process of coordinating activities with more practitioners, I gradually realized the importance of embracing and assimilating to the whole group. If you don't trust me, I will trust you first. If you don't coordinate with me, I will coordinate with you first. If you don't look inward, I will look inward first. As long as it's beneficial to the Fa-rectification, I can completely give up my personal ideas to support the whole. After I was enlightened to this principle, I shared it with more practitioners. After more than thirty local experience sharing Fa conferences, each practitioner could look inward and, where he disagreed with others, kindly point out the problems to others. The local experience sharing Fa conferences became purer and purer. Within this righteous field, more practitioners came out to validate Dafa and clarify the truth. The Fa-rectification work in our area changed into a pure path.

## 6) "Compassion can result in the spring of heaven and earth"

(*Hong Yin II*, provisional translation)

I have another feeling to share with everyone. When you see the shortcomings and attachments of another practitioner, you should kindly point it out to him instead of maintaining the so-called "getting along great" attitude among practitioners. But the premise is that you must fully consider the other person's situation, and that you are not attached to changing others. When we see another practitioner's problems, we should look into ourselves first. After we purify ourselves, we can then help other practitioners and thus improve ourselves together. Only in this way can we form a perfect and indestructible whole-body.

If I had a difference of opinion when I was doing Fa-rectification work with other practitioners, I could completely give up my opinion to support them as long as it was advantageous to Fa-rectification. My words and behavior influenced them. We were all tempered in Dafa. This is part of our cultivation in the Fa-rectification period. The three of us coordinated our efforts better and better, and formed a complete whole-body locally.

I realized that this was a quality that a Dafa practitioner should possess. We should tolerate other practitioners, tolerate others' lives, and understand others in their situations. Every Dafa particle plays a crucial role in forming a perfect whole-body. Only if we consistently give up our "selves" and embrace and assimilate to the whole-body, can the greater power of Dafa be manifested.

During the past five years of Fa-rectification, every practitioner has enlightened to certain laws. Although these laws may be enlightening practitioners in the same general direction, there are differences in the details of how to handle a specific problem, or the way of thinking about it. Everyone has different attachments, every life has different characteristics, and thus Dafa practitioners should embrace each other, understand each other, focus more on others' strong points, and make it their first priority to clarify the truth and to save sentient beings.

The main reason that the persecution was very serious in many areas was usually because practitioners emphasized the importance of "themselves" and neglected the improvement of the whole-body. Very diligent practitioners and those who have been in the forefront of Fa-rectification should not dwell on their own value too much. Instead, they should put more effort on helping other practitioners to come out and participate in the Fa-rectification process. What Teacher wants is for every practitioner, not just a few diligent practitioners, to be able to go back home, without anyone being left behind. Teacher regards every life the same, without any partiality. However, some of us artificially divide practitioners into different classes, such as diligent vs. not-diligent, staying-at-home vs. stepping forward, trustworthy vs. not-trustworthy, capable vs. not-so-capable...thus artificially fragmenting the whole-body. This is caused by a lack of understanding of Teacher's Fa.

As the practitioners in the local area and I improved our understanding about embracing each other as a whole-body, we no longer emphasized our personal feelings and understandings. Instead, we took the Fa as our teacher, and took into consideration other practitioners' feelings. We tried to get every practitioner involved in Fa-rectification. Every practitioner plays his role as a Fa particle in an equal and harmonious environment where there is no class or rank among practitioners. The overall environment to validate the Fa in our area has become better and better.

### **7) I Came to the World for Dafa, and to Fulfill My Life's Wish in This Lifetime**

I had been through all types of challenges before I obtained Falun Dafa and finally understood the true meaning of life. Everything that I had experienced in my lifetime happened to prepare me to obtain the Fa. So I have a peaceful mind every day and treat everything around me with mercy and compassion. I am able to keep myself cheerful every day when confronted with significant tribulations, even in the malicious environment of the labor camp when I had to face very vicious people.

Several criminal prisoners and policemen once asked me, "How can you be so optimistic in such a painful situation in the detention center and in the labor camp? You must be pretending!" I kindly responded to them, "No, I'm not." When I truly understood that the meaning of my life was to return to my original, true self, and that I was fortunate enough to cultivate Falun Dafa and understand that the reason I was reincarnated as a human being was to clarify the truth, and save sentient beings, I also realized that my life's purpose was to help Teacher with Fa-rectification and my eternal life was destined to be the most graceful—any hardships or worries in my mind vanished, and were replaced with the image of sentient beings. What was in my mind was no longer myself. Instead I was concerned with the suffering of innumerable beings. Whenever I felt pressured and worried in validating the Fa, whenever I didn't want to go forward in difficult situations, I thought of the Teacher's infinite grace and his merciful and arduous salvation of the millions of practitioners, and his salvation of all beings in the cosmos. Immediately my heart was no longer filled with my own interests. Instead, I was reminded that numerous beings need to know the truth and be saved by Dafa.

As I consistently gave up "self" and kept my mind on the sentient beings, I began to understand the meaning of mercy and compassion in my own realm of understanding. I understand that lives in the new cosmos actively and unconditionally assimilate to Dafa, and they have the righteous enlightenment of unselfishness and altruism. My understanding in my current cultivation state is: As long as I am following Teacher's requirement of Fa-rectification every moment, I have even changed the way I think. It is the feelings of others instead of my own that come to mind first. Only if we let go of "ourselves" and actively assimilate to Dafa, can we truly understand that Teacher's every sentence and every word in *Zhuan Falun* is absolutely true. At this time, I no longer complain about the vicious environment in China. Instead, I feel fortunate that I chose to assist Teacher in Fa-rectification and to save sentient beings.

Now I am energetic every day as if my energy can't be exhausted. Whenever I feel tired, I think of how eagerly the sentient beings want to know the truth, and then I forget about



myself and put myself back into Fa-rectification work. After getting rid of many human attachments, I have changed considerably. My mind has become purer and purer, and my thinking simpler and simpler. Sometimes I feel that I have become an innocent child. My appearance has also changed. I look like a young man in his twenties, although I am almost forty years old.

Recently I demonstrated the torture that I had suffered in police stations and exposed the malicious acts and heartless crimes of the Chinese police to the world. I also filed charges at the provincial People's Congress and the provincial procuratorate according to the Chinese constitution. My purpose is to expose the evil nature of the persecution to people, to bring to justice the police and the malicious forces who committed crimes, and at the same time, to awaken those who have been deceived by the lies of Jiang's regime so they may come to know the truth.

Looking back at the hardships that we have been through to rectify Dafa during the past five years, it was the merciful and great Teacher who gave us immeasurable wisdom. Teacher helps us to walk an upright path and return to our original, true selves, a path for human beings to become divine. Teacher gives us supreme and unprecedented honor. We have nothing to give back to him, but to listen to Teacher's instructions, to let go of our human attachments and to save more people.

The above is my cultivation process in validating the Fa during the past five years, which I am grateful to share with Teacher and my fellow practitioners.

## 20) I Would Still Want to Be a Falun Dafa Disciple If I Were to Choose Again

*By a Falun Dafa practitioner from Northeast China*

*I am a girl who has lived a life of ease and comfort. A few months after I attained Dafa, the persecution of Falun Dafa began. I was the only Falun Dafa practitioner in my family, and verification of Dafa and my personal cultivation were combined. I walked step by step under the perilous situation in China. Once an acquaintance said to me, "You cannot reach the end no matter what you do, but I admire you since you still insist on practicing in this situation. In the future, no matter what you do, you shall be successful."*

### **Attaining Falun Dafa**

February 12, 1999, was one of the most meaningful days in my life. In northern China, it was still a cold winter and very dark outside. I found the Falun Gong practice site all by myself. When I was practicing the second exercise, Master opened my celestial eye and I saw a grand Falun rotating. The Falun that Master installed in my body was also rotating with great speed. I truly felt the supernormal phenomenon and I understood: this is what I have been waiting for all my life; the purpose of living in the world is to find this. From that moment I have insisted on practicing Falun Dafa. Regardless of sudden storms or huge difficulties, I have never doubted Master and Dafa.

### **Unyielding under great pressure**

I was still in college in May 1999. My teacher sent for me and told me, "If you go to the park to practice Falun Gong again, you will be expelled from school." The next morning when I woke up, I thought, "I want to practice Falun Gong in the park. This is to protect the Fa." Suddenly my sleepiness disappeared completely. I went to the park and practiced Falun Gong every day.

It was not an easy thing to insist on practicing in the park. Along with the increasing pressure, people with different mindsets started to show up at the site. At the practice site, we often heard about practitioners in other areas who were persecuted for practicing Dafa, so some people were very anxious. One day when I was preparing to practice the Falun Gong exercises, I suddenly thought, "My life is so tiny. If I can protect such a magnificent Buddha Fa with my life, then what an honor this is. What should I be afraid of then?" At that moment, I felt myself completely melt into Dafa. I wanted to put down the notion of life and death, and I wanted to protect Dafa. Therefore, in those perilous days, I was able to go on unimpeded. On July 23, 1999, I was still practicing in the park in spite of the pressure. Afterwards I went to Beijing twice to validate Dafa.

Most of the practitioners in my area were pretty new, and many of them were going to Beijing to validate Dafa in hopes of reaching consummation. Because many of them had ordinary people's notions, they not only could not reach the goal of validating Dafa, but they were also persecuted. Some went astray down an evil path, some dared not to step forward anymore, and some distributed fake articles. At that time I could not get a clear direction from the perplexing situation. I didn't know what to do, so I quietly studied the

Fa at home. Because my family has our own business, we had many visitors during the day. I often stayed in our warehouse to read the Fa by myself all night until dawn. Once when my mind was very calm, I read *Zhuan Falun* twice in one day. With the three sets of Master's audio lectures, just after hearing several sentences I started to know which lecture it was. At the time I felt my thought-karma was reduced by a large amount, and my understanding of Dafa became deeper and deeper. This set a very firm foundation for my validating Dafa later.

At first I just clarified the truth when I had a chance, and I didn't really realize its importance. In the beginning of 2001, I heard from other practitioners that they needed money to build a material production site, so I took 1,000 yuan from my savings. Just like that I started to do some work with the materials site. I assisted in passing out truth-clarifying materials and distributed Master's articles to practitioners detained in detention centers and labor camps. Sometimes the printed materials started to pile up, so I often went outside to distribute them. Later the Clearwisdom website notified everyone to send forth righteous thoughts. After reading some of Master's lectures, I sent forth righteous thoughts and asked for Master's assistance before I went out to distribute truth-clarifying materials. Therefore, it went very smoothly, and I could distribute several hundred pieces of truth-clarifying materials very quickly.

I often went outside to distribute truth-clarifying materials by myself and stayed until the next morning. Many times I felt very thirsty and it was difficult for me to walk a single step further, so I encouraged myself by reciting Master's lectures until I had passed out the last flyer. Some practitioners were worried about my safety, because I was a girl. I thought, "I'm Master's disciple and what I'm doing is the most sacred thing. It will be fine." Master also used all kinds of ways to give me hints and encourage me. Occasionally the practitioners working at the materials site were arrested and the site was damaged frequently. The police came to arrest me many times, and I sent forth righteous thoughts every time. Many tribulations have been avoided under Master's protection.

### **A painful price**

I went to another city to study and got to know practitioner B through practitioner A. A was a girl and had been in the same Fa-study group with me. B was a boy. After I had become B's girlfriend, I could not tolerate or accept what had gone on before between A and B. I saw a very big loophole in my mind nature, and that was my attachment to emotions. The old forces clearly saw this as well, however, I didn't break the arrangements set for me. My jealousy and competitiveness were very intense, and I could not face the situation calmly and rationally. Because of this, the old forces strictly restrained the three of us, and we walked down the road the old forces had arranged for us. During that time, I could no longer study the Fa calmly. The emotional interference and trouble at work made me very weary. I saw that my own cosmic dimension had become gray, and sending forth righteous thoughts could only temporarily reduce the problems, but not completely solve them. When B was later arrested, he sold me out, as he was not able to bear the torture. I had to leave home.

After that, my parents, who used to love me so much, seemed to change completely, and they refused to give me any money. They also scolded me harshly over the phone. Other practitioners were also talking about me. Some said that I had slept with B. Others said I had problems using my money to do Dafa work. I explained to them and tried to prove that I was innocent. Some practitioners just would not believe me. It was unbearably painful. Actually, the tribulations the old forces had arranged were meant to destroy me. I often thought that, if I didn't practice Falun Dafa, I would have ended my life. I knew that having to move around away from home brought an unsteady factor to our local area. Because of my sentiments toward B, those practitioners all stood on the side of the old forces and made the persecution worse for me by not watching what they said when rumors were already flying. No matter how bad they seemed, it was, after all, my own failing. I hadn't walked a righteous path and had caused a huge loss to sentient beings in my local area. I felt deep regret and felt so ashamed to face Master's mercy. I was in pain and desperate.

### **Verifying Dafa with the purest heart**

Compassionate Master could see all this, and he didn't give up on me. He still led me step by step to rectify my cultivation path. Master said in his lecture,

"So in validating the Fa, you've all seen that there's a problem, namely, the old forces' emergence seriously interfering with the Fa-rectification and Dafa disciples. But no matter how they've interfered or how evil the things they've done are, when you look back you'll see that in fact nothing has 'escaped from the Tathagata's palm.' (*Applause*) And that's for sure." ("Teaching the Fa at the 2004 Western U.S. Fa Conference")

After I left home and broke the arrangements of the old forces, I worked more efficiently in validating Dafa.

As I worked at the material production sites, the practitioners beside me were arrested time and again and the sites were damaged from time to time. I would see the police waiting at a site to arrest practitioners, and time after time I avoided this tribulation. I also saw police officers and police cars by a nearby building, where they were preparing to arrest practitioners. I walked away safely while sending forth righteous thoughts. Time and again, I was in danger, but I passed safely. Some of the practitioners around me trusted me, some admired me, and some suspected me. I had just gone to another city to assist in their materials production site when the last practitioner who did Internet technical work was arrested, and the pressure on me increased. I said to a very close practitioner, "No wonder some people suspect me. I have even started to suspect myself. What's happening? How come, whenever I leave, something happens?" This practitioner sincerely told me, "I've had this kind of thought, too. This is thought-karma." At the time I was trapped in a quandary: Why was I always able to avoid so many tribulations? I wanted to know the answer. Later, I finally understood with Master's hint, and that was to do the most sacred thing with the purest heart.

The following are several of my experiences. When I validate Dafa with the purest heart, the impossible can become a reality under Master's compassionate assistance.

A practitioner sewed one of Master's articles in some clothing, and together we delivered the clothes to a detention center. When we arrived, they said it was not time to send in the clothes yet. The other practitioner wanted to leave, but I held back. I silently asked Master, "Master, help us. I must send the articles in there and allow the practitioners detained there to read them. They need them the most." After I sent forth that pure thought, Master arranged it for us. Immediately a guard walked out of the detention center. He knew the practitioner who was with me. When that practitioner explained the situation, the guard told the gate guard to send us in. Later I delivered articles several times by myself. The gate guard didn't ask anything after seeing it was me and just let me through. Other practitioners all felt this was unbelievable.

Practitioner C and I were delivering a box of truth-clarifying materials to practitioner D's home. Because her home phone was tapped, the police came immediately. When practitioner D started to chat with us about our families and so forth, practitioner C appeared a little nervous and wanted to escape, using the excuse of going to the bathroom. It was the first time I had encountered such a situation, and I didn't know what to do either. I thought that none of us should try to leave just then. The police would be suspicious and cause practitioner D big tribulations, which would be a huge loss to Dafa. I could feel that, with Master's assistance, my peaceful and compassionate field covered the whole apartment. With these righteous thoughts practitioner C came back, and the tribulation was resolved.

Although I didn't know the two practitioners who had escaped from a detention center, I accepted them warmly when a practitioner acquaintance led them to my place. The next night, the husband of one of the practitioners led the police to my residence. Her husband knocked with the signal that we had agreed upon earlier. After I opened the door, seven or eight police officers came in with him. My first thought was that, since the police had come, we should take the opportunity to clarify the truth to them. So I clarified the truth to one of them. The two practitioners hugged me and left with tears in their eyes. They were sent back to the detention center. Later I heard that they were illegally sentenced to prison. Master's photo, Dafa books, and Dafa materials were everywhere in my room at that time. It could have been a huge disaster for me, but the characteristic of the universe constrained everything, and everything was accounted for by Master. It seemed that nothing had happened to my place.

### **Take the Fa as Teacher, and be firm in great tribulation**

In the process of constructing a materials production site, we faced the crazy obstructions of the old forces and found it necessary to be even more calm and clear-minded to remove all the difficulties, take the Fa as our Teacher, and completely eradicate the arrangement of the old forces.

Once during the process of constructing our site, two main coordinators were accused and forced to leave their homes. The provincial police department searched everywhere to

catch them. This added more difficulties to the construction, which had already been experiencing hardships.

Some practitioners said that the provincial police were checking the IDs of pedestrians at main intersections. I did not have ID at the time. Some practitioners said that the police were going door to door, searching computers connected to the Internet. Most of us who were involved in constructing the materials production site wavered. Some suggested we move the site to another area; others suggested we temporarily suspend construction. I told them that this was interference by the old forces and that we could not follow their arrangement, that we absolutely could not move the site, as it would acknowledge them. Some practitioners said that I was not being responsible to the Fa and that I was not responsible for the whole body. Some practitioners said that I had a strong attachment to self and did not consider others.

Only two other practitioners supported me. Even I had a strong fear in my heart. But I knew I could not retreat and let the arrangement of the old forces be realized. Under this intense pressure, I insisted that, if the hearsay were true, and if I were discovered on the Internet, I would bear all the responsibility myself. So I stayed in the computer room by myself. The sky was gray with drizzle, and my heart was very heavy. I was sending righteous thoughts while downloading materials. Suddenly I felt that my whole life belonged to Dafa and that the heaviness in my heart was all the sentient beings poisoned by lies. With the mission of saving all sentient beings, how could I be fearful? What was there that I could not put down?

Once I assisted a materials site by teaching fellow practitioners some Internet techniques. Before they had learned the techniques very well, we heard a rumor. Some practitioners got "accurate" news that Jiang Zemin was coming. It seemed to become more and more real, and the practitioners got more and more upset. One of the most promising practitioner students learning the techniques quit, with the excuse that she wanted to go to her mother's home. The others also stopped coming, and I was the only one left. I was afraid. I knew that, although this city was small, the evil was rampant. The number of practitioners who were arrested and tortured to death here was high.

During that time the sky was always filled with dark clouds and the rain was unceasing. In that atmosphere of terror created by the old forces, the pressure on my heart was huge and formless. One day I saw a part of one of Teacher's lectures:

"What I'm telling you is that when you're truly able to let go of the thought of life or death you can do anything!" ("Teaching and Explaining the Fa at the Metropolitan New York Fa Conference")

The clouds in my heart suddenly disappeared and were replaced by shooting light. I was filled with infinite strength. I had righteous thoughts and the strength to level off a hilltop. I firmly believed that the current of Fa rectification was irresistible. I knew that the plot by the old forced was completely aborted. This materials site has been operating safely to this day.

### **It is cultivation, not doing a job**

I know that computers and printers are all living beings. They also need to position themselves during the Fa rectification. When they cooperate with me, I often sing songs composed by Dafa disciples for them or read a paragraph of Teacher's Fa to them. Therefore, the computers and printers that I have used all have a good relationship with me, and we cooperate tacitly when we work.

I have taught about 20 practitioners computer techniques. These people are of different ages and education levels. Ever since I taught the first practitioner, I have taken the teaching process as cultivation, not as teaching the techniques of the human world. I have continued to accumulate and sum up experiences to compile the best strategy for practitioners to learn Internet techniques, typesetting, and printing in the shortest time possible. During this process, my heart has often been tested.

An elderly practitioner, about 60 years old, could not learn how to double click the mouse in any way. I felt that my patience has reached its limit. I really did not want to continue to teach her. At this time I remembered Teacher's lecture in New Zealand, when a practitioner asked Teacher a question about her husband staying in the level of eliminating illness karma for a long time. Teacher said,

" Another thing is that if his family members are also disciples, and they attach importance to these things, that's an attachment, and it will also prolong it. Since cultivation takes into consideration your Consummation, and is responsible for your improvement, not only is it responsible for him and eliminates his karma, but it also has to remove your attachments. You have to be a genuine cultivator, truly progress diligently, and be able to let go of anything. See what can happen. If you hold onto certain things with extreme emotions it will become a big attachment, and in turn it will affect others." (*Lecture at the Conference in New Zealand*)

I understood that the more my heart became agitated, the more tribulation I unconsciously added to her, and the slower she learned. I put down my impatient heart, and eventually she grasped it.

Since November 2001, I have been submitting articles to Clearwisdom. I just had one thought at that time: support Clearwisdom. I wrote of my experience clarifying the truth and the scenes that I saw through my celestial eye. I saw that the articles written by fellow practitioners were clear-minded. I admired them very much because I did not know how to write political commentary articles.

Once I wanted to write an article targeting the damage by the evil in our area. As I started to write, I found my attachment to showing off kept turning up. I seemed unable to prevent it. I stopped, pressed my hand in front of my chest, and said in my heart, "This is validating Dafa, not validating myself. I cannot show off myself. The purpose of writing the article is to let fellow practitioners read it and learn something. I must purify my heart." I do not know how long I pressed my hand to my heart in front of my computer; I do not know how many times I repeated the words. After I became calm, I

was able to finish the article quickly. Most of my fellow practitioners thought it was very good. I knew it was Master who gave me wisdom.

After this, I found that my attachment to showing off had been unconsciously removed to a large degree. The purpose of writing articles became more and more clear, and my heart become more and more pure. I always carefully read the parts of my articles that Clearwisdom volunteers had modified. Although the modifications were small, I saw the solid xinxing of the Clearwisdom editors. The part that was not compassionate enough or not accurate enough became very good after modification. I also saw the shortcomings in my cultivation and made efforts to improve in these areas.

### **All Dafa disciples are one body**

Cultivation is serious. In the current stage, it is also harsh. In the severe tests and severe tribulations arranged by the old forces, every test is a life-or-death test for us to let go of human attachments on our way towards godhood. Any human attachment could make us fall down and fail in our cultivation process halfway. Cultivation in the Fa-rectification period is even more serious. The stability of every Fa particle is related to the whole, and it is not just a personal problem.

#### **(1) Help and support each other**

In May 2001, several practitioners that produced Dafa truth-clarification materials in our area were arrested. The whole group suffered a heavy loss, so all the practitioners responsible for producing truth-clarification materials gathered together twice. We made many banners and truth-clarification materials to save sentient beings. The practitioners at the site were responsible for posting them along major streets downtown, in local police stations, and in detention centers. Practitioners from nearby were responsible for posting materials in the surrounding rural areas. We arranged to do it simultaneously. The two activities encouraged practitioners who were previously afraid and had not dared to come out to validate Dafa. They also shocked the authorities responsible for the persecution. None of us encountered any danger.

"Dafa disciples are one body, and I affirm everything they've been doing during Fa-rectification--they're all doing what Dafa disciples should do. Different approaches are in fact the all-encompassing way in which roles are dynamically distributed in the operations of the Fa, and the Fa-power is a reflection of the one body." ("Do Not Differentiate Between Fa-Rectification Projects; 'A Great Way Has No Form' But Exists As a Whole," With Master's Comment)

When I delivered materials to other practitioners I often shared my experiences of taking practitioners who were previously too afraid to distribute truth-clarification materials along with me. After distributing materials together a few times, most were able to distribute materials by themselves. Gradually, more and more practitioners came out to clarify the truth.

#### **(2) Our understandings about being one body grew deeper after certain lessons**



After the material production site where I worked was damaged, some practitioners suspected that I was a spy and some were afraid to give me shelter. The practitioners who failed to watch what they said helped cause a big tribulation for me. The persecution of the old forces prevailed due to the combined effects of the omission in the whole body and my own attachments.

Seven collaborators, six women and one man, tricked me into teaching them how to use computers through a practitioner who knew me. That was on May 13, 2002, World Falun Dafa Day.

I arrived at one of their homes at 8 p.m. I didn't know them. They wanted me to teach them how to send letters to the Clearwisdom website. I didn't bring the software to access the Internet with me at that time. Eventually they showed their true, vicious faces and started to beat me. I have never been beaten like that before in my whole life, and I was aghast. I remembered what Wang Kemin, a fellow practitioner who was persecuted to death, said to me once, "When the evil people beat me, I felt flustered at first. But the more they beat me, the stronger the faith I have in Dafa. There is no way that they can get any information from me. I am willing to pay with my life for Truthfulness." His words encouraged me, and I gradually calmed down. The collaborators began to beat me mercilessly. They pulled my hair and threw me at the wall. When I was knocked down, they kicked me very hard. I was very clear-minded and realized that they just wanted to destroy my belief in Dafa. I told them in my mind, "Even if you beat me to death, I still have faith in Teacher. However, you are not allowed to take away my life. My life is to be saved to help Teacher in Fa-rectification and to save sentient beings!"

When the authorities found out that beating me didn't work, they began to pressure me to answer their questions about where those responsible for the materials site lived. I searched within myself for omissions. The practitioners they asked about either had helped me in my difficult times and I had developed human sentiments toward them or had previously had conflicts with me. I clearly saw the omissions in my cultivation and rectified them with the Fa.

The authorities exhausted all their resources and failed to obtain any information, so they decided to send me to a police station. I said to them in my mind, "It's up to Teacher to decide, not you." When they were cleaning up, I went to the bathroom. I said quietly in my mind, "Teacher, it's very important for me to stay outside to do Dafa work steadily and to save sentient beings. Before the immense force of Fa-rectification comes, we cannot afford such a loss." When I stepped out of the bathroom, I found nobody in the living room or the bedroom. I knew it was my opportunity to escape, so I opened the door without hesitation and ran out as fast as I could. One of them chased after me. I sent forth righteous thoughts and at the same time I thought of Teacher's words

“...about legendary ‘magic feet,’ where you see an old man walking who walks very slowly and leisurely, but you can't catch up with him even on horseback.”  
(*Lecture at the Western United States Fa Conference*)

I asked Teacher to help so she couldn't catch me. With Teacher's protection, after a 14-hour tribulation, I escaped from the evil's clutches. I wasn't wearing any shoes, and a fellow practitioner was surprised to see me. My face was swollen from the beating, and my feet were full of bloody blisters.

After this incident, everyone in our small group searched deeply within. Nobody blamed others any more, and everyone realized that it was the responsibility of the whole body. Everyone understood the concept that we are one body more deeply, instead of understanding it only from a theoretical perspective. We were forming a more and more encompassing whole body.

### **(3) Rationally clarify the truth when working at a materials production site**

I never stopped clarifying the truth face-to-face or distributing flyers when I was working at the materials production site. When I was not too busy, I often participated in posting truth clarification materials, too. Teacher told us,

"The old forces don't dare to oppose our clarifying the truth or saving sentient beings. What's key is to not let them take advantage of the gaps in your state of mind when you do things." ("Teaching the Fa at the 2002 Fa Conference in Boston")

It is not right from the Fa's point of view to think that it's dangerous for practitioners working in a materials production site to clarify the truth or to distribute flyers. It all depends on our state of mind. Of course, practitioners in a materials production site should consider the whole body more, and do so rationally according to the local situation. One of my experiences in clarifying the truth helped me to better understand the Fa quoted above.

I was taking a bus one day when the ticket seller on the bus started to talk about Falun Dafa irresponsibly. I thought that I must clarify the truth to him, but when I saw so many other people on the bus, I became frightened. I had all kinds of software in my bag, which made me even more fearful. I sent righteous thoughts for a while and asked Teacher to support me. I told the ticket seller, who was standing next to the door, "The Chinese government manufactured an incredible fraud. The Tiananmen self-immolation was fabricated to defame Falun Gong." Everyone was looking at me. It became very quiet on the bus. I felt the understanding side of those sentient beings that yearned for the truth. A peaceful and compassionate field enveloped the entire bus. When I talked about how little Siying was able to speak, even though she supposedly had a tube in her trachea after a tracheotomy, the ticket seller even helped me, saying, "That self-immolation was false. I know that if a person has a tracheotomy, he must cover the tube with his hands in order to make even a little broken, wheezing sound."

I also talked about how widespread Dafa is overseas. When I had finished, a girl told me, "I have read your Dafa materials. I have a relative who also practices Dafa." When I met the ticket seller again later, he greeted me enthusiastically.

After this experience, I always try my best to clarify the truth when I take a bus, whether long-distance or short, and more and more people are able to accept it.

If I had to choose again, venerable Teacher, I would make the same choice and make a pledge to you – to come to earth with Teacher, to help Teacher to rectify the Fa, to safeguard the Fa with my life, and to be your Dafa disciple!

## 21) Keeping Righteous Thoughts at All Times and Walking Along the Cultivation Path Arranged by Teacher

*By a Falun Dafa Practitioner in Hebei Province*

I began to learn Falun Dafa in 1999, when I was 21 years old. In the beginning I didn't understand how important it was to cherish the time and use it wisely; I didn't realize the importance of studying the Fa. As a matter of fact, it was as though I was in a state of limbo, and oftentimes I was unsure whether I should practice or not. After July 20, 1999, all the practitioners I knew went to Beijing to validate the Fa. I, however, remained hidden in my home. In December 2000, with the help of some of the other practitioners, I prepared to go to Beijing. My home phone was tapped, however, so my mother and I were forced to go to a brainwashing center. After I was there for three months, because of my fearful mentality and attachment to comfort, compounded by the fact that I didn't study the Fa well, I signed a "Guarantee Statement," and I tore up a Dafa book, as the police required.

After I went back home, I read Teacher's new articles, "Coercion Cannot Change People's Hearts" and "A Suggestion," and I knew I had done a bad thing. Then, when I read some articles published on the Clearwisdom website regarding the seriousness of writing the "Three Statements," I suddenly realized that I had been taken advantage of by the old forces because of my attachments. I cried and cried, but I knew it was no use just crying. I knew I needed to take action to make up for the losses I had brought to Dafa.

From that time on I would go to a place some 30 kilometers away from the city to pick up truth-clarification materials and bring them home. I would then fold the materials before handing them out. Later, since there were no Falun Dafa materials sites in the city, many practitioners could not get Teacher's new articles or Clearwisdom articles, so I became the contact person between the Dafa materials site and the practitioners in the city.

In December 2001, several practitioners from the materials site were arrested and sentenced to forced labor. On the third evening of the Chinese New Year, a practitioner called me and said that the practitioners who were arrested had confessed about the materials site, and also suggested that I go into hiding. I knew that if I left, it would affect the truth-clarification work in our area; furthermore my absence would be a source of great concern for my family. I told myself to stay calm. My heart pounded rapidly and I was filled with anxiety. Reciting the Fa made me feel a bit calmer, but when I stopped, the fear would resurface. It was as though there was nothing but fear; it seemed to fill this whole dimension. When it became unbearable I would again recite the Fa. I suffered this torment throughout an entire night that seemed to last forever. The next morning I went back to the materials site to investigate, only to find that it was all hearsay.

In 2002, the practitioner we relied on to download materials from the Internet was sentenced to 7 years in prison. All the practitioners in the city as well as the surrounding areas depended on this materials site to provide Teacher's new articles and truth-clarification materials. Without this practitioner we no longer had a source for Clearwisdom articles. Two practitioners came and asked me if I had any ideas. I knew

another practitioner who was adept at browsing the Internet. I went to him and explained our dilemma. He thought about it for a while, and then he agreed to take the place of the practitioner who had been arrested. I knew that in that moment he had passed the test of life and death. The pressure he endured was beyond the imagination of many of our practitioners. I vowed to myself that I would give my all to protect this practitioner. For the sake of saving the sentient beings and to safeguard other Falun Dafa practitioners, I alone was his contact to the materials site.

After the establishment of the "World Organization to Investigate the Persecution of Falun Gong," in order to expose the evil and the persecution of Falun Dafa practitioners, many of us began to put our experiences in writing. Many times my eyes have welled up with tears when I read the articles written by fellow practitioners. I am a practitioner who once betrayed Teacher, yet Teacher is so merciful and has given me many opportunities to make amends. The practitioners trust me, and I have no excuse for not doing things well!

One evening that winter, my aunt (a Dafa practitioner) called me outside and said, "The city police department knows very well who you are, and they are preparing to arrest you. So and so (another Dafa practitioner) told me about it. She said she went several times to investigate and assures me that the information is accurate. We have made all the necessary arrangements for you, now you must come with me!"

My heart raced when I heard this news, as I was caught so completely unprepared. I said, "Let me think about it." We walked slowly down a narrow lane as the frigid wind whistled. It was very dark and the dogs were barking. I looked at the sky and felt as though I was being crushed under a great weight. What should I do? We continued our walk and all of the sudden I remembered the article I had just read. The article was about how Dafa practitioners should totally negate the old forces' arrangements. I felt a stir in my heart as I realized that this was the answer. I knew that I had to walk the path arranged by Teacher. "I will not leave!" I said to my aunt with finality. The old forces wanted me to leave my home and wander about from place to place, but I wouldn't accept what they had arranged for me. The path arranged by our Teacher is the best. Not only is it in line with human society, it would allow me the best conditions to continue my work for the Fa-rectification and save my family from the fear and pain of losing me.

My aunt asked me again, "Are you sure that you won't leave? You must think twice. Leave now while you still have time."

"No. I am not leaving." I told her without any doubt.

Later, at home in my bed, I felt an immense pressure. I knew practitioners who were sentenced to forced labor camps, others who were illegally detained, some who were suffering from the cruelest of tortures, and one who almost lost his life. I wondered, "If I were arrested, could I really withstand the tribulation?" I knew I would not tell them about the practitioner who downloaded information from the Internet for us, and I most certainly would not talk about the materials site. I just could not calm down. Then I recalled what Teacher said in *Zhuan Falun*, "When it's difficult to endure, you can endure

it. When it's impossible to do, you can do it." Gritting my teeth, I got up and knelt by the bed to ask Teacher for help. Then I held my copy of *Zhuan Falun*, wondering if I would have the opportunity to read it in the future, or was this possibly my last chance to read the book. It seemed as though every word in the book was engraved in my mind. I read and read and read. I was so regretful that I had not studied the Fa well in the past, when I'd had the chance. But the old forces didn't dare to persecute me. The reason is that I chose the path that Teacher arranged for me. The old forces' plan to make me flee and become homeless was a complete failure.

In the spring of 2003, all the practitioners at our materials site were arrested. In order to find out who had supplied them with the Clearwisdom materials, the police cruelly tortured the practitioner who had done the editing. She was deprived of sleep for 7 consecutive days, and the backs of her hands were charred from the electric shocks she endured. The torture left her unable to walk alone. Later she was sentenced to 8 years in prison. Other practitioners received sentences varying from 3 to 7 years. One or two practitioners were forced to confess, and they gave them some information about me, so the head of the Political and Security Section of the police department led 8 policemen to come and arrest me. My mother, who is also a Dafa practitioner, sent forth righteous thoughts. Because I was not home they waited for me until noon, and then left.

When I returned to my home, my mother told me that the police had just left. I hadn't intended to be so late coming home, but as I was returning, a practitioner stopped me to talk. Now I know it was Teacher protecting me. Mom said, "You should leave right now." I asked myself, wasn't this the evil trying to manipulate me again into leaving home and becoming a homeless fugitive? Because Teacher gave me time, I asked my mother to change her thinking, calm down and strengthen her righteous thoughts. I said to her, "I am not leaving. If I were to leave, wouldn't that be like giving myself away?" In the afternoon my mother told the practitioners who lived near by about the situation, and asked them to send forth righteous thoughts. In the evening two policemen from the local police station came. I did not greet them. (I now understand that I should clarify the truth to them and expose the evil.) The following morning the police took me away in a police car. Before I left I told my mother that I would certainly be back and I asked her not to worry. In the police car I remembered my vow not to betray the practitioners who worked on the Internet no matter what the police did to me. I also reminded myself about the vow I made before leaving home. I was certain that since I had been given time to leave the house but chose not to, I would surely be able to return home.

A practitioner had shared with me her experiences concerning how she passed the test. She was high on the national "Most Wanted" list. One day the police arrested her and several of them interrogated her, but she didn't say a word. She just sat there, continuously sending forth righteous thoughts. The policemen compared her with photos they carried with them for quite some time, but ultimately they couldn't identify her. The officers were silent for a long time, and then suddenly one of the policemen shouted her name to see if she would react. This practitioner, however, did not even blink her eyes, and had no expression whatsoever on her face. She looked at them with righteous thoughts. Finally the police officers decided that it wasn't her and let her go. From the time they arrested her until they let her go, the police never once touched her. This is just

like what Teacher said, "...just by having your heart unaffected you will be able to handle all situations." ("Eliminate Your Last Attachment(s)" in *Essentials for Further Advancement II*)

I got out of the police car calmly and unhurriedly, and faced their interrogation with ease. No matter what they asked me about Falun Dafa activities, I had only one answer for them, "I don't know." They looked at my facial expressions, watched my eye movements, and listened to the way I answered the questions. Finally they came to the conclusion that I was not the one they were looking for, so they just let me go home.

When I got home my aunt (also a Falun Dafa practitioner) said to me happily, "We were all so worried for you. Yesterday we informed all the practitioners we know, and we sent forth righteous thoughts all night. I am so glad that you are home." I was deeply moved and my eyes were brimming with tears. I was glad to be a particle of Dafa. Originally we were all strangers and it was Dafa that linked our hearts together.

Remembering the last few years, I know the reason I am able to walk my path smoothly to this day in such dangerous situations is not because I've cultivated well, since I know I've always had a lot of human attachments, including the attachment of fear and the attachment to comfort, but because I have chosen the path of cultivation arranged by Teacher. Therefore, even though I had attachments and loopholes, the evil didn't dare to persecute me. The other reason is that the practitioners in my area all treated me like one of their own family members. Some practitioners wanted to buy a motorbike for me so it wouldn't be so arduous traveling long distances, and others wanted to buy a cell phone for me to help me save time. Whenever practitioners saw my attachments or noticed something that I did not do well, they would kindly point it out to me. For my safety they made many suggestions. Some tried to tell me how I could do these things better from the human side and others told me from the perspective of Fa principles how I could keep righteous thoughts and righteous actions. I think both aspects are important, so I do my best to keep them in mind. Though I suffered some hardships and sometimes felt the pressure, the feeling I most often experienced was joy and happiness. I think it should be that way, because a life is born with the characteristics "Truthfulness, Compassion and Tolerance," so to be responsible for the righteousness of the universe is the most joyful and happiest thing for life. Seeing banners that I made fluttering in the trees, I honestly felt incredibly happy. My own requirement is to keep a positive perspective in adverse conditions.

I still haven't done well in many areas. The time Teacher gives us to validate the Fa is limited, so I will seize the time and do well the three things our Teachers asks of us: study the Fa, send righteous thoughts, and clarify the truth. I will do my best to live up to the expectations of Teacher and fulfill the hopes and needs of sentient beings.

## 22) Maintain Righteous Thoughts, Play the Role of a Dafa Particle

*By a Falun Gong practitioner in Hebei Province*

### Happy to Obtain Falun Dafa

Before I began practicing Falun Dafa, I suffered from several illnesses including heart problems, cholecystitis (inflammation of the gallbladder), pelvic cavity disease and other ailments. I had visited many Western medicine and traditional Chinese medicine doctors, taken numerous medications and herbs and had spent huge sums of money, but nothing helped. Suffering from these illnesses made me ill-tempered. My mind was not open, and I felt that I would rather die than live. In 1994 when I was feeling so helpless, I was given the opportunity to know Falun Gong. I immediately knew that Falun Gong was wonderful, but I did not start to practice right away. Not until March 1995, when I obtained the book, *Zhuan Falun*, did I realize how genuinely precious Falun Dafa was. While I studied the Fa, cultivated my heart and practiced the exercises, our respected Master continuously purified my body, mind and soul. Soon, I felt very relaxed and all my illnesses disappeared.

I am someone who has personally benefited from Falun Gong. I told all my family members, friends, colleagues, and classmates about the wonders and beauty of Falun Gong through my personal experience. My mother, sister, colleagues, classmates and neighbors successively obtained the Fa.

In 1997, I took the initiative to voluntarily teach the Falun Gong exercises at the local practice site. Every day I brought the cassette player to the practice site on time. Wind and rain never stopped me. Master has given me so much that I could never express my limitless gratitude, even if I were to use up all human language. I wished to devote all I had to Dafa, deeply from my heart. In order to help more people to obtain the Fa, in late 1998 I coordinated four nearby practice sites; among those was the practice site at the No. 3 Middle School. There were only a few practitioners at the beginning, but soon more than 100 people came to practice Falun Gong. I also encouraged veteran practitioners to help the new practitioners, and set up over ten Fa study groups in our area.

I often went to several study groups to study the Fa and shared experiences with fellow practitioners. We encouraged each other. More practitioners were provided with a good environment at the practice site on a daily basis, for practicing the exercises and studying the Fa. Practitioners who had extra free time could even stay to listen to Master's recorded lectures after practicing the exercises each morning. Practitioners who needed to go to work and were without a convenient home environment could come to the practice site at night to read *Zhuan Falun* with others. Every Sunday I would go to the countryside with fellow practitioners to spread the Fa. We would coordinate the practitioners in the countryside to watch videos of Master's lectures as well teach the exercises, and correct new practitioners' exercise movements. After each experience, when I returned home from spreading the Fa, I felt so honored and wonderful that I was born during an era when Dafa was widely spread, and that I was able to do my part for Dafa. Once after I



returned home from spreading the Fa, I played a video of one of Master's lectures and studied the Fa. Master displayed for me that each word on the page was getting into my pores and my whole mind and body was dissolved into the Fa. Such wonder and ease can in no way be described with human language.

### **Appealing in Beijing**

On April 25, 1999, I heard that Falun Gong practitioners had been arrested in Tianjin. I felt that this was not a matter specific to Tianjin alone. Nobody has the right to stop us from being a better person and cultivating a compassionate mindset and attitude. A Dafa practitioner should simply uphold the Fa. So I told fellow practitioners that all practitioners should be told about what had happened in Tianjin and that we all should go to Beijing to appeal, to express our opinions to the government.

The situation became harsh after April 25, 1999. An instructor and police officer surnamed Li, from a police station in Zhangjiakou City, often came to our practice site to harass us and attempted to find out who the assistant was. I only had one thought then: Dafa is priority Number One. If I was arrested, the practice site must remain. I further made sure with other practitioners that the cassette player would be brought to the practice site on time, every day, and we must firmly practice Dafa. As long as I was there for just one more day, I would bring the cassette players on time to the two practice sites I was responsible for. I also kept watch on the practice site every day, taught new practitioners the exercises, corrected their exercise movements and maintained a calm mind. Both the uniformed and plainclothes police officers, as well as staff from the street administration office, surrounded the practice sites every day and mixed themselves in with practitioners. I turned a blind eye to it. I would only follow Master. I regarded all who came to the practice site as beings coming to obtain the Fa. I created opportunities to help them understand Falun Gong. I just followed Masters' teaching, "Just by having your heart unaffected you will be able to handle all situations." (*"Eliminate Your Last Attachment(s)" Essentials for Further Advancement*) As I always maintained a compassionate heart, they never discovered who the assistant was.

On July 20, 1999, Jiang Zemin and his followers started to officially persecute Falun Gong. I took my 80-year-old mother who also practices Falun Gong and a fellow practitioner who was over 70 years old, and we went to Beijing to validate Dafa. We were arrested as soon as we arrived in Beijing. The police sent us to Baoding City and detained us for two days and one night. Then they started to force Dafa practitioners into a van, handling us violently, and sent us to various places. Several policemen yanked my hair and pushed me into the van while they kept kicking and beating me. My elderly mother and I were sent to Shalingzi in Zhangjiakou City against our will. They forced us to watch a video attacking Dafa and defaming Master. One practitioner was very frightened and asked me what to do. I said, "Master is here. The Fa is here. Master is immediately beside us, don't be afraid!"

## Protecting Dafa Books

Soon they took us in groups to Jianguo Road Primary School in Zhangjiakou City. Several dozen policemen attacked Dafa practitioners. They forced us to stand day and night, watch the videos defaming Master and Dafa, write the "Guarantee Statements" to giving up Falun Dafa, and ordered us to hand in Dafa books. I said to fellow practitioners, "Master's books are priceless treasures; they are more precious than our lives. We should never hand in these books and should never write the 'Guarantee Statements.'" I felt that one would be in the bottomless abyss once one left Master and Dafa. I maintained the thought that I would never cooperate with the evil.

Later, I thought, "I must get out of here." There were still over a dozen copies of Master's books and Master's portraits in my home that should never fall into the persecutors' hands. Just with this thought, under Master's compassionate protection, my family came and bailed me out. When I went home, my brother said, "It was I who bailed you out. They asked me to hand in the books. Even if it is just one book; you still have to hand it in." I said in tears, "Master has given us so much! You also know that I would rather lose my life than give up these books; I would not even give them one single word on a page!" Because of this thought, over the past five years of persecution, except for one of my copies of *Zhuan Falun* kept in a fellow practitioner's home that the persecutors later searched and took away, all my books have been protected.

## Doing Group Practice and Validating Dafa

Toward the end of August 1999, the authorities were extremely rampant in their persecution of practitioners. Another practitioner and I realized that we should not stay at home to passively endure – we should go out to do group practice to validate Dafa. Against great pressure, I went to visit fellow practitioners to encourage them to step out to uphold the Fa. I went with several dozen practitioners to the city People's Park to do the group practice. The first day, people who did not know the truth reported us to the police and two male practitioners were arrested. That night, I shared experiences with fellow practitioners. We thought that we must go to the park to practice the exercises, to protest the illegal arrest of practitioners. The next day, as soon as four fellow practitioners and I arrived at the park, police surrounded the former practice site. The armed security guards regarded us as formidable enemies, brought their guns and drove the police vans in teams, rushing into the park. Police officers and armed security guards were everywhere, outside the park as well as on the grounds. They abducted seven of us and took us to the Mingdenan Police Station. In the afternoon, officers from the Qiaodong Police Department transferred us to the Qiaodong Party School to beat us violently.

The blackboard at the school entrance had defamatory words slandering Master and Dafa written all over it. They attempted to force us to write the "Three Statements," to give up Falun Dafa. I said to fellow practitioners that we must never write these and we must never taint Master's reputation. The criminals deprived us of sleep. During the day they put us under the scorching sun; at night they forced us to stand, watch the videos attacking Master and Dafa, and then tried to force us to write the "Three Statements."

Every day the police, people from the administration center and the head of the Qiaodong District attempted to brainwash us and force us to write the "Three Statements." We also had to face interference from the fake lectures brought in by fellow practitioners. Additionally, more than a dozen of my family members came to persuade me to give up practicing Falun Dafa. I realized that this happened in order for me to pass the tribulation of emotional attachments to my family, and that nobody should be able to change my mind. Three days later, as I firmly refused to write the statements, Police Chief Yan Zhiyou ordered to have me incarcerated in the Shisanli Detention Center. Ten days later, I was then dragged into the police station. Chief Deng and policeman Li again attempted to force me to write the Guarantee Statement. I firmly refused. Several hours later they had to release me.

### **Going to Beijing Again to Validate Dafa**

On October 8, 1999 I again went to Beijing with fellow practitioners to validate Dafa. The police detained me on Tiananmen Square and unlawfully put me into a police van. A fellow practitioner and I jumped out of the van and escaped. On November 27, 1999, three fellow practitioners and I planned to go to Tiananmen Square to meditate, and another practitioner wished to go to appeal. As we were discussing this, Beijing police arrested us and sent us to the Tiananmen Police Station. They then transferred us to the Shisanli Detention Center in Zhangjiakou City. Eight days after I was detained, around midnight a policeman ordered fellow practitioners and me to write the "Guarantee Statements." I said, "If it is for expressing the greatness of Falun Gong it is OK. Otherwise, don't even think about other requirements." I wrote about how righteous Falun Gong is. He gave me the thumbs up sign and said, "You write very well, with deep understanding, at the level of a university graduate."

As I protested the illegal detention with a hunger strike, the police station personnel and the Textile Bureau [*probably the author's company*] kept sending people to the detention center to force me to eat. I told them that no one could shake my firm and righteous determination in Falun Dafa. After I was sent back to the cell, my legs were so light and I had almost no sensation while I did the meditation. Fifteen days later, Ma Fuwei, Deputy Chief from the Qiaodong Police Department, brought two section chiefs into the detention center and attempted to force me to write the "Guarantee Statement" and threatened that they would sentence me if I did not write it. At that very moment, the police department personnel had urged about eight or nine of my family members, even including my two-year-old grandson, to visit me. I immediately understood that it was severe interference from both sides. Right away I said to my family members, "You all go back. None of you should get involved with this problem."

After 2:00 p.m. the police department personnel kept changing their methods to force me to give in, but by 6:00 p.m. they still could not achieve their objective. I saw my family members still standing in the courtyard then, waiting for the result. They were so cold that they kept shuffling their feet to keep warm. My two-year-old grandson stayed bundled in the arms of his grandfather. I looked at them and thought that I must remain unshaken and firmly uphold Dafa, and must not allow any emotions to change my mind. I

would closely follow Master and should never damage Dafa's reputation. I knew I had to eliminate this interference. If I followed the arrangements of the old forces, that would push my family members into hell and I would indeed lose them. If I let go of this attachment, they would have a bright future. As my determination was firm, I would never write the "Guarantee Statement." After about 7:00 p.m., Section Chief Meng reported to his supervisor. When he entered the room he said to me, "OK, I truly admire your Master who has taught such a firm disciple." At 7:30 p.m. they released me. Since then, I have seldom run into anyone else who attempted to force me to write a "Guarantee Statement."

Returning home, I again made use of the time to study the Fa and prepared for my next opportunity to go out to validate Dafa. I realized the importance of studying the Fa, particularly after April 25, 1999. A practitioner cannot do well unless he or she understands the Fa principles. Even in the most vicious environment, if one can firmly remember a single sentence of Master's teachings, one is able to break through any difficulties. My family members saw me studying and transcribing the Fa so diligently. My husband said, "You see, soon you are going out again." Each time I went out to validate Dafa I transcribed Master's teachings into a little notebook and hid it in my clothes so that it would be there to instruct me to overcome difficulties in prisons. I had not yet realized then that practitioners should not be arrested for validating Dafa. I only thought that we should be permitted to practice openly and with dignity, as otherwise Dafa would not be as widely spread in the human world.

### **Resisting the Persecution with Righteous Thoughts; Leaving Prison as a Group**

In February 2000 I planned to go to Beijing with fellow practitioners to validate Dafa. Nevertheless, since I was afraid of being arrested and suffering persecution again, the evil in other dimensions took advantage of my omission. At about 11:00 p.m., officers from a local police station broke into my home and took me and several fellow practitioners to the police station. Three days later we were sent to the Shisanli Detention Center where about twenty Dafa practitioners were imprisoned.

One of the practitioners had brought a copy of *Zhuan Falun*. We studied the Fa together. The detention center supervisor ordered us to turn in the book. We refused. A guard jumped onto our bed with a leather belt in his hand trying to take the book away. We covered the book with our bodies, telling him we would not turn in the book unless they took our lives! We recited from *Hong Yin* [a collection of Master's poems] together,

"To live with no pursuits;  
To die with no regrets;  
All excessive thoughts extinguished,  
Cultivating Buddha-hood is not difficult."

("Non-existence," Provisional Translation)

Our pure righteous thoughts and the power of Dafa shocked the police. They never again stopped us from studying the Fa or practicing the exercises.

Fifteen days later I was transferred to the Xuanhua Prison for indefinite criminal detention. The police body searched me as soon as I arrived, and found a piece of paper on me with the table of contents for *Hong Yin*. The police officer took the paper away, though I tried to get it back from him. Later, when I was sent to another room, I saw the table of contents on the desk. I quickly grabbed the paper, put it into my mouth and ate it. The police asked me why I ate it. I told him, "Our Master's Fa is holy and no one should be allowed to desecrate it! I am saving you from committing a terrible sin."

I was imprisoned with twelve fellow practitioners. I shared my understandings with them and we decided we should not cooperate with the persecutors. We decided to go on a hunger strike and thus leave the prison as a group. We studied the Fa together and convinced the practitioners who at first disagreed with our hunger strike. The next day, Deputy Supervisor Sun and several guards inspected our cell and tried to force us to recite the prison regulations. We refused. Sun slapped our faces, kicked us and attempted to force us to recite each of the regulations. He handcuffed practitioner Zhang Yonghui for refusing to recite the regulations and threatened us, saying that anyone who refused to recite the rules tomorrow would be handcuffed and shackled. Several fellow practitioners who had come out to appeal for Dafa for the first time were afraid. We studied the Fa and recited *Hong Yin* together, and shared our understanding that we should not cooperate with the evildoers under any circumstances; in this way we were able to create a good environment for all practitioners.

Sun came with a group of guards the following day. He asked, "Who dares to refuse to recite the prison regulations today? Step forward and I will handcuff her." All thirteen of us stepped forward and said, "We all refuse." Sun was extremely upset and handcuffed all of us; yet, our righteous deed shocked them!

Two days after we were handcuffed, the detention center head and his assistant told us, "We will remove the handcuffs as long as you agree to eat." We told them, "It is illegal to imprison law-abiding people here. We request the right to appeal. We request that you return our Master's and Dafa's good reputation." Our strong righteous thoughts overwhelmed the head of the detention center. He provided us with paper and pens to write the appeal letter as we requested. We told them if we did not hear any response from the central government in three days we would continue our hunger strike. When we finished the appeals letter, the city police department chief visited the prison. We handed him our written petition. Three days later we had not heard any response, so we continued our hunger strike. One morning when I sat with my legs crossed to do the exercises, I saw an open gap in the ceiling and a red light covered me. I realized it was our Master encouraging me. Because of our strong righteous thoughts as a group, not only were the thirteen of us released within a month, but three other practitioners who had been imprisoned there for half a year waiting to be sentenced were also released.

## The Cruel Abuses I Suffered at the Yanqing Detention Center

On December 24, 2000, thirteen fellow practitioners and I went to Beijing again to validate Dafa. We brought doves, Dafa banners and truth clarification materials with us. We were arrested by the Zhangjiakou City police at Xiahuayuan and sent back to the local police station. Police officer Li interrogated me for a whole night. The next day, the police department's assistant chief took me to the police station's criminal division. They claimed that I was the organizer of the appeal. Following instructions from city police department Chief Li Jingyun, the police station's administrator, the assistant administrator, the chairman and other police officers interrogated me for nine days and nine nights continuously, to force me to give them information about fellow practitioners.

They did not allow me to sleep. I also suffered other cruel tortures such as the "Tiger Bench." During the interrogation I could feel the power of the Fa and Master protecting my steadfast mind, and nothing could move my heart.

My 82-year-old mother was then in critical condition due to the persecution, and I was the only one available to take care of her. The police tried to persuade me with human sentiment, saying, "As long as you tell us who the organizer was, we will let you go home and see your mother before she passes away." I told myself that nothing is more important than validating the Fa. I made an oath when I started distributing truth clarifying materials that no matter what happened, I would never leak any information about fellow practitioners and Dafa materials sources. Though others revealed information and I was thus made out to be the organizer and source of truth-clarification materials, I did not leak any information. They were shocked by my firm belief in Dafa and Master. They gave up interrogating me. I realized that as long as I was firm, Master would not allow the evil to disrupt me.

On the eighth day of my incarceration, police officer Li Quanfu and others sent me to the Third City Hospital where they tied me to a bed and force-fed me and injected me with unknown drugs. Nine days later I was transferred to the Shisanli Detention Center. During my 49-day hunger strike, police and medical personnel in the hospital force-fed me nine times. Each time, six strong men immobilized my head, arms and feet, pinched my nostrils shut and inserted a tube the size of a finger into my stomach through my nose. This caused terrible bleeding and chest pain. When I was extremely weak after 49 days of suffering this way, Li Quanfu announced they would transfer me to the Xuanhua Detention Center.

The people in the prosecutor's office requested that I fill out a form. I filled in each item with truth clarifying contents. A fellow practitioner pointed out to me, "You are a Dafa practitioner. Why are you waiting for them to sentence you?" I realized that Dafa practitioners are the greatest! The evildoers have no power whatsoever to sentence me, and a detention center is not the right place for a Dafa practitioner, either. I asked Master in my mind to help me leave there, so I could continue to validate Dafa. As soon as I had this righteous thought, Master let me know the date that I would be released! The next day, a dozen people came to deal with my case. After seeing my precarious physical

condition, none of them wanted to take me. As a result, I left prison with Master's help. My brother took me home that afternoon. By contrast, those who had disclosed information about fellow practitioners were all sentenced to a labor camp. Some even went over to the other side and embraced an evil path. This incident further affirmed my confidence in assisting Master in rectifying the Fa, following my own original vow.

Ten days after I went home, before I had fully recovered, I started Dafa work again. On April 25, 2001, I went to Tiananmen Square with fellow practitioners and unfurled a Dafa banner once more. The police dragged me to the Tiananmen Police Station and later sent 21 fellow practitioners and me to Yanqing. The police pulled my hair and kicked and beat me during the trip. The Yanqing Police Department officers took turns interrogating me. They deprived me of sleep day and night, trying to force me tell them where I came from. When I refused, they beat me more, forced me to stand still for long time and even burned my face with cigarettes.

The next day, a large man came to brainwash me. He did not even allow me to close my eyes, and hit me with a police baton as soon as I did. The following day, I still refused to cooperate. He slapped my face so hard that I almost passed out, leaving bloody bruises on my face. He also hit my face with a broom handle until the broom handle broke. My face swelled immediately. After torturing me for a whole morning he was almost hit by a car on his way to pick up his child at noon. I knew this was retribution. Later, another police officer arrived. He started to burn my face with a lighter as soon as he came. My eyelashes and eyebrows were burned. Yet my mind was not changed, no matter how they tortured me. I did not even feel the pain. When the police tried to burn me again, the lighter would not light anymore. I knew it was Master who protected me. Soon after, I was sent to the Yanqing Detention Center.

At midnight, the police took the 21 fellow practitioners and me to Yanqing Hospital for force-feeding. I was immobilized on a bed with handcuffs and ropes for the forced infusion and force-feeding. Internal Medicine Division Director Zhang aided the police to abuse us. That night I was in critical condition twice, yet they did not care about our lives at all. On April 30, they called a dozen male criminals from the detention center to help with force-feeding. They held my head and feet; one even sat on my chest, making it difficult for me to breathe. They tied me up with rope. Director Zhang and a female medical staff person inserted the feeding tube into my body. The tube was inserted into my lung several times, which almost cost me my life. I was bleeding terribly.

Later, they sent me back to the detention center and kept the rubber tube in my stomach for over ten days. It was extremely painful. Every day, the police had inmates force-feed me seven to eight times, filling my stomach so much that I felt it would burst. I discussed with fellow practitioners that we should not endure this abuse passively; rather, we should pull the tube out. As soon as we pulled the tube out, more than ten police officers jumped at us and tied us onto a bench. The ropes were tied so tightly that I could barely breathe. The police also shocked Dafa practitioners with electric batons; inmates gagged us with smelly socks. They did not pull the feeding tube out until the tube stuck to the flesh in my throat and caused a fever. Yanqing County Police Department enforcers kept

interrogating me during that time, to find out my address. They tortured me continually for 23 days, and I kept up the hunger strike to protest during the whole period. I was finally released when I was so weak that I was in critical condition.

Soon after I went back home in May or June 2001, the persecution against Falun Dafa escalated. Several of our fellow practitioners discussed this and decided to hand-write flyers, and post and distribute them within the county. We also traveled by train to nearby places to post these flyers, and mailed the hand-written truth clarification materials to various places as well. It wasn't long before we returned to Zhangshi City. We brought truth clarification materials, and then went to another county to explain the truth to the families of our friends and relatives. On our way back we walked 77 Li (about 24 miles) overnight with truth clarification materials and glue, and we posted and distributed the materials along the way.

During the night of October 25, 2001, fellow practitioners and I hung big banners and vertical scrolls and posted Falun Dafa truth clarification materials all over the main streets and small alleys in one city. On the third day, the police department increased their efforts to capture me. The police patrolled everywhere on motorcycles and police vehicles, looking for me. The day that I returned from out of town, three police officers riding motorcycles stopped in front of me, stared at me, and asked each other in a low voice, "Is she the person?" When I noticed this, I turned around and immediately walked away. I sent forth righteous thoughts while walking and said, "Master, please strengthen me -- this Falun Dafa practitioner. I cannot be abducted by these evildoers because there is work here for me to do to offer people salvation. I am also carrying a few thousand yuan that other Falun Dafa practitioners saved from their food and daily expense money. The money cannot fall into the persecutors' hands." When I turned my head again to look, the police were gone. I was grateful for Master's merciful protection.

Fellow practitioners and I continually went to the countryside during the night to distribute truth-clarifying materials. I had discussed with fellow practitioners that we should go to the countryside. We had distributed many truth-clarifying materials in the city, but in the countryside there were people who had never seen any. We agreed that we should distribute the informational materials everywhere. One time, fellow practitioners and I went to a county a few hundred Li away (1 Li = 0.31 mile) to distribute truth-clarifying materials. Our fellow practitioners in that county were concerned about how to proceed with truth clarification, and did not have any materials, so they were very happy to see us. We held a small experience sharing conference there, and during the discussion and experience sharing we came to understand that we not only needed to clarify the truth well as individuals, but as a group as well. We needed to help each other as fellow practitioners and encourage practitioners around us to abandon their ordinary people's mentality, and take part in the work of offering salvation to people. That same day we returned to our own town and later brought many truth clarification materials back to them. Soon after that, the local practitioners in that county also established their own materials production site. One can now see the materials posted everywhere, and the words, "Falun Dafa is Great!" and "Truthfulness-Benevolence-Forbearance is Great!" posted on utility poles throughout the county.



### **Breaking through the Barrier of Emotions**

I had relaxed my cultivation with regard to emotions toward my family members, which permitted the evil to use my weakness. As a result, I was forced to leave home to avoid being persecuted. On February 9, 2002, police officer Li from the local precinct came to my home to disrupt things, and he wanted to take me away. My family members helped me get away to avoid being persecuted again. Police officer Li deceived my daughter and my son-in-law into coming to the local police station, and then sent them to a detention center. During the time of my children's persecution, black karma constantly emerged as interference because of my heavy emotions toward my family members.

I thought that as a Falun Dafa practitioner guided by the Fa, I could break through the persecution, no matter how severe it was. However, my children were not Falun Dafa practitioners, and although they supported and understood me, I was afraid that faced with such severe persecution, they might fail to endure it and that this might destroy their future. I was extremely anguished by such emotional thoughts. My faulty notions also made the persecution against my children more severe. Through studying the Fa, I came to understand that if I went to the police in exchange for my children, I would be cooperating with the persecution, and as a Falun Dafa practitioner I should not do that. I also came to understand that anguished feelings and heavy emotions are attachments, and that I should come to recognize and let go of them, based on the Fa. There are so many people waiting for me to offer them salvation. I am a Falun Dafa practitioner with a significant mission. My views regarding this situation must be based on the Fa! My children are also living beings that Master wants to save. They had protected Falun Dafa practitioners, and had done things of boundless compassion. Master would therefore compassionately resolve their situation. I then calmed myself down, continually sent forth righteous thoughts, and studied the Fa. While I was sending forth righteous thoughts, I suddenly saw with my celestial eye that a wooden cage restraining my daughter was blown into pieces and my daughter stood in a broad space. I then knew that Master's Law Bodies were protecting her.

After about twelve days I thought that I should not passively endure this persecution. I should go out to offer people salvation. Every day, besides studying the Fa, practicing the Falun Gong exercises, and sending forth righteous thoughts, I went out on the streets to clarify the truth to the people. Sometimes I explained the truth to several people a day; other times, with Master's arrangement, I met with more than 20 people whom I knew before. I told them my personal experiences of benefiting from cultivating in Falun Dafa and of being persecuted. I also told them that Falun Dafa practitioners are good people who cultivate their minds toward becoming compassionate, that Falun Dafa practitioners do not involve themselves in politics, and that what we oppose is the persecution. I told people with predestined relationships to clearly distinguish righteousness from evil, to support justice, and to understand that good will be rewarded with good and evil will be repaid with karmic retribution.

## **Falun Dafa Truth-Clarifying Materials Production Sites**

At the beginning of 2003, the evildoers frequently destroyed Dafa materials production sites in the city I lived in. This brought many losses to the local truth-clarification work. Clearwisdom.net had proposed repeatedly that Falun Dafa materials production sites should "spring up everywhere." I really wanted to do this work but was frustrated by not understanding the computer technology. At one Falun Dafa experience sharing conference I met with fellow practitioners from other cities, and with practitioners who were familiar with the necessary technology. They wanted to do this work but they were unfamiliar with the local places and people, and were having difficulty starting up this work locally. We were grateful that Master arranged for us to meet. I worked with them and arranged for several local steadfast Dafa practitioners that I often worked with to learn how to operate personal computers. After we learned, we then taught more practitioners. We kept on studying the Fa and learning the technology, and we connected with fellow practitioners from various locations. We organized small-scale Falun Dafa experience sharing conferences, and discussed amongst ourselves how to elevate our understanding of the principles of the Fa. When these conditions were developed, we could establish a new Falun Dafa materials production site.

When we first did this work, the mentality of the practitioners was pure, and we cooperated well with each other. Later however, the practitioners who were learning to use computers and the Internet became absorbed in the technology, and the practitioners who were distributing the materials operated out of several places a day. We could not calm our minds to study the Fa. After this went on for some time, the interference started. Some practitioners, who were not originally involved in this work, did not view the situation from the aspect of cultivation. With an ordinary person's mentality, they thought that we were not competent enough to do this work, and they wanted to get involved, and take part in this Dafa project. Their suggestions were valuable, but the evil old forces made use of their disruptive behavior, and caused them to hinder and interfere with the Dafa work.

At the beginning, I did not think about these problems from the perspective of the Fa and I felt irritated. I did not want to confront these practitioners, and did not want the practitioners that I was working with to contact them, either. This resulted in continuous interference. Through studying the Fa, I came to understand the principle of the Fa at my current level. I then shared experiences and discussed my understanding with several practitioners. We agreed that we must follow Master's teachings and should tolerate others, be kind to others, and do this well in order to embody the Fa. We went to the Dafa practitioners' homes with the thoughts of achieving integrated cooperation among the practitioners in the city as a group. Determined not to bring losses to Dafa work, and with the mindset of not giving the old forces any opportunity to create losses for Dafa work, and for the benefit of the others, we were ready to proceed again. First, we sincerely looked inside ourselves for shortcomings and then held a compassionate discussion. We recognized that if we did not discard our attachments, the evil would take advantage of the attachments to create losses for Dafa. We also recognized that everybody has a different cultivation path. Master arranges our cultivation paths, and as long as our hearts

and minds are focused on offering salvation to people, Master will help us to achieve it. We should follow Master's teachings when doing our work.

The practitioners were deeply moved. Their family members who did not cultivate Dafa observed this incident and said happily, "I admire you Falun Gong practitioners from the bottom of my heart! No matter how big the losses, you have persevered, and you still look inside yourselves for anything lacking. It is very good!" After that, this kind of interference never occurred again.

On October 15, 2003, Master published some comments in a Clearwisdom.net article, "Expose the Evil Happening Locally to the Local People." For various reasons we did not start to work on this aspect. By the end of 2003, fellow practitioners in Zhangjiakou City wanted to do this work. I took the initiative to work with them and immediately wrote down the facts of my being brutally persecuted by persons from the local police station and the police division.

At the beginning of the following year, we compiled the statistics of the crimes committed by the police division and the local police in their persecution of Falun Dafa practitioners. After we posted this data, many people read it. It had important and encouraging effects for saving lives and frightening the evildoers.

### **Maintaining Righteous Thoughts**

During the five years of opposing the persecution and offering salvation to people, although I had many attachments and large amounts of karma, I was not discouraged. I remembered that I was a Dafa disciple, and I am very honored and fortunate. Dafa created Falun Dafa practitioners, and as Falun Dafa practitioners we should firmly defend Dafa and validate Dafa, and we should give full play to being Dafa particles. This is the responsibility to which a Dafa practitioner is bound, otherwise one is not worthy of the title "Dafa practitioner."

I knew from the bottom of my heart prior to July 20, 1999, when the persecution began, that Falun Dafa is great. I had once vowed to Master that if I could not cultivate to consummation, I would beg Master to extinguish my body and soul. I will fully play my role as a particle of Falun Dafa. My wish has always been that every Dafa practitioner would abandon the mindset of ordinary people, and that diligent practitioners would move forward more diligently. I often discussed this with fellow practitioners. We encouraged each other and cultivated diligently together to raise our levels together as an integrated group, and to let Master be happy for us. When I see fellow practitioners give up common people's mentalities and cultivate diligently, I feel happy for them from the bottom of my heart. When I see those practitioners who are not diligent and when I see people who have deviated from Dafa, I worry and feel anguish for them. I feel anxious about them, and I feel sorry for them.

During these five years of opposing the persecution, it seemed that we have done ceaseless Dafa work, bearing the difficulties of offering salvation to people. In other

people's eyes, faced with hardships, we did difficult work and we were tired. But in my mind I felt steady and sure, and I felt honored. During my coordination work, whenever some practitioners were persecuted, I would look inside myself for signs of ordinary people's mentalities, and for anything I had said that was not compassionate or not based on the Fa. Did anything I do make things difficult for fellow practitioners? I turned the sadness I previously had into diligence in studying the Fa, removing my ordinary people's mentalities that I had discovered, and into raising my understanding of the principles of the Fa, so I could more diligently cultivate forward.

I looked back on my path of assisting the Fa-rectification following Master. It was just as Master said, "He [Sakyamuni] was also constantly improving himself during the forty-nine years of his Dharma teaching. Whenever he upgraded himself to a higher level, he looked back and realized that the Dharma he just taught was all wrong." (*Zhuan Falun*) "To tell you the truth, the entire cultivation process for a practitioner is one of constantly giving up human attachments." (*Zhuan Falun*).

As the Fa-rectification progresses, the Fa principles that Master teaches us are becoming more and more explicit, loftier and higher, and becoming more and more profound. I have come to a fundamental understanding that as Falun Dafa practitioners, cooperating well as one body makes us stronger and more effective. I deeply feel that Falun Dafa practitioners' every step forward is a product of Master's enormous compassion. Without Master's benevolent protection we could not even guarantee our lives, let alone validate Falun Dafa.

During the more than three years of being persecuted, and homeless, as long as I maintained righteous thoughts, Master helped me – a Dafa practitioner – with everything. Whenever I went out of town to deliver the materials, to encourage fellow practitioners, or to offer salvation to the people, I did not feel cold in the world of ice and snow, I did not feel hungry even if I did not eat for the whole day, and I did not feel sleepy even if I did not sleep for three days and nights while doing Dafa work. Instead, I felt more energetic. Whenever the evildoers increased their efforts and issued warrants to arrest me, the danger was turned into safety each time. I understand that all of these are manifestations of Master's greatness and benevolence, and Falun Dafa's magnificence and miracles. I feel that I am closer to Master as I progress further on the path of Fa-rectification. Master! You have given ever so much to our practitioners and to all people. Even if we were to exhaust all human language, we as practitioners still could not express our feelings of gratitude toward Master. At the last moment of assisting in the Fa-rectification, I will firmly uphold my every thought and I will not give the evil any opportunities to interfere. I will truly and rationally become more aware, and I will spread the truth and offer salvation to the people, and minimize the losses to Dafa work. I will cooperate well with fellow practitioners, and will establish much stronger righteous thoughts with fellow practitioners. I will give my full energy as a Dafa practitioner, and will follow Master's teachings that practitioners "should step up their efforts and do well the things they are supposed to do, staying always diligent." (from "Greetings")

Greetings, Great Master! Thank you, Master!

### **23) Making Use of Every Opportunity to Clarify the Truth**

*By a Dafa practitioner from Shandong Province*

I became a Falun Dafa practitioner in 1996. Before that, I suffered from severe rheumatism, and looked for medical help everywhere, but none of the treatments worked. After starting Falun Gong practice, I diligently followed the principles of "Truthfulness-Compassion-Forbearance," and strictly conducted myself according to these principles. Hence, my character improved, and all the illnesses I had before vanished into thin air. I felt that I was the happiest person.

On July 20, 1999, Jiang's regime started to persecute Falun Dafa. I went to Beijing four times to appeal and was illegally detained three times by the police. I was also arrested and detained twice on fictitious criminal charges. One time, I was also imprisoned in a brainwashing class. I have been arrested many other times. In various difficulties, with my firm belief in Master and Dafa, I have survived these past five years; however, in this article I will not go into detail about how I was able to make it so far. In the following narrative, let me mainly report to Master and fellow practitioners my experiences and understanding in clarifying the truth and offering salvation to people.

#### **After a Car Accident**

Because I persisted in Dafa practice, I was laid off from my job. In order to survive, I got a temporary job working as an accountant in a business enterprise.

In December 2000, I was riding my bicycle, heading for the Tax Affairs Office. On my way there, I was hit by a car. I landed heavily on the pavement about seven to eight meters away and hit my head on the concrete. The front wheel of my bike was twisted like a pretzel, and the spokes of the wheels had completely come off. The bag I had been carrying landed far away and the report forms and the official seal were scattered everywhere. I immediately got up from the ground, but felt a little pain in my head; however, I knew that as a Dafa practitioner I should be all right. I saw that the car moved forward a little further and then stopped. Both the passengers and the driver were so scared. They felt helpless. The passers-by all shouted, "Lie on your stomach!"

By now I thought that if the driver did not come to me, I would not have an opportunity to tell him about the truth of Dafa. At this moment, while I was thinking this, the driver got out of the car and walked toward me. I loudly told the driver, "Don't be afraid! I am a Falun Gong practitioner. I will not blame you! I won't have any problems at all!" Hearing me saying so, he felt relieved, and the passers-by were all silent. At that moment, a young couple got out of the car. The driver anxiously asked me, "Where have you been hurt? Shall we go to the hospital and get you checked?" I told him, "Don't worry! I am ok. There's no need to go to the hospital. My Teacher told me to think about others first and to be more considerate of others." On saying this, a traffic control police officer arrived. After finding out what had happened, he was going to file an accident report. He turned to me and asked, "Where were you hurt? Let's go to the hospital to get you checked." I told him, "There's nothing wrong with me, and there's no need to go to the hospital. My

bike was broken, however. All I need is to have the driver fix my bike. I won't ask for one penny from him." This policeman said, "If everyone were like Falun Gong practitioners, things would be much easier."

The driver put my bike onto the car, and let me into the car as well. We went to look for a bike repair shop. After talking with them I learned that the young couple had just been married three days ago. When the accident happened, they were on their way to the bride's home in their uncle's car. The young couple said to me, "Seeing you hit like that – you fell so heavily – we were all frightened to death. We dared not get out of the car. You practice Falun Gong. Your Teacher really protects you!" The driver said, "I was lucky to have bumped into *you* today, otherwise it would have been a disaster." I said, "My good fortune also is because I practice Falun Gong. I could not have done this either had I not practiced. I would have sought damages from you. My Teacher has written in *Zhuan Falun*,

'The driver indeed drove the car too fast, but how could he possibly hit someone on purpose? Didn't he do it unintentionally? But, people are like this today. If he were not exploited, even the bystanders would find it unfair.'

You also witnessed this. So many people told me to lie down on my stomach. What did it mean? Didn't they mean for me to blackmail you? Currently, the TV attacks and slanders my Teacher and Falun Gong. Please, don't believe those lies! After you get to know more Falun Gong practitioners in the future and read more Falun Gong truth-clarifying materials, you will understand more. It really is a pity that I have not brought any information with me today." The driver was moved and said, "Falun Gong is really great! I am a businessman. One day a while back, as soon as I opened the store's door, I saw a poster reading, 'Falun Dafa is good' on the door. Today I really got to know what that means. In the future, please post more materials so that more people will know that Falun Gong is good."

When the driver left the money for the bike repair at the repair shop, he also took out 100 yuan for me. The young couple also urged me to take the money. Seeing that I politely refused, they said that I should at least take 50 yuan then. I told them that I would not take even a penny. Seeing this, the bike store owner blurted out, "You are a Falun Gong practitioner, right?" I asked, "How did you know?" He said, "Only those who practice Falun Gong will do things like this." He also cautioned me to be more careful, because the police were arresting large number of practitioners at that time.

I felt very happy that he knew the truth. No matter what lies Jiang's regime has concocted, once people know the truth they will no longer be deceived.

### **The School Signature Incident**

One afternoon in March 2001, my 10-year-old son came to look for me at my workplace right after school. As soon as he entered the gate, he said, "Mom, I did something wrong today. This afternoon, the school organized the entire school to participate in the "anti-

cult" signature collection. The teachers and students in the whole school lined up with brush pens to sign on a piece of long, plain white cloth. The principal and teachers watched us signing our names. I didn't want to sign, but I was afraid; therefore I signed a fake name of the same sound but with different character." I said, "How could you sign that? By doing that, didn't you just help the evildoing forces? You should go and cross out your name."

My son didn't dare to go by himself. I then took him to school. It was at about 6:00 p.m., and all the students had gone home. There were only a few teachers left. We arrived at the School Administration Office. The four teachers there were preparing to go home. I went forward and asked, "You had a signature collection activity this afternoon, right?" Hearing this they were happy, and asked, "Your child came here to sign?" I didn't answer them immediately but asked, "Is the white cloth that you used to collect all the signatures still here?" "Yes, quickly sign your name!" Saying so, they were about to open the door. I said, "We did not come here to sign, but to cross out his name." "What?" They asked. "We are here to cross out his name," I repeated.

They didn't seem to believe what they heard and were quite startled. They stopped opening the door for me. I said, "I am a Falun Gong practitioner." After that, I went on to tell them how I had benefited from practicing Falun Gong. They said, "You saw those practitioners even setting themselves on fire at Tiananmen Square. Please do not practice any more." I said, "*Zhuan Falun* explicitly points out that practitioners should not kill any living beings. Teacher also teaches us in his other lectures that committing suicide is a sin. The television staged this self-immolation as a performance. This can only deceive people like you who do not know the truth. It was very easy for us [practitioners] to tell that it was not true when we saw it." One of the teachers asked in a threatening tone, "Where do you work? What's your name?" I told them, "You do not need to ask where I work. Had I been afraid, I would not have come here in the first place. Falun Gong teaches people to act according to Truthfulness, Compassion and Forbearance. What is wrong with these three words? I educate my child to follow these three words. As teachers, don't you hope for your students to follow these words, too?" One of them said, "You should not force your opinion on your child. Since the child has signed his name, you should not go against your child's intent."

I said, "You are mistaken. After school today my child did not go home, but ran to my workplace to tell me that he did something wrong today at school. Originally he did not want to sign, but seeing that both the principal and the teachers were watching, out of fear, he signed a fake name. If you don't believe me, you can ask him if he wants to sign." My child immediately replied, "I do not want to sign!" Another person said, "Haven't they taken the cloth away to the District Educational Committee?" I said, "Didn't you just say that it was right here?" They did not say anything. Then one of them said, "Actually, we are collecting signatures to oppose cults. It didn't particularly say 'Falun Gong'." I solemnly said, "This is what you just said. If the signature collection was not targeting Falun Gong but only on cults in general, we agree. If it aims at Falun Gong, we firmly do not want to sign, because Falun Gong is not a cult, but teaches people to be

compassionate. If you do not cross out his name, we will declare what you just said, that these signatures were not targeting Falun Gong."

By now, I thought that if they really did not let me cross out the name, it would be ok since they already knew my meaning. As soon as this thought came out, I immediately realized that it was wrong. What did I come here for? How could I let it go like this? Hence, I continued, "Fabricating this Tiananmen Square Self-immolation was done to deceive people. Those who did that are the real cult. Where did they get the fire extinguishers, and how could one still sing even after the tracheotomy?" [*The girl who was allegedly severely burned was shown singing in the hospital, not long after she supposedly had a tracheotomy.*]

Two of the teachers went inside the administration office. The more I spoke, the more powerful I felt, while they became less sure of themselves. When the two came out of the office they said, "We just discussed this. Since you are so firm, we will let you cross out the name." But the white cloth was so long also that after a long time, we still could not find my child's name. One of them said, "Since it is so hard to find, why don't you just randomly pick a name and cross it out." I immediately told my child, "We are practitioners of Truthfulness, Compassion and Forbearance. The first word is Truthfulness. It is only right for you to find the name you wrote and cross it out." My son immediately agreed.

The teachers stopped talking. Eventually, my son crossed out the name himself. When we got home, my son told me that among the four teachers, one was the deputy principal, two of them were directors and the other one was a teacher. I told my son, "If tomorrow your teacher talks to you about this matter again, remember that even if we cannot go to school, we will not slander Dafa." My son said, "Now I am not afraid anymore. I know what to do."

The next day, my son stood in the last row when doing physical exercises during recess because he is tall. The homeroom teacher stood right behind him. He saw that the deputy principal went to talk to the homeroom teacher. Then the homeroom teacher said, "It could not be him? This child is very good! Ever since I started teaching this class, I have noticed that this child's mind is very righteous." After school that day, the homeroom teacher told my son, "I know what happened yesterday. Don't worry. Just act like nothing has happened, and do what you are supposed to do in the future."

After a period of time, my son's class was rehearsing a program. My son and a classmate were rehearsing a self-written piece of comic dialogue. When the deputy principal saw him he complimented him and said, "You wrote this?" The next year my son became a fifth grader. The entire school was electing a student to write an essay and to present it before the whole school. As a result, my son was again elected. When he presented it to the entire school, that deputy principal saw my son and again said, [*complimenting*] "It's you again!" Since the time my son crossed out his name, the school has not mentioned the Falun Gong issue anymore.



### **My Mother-in-law's Change of Heart**

I wrote an article promoting Falun Dafa in October 1999. This article was handed in to the district government by the related units and then forwarded to the police department. That resulted in an inquiry, videotaping, confiscation of my personal belongings and detention. A local TV station portrayed me as a stubborn practitioner. My mother-in-law's family was livid! They thought I, their daughter-in-law, made them lose face. My sister-in-law and brother-in-law came to condemn me. They said I had a bad influence on their brother, my husband who began practicing Falun Dafa in 1999. If it were not for me, they said, their brother would not practice Falun Gong. They told my husband to divorce me. My mother-in-law also called me, telling me to give up Falun Dafa cultivation practice. I refused.

On January 8, 2000, my husband and I practiced the Falun Gong exercises outdoors and the police arrested us, in violation of the Chinese Constitution. The police beat and verbally abused my husband. We were detained for over ten hours and then let go after the police extorted 4,000 yuan from my brother-in-law. Before we arrived home, my practitioner parents and my parents-in-law were already at our home. As soon as we arrived, my father-in-law threw my son's dinner bowl to the floor saying, "That is how you let the child eat at home alone."

When my mother-in-law and sister-in-law found out that we were detained for the whole night and our nine-year-old son was left at home alone, they were enraged. They hit my husband while scolding him and then they turned to hit me. While hitting, they also berated me and implicitly berated my parents with very mean words. At last, they berated our Teacher. My husband's eye-lid was blue. My sister-in-law's slapping knocked me to the floor. I felt dizzy and saw golden stars all around. During the fight, my son found the book *Zhuan Falun* on the bed and silently hid it. Right then and there I felt that cultivation was very difficult. So I silently recited one sentence in *Zhuan Falun*,

"But, usually when a conflict comes along, if it doesn't provoke you, it doesn't count, it doesn't work, and you won't be able to improve from it."

I recited it again and again to be able to endure all this. My father had always been calm. My mother had only acted tolerantly as a normal person. Long after that night, my mother often mentioned what happened and felt it was unfair.

The next day, the manager in my work unit deceived me into participating in a meeting in our district. I went with several other Falun Gong practitioners. As it turned out, we were secretly sent to a brainwashing class. We suffered verbal abuse, beatings and other physical punishment, including being forced to stand in the chilly outdoors and being threatened. I was persecuted for 22 days. I was released only after yielding to the tremendous pressure to write the "Guarantee Statement" not to practice, against my conscience. Afterwards, I spoke to the Party secretary about the truth of the persecution and expressed that I would continue practicing Falun Dafa. My work unit then ordered me not to come to work any more.

After getting back home, I reflected on my mindset. I found that after all these years I had only cultivated Falun Dafa on the surface. I hadn't made solid xinxing [*mind-heart nature, moral character*] improvements. There were still so many attachments! Remembering back to when I was being beaten by my mother-in-law and sister-in-law, I could only achieve forbearance forcibly. Faced with such an evil environment as the brainwashing class, how could I have passed the xinxing test? At the time, I acted from the standpoint of personal cultivation, because I hadn't yet known that these tribulations were the arrangements of the old forces. I realized I must calm down and study the Fa to really cultivate my xinxing. It was the lesson learned from this incident that allowed me to go firmly through the following tribulations.

When I came back from the brainwashing class, it was already the Spring Festival of 2000. I bought a high quality sweater for my mother-in-law. My sister said, "She hit you and you bought her a sweater?" I said, "I do not resent her. It was me who didn't do well." My sister said, "What a generous heart a practitioner has!" The next day my husband and I took the sweater to my mother-in-law's home. It so happened that my sister-in-law was also there. When they saw us, they were surprised but happy. When I brought out the new sweater and asked my mother-in-law to try it on, she was moved to tears. She held my shoulders with both hands and then touched my face. She asked whether I still felt pain. Right then I realized her heart. A person who didn't cultivate, when facing tremendous pressure from the evil, her heart was overcome by affection – how painful it was! My sister-in-law also burst into tears and said, "Come on, come on. Everything is past. Be kind after this." My mother-in-law said, "You didn't get paid a salary for a long time. You didn't buy anything for yourself but you bought something nice for me." I told her that is what I should do.

Since then, the relationship with our parents-in-law improved. Whenever we had time, we would drop by to visit them. I wanted to tell them the truth of Falun Dafa, but they all believed what the media said. Because I was too anxious, I could not make my mother-in-law understand, but pushed her even further away. My mother-in-law just didn't believe what I said. She criticized Teacher. I could not stand for this. I told her sternly, "You may hit me or scold me if I didn't do well; however, I cannot allow you to criticize my Master. Although I was detained, I didn't do anything bad. Detention is the government's fault. I didn't make you lose face. If you feel this is so, we can part ways!" My mother-in-law was rendered speechless. My father-in-law came to ask me to leave. I left.

Later, I heard from my husband who had remained behind, that my mother-in-law knelt down before my husband; my husband helped her up and told her calmly, "Mom, calm down if you want to speak. What else could she do when you act like this? She benefited from practicing Falun Dafa, so she wants to tell you that Falun Dafa is good." My mother-in-law said, "I hit. I scold. I cannot find other ways [*to change you and her*]. I won't bother with it any more."

After a while, I thought I had to clarify the truth to them. My in-laws didn't mention Falun Gong at all any more. They did not listen, ask about, or mention Falun Gong. What

could I do? My husband and I had been forced to leave home by then to avoid being arrested, so we seldom came back home. I was arrested again in 2001. The police informed my parents that I had been sentenced to forced labor for three years. My mother-in-law also heard that I was incarcerated for three years in a forced labor camp.

Nevertheless, after nine days I left the labor camp with the power of my righteous thoughts. When I went to see mother-in-law, they were shocked. When I said that I didn't pay the extortion money and hadn't renounced Falun Gong, but was released by not cooperating with the perpetrators during the whole procedure, my mother-in-law was numbed with shock. I said, "You saw that the police wanted to send me to a labor camp and demanded 3,000 yuan from my parents. My parents didn't cooperate with them. They didn't hand in a penny. I also did not cooperate, so I am back. Last time when we were arrested, my brother-in-law should not have paid that 4,000 yuan. The police squandered the money that was paid. Some even secretly put part of it into their own pockets. Handing in more money would only encourage them to arrest more people."

My mother-in-law said, "I didn't know all this at that time. We were so afraid and anxious all day long. Although I didn't ask you when you came, I could not get you out of my mind. I could not eat well and sleep well. You don't know how many times I cried, especially the time when you both went to Beijing, I felt like the sky was falling." I replied, "Mom, this is because you didn't know the truth. If you knew the truth you would not feel that bad."

Since then, my mother-in-law began to listen to the truth. I learned from the last lesson, and started the truth-clarification by telling her about practicing the exercises and being a kind person. Shortly afterwards, when she was preparing to move to another place. My husband and I often went to her home to help with the move. Out of our own initiative, we took on the heavy and dirty work first. Mother-in-law was happy. She told my son, "Your mom really became better after practicing Falun Gong." Then my husband and I brought a video player to let her see firsthand the truth-clarifying VCD. She wouldn't look at it before, but now my mother-in-law was no longer deceived. She saw through the lies on TV. Under her influence, the whole family no longer objected to Falun Gong and started to get to know the truth. My sister-in-law has always given us financial help during our difficult times due to the persecution. What makes it even better is that my mother-in-law also obtained the Fa and began cultivating two years ago. Happiness and laughter returned to our family.

### **Gratitude from My Cousin**

In the summer of 2002, my cousin Jun was hospitalized. When my husband and I went to visit him, we talked about the truth of the Self-immolation Incident at Tiananmen Square. Six people in his ward, all except one who was not there at the time, came around to listen. When we were in the middle of the discussion, that other patient came back. He was a man in his 60s and didn't look good. When he found out that we had been talking about Falun Gong he became so angry. I sent forth righteous thoughts while speaking, to eliminate the evil factors behind him and willed him not to talk. He didn't speak but his

face turned blue. After I finished, Jun was so scared that he whispered to my husband, "Don't let my cousin talk any more. Don't you see how angry that man is? He might report you." I said not to worry.

The next day when I arrived, Jun and his wife told us, "Yesterday evening after you left, that man made a tirade against Falun Gong, but this morning his whole body froze; he could not move any more; he could not talk. His whole family came. Even the doctor could not diagnose what was wrong. After several hours he recovered and could slowly get up by himself." I said, "I will tell him when I have a chance." Jun and his wife were scared, "Please don't. He was so against Falun Gong!"

Since that time I often went to the hospital. I would greet that man first when I came, and say goodbye to him when I left. Occasionally, I would speak a few words with him. At first he was reluctant to speak with me. Slowly, his attitude changed. My parents also talked about their beneficial experience with Falun Gong when arriving at the hospital. There was a couple that wanted to learn the practice right away. I gave them a copy of *Zhuan Falun* and a videotape to teach them the Falun Gong exercises. Cousin Jun began to practice Falun Gong after he left the hospital. He also influenced his friends to practice Falun Dafa.

After Jun left the hospital I still went there often. Sometimes when I didn't appear for several days they would say, "We've been looking forward to seeing you. Didn't you bring the book?" Once when I arrived, only the old man was there. He said, "They went for dinner downstairs." He asked me to come close and said, "Girl, may I borrow that book from you?" I said, "Sure, I'll even give it to you; but first you must understand that *Zhuan Falun* is a precious book." So I took out the truth-clarifying CD and brochures. I told him to read the brochures first and view the CD when he was back home, and I would return to bring him the book.

Ten days or so later I went to give them truth-clarification handouts again. The old man looked great. He told me secretly, "The doctor was about to perform surgery on me this Thursday, because the injections and medicines didn't make me better but worse. However, these days, my situation has suddenly turned around. The doctor said that I don't need to have surgery. They felt it was very strange and wondered what had happened? Girl, I understand why!" He pointed to the truth-clarification brochure that had an article entitled, "The warning from heaven." "It is He who helped me. I understand after reading this *Zhuan Falun*. Sometimes I was about to lose my temper. But when I remembered Teacher Li's words, I calmed down. Young lady, thank you so much!" I could feel that all these words were from the bottom of his heart. I am so glad that he could understand the truth and has a wonderful future ahead of him!

### **I Began Enjoying my Housekeeping Job**

Last year, on a recommendation, I found a housekeeping job. In my interview with the head of the house, I discovered that his parents lived in the same place as my parents did. They were all retired government officials. I felt somehow that I was losing face. After I

returned home I told my parents about this job. My father was strongly against the job, particularly since my parents had conflicts with his parents before they practiced Falun Gong. My husband also disagreed with it at the beginning. My father said, "Any house would be ok except his house." I felt torn in my mind and did not want to take the job. I knew, though, that nothing a practitioner encounters is a coincidence; there should be some factors to help a practitioner upgrade. I was worried about the outcome and hoped that the family wouldn't hire me and instead hire someone else. But things turned out contrary to my wish; not only did he employ me but even asked me to immediately clean his new, very large house. This family had two houses, which were so large that it would tire me out to clean them.

Thinking it over and over, I realized that I was a Dafa practitioner. Finally, I saw it from the standpoint of offering people salvation. Those people under normal circumstances couldn't see the truth and were against Falun Gong; as a housekeeper, I could get in direct touch with them and clarify the truth to them.

I always felt treated unfairly when I first started to work there. I worked very hard. The harder I worked the more the feeling of unfairness came out, because I was thinking that we were all officials' families, so why should I do the cleaning job for you? Just at the very moment of my indulging in this attachment, I fell off of a high bench and got a huge bruise on my bottom. Then I remembered Master's teaching in *Zhuan Falun*,

"You will be made to stumble, whereby you will become enlightened to the Tao."

By holding this thought of unfairness, I didn't look like a practitioner at all. I immediately sent forth righteous thoughts to eliminate the bad thoughts, and made full use of my time later to study the Fa and adjusted my point of view.

Sometimes, when I thought that I had already let go of some of my attachments, after a period of time they would come back again. I often ran into guests coming to visit the homeowner. One time when I was cleaning the living room, a guest came in and asked the head of the house who I was. He said I was his housekeeper, which irritated me. I felt so bad that I went into a bedroom, embarrassed to face people. When I entered the bedroom I immediately realized that it was an attachment to reputation. Why should I be ashamed of making money by the honest work of my own hands? Dafa disciples practice cultivation in a dignified way. Next time when people came, I greeted them deliberately. When guests asked the homeowner who I was, he said instead, "This is my friend who came here to help me." Actually, I already didn't care then how he introduced me.

When I first started to work there and get to know the family, I clarified the truth of Falun Dafa to them. However, they didn't listen at all and were opposed to it; thus I decided not to be anxious to tell them the truth of Dafa. I first did my job well. Even things that were not my job to do I did, going the extra mile. In the beginning they observed me secretly. They often wanted to give me something extra. I then told them that we practitioners wouldn't accept other people's things, and it does not matter whether you are at home or not, I would do everything well just the same. I explained to them that to practice our

cultivation way we do not merely perform the exercises; the most important thing is to cultivate our xinxing. Gradually, my employers became more and more sure of me. Afterwards when they were not at home, they would give me the keys and felt quite reassured about my being there. They even told other people, "Our housekeeper is a Falun Gong practitioner. She is really a great, high-quality woman. She does the job so well; we are completely comfortable with her." They also advised other people to look for a Falun Gong practitioner to be their housekeeper if they wanted one. Other families had told me that as well.

The family's daughter was studying at a college in Beijing. When she returned home for a holiday, I clarified the truth to her. She told me, "At my coming back, Mom and Dad already told me that our family's housekeeper is a Falun Gong practitioner who is very nice. They kept praising you." When her schoolmates and friends came to visit her, I also told them how the "Tiananmen Square Self-immolation" was staged and why Jiang Zemin was afraid of Falun Gong. Before long, the girl went to Xi'an City to visit her relatives. After returning home she told me, "I went to visit my relatives in Xi'an and I knew that they always change housekeepers because some of them stole things and some didn't do their job well. I told them that the person our family hired is a Falun Gong practitioner who does such a great job that we often give her they keys to the house. Do you know what they said? They want me to ask you if you would like to work for them. They would like to offer you higher pay!" The girl laughed out loud.

She kept laughing while talking, "I told them it would do if they could hire a Falun Gong practitioner from their local area, but they said that they couldn't get in touch with a Falun Gong practitioner." Hearing these words I knew that they already had a right understanding of Falun Gong. The best way to validate the truth is to act properly as a practitioner.

Master said in *"Teaching the Fa at the 2002 Fa Conference in Boston,"*

"You are cultivators, whose conduct is [supposed to be] pure and righteous. There are so many people who think you're great just by having seen how you act. If we don't pay attention to our own behavior in our daily lives, everyday people will see our actions and, since they can't get to know you at a deep level such as by studying the Fa, they will just look at how you act. And it's possible that one sentence or one action of yours will make them unsavable or create a bad impression of Dafa."

Last year when it was nearing the Spring Festival, there were a lot of people looking for housekeepers. In order to clarify the truth well, during that time, I sometimes worked together with a fellow practitioner. There was one family of a bureau chief. At first they didn't know anything about Falun Gong, and the bureau chief was quite against Falun Gong because of the propaganda on TV. Through our words and deeds, in addition to our clarifying the truth to them, they developed a righteous impression of Falun Gong. The bureau chief's wife (Chief Wang) was a section chief from a facilities unit. One day she told me, "One evening, the TV again aired something about Falun Gong. When I arrived at work the next day, all the people from our section were talking about Falun Gong,

saying how bad Falun Gong is. I then stood up and said, 'You all say that Falun Gong is not good, but my housekeeper is a Falun Gong practitioner. Why doesn't she act like what was told on TV? Her character is even better than that of an official; we can't even compare ourselves to her. If all people practiced Falun Gong, the society would be better. My fellows all said that I was amazing and said, 'you were reformed by Falun Gong.'"

There was another family we worked for. When we let him know at the beginning that we were Falun Gong practitioners, he was so frightened that he stepped backward saying that Falun Gong is too scary. The next day he found Chief Wang who had recommended us, and asked, "Don't you know that those housekeepers are Falun Gong practitioners?" Chief Wang replied with ease, "Yes. I forgot to tell you that they are Falun Gong practitioners. They are really nice and of high moral character. You can be fully reassured. They are not like what is presented on TV." That was what Chief Wang told me later. When we worked for the man the next week, he was not so frightened. He got to know the truth of Dafa afterwards through our words and deeds. On March 8, International Women's Day, the house mistress wanted to give us an extra 100 yuan and said, "Before I got in touch with you I believed what was said on TV and thought that Falun Gong practitioners killed others and set themselves on fire. Now I understand that not only don't you act like what is shown on TV, but in actuality, from your behavior, I know that you are good persons, even better than good persons. I'm more than happy to know you. It's Women's Day today; my work unit gave us a 200-yuan bonus. I don't have anything to give to you, so I would like to give you 100 yuan as a gift." I said, "You now know the truth of Falun Gong, which make us much happier than you giving us money, no matter how much it is. Your kind thought we already know, but we cannot accept your money." She was truly touched.

The residential area where Chief Wang lived had only two buildings. Since deliveries were tightly controlled, there were no truth-clarification materials there. Many older people often gathered in front of the reception room during the summer to chat. Many of them I didn't know, but they took the initiative to talk to me and greet me. They were very warmhearted, which made me wonder. I asked Chief Wang why that was. Chief Wang said, "You don't know yet! It was because those families you worked for all praised you. I also told them your story. Now, in this residential area all the people know that you are a Falun Gong practitioner. They also know that you are very nice and your father is a high-ranking official. Because you practice Falun Gong, you were deprived of your previous job and you have to work at a house cleaning job for the present." I said, "The propaganda claimed that our Falun Gong practitioners don't care for our families, nor do we work. It's actually Jiang who does not allow us to work while he still fabricates lies to deceive people." Chief Wang said, "That's right! Now I completely understand everything."

Chief Wang has by now also started to practice Falun Gong. Although she hadn't finished reading through *Zhuan Falun*, all her illnesses disappeared. She also saw a Falun. She said, "Falun Gong is really wonderful. Master is really great!"

Now, I not only don't think that doing such a menial job as housekeeping is losing face, but I have even started to love this job. My parents also changed their minds. Father said, "As long as they can know the truth of Dafa, if they want you to do the job, you do it. I fully support you."

I still remember that a fellow practitioner asked me, "You are a key person from the beginning of the persecution and the authorities have recorded your information; why have you not been put into a labor camp?" My understanding is that when coming across tribulations, whether we can realize that we are Falun Gong practitioners, and whether we can hold a firm belief in Dafa and Master, having righteous thoughts and minds is what truly matters. I think that is the key point.

I know that what I've done is not enough. Compared with those diligent fellow practitioners, I'm far behind. I'm also far from the standard that Dafa requires. I will make full use of the time left and do well the Three Things Dafa disciples are supposed to do [*study the Fa, send righteous thoughts and clarify the truth of Falun Dafa and the persecution*].

This is a little personal experience sharing. If there is any improper point, please correct me.



## **24) My Experience Downloading Information from the Internet to Make Truth-Clarification Materials**

*By a Falun Dafa practitioner in Dalian*

A great number of Falun Dafa practitioners who have access to the Internet read experience-sharing articles. Although I have read many articles, I always felt that there was nothing I could write about, nor had I done anything of great importance. Then, when the big truth-clarification materials production site in our area stopped operating some time ago and was divided into countless smaller sites, practitioners from our local site suggested that I write down our experiences of running the truth-clarification materials site in our area over the past few years.

This truth-clarification materials production site of ours has been operating through thick and thin for more than three years. Over the past three years, I actually have had many insights, thoughts, and experiences and learned many lessons. Today I would like to share my cultivation experience of downloading information from the Internet to make truth-clarification materials. Fellow practitioners, please kindly correct me if there are any shortcomings.

I have stepped forward to appeal against the persecution of Falun Dafa since 1999. I used to be responsible for delivering the truth-clarification materials. Because of my own loopholes, my home was ransacked in 2001. My husband and I left home to escape the persecution, and we came to the truth-clarification material site. There, both of us were responsible for making truth-clarification VCDs. Fellow practitioners sent the master VCDs over and we both edited the contents and checked to make sure that there were no errors. Then we mass-produced the VCDs. Not long after that, however, the practitioner in charge of the site was arrested. Because the materials production site was a big one, it was not a good idea for us to always go to other places to get the master copies, and doing so was an inconvenience to both parties. After deliberation, my husband took the initiative to take on the responsibility to access the Internet, download information, and compile small brochures.

I was responsible for making truth-clarification VCDs. Practitioners who have been involved in making VCDs know that the truth-clarification video files usually come in big files. In particular, the mpg format takes a long time to download. Failing to overcome my fear, I always waited for practitioners who lived very far away from me or who were very busy to deliver the master VCDs to me instead of downloading the files myself. Not only did I waste fellow practitioners' time, I also delayed the chance for people to understand the truth. During that period, my husband suggested many times that we download truth-clarification video files on our own so we could lessen fellow practitioners' burden and take on the work that we should have done on our own.

Through studying the Fa and constantly understanding and improving from Fa-principles, I heard Teacher's words in my ear:

"So in clarifying the truth, don't wait, don't rely on others, and don't just hope for changes in external factors. Every one of us is creating history for the future, that's why everyone is not only participating in group activities, but also taking the initiative to look for things to do." ("To All Students at the Nordic Fa Conference")

In the evening after reading one chapter of *Zhuan Falun*, I turned on my computer and logged on to visit the FGMTV website. Because I accessed the Internet via a telephone line, the downloading speed was very slow. I remember clearly the first time I did it: I sat before my computer to watch the download process; time passed little by little. Yet, I did not feel scared at all. The download process took more than two hours. Then I converted the file to another format. After four hours, I cannot describe how pleased I was when I sat in front of the TV and watched the video program that I myself had just created. It was the kind of pleasure I got after overcoming my fear and elevating my realm, and it was beyond description. This experience of downloading truth-clarification video files enabled me to understand more of the Fa-principles. Teacher simply wants us to cultivate Buddhahood and cultivate our mind diligently. As long as we break through our own restriction, everything will be the best for us.

From that point on, my husband and I were responsible for accessing the Internet and downloading information. After a truth-clarification video file was downloaded, I was responsible for editing the master VCD. My husband was responsible for making VCD labels. Every day, after we finished practicing the five exercises very early in the morning, we studied two or three chapters of *Zhuan Falun* together. Then we started to work. Together we strived forward diligently on the cultivation path. Little by little, we made breakthroughs in the amount of time accessing the Internet. At the beginning when we logged on to access the Internet, we would be very nervous if someone came to our home. If we were logged on to the Internet too long, we would be reminded to log off as soon as possible. We always thought that it was not safe to access the Internet for a long period of time. Ever since we made a breakthrough by staying logged on for two hours, we no longer had that kind of fear. During that period, there were more truth-clarification video files on the FGMTV website, so I had to do the downloading every day. The downloading time went from two hours to three hours, to four hours. It kept increasing, and, eventually, we logged on to the Internet via a telephone line from morning until 11 p.m. at night. I downloaded all the truth-clarification video files from the FGMTV website so that I could make different truth-clarification programs for different people. The truth-clarification video material in our area was indeed very rich and abundant.

One day I spent more than five hours downloading a truth-clarification video file. When it was about 99% complete, the dialog box for the download data disappeared. Without thinking too much about it, I downloaded the file again and instantly wasted over five hours of effort. I was very upset at the time and was not in the mood to work. So I turned to read *Zhuan Falun*. At that time, I knew that it was interference, yet I did not think deeply about it.

A few days later, I again logged on to the Internet to download files. Either the download speed was slow, or something else would be wrong. It was not until then that I took it

seriously. I calmed my mind to look for the cause. I reflected on what had happened recently. Because there were many kinds of different truth-clarification video files, I got carried away and tried to compare and compete with other areas. Looking inside myself, my mentality was no longer pure and clean. Can I work under such conditions without being interfered with? Teacher says:

"Do you realize that as long as you're a cultivator, in any environment or under any circumstances, I will use any troubles or unpleasant things you come across--even if they involve work for Dafa, or no matter how good or sacred you think they are--to eliminate your attachments and expose your demon-nature so that it can be eliminated, for your improvement is what's most important. If you are able to succeed in improving yourself this way, what you do then, with a pure heart, will be the best and most sacred." ("Further Understanding" in *Essentials for Further Advancement*)

By looking inside myself, I realized that cultivation is like downloading a truth-clarification file. With 99% of a file-download and only a little bit more to completion, this file is still incomplete and cannot be viewed. The same is true for cultivation. It does not matter how many years you have cultivated. Even if you are only a small distance from completion, if you don't strive forward diligently, if you let up on yourself, you could ruin yourself in one day. Through this experience, I understood from Fa-principles the seriousness of cultivation. I should not let up on my cultivation. I should hold myself to strict standards and follow Teacher's requirements until I reach consummation in my cultivation.

What guarantees safe access of the Internet for long periods of time? It depends on righteous thoughts and righteous faith in Teacher, Falun Dafa, and also on cultivating ourselves well. Our accessing the Internet will not be changed by any external factor. Teacher said:

"Wherever we practice Falun Gong will become a good place. We're remaking the environment, not selecting the environment." (*Falun Buddha Fa Teaching the Fa at the Assistants' Fa Conference in Changchun*)

I have been interfered with while downloading files from the Internet. Although I was attacked, I did not feel scared. Meanwhile, I also discovered my bad thoughts and the mentality of accomplishing a task. Through this incident, I realized again that, no matter what interference I encounter, if I just search within myself, sure enough, I can find some bad thoughts or the old forces would not have dared to cause damage. I also have read in experience-sharing articles that staying logged on to the Internet too long was not safe. The safety of Internet access is not based on the amount of time you stay logged on. It lies in our mentality in handling the work. If we understand the Fa from the Fa and everything we do is in line with the Fa, then it doesn't matter if we use a telephone line or a cell phone to access the Internet. It doesn't matter if we spend a long time or a short time accessing the Internet. In our mind, we will no longer have the notion of worrying about being unsafe.

## **25) Only When I Absolutely Have Faith in Teacher and the Fa and Study the Fa Constantly Can I Avoid Taking A Detour in My Cultivation Practice**

*By a Falun Gong practitioner in Northeastern China*

I had the enormous fortune to attend Teacher's Falun Dafa (or Falun Gong) lectures in 1993 and 1994. I can still remember Teacher's countenance and smile when He took a group photo with us!

Before I started my cultivation practice, I suffered from multiple illnesses. I had tried practicing many schools of qigong in an attempt to restore my health, but no qigong really worked. Shortly after I started my cultivation practice in Falun Gong, all my illnesses completely disappeared without a trace. As a result, I had a very good first impression of Falun Gong. Unfortunately, there were myriads of different phony qigong schools prevalent in China during at that time and I had absorbed a lot of bad notions. Moreover, I mainly focused on practicing the Falun Gong exercises, and ignored the importance of cultivating my xinxing. In fact, I did not have a good understanding of Teacher's Fa or a strong faith in Teacher and the Fa. For this reason, I still regarded it as illness when I experienced severe physical discomfort twice during my first few years of cultivation practice. I took a lot of medication but, as you might have guessed, the medicine did not work. I even lost over 600 yuan while I was picking up my prescription. I had a very poor enlightenment quality at the time, so I simply attributed the incident to my lack of good fortune. Later, fellow practitioners offered me their kind advice. "Isn't it Teacher's hint that it's time for you to eliminate your karma?" Then I suddenly realized the meaning of my physical discomfort and my loss of money. Thus, I enhanced my understanding from the Fa on this matter, and started to regard my physical discomfort as a sign that Teacher was eliminating my karma for me. Soon, my physical discomfort disappeared.

At the beginning of 2000, I repeatedly suffered from the Chinese government's persecution of Falun Gong. Without giving you too many details of the persecution, I can tell you that the police repeatedly tried to force me to renounce Falun Gong in writing. Back then I had already elevated my faith in Teacher, so I was able to reject the police's demands with determination each time.

I once went to Beijing at the beginning of November 2000 to appeal for Falun Gong. Prior to my journey, several fellow practitioners in my area talked about going to Beijing with me, but in the end they changed their minds because they thought, "the situation was dangerous." I ended up going to Beijing on my own. I was very determined to appeal for Falun Gong, so I started the journey by myself. The trip went very smoothly. After I arrived in Beijing, I saw that the police were all over Tiananmen Square. But the police patrol failed to intimidate me. Because of my strong righteous thoughts, I appealed for Falun Gong at Tiananmen Square and returned home safely.

Jiang Zemin started to openly persecute Falun Gong practitioners on July 20, 1999. I had been helping with creating truth-clarification materials in China up to March 2003. Back

then there was a lot of work to be done, but I had a difficult time finding reliable fellow practitioners to help with the work. I had no choice but to print and distribute truth-clarification materials on my own. As a result, I had to contact a lot of fellow practitioners directly. I knew it was very risky for the truth-clarification materials production site and for me as a provider of truth-clarification materials to directly contact so many fellow practitioners, but I had no short-term alternatives while there was a shortage of help. During that period of time, the police abducted a fellow practitioner while he was distributing truth-clarification materials on the streets. Due to the lack of strong righteous thoughts and his attachment to fear, he succumbed to the police's torture, threats and reward incentives, and told the police about me. As a result, the police abducted me and ransacked my home in March 2003. It was midnight when the police knocked on my door. Although I didn't open the door, they knew I was at home because the light was on. They kept on knocking on the door and shouting out loud. In about an hour, the police pried my steel door open. Then a dozen policemen burst into the room and created a mess and chaos in my home. They left nothing unturned. About two hours later, they had stolen about 15,000 yuan worth of my personal belongs.

During the interrogation, the police lied by telling me that more than one fellow practitioner had told them about me. They also told me their names. At the time, I was overcome with my human thoughts, so I started to resent and hold grudges against those fellow practitioners. During the interrogation, it started to register in my head that the police would most certainly turn me over to the forced labor camp, now that fellow practitioners had told them about my truth-clarification work, even if I refused to acknowledge it. Although I did not do such horrific things as giving the police information about my fellow practitioners or renouncing Falun Gong, I kind of lost hope of freedom and somewhat cooperated with them in some other aspects. As a result, I suffered from persecution that I should not have suffered from. Later, I enhanced my understanding of the issue based on the Fa and reinforced my righteous thoughts, and I truly let go of the thought of life and death. I refused to acknowledge any of arrangements that the old forces had forced upon me. In the end, I was sentenced to one year of forced labor on probation. So I walked out a free man.

After I was released, I carefully contemplated and tried hard to search inward for any possible loophole in my cultivation practice. I gradually came to the following conclusion: I should not blame my abduction on the fellow practitioner that had "sold me out." The root cause had been my own attachments that solicited the evil's exploitation. Although I was incarcerated for more than a month, I developed a better perspective on the nature of the evil. I realized that I should not cooperate with the evil in any way in the future. After I enhanced my understanding of the issue on the Fa, I visited the fellow practitioner that had told the police about me. I said to him, "We should both follow Teacher's Fa from now on. Everything Teacher says is Fa, and we should follow everything that Teacher says to avoid making any mistakes. I will no longer hold any grudge for what happened between us." He was very moved by my words, and made a lot of improvement in his subsequent cultivation practice. When the police abducted him for the second time, he behaved very differently. He refused to give the police any

information or cooperate with them in any way. He denied the old forces' arrangements with his righteous thoughts and ended up being released under Teacher's protection.

Next, I would like to talk about my health and my understanding of my health based on my humble understanding of the Fa. I am turning 77 years old this year. Since I started my cultivation practice in Falun Gong, all of my illnesses went away. For nearly ten years since 1995, I have not needed to take any medicine or injections.

Before I started to practice Falun Gong, I had hyperopic vision and had to wear glasses to read newspapers. Now I can even read the fine print in newspapers without glasses. This is just the improvement on my vision. My level of strength and stamina seems to have been restored almost to the level when I was young. My wife and I once bought a bag of potatoes that weighed 99 lbs. Because we live on the fifth floor, my wife suggested that I get another bag and divide it into two loads first. I told her that I would like to try to see if I could carry the entire bag on my own, and I ended up carrying 99 lbs of potatoes all the way to the fifth floor without any break. Nowadays I often carry 50 to 60 lbs by myself effortlessly. My wife is very frail, so I'm the one who does most of the house chores. I have never felt tired and I feel full of life and energy.

I now have very good focus, reflex and excellent memory. Each cellular phone number in China has 11 digits, but I can easily remember a cellular phone number. I have been riding a motorbike since the year 2000 because it is several times faster than riding a bicycle, and it increases the efficiency of my work. On the other hand, it is more dangerous for those who have slow reflexes. It is especially dangerous to ride a motorbike in northern China during the winter when the roads are slippery. Some younger people in northern China even avoid riding bicycles during the winter, but I continue to ride a motorbike in the winter. It speaks well for my excellent focus and reflexes.

At the age of 77, I still do not have any wrinkles on my face. Instead, I have a very healthy and rosy complexion. Overall, I have far better health than an average elderly man the same age in terms of vision, strength, memory and reflex. I could not be any healthier. I am not showing off my health; rather, I am trying to present my perfect health as a testimony of the power of Falun Gong. I don't think I "earned" my health by practicing the Falun Gong exercises very hard. I believe it is Teacher that has given me good health out of compassion, so that I can help clarify the truth about Falun Gong and complete the honorable mission that Falun Dafa has bestowed upon me. Hence, I am immensely thankful to Teacher's compassion. In addition, my transformation of health is an excellent testimony of Falun Gong's body and mind cultivation practice when I go out and promote Falun Gong. When I share with others my experience of restoring my health through practicing Falun Gong, they are often filled with awe and respect for Falun Gong.

I also experienced what Teacher has described in *Zhuan Falun*:

"human cells will be gradually replaced by the high-energy matter, and aging will slow down. One's body will appear to gradually return to youth and experience gradual transformation until, in the end, it is completely replaced by the high-energy matter. By then, this person's body will have already been converted to a body of another type of matter. That body, as I said earlier, will transcend the Five Elements. Since it is no longer confined to the Five Elements, this person's body will no longer degenerate. "

I can testify with my own health that Teacher's words are absolutely true. This is truly miraculous.

Falun Gong also improved my disposition and temper. There is an ancient Chinese idiom, "Changing one's nature is harder than changing the location of a mountain or the course of a river." It also means, "A fox may grow gray, but never good." I used to be an introvert. I was standoffish because I didn't know what to say to other people. A lot of people mistook me as arrogant, so I don't have many friends. It was usually my wife that entertained our guests. Since I started my cultivation practice in Falun Gong, I became a completely different person. I am now able to carry on a conversation with anyone. I can speak from my own experience that Falun Dafa can indeed broaden the wisdom of its cultivators.

Finally, there are a few things I would like to share about further enhancing our xinxing. First, I don't think we can possibly reinforce our faith in Teacher and the Fa on our own; we must guide ourselves with the Fa. Otherwise, we cannot arbitrarily elevate to higher levels of cultivation practice. We all know that we must guide our cultivation practice with the Fa. With that in mind, what can we guide ourselves with if we don't study the Fa well on a regular basis? Therefore, it is imperative that we study the Fa more and study the Fa better. Second, even if we have built a strong foundation of faith in Teacher and the Fa, and even if we have studied a lot of Fa, I don't think we will be able to enhance our cultivation level if we lack good enlightenment quality. It is because of good enlightenment quality that we know how to harmonize a conflict with the Fa and to enhance our cultivation practice during the conflict.

## 26) Only With Firm Belief in Falun Dafa and Teacher Can We Effectively Validate Dafa

*By a Falun Dafa practitioner from Hebei Province, China*

This vicious, senseless, and far-reaching persecution of Falun Dafa has lasted over five years. Holding on to their firm belief in Falun Dafa and Teacher, Falun Dafa practitioners in China have courageously endured through these years of inhuman persecution and have passed tests of life-and-death. They have upheld the dignity of Falun Dafa with their lives, and their magnificent feats have deterred and destroyed the evil and won respect from all.

As a practitioner, I have walked my path during the Fa-rectification process with righteous thoughts and actions, but I also have shortcomings. To share my experiences and promote group progress, I have summarized my cultivation path here as a Fa-rectification disciple during the past five years.

### **Becoming a Falun Dafa practitioner**

I started to practice Falun Dafa in October 1998. My wife used to suffer from illnesses that no hospital could cure. Her younger sister told her, "Why don't you practice Falun Gong? It is very effective." My wife was interested and discussed it with me. I suggested, "Let's be cautious and take a look first." My wife told me about the main book of the practice, and we decided to read it. Several days later, her sister brought us a copy of *Zhuan Falun*. I started to give the book a quick look but could not put it down. When my wife asked for my opinion, I told her that the book was very good and to go ahead and practice it. That was the day she began the practice.

In the beginning, I did not think of practicing it myself. But as I kept reading, I began to understand that this book was unusual. I did not believe in qigong and knew nothing about cultivation. I could not believe that a person could become a Buddha through cultivation. But I kept on reading the book very carefully. Gradually, the theories in the book made sense. Several months later, I understood the implications of this book and formally decided to practice. My personality is such that, once I decide something after careful consideration, I will persevere, and no difficulties can deter me.

Since I came to Falun Dafa relatively late, I wanted to catch up with veteran practitioners as fast as possible. I spent almost all of my free time studying Falun Dafa and doing the exercises, and I was amazed to see the big changes within myself. I had decided that I would become a Buddha through the practice. Although the time was not that long, I achieved a solid base for my future path.

### **Giving up everything and standing up to validate Falun Dafa**

On the evening of April 24, 1999, only a few months after I had become a practitioner, my wife and I heard about the police in Tianjin beating practitioners. We decided to go to Beijing to appeal. In the morning we traveled to Beijing. After arriving on Fuyou Street, we saw that fellow practitioners were standing on both sides of the road, and we could



not see the end of the line. We walked to the east side of the north gate of the State Council and stood at the north side on the bridge between Zhongnanhai and the North Sea Park. About ten thousand practitioners stood there peacefully. More and more practitioners were coming from outside of Beijing. Such a magnificent scene! Such great dignity! Passersby and police officers were amazed and showed respect because of the orderly behavior of all. One elderly man said when passing by with a young man, "Such a scene has not happened since the day of creation."

Around 9:00 p.m., our requests were resolved positively, so we went home. The April 25th event showed that if our minds are unified, mountains could be moved. It was a perfect example for our future actions during the Fa-rectification period.

### **Firm in my righteous belief: first experience of a Life-and-Death test**

Before July 20, 1999, when the persecution began, I had a premonition about a big tribulation facing practitioners, but I had not expected the persecution to come so quickly, so inhumanly, and so insanely. This unprecedented, large-scale persecution represented a life-and-death test for every practitioner.

After the persecution began, I went with local practitioners to the city appeals office to speak out on behalf of Falun Dafa. They told us that the decision had come down from higher levels of authority. The second day the doors of the appeals office closed. Some practitioners went to the city government and were arrested. So what should we do? Some said we should go to Beijing to appeal, some said we could just stay at home and be firm in our belief. My wife and I decided to go to Beijing to appeal. In Beijing, after communicating with practitioners throughout the country, it became clearer how we should safeguard Falun Dafa. But many practitioners from my local area didn't realize the seriousness of the situation. I went home to share my viewpoint with coordinators, who took immediate action, and subsequently many local practitioners went to Beijing to appeal. Then I went to other places together with fellow practitioners to communicate with local practitioners. Later, practitioners in those areas went to Beijing to appeal in groups.

My stay in Beijing was short, but my moral character and understanding of Falun Dafa progressed rapidly. Many questions were suddenly answered. While walking, I found the answer to a question. I experienced the vast difference between stepping forward and just staying at home. I felt that I had turned into another person. This period of time gave me a solid background for my future Fa-rectification practice.

Initially we decided to appeal at the Appeals Office of the State Council. But fellow practitioners who had gone there told us that they just arrested people and asked no questions. Later they simply closed the door. The gate for appealing was closed to us, so we decided to go to Tiananmen Square. We knew that the next morning more tourists would be there, and we could tell them that Falun Dafa is good. Unfortunately, our plan did not come to fruition. Another practitioner who had stayed in the same hotel with me was arrested. The police arrested my family and other practitioners at the hotel and sent us to a local detention center.

At the detention center, since the other practitioners and I refused to write statements “guaranteeing” to give up Falun Gong, the guards handcuffed us, twisted our arms behind our backs and hooked the handcuffs to a steel ring that was attached to the ground. The head of the cell said, "This is a place of torture. No matter how strong a man is, he will eventually give up. Write a ‘guarantee’ and I'll ask the warden to release you." I said, "I will not write such a guarantee." The cell head responded, "Don't put your foot in your mouth. You will regret this. You'll feel the pain of this torture within three days. Then you might have no choice but to write that guarantee."

That evening the pain became excruciating. The following day, the pain became almost unbearable. During the night, because of the pain, I often could not breathe. The pain I felt cannot be described in words. I can only say that to be alive and feel such pain is almost worse than dying. For 24 hours a day, the handcuffs remained in place. Guards arranged for a person to help me brush my teeth, eat and relieve myself. Some criminals shuddered after seeing me handcuffed like that. Every second of such suffering felt endless. The head of the cell said I would have to write the “Guarantee Statement.”

My endurance reached the limit. I knew I would not write the guarantee, but what should I do? Then I thought of Teacher's words in *Zhuan Falun*,

"When it is difficult to endure, try to endure it. When it looks impossible and is said to be impossible, give it a try and see if it is possible."

I kept reciting these words in my mind over and over again. Gradually, I felt that I could endure it. After some time, I didn't feel the pain anymore. Finally, my body became lighter and lighter until I didn't feel the existence of my body any longer. The only thing I knew was that my thoughts and I had become comfortable. This extraordinary experience showed the power of Falun Dafa and greatly encouraged me to defeat the evil.

Seeing my resolve, the head of the cell told me, "If you are handcuffed like this for seven days, you will become disabled." On the seventh day, the Communist Party Secretary of the detention center came and asked me how I felt. I told him that I was fine. He raised his thumb and said, "You are great!"

On the eighth day, they moved my handcuffed hands to the front. I was in that position for another eight days and nights. Then they handcuffed only one hand for 15 days. I was handcuffed for a total of one month. During that time, I took every opportunity to clarify the truth of Falun Dafa to inmates. At beginning, they were scared and did not allow me to talk. But gradually, after I told ever more interesting stories, they enjoyed listening. The head of the cell stopped me at first but listened to me later. The inmates all knew that Falun Dafa is good and that practitioners are upright and honest people. One inmate was handcuffed beside me, and I talked to him a lot. He could even recite several of Teacher's poems. If someone said negative words to us, he would stop them by saying, "Shut up! Don't talk nonsense!"

After three months of detention, I was unlawfully sent to a forced labor camp for a three-year term.

### **Resist persecution with righteous thoughts and actions**

Before the Chinese New Year 2000, I was sent to a forced labor camp. I had been shocked by the cruelty I experienced in that detention center, but the forced labor camp was simply hell on earth. I probably would not have believed how cruelly and inhumanly people are treated there if I had not experienced it in person. Detainees had to work for over 20 hours each day and were fed only steamed corn bread and soup made from rotten vegetable leaves. It was not unusual for them to be deprived of sleep for several days when work needed to be done. Brutal guards held batons in their hands to beat detainees into submission. Anyone who was slow would receive a beating. If anyone cried, the beating would be more brutal. Many were beaten into disability and still had to work. Everyone had a quota. If the quota was not reached, no one would be allowed to sleep.

I tried to create an environment. I would not follow their orders. When I worked, I acted modestly. When the guards said I needed to be faster, I said I was not able to. The group leader said I would be beaten if I kept working at that speed. I said beating people was illegal, and the group leader replied, "Beating people here is like three meals a day." I said, "I'll see who dares to." Nobody ever came to bother me. The patrolling guards ignored me.

One time the brigade head told me, "If you write a 'Guarantee Statement,' you'll be allowed to go home." I told him that I had not done anything wrong, and I did not see the need to write a guarantee. I told him what Falun Dafa was and why human beings should cultivate. "We are just following Truthfulness-Compassion-Tolerance. We want to be good people, and we have no interest in politics. What is shown on TV are lies to defame Falun Dafa." I talked with him for a few hours. He said, "You've done well in truthfulness and tolerance but not in compassion." I asked why he said that. He told me, "You have your family. Now, no one takes care of them, and, besides, they are deeply worried about you. The Party and the government are so generous. All they ask is that you write a guarantee and you will be released, but you refuse. You just think about yourself. How can you say this is compassion?"

Since many people had such thoughts, I needed to prove him wrong. I told him, "That is a good question. Let me give you an example and clarify this issue. The founders of the Chinese Communist Party, to assure that the revolution would succeed, let their parents, wives, and kids be persecuted, arrested, or killed by the Kuomintang government. If they had relented, their families would have been freed. Do you think those founders were kind or not?" The brigade head was speechless for quite a while. I told him that I was just giving him an example. "Practitioners are good for society and for the country, and we do not harm anyone. When you find the time, please read the book *Zhuan Falun*. You will understand everything then."

He later told a guard in my section, "The Falun Gong person in your group is really clever. He almost persuaded me." Since this brigade is a tightly controlled brigade, he used to be very cruel when beating people. But he rarely beat any practitioners.

One time, a police officer told several of us practitioners to read newspaper articles that slandered Falun Gong. I told him that we could not do that, because what the media wrote were lies and slandered Falun Gong. Because of this, I was transferred to the tightly monitored group. Usually this group did not work, but they found work for me because they wanted to punish me. One day I was called to carry heavy gunnysacks. After the work was done, they asked me to carry one extra bag. I refused! From that moment I refused to do any more work. The guard no longer bothered me, and I no longer needed to work.

One day, section head Zhao from the management section asked me my opinion of the forced labor camp. I told him that the camp turned good people into bad people. He nodded after thinking about it for a while. Several days later, Zhao asked me to write a personal report to be shown to the camp head. I wrote an article over 20 pages long in which I clarified the truth about Falun Dafa. Several days later, Zhao told me that the article was very good and that my Teacher would be very pleased.

In recollecting these incidents, I have realized that my mind was righteous at that time. Because I held no attachments, everything therefore went smoothly, and I did not suffer too much. After about one month in the tightly-monitored group, I was transferred back to the first brigade. I still refused to work, and the guards did not pay any attention to me.

Around June 2000, all of the Falun Dafa practitioners in the forced labor camp went on a group hunger strike. The strike shocked the camp and the authorities. The environment improved greatly. Sleeping time increased from two or three hours to seven or eight hours per night. The food was slightly better, and the guards no longer beat people at will. The process of the hunger strike was a battle between good and evil. When the guard asked me to eat, I responded that I'd eat after our conditions were met. I asked him to please report this to the camp warden.

On the fifth day of the hunger strike, the camp warden called me to his office and tried to persuade me to be the first one to eat. I said I would not eat before our conditions were met. He became angry and said if I still did not eat, they would force-feed me. The following day they brought me to a hospital to be force-fed. I continued the hunger strike. They force-fed me again five days later, and I still continued the hunger strike.

With no solution in sight, the camp warden finally asked me about my conditions. I told him my three conditions: 1) Clear the name of Falun Dafa and my Teacher, 2) No guard or criminal detainee is allowed to defame Falun Dafa and our Teacher, 3) No beating, cursing, or forced labor for Falun Dafa practitioners. The warden said that conditions two and three were negotiable but that he had no control over condition one. I told him that he could report our request to the government. He agreed and asked, "Are you now going to eat?" I told him that I would keep my promise.

This hunger strike greatly changed our situation and encouraged practitioners. Through these incidents, I saw the indestructible power of acting as one body. I came to understand that to succeed we had to overcome difficulties.

After this event, I was again transferred to the second brigade. At that time, we received several of Teacher's new articles that had been recently published. I was so happy and excited to read these articles that I burst into tears. After I finished reading them, I gave the articles to other practitioners and they all read them.

When I delivered the articles, I held a wrong thought in my mind. I thought that I didn't care if the guards found out about them after all the practitioners had had a chance to read the articles. Because of that thought, the articles were found after they were returned to me. The brigade head said angrily, "I repeatedly told you not to circulate Falun Dafa articles! Why did you do it?" I responded, "I did it because it's good for our country, for our people, and for you." He was speechless for a long time. Then he asked me, "Who brought you these articles?" I told him that I would not tell him. He said, "Aren't you practicing Truthfulness-Compassion-Forbearance? Why don't you tell the truth?" I told him that I had promised not to tell, and that that was the truth. He said he would punish me the following day. It was an empty threat, and I was not punished.

### **Letting go of my life to act against the persecution**

In April 2001, the local forced labor camp suddenly transferred me to the Gaoyang Forced Labor Camp, a camp that is notorious for cruelty and brutality against practitioners. It was during the most frenzied period of the persecution and a time of "mass transformations." Back then, any practitioner who could not be reformed at any other place was sent to Gaoyang Camp.

At the beginning, nobody dared to talk to us. After we did talk with them, we could not believe that they were practitioners. Later we learned that they had gone astray because of the brutal torture. Back then, many practitioners at Gaoyang Forced Labor Camp submitted to being "reformed," and those who were not reformed were depressed. I realized the seriousness of the situation and told the other practitioners who had been transferred with me, "We have to change this evil environment." So our group of about ten practitioners began to talk with those who had been "reformed." After several discussions, most of those "collaborators" gave up. Only one of them continued to argue with us. He was the most stubborn among them, and he himself had "reformed" many practitioners. But after several more fierce debates, he conceded failure. In less than one month, we had corrected the evil influence, causing great alarm within the camp. This victory proved that as long as we have Falun Dafa in mind, we are indestructible, and the evil is afraid of us.

One month later, the camp separated our group. We were sent to different groups and thus could no longer meet with each other. In that blocked and very vicious environment, some practitioners who had suffered grim tests gave up. Some practitioners wrote the guarantee statements, and some even stopped cultivating. On the surface we can find different reasons, but the root cause is because they lacked righteous belief in Falun Dafa.

I was assigned to the Xinxin Melting Factory. The major work in the factory was to break red-hot materials into smaller pieces, take them to the warehouse with a hand drawn cart, and stack them up. We were assigned two people to a group and given four hours to

separate about ten tons of slabs measuring about 15 centimeters in length. While one person hammered the slab, I loaded, drew the cart, and unloaded all the pieces. Each cartload weighed about 900 kilograms (1,984 pounds). The temperature was high, a person needed to be strong, and the environment was toxic. Most of those working there suffered from lead poisoning, leaving them in pain or disabled.

It did not matter how difficult it became, I always kept a peaceful and optimistic demeanor. Once a guard asked me, "Why are you always so happy?" I said that I had found the one thing worth waiting for and now, since I had found it, why should I not be happy?

One time I argued with a guard, and he wanted to beat me. I pointed at him and told him, "Don't move! Don't you know that it's illegal for a guard to beat people?" He lowered his hands. We continued our discussion. After a few more words, he wanted to beat me again, and I warned him again. He lowered his arm again. The criminal detainee by my side was amazed at this scene.

In the spring of 2002, I was moved back to the fifth brigade. I learned that they were "reforming" practitioners in groups and that they had "reformed" scores of practitioners. This dark place was located in a one story building in a vegetable field. Two other practitioners were sent there with me. The first day they watched but did nothing to me. Several days later, the two other practitioners gave up and left. The hatchet men threatened me, "Do you realize that nobody can survive here? One walks in here and crawls back out." I told him that I would walk out.

Shi, the head of the brigade head, came to talk to me. After two days of continued discussion, he learned the truth about Falun Dafa. After that, a former practitioner that had turned against Dafa arrived. It was rumored that he could "reform" anybody. I thought I should save him from destroying others and himself. After two days of discussion, he realized he was wrong, and tears appeared in his eyes. I saw his inner pain. The guards saw what had happened and unleashed all of their frustration against me. They stripped me, handcuffed me to the ground, and started shocking me with three, ten-thousand-volt electric batons at the same time. Blue flashing lights combined with the noise to create a horrifying scene.

I had heard that the more tense a person is, the more painful it is to be shocked. So I tried my best to be relaxed and mentally peaceful. They shocked me for a while and didn't see much response. One of the guards said that he had not yet met such a strong person. He could not believe that he could not beat me into submission. He hit me everywhere, especially in sensitive locations. I felt I could not endure it anymore. One guard said, "If it doesn't work in the morning, we'll continue in the afternoon, in the evening, and tomorrow. We have the time and the electricity." While I thought that that shouldn't be the case, I remained relaxed and reflected that a great and enlightened practitioner shouldn't succumb to those depraved guards. As soon as I held that thought, I no longer felt any pain. Those batons just felt like several ordinary wooden sticks moving around. At that critical moment, I experienced the power of Falun Dafa and the compassion of Teacher once more.

I will never forget that experience. They shocked me for over two hours in the morning and over one hour in the afternoon, then lost their incentive and just moved me aside. Some time later, guard Wang told me, "If you are not 'reformed,' you will never leave here. If three years are not enough, we'll add another three years." I said, "When it's time for me to go home, you will be unable to stop me." Once they realized that I could not be forced and that I would not succumb, they released me two months before the end of my term.

After returning home, I immediately studied all of Teacher's articles, reading each one several times. I clearly understood our responsibility and was able to catch up with the Fa-rectification process. I am now trying my best to fulfill the three tasks required by Teacher and trying to save sentient beings as quickly as possible using a number of different methods.

This is what I experienced and what I understand. Please kindly point to anything I have misunderstood.

## 27) Only With Determined Faith in Master Can I Walk My Cultivation Path Well During the Fa-Rectification Period

*By a Falun Dafa practitioner from Laixi City, Shandong Province, China*

Greetings to dear Master! Greetings to fellow practitioners around the world!

In looking back on my cultivation during the five years of the Fa-rectification period, I have experienced very cruel persecution. But with Master's benevolent salvation and protection, I have endured the tribulations despite tremendous pressure.

On July 20, 1999, an all-out persecution of Falun Dafa started throughout China. The police arrested and beat Falun Gong practitioners, ransacked their homes, gave them jail sentences, sent them to labor camps, forced them to hand in their Falun Gong books, destroyed Dafa books, and resorted to immoral and vicious means to frame and slander Falun Gong. Under tremendous pressure from the police, my employer, and my family members, I felt as if I could barely breathe. I kept pondering whether I should continue my cultivation or not. Master told us in the poem, "Composure Amidst Calamity" from *Hong Yin*,

“Composure Amidst Calamity

Transmitting the True Fa,  
Proves harder than just hard.  
Many are the demons who impede,  
Risks piled atop risks.”

Since I had studied the Fa a great deal by that time, Master's Fa kept coming to mind, which helped me to make up my mind to follow Master and not give up Dafa. Since then, I have strengthened my resolve to follow Master and continue my cultivation until the end, no matter how huge the pressure is.

### **Overcoming the difficult tribulation of parental pressure**

When I went to visit my parents, they were not happy to see me and acted as if they did not like me. In fact, I felt that they really hated me. They would not accept the presents I gave them, nor did they want me to step into their house. It was this way every time I visited them. It was extremely painful for me. What should I do? What was the right way to show my love for them? What was the right way to treat them?

After studying the Fa, I came to realize that I wanted to be a genuine cultivator and follow what Master requires of us. Only by acting according to the standard of a practitioner could I exhibit my affection for my parents. Letting my parents know that all Falun Gong practitioners are good people is my way of genuinely treating them well. Since I gained this understanding, I have no longer held a grudge against them for their misunderstanding. As a result, my parents soon changed their attitude towards me, and since then they have treated me very well whenever I visit. They escort me out when I leave, and my mother says, "Come back home whenever you have time, and you do not



need to bring anything. We know you do not have any money." I have really felt the mighty power of Master's compassion and Dafa. With the improvement of my xinxing (mind nature), I soon broke through that level of having strong sentiments toward my parents.

### **Completely negating the old cosmic forces and resisting the persecution**

On November 1, 1999, I boarded the train to go to Beijing to appeal. There were four or five of us traveling together. One fellow practitioner was stopped by the police at the train station and gave the police information about the rest of us who were traveling with her. So the police found us and took us back when we were only halfway to Beijing. At the end of December, I again went to Beijing to peacefully appeal. I unfurled a banner on Tiananmen Square. While I held up the banner, I loudly shouted, "Falun Dafa is great!" I went to Beijing many times to safeguard the Fa. I was illegally arrested, detained, and imprisoned many times.

When they beat practitioners in detention, the police said that they were helping the practitioners eliminate their karma and raise their xinxing. I understood that the police could only commit sins and accumulate karma this way. They are not qualified to remove karma for others nor could they uplift others' xinxing. Only Master can bear this for practitioners and sentient beings and eliminate their karma. I have realized that sentient beings should not commit crimes against Dafa, since I know that the ones who do evil against Dafa will go down into the gate of no-life. So during these years of persecution, no one has dared to beat or curse me or slander Master or Dafa in front of me, and no one has dared to try to force me to write the so-called Guarantee Statements. Since I have such righteous thoughts from the bottom of my heart, no one is allowed to treat me this way.

I also saw that the police used this opportunity to extort money from practitioners. The police told the practitioners' family members or their employers that, if they gave the police money, the practitioners would be released. I thought that I should not assist the police in committing this crime. I understood that I could not use money in exchange for the freedom to cultivate. After this thought of mine was set, my family members did not give the police any money, but the police released me nonetheless.

On July 16, 2000, I went to Beijing again to validate Dafa. The police arrested more than twenty practitioners and me at a fellow practitioner's home. They took us to a police station in Beijing and asked everyone his or her name and home address. When I saw that some practitioners were beaten so badly that they cried out in extreme pain, I started reciting continuously in my heart,

"Grand talk counts for naught

when it comes to life and death,

Actions reveal what is true."

("The Knowing Heart" in *Essentials for the Further Advancement II*)

I asked myself whether I had come here to validate Dafa or to just blindly follow the crowd. Since I had come to validate Dafa, all my words and actions must be in accordance with Dafa and I must follow what Master has told us. After I had this righteous thought, I felt very relieved. No policemen questioned me. Later Master said,

"I can tell you that if a person doesn't have that much karma, he absolutely won't have tribulations that severe. You should clearheadedly distinguish personal cultivation from evil's persecution of the Fa."

("Teaching the Fa at the Western U.S. Fa Conference" in *Guiding the Voyage*)

I have realized that if I do not have that strong of an attachment to fear and other human notions, there would be no increase of self-imposed tribulations, as Master's Law body is always with me.

At that time, I felt that Master was watching me and seeing if I had a sincere heart. Master would do anything for me if I had a righteous mind. I understood that no matter what methods the old forces resort to, such as beatings and interrogation, they do not want anything tangible. What they really want is to know whether a practitioner will continue to practice Falun Gong or not. Therefore, whenever the police questioned me, I always refused to cooperate with them. I said to them that it did not matter how or why I went there or with whom, since they were not really concerned about those details. What they were really concerned about was whether I would continue my cultivation or not. I then told the police, "I am determined to follow 'Truth-Compassion-Forbearance' and to assimilate myself to 'Truth-Compassion-Forbearance.'"

In the latter part of July, I received Master's article "An Announcement" [*now in Essentials for Further Advancement II*] from a fellow practitioner. I thus understood that I should clarify the truth to the ordinary person and expose the vicious persecution of Falun Dafa. I started to clarify the truth to people. I went out to hang banners, post notices on walls with Scotch tape, and deliver truth-clarification materials to people's homes. Once when another practitioner and I went to hang a banner, the police saw us and chased us. I told the other practitioner not to be frightened or anxious. The two of us went in different directions. The police could not find us and left the area. Under Master's protection, we had escaped safely. We had broken through the persecution.

In March 2001, during the 16th National Conference of the People's Congress in China, some of the people in charge wanted to abduct me and send me to a brainwashing "class." I refused to go because I thought that there were still many people waiting to learn the truth of Falun Dafa. Since brainwashing classes are where the old forces have arranged to persecute Dafa practitioners, I was determined that I would not go. In the end, they did not succeed in sending me.

At the end of June 2001, when I was posting Dafa materials on the wall of an apartment building, a security person at the gate caught me. By pulling and dragging, he managed to get me into the security office. He used an electric baton to touch the table, and the baton emitted sparks. It was clear that he intended to shock me with the baton. My heart beat

hard, but then I had the thought that I should not get frightened, and I remembered Master's words,

"If a cultivator can let go of the thought of life and death under any circumstance, evil is sure to be afraid of him. If every student is able to do this, evil will of itself no longer exist. All of you are already aware of the principle of mutual-generation and mutual-inhibition. If you are not afraid, the factor that would make you afraid will cease to exist. This is not to be self-imposed, but is achieved by truly and calmly letting go of it."

("Eliminate Your Last Attachment(s)" in *Essentials for Further Advancement II*)

When I calmed down, I started to tell the police officer how Falun Gong teaches people to be good and how the government framed and slandered Falun Gong on television. He said, "Now I understand. You can go and continue your work. Also, please put some Dafa materials on our leader's vehicle." He then let me go.

On July 9, 2001, I was arrested for printing truth-clarification materials. I was detained in Qingdao City's Dashan Detention Center. I searched within myself, following what Master has required of us, and found that I still had the attachments of jealousy and showing-off. I saw that these loopholes were being taken advantage of by the evil. Had my impure mindset given the old forces an excuse to persecute me? I understood that, whether it was the old forces imposing on me or they were my own loopholes, I would not accept this kind of persecution. No matter what circumstances I was in, I should just do well what Master has required of me. So every day I sent forth righteous thoughts, practiced the exercises, and clarified the truth to the inmates. I thought that I should not be in detention and that I must go out and clarify the truth and save people. Therefore, under the protection of Master, I left the detention center in an upright and dignified manner.

On December 28, 2001, I was arrested while I was at a fellow practitioner's home. One month later, I was sent to Zibo City's Wangcun Village and given an illegal two-year forced labor sentence. After I arrived at the camp, I kept sending forth righteous thoughts and at the same time looking into myself to try to find in what aspects I had not done well enough and in which areas I had acknowledged the old forces' arrangements. When several former practitioners who had gone astray came to brainwash me, I immediately understood that I should turn my warped post-natal notions into the righteous thoughts of assimilating myself with "Truth-Compassion-Forbearance," rather than compromise with the evil. My righteous thoughts then became very strong. I sternly questioned the collaborators: "Why do you twist Dafa and engage in so-called exposing and criticizing Master? Before the persecution started, why didn't you say anything negative about Master? You act this way because you are afraid of the persecution and brainwashing. You are not protecting Dafa." They did not say a word.

The guards came in next. I remembered what Master said in "A Suggestion," (*Essentials for Further Advancement II*).

"Those who do the so-called 'reform' work, too, are people who have been deceived. Why not turn the tables and expose the evil and clarify the truth to them? I suggest that all students who they are trying to forcefully reform (this excludes those who haven't been taken away for reform) expose the evil and clarify the truth to those people who are doing the reform work, and tell them about the cause and effect relationship of 'good and evil always have consequences.' It is the evil that is afraid of people knowing the truth of the situation, not Dafa disciples."

The guards told me that the environment there was really good. I questioned them, "Isn't this the place where Zhou Songtao from Qingdao City was tortured to death?" I then told them about the staged Tiananmen Square Self-Immolation Incident. After I finished, the guards left without saying a word. With Master's protection, I used my mighty righteous thoughts to eliminate all the evil elements in the other dimensions that were persecuting me. So I walked out of the detention center in an upright and dignified manner in two days. I again plunged into the torrent of Fa-rectification.

On my cultivation path, I have generally felt calm, though there have also been frustrations. Because I have a determined faith in Master, from the bottom of my heart, nothing can ever force me to give up "Truth-Compassion-Forbearance."

Master said,

"Isn't there a saying among people that, 'You have your thousand brilliant ideas, but I have my own way'? In other words, Dafa disciples need to realize what they're doing. [You] must keep clearheaded about whether something is related to validating the Fa or not." (*"Teaching the Fa at the 2003 Atlanta Fa Conference"*)

During my cultivation in the Fa-rectification period, several big tribulations have made me become even more clear-headed, rational, and determined. At the same time, many of my attachments and warped notions were eliminated. I came to understand that to completely negate the old forces, we must be very strict with ourselves, study the Fa more and with our hearts, and pay attention to sending forth righteous thoughts. We must use Dafa to guide ourselves and follow what Master has required of us. We will completely negate the old forces' arrangements and walk every step well. I will keep striving forward with righteous thoughts and actions. We will live up to Master's teachings and expectations, and we will not let the sentient beings down. We will not fail in accomplishing our vows and hopes.

This is just my personal understanding. Please point out anything that is improper.

## **28) Play a Major Role on the Big Stage, and With a Pure Heart Be Responsible to Sentient Beings**

*By Falun Gong practitioner Yu Xiao in Northern China*

Greetings, Master! Greetings, fellow practitioners!

I first began to practice Falun Dafa in 1997. Before this time, my life was full of frustrations, and I had even attempted to commit suicide. After I began to practice, the thought of suicide diminished until it eventually disappeared. I recited the Fa even when I walked. Sometimes I woke up at 2:00 a.m. and had to read a couple of paragraphs from the books before I could go back to sleep soundly again. I benefited a great deal from group study before 1999. I passed some tests in my personal cultivation and experienced the wonder of what it meant to "Pacify the External by Cultivating the Internal" (from *Essentials for Further Advancement*) and the mighty power of benevolence.

For a while after 1999, I was still in my personal cultivation. But I often reminded myself that I didn't come to live an ordinary life, that I had come to practice cultivation. At that time, I always had tears running down my face whenever I sat down to meditate. Later I realized that the part of me that understands had seen Master's tremendous bearing of hardships for us. In June 2000, thanks to the sharing of other practitioners, I gave up my worries and went to Tiananmen Square. I felt the open-heartedness and joy of sacrificing for all sentient beings selflessly. In the difficult years afterwards, I was detained five times. The longest time was five days, while the shortest was a few hours. Under Master's compassionate protection, I have been striving forward in my Fa-rectification cultivation.

### **Clarifying the Truth nobly**

I started clarifying the truth about Falun Gong to people by going to Tiananmen Square. Then I started to distribute a few flyers quietly after work. Eventually I was able to clarify the truth in front of my house and at my work place publicly. Now I am able to clarify the truth wherever I am. I find that my fear has become less and less and that it has been replaced by responsibility and compassion for all sentient beings.

I am a teacher. I clarify the truth to the students in the classroom. The first time I planned to clarify the truth in class, I was a little nervous. I had three classes, over 100 students. I had to tell them about it for at least 20 minutes. Before that I had subtly told them about many of Dafa's principles at the lowest levels, such as being a good person and so on. I felt that I must tell the students the truth; otherwise I would regret it, because this might be their only chance.

It turned out that every class applauded me enthusiastically. It showed their agreement with Dafa. And I was very happy. Afterwards it became rather natural. But when I told my husband, who is also a cultivator, tears came to his eyes. Those students have graduated now. One of them called me and told me that I was the only teacher that she remembered in all her years of being in school. Though I knew they would remember me and remember what I told them, I still felt a little surprised. Recollecting how I felt at that

time, I was really ready to give up everything in order to tell them the truth, and I had nothing to regret.

Our neighborhood committee (*in China, the Party has established neighborhood and street committees to carry out the Party's political will*) once made a picture display to slander Dafa and posted it inside a display window. It was noon when I saw it. I opened the glass window without hesitation and tried to take the display down, but the picture boards were very large. Four or five of them made a bundle too big for me to carry all at once, and I had no place to throw them away.

There was only one thing I could do, which was to clarify the truth to the neighborhood committee. I found other practitioners and asked them to send forth righteous thoughts. They asked, "Is it useful to clarify the truth to the neighborhood committee? After all, not many people would believe the content of the display boards anyway." I felt sad. No matter what others did, this was my responsibility.

I went to the neighborhood committee. Everyone was reasonably kind except for one director. Someone told me that there were over 30 such display boards and that they planned to show that display in all of them, one after the other. I made up my mind that as long as the display boards were not removed, I would serve as the live "display" in front of their boards and clarify the truth to the passersby.

So I began to stand there to explain the truth about Falun Dafa every day. Other practitioners also came to clarify the truth. When we went home in the evening we strengthened our sending forth righteous thoughts. A few days later, the display was removed. The policeman from the 610 Office came to me and said, "The neighborhood committee reported you. I beg you, please stop talking [*clarifying the truth*] everywhere."

With the help of the Clearwisdom website, we had more and more materials for clarifying the truth readily available to us, and we were learning more flexible ways to do so.

I never miss any gathering of my former classmates, regardless of the distance. Each time I see different classmates and teachers. In addition, I try to clarify the truth to everyone around me, including elevator operators, cab drivers, beggars, people who asked for directions, salespersons, electrical technicians, parents and siblings, and the classmates and friends of the children. Everybody is an audience to whom I can clarify the truth. For those I cannot clarify the truth to face to face, I write down their addresses and send letters to them after I get home. I write down phone numbers and fax numbers and send them overseas for the overseas practitioners to help. There are phone numbers and fax numbers on many things, such as the packaging on food and electrical appliances. I pay attention and collect them all.

As long as I have a pure heart in saving all sentient beings, Master will help me. There was a time when we lost the source of our materials. At the most difficult time, the distribution of materials was recovered miraculously. When we had no source to get any VCD's, a copy of the VCD "Witness" was mailed to us from overseas without any

request having been made. I heard that there was a copy of the truth-clarifying VCD *Fengyu Tiandixing (Travel Between Heaven and Earth in the Wind and Rain)*. I really wanted to get it. I searched for it for a long time and asked every single practitioner that I knew, but everyone told me that they couldn't get it either. I had a chance to go to another area to clarify the truth in the summer of 2004. I asked Master every day, "Master, please help me to get this VCD. I really need it to save people." A few days before leaving, I still had not obtained the VCD. I stopped contacting other practitioners. After I came back, I was told that two days before I had left, they had received the *Fengyu Tiandixing* VCD. I had a multitude of feelings surge up that day. I blamed myself for not having good enlightenment quality and not believing in Master faithfully. And I was sorry that I didn't get to use it that time. But mostly I felt very happy that we had the VCD that would clarify the truth so completely. What a big role it would play! That was one of the happiest days in my life in the past few years.

### **Going through tribulations**

I have been illegally arrested five times during these past few years, and after each arrest I was able to leave the detention center and go home in a dignified manner. One very critical factor is that I always keep my thoughts righteous. I always remember that I am a Dafa disciple and that I have come to assist Master in Fa-rectification instead of living an ordinary life. In this way I am able to use my righteous thoughts to deal with whatever tribulations or dangerous situations I encounter. I remember that I am playing a major role on the big stage of the human world and that I have not come to this world to endure tribulations.

The second time I went to Tiananmen Square to validate Dafa, I was arrested when I practiced the exercises in front of the police. I only thought of protecting my own faith and refused to acknowledge any "wrongdoing." I was not even afraid of losing my job. In fact, not only was I able to return to work as usual, but my work unit even assigned me a new apartment. Each time I validated Dafa, I found that I had loopholes in my previous understandings and mindsets. I went from being confrontational with the police in order to stop their evildoings and clarify the truth to them, thinking only of how to treat them so as to get out of detention quickly, to being passionate about persuading the police to be kind, thinking only of assisting Master in Fa-rectification and without any attachment to being released or not. I feel that I should not be afraid and that I still have shortcomings. As long as I can always remember my mission of assisting Master in Fa-rectification and that I am playing a major role on the big stage of the human world, Dafa will correct all abnormal mentalities and all the bad things can be turned into good things. The several times that I was illegally arrested have become vivid examples that I can use in my truth-clarification.

One time, a local policeman and my company leader came to take me to the brainwashing center. I had never been sent to a brainwashing center before, nor had anyone tried to brainwash me. Although it was an intense experience standing in front of the local policeman and my company leader and I could not keep my legs from shaking, I was not scared. I just had one thought, "What should I do in order to refuse to cooperate with the evils?" The police officer threatened, "You can go there on your own or we'll carry you,"

and "You will be sent to Masanjia Forced Labor Camp if you refuse to be reformed [*i.e.*, *brainwashed*] after you get there." They also mentioned that one of my fellow practitioners had already been "reformed" and had confessed that it was I who was providing the Dafa materials that were in circulation in our local areas.

This surprised me a little, but I did not hold any grudge towards this fellow practitioner, nor did I deny that I had provided the materials. I thought that it would be better if the police believed that I had given out the Dafa materials, so that they would not make trouble for other practitioners. I still did not have a clear understanding of the issue from the perspective of Dafa. I had just obtained a copy of "A Suggestion," a new article from Master Li. I did not know that it said to not cooperate with the evil. Should I refuse to go without concern for whether I lived or died, or should I go to the brainwashing center to clarify the truth?

I still held a grudge towards the policeman, so although I wanted to follow what Master had suggested in his new article and tell the policeman the principle that good is rewarded with good and the evil is met with evil, I did not feel like saying it, as I felt that saying it that way was like cursing. I decided to go to the brainwashing center so that I could bring Master's new articles with me. If no practitioners in the brainwashing center could come to understand their mistakes, I would find a way to get out.

In the end, while they were taking me to the brainwashing center, I suddenly showed symptoms of a heart attack, so they had to send me to the hospital and then back home. Later the local policeman was criticized for "improperly carrying out his duties." Before this incident, my husband had been abducted to the brainwashing center. Later he told me that he had a thought when he was arrested, "It is bad that this time I cannot see my child anymore." As a result, he "enlightened" along an evil path in the brainwashing center.

Whether I was at home or I was detained, I never thought that I would be detained there long. I remember that when I once exchanged views on this topic with fellow practitioners, practitioner A, who had been illegally arrested and later "reformed" against his own will, said, "I will not get brainwashed the next time that I am arrested."

I said, "Why should you be arrested? If this happens, I will certainly come out, whether I come out standing or lying (dead)." This practitioner said that I was too radical.

Before long, we were arrested when we were sharing our cultivation experiences and understandings. I was six months pregnant. Although I was not afraid of being arrested, I was afraid that I would be forced to abort my pregnancy. I was able to think of the issue in a different way, that is, since my child came for the Fa, as long as I walked my path well, he would have a good fate no matter what he would encounter in the human world. So I calmed down and clarified the truth to the police. I recited "Lunyu," the preface of the book *Zhuan Falun*; sent forth righteous thoughts; and led other practitioners to do the exercises. When I was clearly aware that I was playing a major role on the big stage of the human world, the police would be very nice to me and even acted as if they were my servants. But when I lost my compassion, when I did not have the mindset of saving sentient beings, and when I held grudges and was discontented, the police would treat me



badly by pushing me around. After twenty hours, I still had not given out my name. The police did not take my photo either, although they took photos of all the others. I went home in a dignified manner. Practitioner A was sentenced to two years of forced labor and endured a huge tribulation, including being deprived of sleep for over thirty days. Practitioner A, for the second time, became "reformed."

What shocked me most was my escape from danger several months ago.

In our local area, many practitioners have been illegally sentenced to prison or labor camp. Many of the practitioners who were not arrested only accepted Master's new articles but were unwilling to accept the Dafa truth clarification materials. This worried me. I then recalled a dream I had last year: Some classmates and I were taking an exam. When the exam time was almost over, I still had several unanswered questions, but I knew that I had no problem passing the exam. Then the teacher in charge of the exam came over. He took away my pen and pointed to the answer sheets of my classmates, who had answered almost nothing in their exam sheets, saying, "You hurry up and help them answer the questions!"

I knew that I should help these fellow practitioners, but when I actually did, it was very difficult, much more difficult than clarifying the truth to the public.

Some practitioners had a lot of time and money, but they were rigidly constrained by their ordinary human mentalities. They thought that it did not matter whether they had Dafa materials or not and did not take the initiative to prepare the materials themselves. I wanted to find the opportunity to share understandings with them, but only a few of them gave positive responses to my proposed sharing.

When I clarified the truth to the public around me, I felt the worst when I heard them say, "Why are you so foolish? So-and-so is also a Dafa practitioner, but he has publically declared that he has quit the practice and has lost none of his benefits. Back home, he can do whatever he wants, and who knows what is going on?" Whenever I met these practitioners, I would kindly remind them. When I asked my fellow practitioners to send forth righteous thoughts and hand out truth-clarification material with me, I was sometimes refused. For instance, I was unable to get any Dafa materials after carrying my baby four or five hours through the snow to get them. Even when the practitioners who had just come out of the labor camp refused to accept the materials I brought to them, I often encouraged myself by saying, "It's hard to endure, but you can endure it. It's hard to do, but you can do it."

After a long time, however, I felt both tired and disappointed. At that time, two opportunities to go abroad presented themselves. I was moved by these opportunities. Thinking about my family members, relatives, and friends in China, I knew I had clarified the truth to almost all of them, and I had nothing to regret. My major responsibility for staying in China was to help the practitioners who had not stepped forward to step out. After seeing so few results after so long a time, I felt it would be easy for me to just go abroad. Although I thought about going abroad, for various reasons I did not initiate any preparations.

This incorrect mindset of just wanting to validate Dafa on my own had provided an excuse for the old forces to make trouble for me. At midnight one night, practitioner B's mother called from overseas and told me that practitioner B had been abducted to the brainwashing center. She asked me to leave home and find a safe place to stay. I hurriedly collected my materials and left home at dawn. On the road, I didn't even have time to clarify the truth to the taxi driver. After I came to the home of a classmate, she was very cold in accepting me. I started to think about it, "Why am I in such a hurry? Haven't I come to save sentient beings?" I returned home. Later, practitioner B's mother called me again several times, asking me to hide. She also told me that the 610 Office had asked practitioner B the source of the Dafa materials, and that practitioner B was about to collapse under the pressure. From what I understood about practitioner B's words and actions, I felt that it was very difficult for practitioner B to step out of detention with righteous thoughts.

Should I choose a life of homelessness or should I move to another country? I had experienced staying away from home and living in exile before. If I did it again, it would seem improper, both financially and physically as well as in regards to clarifying the truth. But if I wanted to go abroad, I hadn't prepared the necessary documents. I decided to take time to study the Fa with a calm mind and then decide my next step once I was clear about what to do. A friend of mine happened to have a new house available just then, and I could use it at any time. I decided to stay there for several days. This time I was not as anxious as I was before. I decided to clarify the truth in any situation to help save sentient beings. I would tell the truth to everyone I met, whether I was purchasing luggage or on the street.

Over those few days, I studied some of Master's lectures once again. Master said,

"Human selfishness, greed, stupidity, and ignorance are interwoven with the goodness inherent in human nature, and humans are unknowingly creating everything they will have to bear; this is currently swallowing up society. Numerous social problems of various sorts are surfacing in the world and crises lurk everywhere. Yet humans do not know to find the causes within their own nature. After the degeneration of morality, humans are unable to see that the terrible human heart is the poisonous root of social problems, and so they always foolishly try to find the way out in social phenomena. As a result, human beings never realize that all the so-called "ways-out" that they create for themselves are precisely them sealing themselves off. As such, there are even fewer ways out, and the new problems that follow are even worse. Thus, with much difficulty humans again find a tiny space and take new measures, thereby closing this remaining bit of space once again. As this repeats itself over a period of time, there is no room left and they can no longer find a way out, nor can they see the truth beyond the enclosed space. Human beings begin to suffer from all that they have created for themselves. This is the final way in which the universe eliminates lives." ("Remaking Mankind" in *Essentials For Further Advancement*)

"Actually, everything that the old forces have done is out of a natural instinct that the cosmos's beings have to try to save themselves. But it's useless. Every time before the colossal firmament was about to end, the beings in those times all did this too, but

they actually accelerated the disintegration." ("Touring North America to Teach the Fa")

Comparing Master's teaching with my own thoughts, I felt I was being very silly. All my efforts were to "save myself," whether I went abroad or left home. With such selfish thoughts, even going to the Moon would be the same as "turning around at the same spot." Furthermore, the "ways-out" only served to seal myself off further. Then, what was my loophole? Except for recently not doing well with the three things, I became impatient with my fellow practitioners. They could get the materials, but the materials did not have the effect they should have had. Faced with this situation, I didn't try to overcome the difficulties to help my fellow practitioners but chose to escape from them.

"Everything I've been doing during the Fa-rectification and everything I want, to spell it out, are the choice of the future cosmos and the needs of the future cosmos. So for the beings of the old cosmos, and this includes all the elements of beings, when it comes to the Fa-rectification and what I choose, all beings' harmonizing and completing things according to my choices and contributing their best ideas and approaches--not to change what I want, but to harmonize and complete things according to what I've said--is the best thought a being in the cosmos could have." ("Fa-Lecture During the 2003 Lantern Festival at the U.S. West Fa Conference")

What would Master do to those who could not step forward? Leave them alone?

"Opening the heavenly circuit is not itself the purpose of the practice. Even if your heavenly circuit is opened, I would say that it is still nothing. If one's cultivation continues further, through the method of the heavenly circuit one aims at opening hundreds of energy channels via one energy channel, and one can thereby open all the body's energy channels." (*Zhuan Falun*, 2000)

Since I had experience stepping forward during the Fa-rectification while doing well the three things by myself, I should also help my fellow practitioners so that they could also step forward to fulfill their prehistoric aspirations. I believed that this would be the way to harmonize Master's choices. I had a strong feeling of responsibility to go home and continue helping my fellow practitioners. I felt I had become quite huge and the 610 Office police so tiny. No matter how they fussed, I would harmonize Master's choices and follow Master's teaching. I went home.

Before I had time to change clothes at home, the 610 Office police had already arrived. I didn't have any fear or grudge against them. I thought about what Master had said about all the people in the world having been relatives of Master. Because of the arrangements of the old forces and their own choices, they are playing pitiable roles in this lifetime. No matter what the police said to me, I didn't pay any attention. Looking into their eyes, I said, "Do not harm yourselves! You should be responsible to your future and the future of your family." The director of the 610 Office told me that he had read many religious books and that he believed he would reincarnate into a human and not an animal in the future. I felt tears in my eyes and said that I also hoped that he would.

Since I didn't expect the police to show up so quickly, I still had two CD's and several letters with truth-clarification materials inside that hadn't been distributed. In case they searched my home, I carried them with me while dealing with the police. I took the chances I got to break the CD's and insert the letters into neighbors' mailboxes. However, when I was detained at the police station, I found out that the police had seized those letters, which surprised me a little bit. According to their rules, I could be sentenced to several years of labor camp because of it. However, I put down my human thoughts and was determined, "No matter what, I came here to validate Dafa and not to suffer from tribulation."

At the police station, I quietly broke the SIM card in my cell phone, since a record of all calls is stored on it. When the police found out what I had done, they grabbed the broken SIM card from me and stuck it together. (I found out later that the broken SIM card was useless even if it was glued together). I couldn't let them find fellow practitioners whether or not they were diligent in the Fa-rectification. I managed to grab the card back and immediately popped it into my mouth. The broken card stuck in my throat. I couldn't swallow it or cough it up. I collapsed. I lay on the ground but my mind was very clear. The police were in a panic. They rushed to bring me water and medicine. After a little while, they crumpled the transcripts that had nothing written on them anyway and threw them away. The 610 Office director concluded that I was very cooperative and then assigned someone to drive me home. Before I left, he said, "You still have some letters here. We will keep them." I suggested, "Then you can read them many more times."

My return surprised my family and the staff in the local community. They very much admired me. Practitioner B was released two weeks later. Later she was very regretful. She said that she seemed to be possessed at that time. Once she was "reformed," her family members who used to support Dafa all changed suddenly. No matter how she clarified the truth to them, they seemed unable to accept it.

At critical moments when we are asked about the source of our materials, some practitioners refuse to give away true information. For example, some say that they got the materials from mailboxes or found them on the ground. Some practitioners who are illegally arrested take all the responsibility on themselves to reduce the pressure on fellow practitioners; others only admit the facts the police already know.

In reality, higher-level beings, whether they are positive or negative higher-level beings, are able to see our mentalities clearly. Our "human" approaches, in their eyes, are only child's play. Only when we understand the Fa on the basis of the Fa can we treat all scenarios with a god's thoughts and handle them in an upright and noble manner.

If we answer such questions by saying that we got them from mailboxes or happened to pick them up from the ground, we are not conforming to "Truthfulness." Master said,

"I am a person who will not say what he does not want to say, but what I say must be true." (*Zhuan Falun*)

Whether we admit part of the facts or reveal all the information, we are accepting the old forces' persecution. We ourselves made the truth clarification materials with our income and with great effort in order to save sentient beings. Why should the evil know about the source of these materials?! I was arrested twice when I was handing out materials. The police heard about or obtained the materials I had handed out, but they didn't ask a single question regarding the materials.

On another occasion in 2000, practitioner C was arrested after she went to Tiananmen Square. Her husband came to my place of work and asked me to come see him. I had never had any interaction with him before. As soon as I got there, he took out a truth-clarifying flyer and asked, "Have you seen this?" I said, "Yes." "Who gave this to her?" he wanted to know. I answered, "Me." He was very surprised. He asked me, "Do you believe the words on this flyer?" I said I did. He was amazed and made a friendly comment, "I think only you and C are so honest to the extent that you look like fools!"

We chatted for thirty minutes in a friendly way. He saw me off when I left and didn't come to bother me again. Later I heard that he swore at all the other practitioners who went to his house, and he even called 110 to report another practitioner to the police. Fortunately that practitioner left before the police car arrived.

Now I would not handle similar issues in the same way. But no matter what approach we take, our mindset is most important. I think that, at that time, my frankness and selflessness dissolved the evil in the other dimensions and moved practitioner C's husband.

### **My family members changed their attitudes toward Dafa**

I noticed that some practitioners worked on Fa-rectification projects all the time, but they failed to handle their relationships with their family members well. My own experience is that, when I treat my family members as an everyday person would and seek their understanding and respect or even expect them to fulfill their duty as a family member to help me, the situation gets worse. When I am devoted to saving sentient beings and treat my family members as beings who came for the Fa, while at the same time I do well in my role in human society so as to help them have a correct understanding of Dafa, the whole situation becomes exceptionally good. I believe many practitioners have had the same experience. While clarifying the truth, it's not enough if we just talk to other people, especially our family members.

My father's change is a typical example. Before I started to practice Falun Gong, I had an awkward relationship with my father. After I became a practitioner, I came to realize that I needed to be kind to him. I therefore took on all the household chores and took care of all his meals and his daily life. I even helped to manicure his toenails for him. But he strongly objected to my practicing Falun Gong. He threatened me by banging his head against the wall and attempting to commit suicide. Sometimes he created trouble at our practice site, and he also wrote curses on Dafa books. I felt extremely wronged. I thought to myself, "I am so kind to him, but he still does such things." I tried to explain to him that it was because I practiced Falun Gong that I was so kind to him. Still very

unwillingly, my father agreed that I could practice at home, but I was not allowed to go out to join the group Fa study.

I felt very sad. A fellow practitioner advised me, "Be nicer to your father!" I said, "I have been very nice to him. I even manicured his toenails." Nevertheless, I started to check inside myself and found, deep in my heart, that I still resented my father. I was shocked when I realized this. All my "benevolence" was actually very superficial! When I truly wanted to change myself, I felt that my father was very pitiful and that I owed him a lot. It was only then that my father no longer made trouble with my practice. Occasionally, however, he still said a few disrespectful words about Dafa. Every time he said disrespectful words, he would stumble. Once he broke a tooth when he stumbled. I warned him not to say such things anymore; otherwise, he would receive retribution. The more I warned him, the less he believed it. In retrospect, I know that the way I warned him had a lot of human emotion involved, such as anger. It was not out of a compassionate heart and therefore could not move anyone's heart.

I considered my father to be a very arrogant person and a downright materialist. "Perhaps he is just such a being," I thought to myself. With my deepening understanding of Fa-rectification, I came to realize that, regardless of my father's origin, now that he had the predestined relationship to be my family member, he should have the opportunity to know the truth about Dafa. Unexpectedly, as soon as I had such a thought, and as soon as I tried to talk to him about Dafa, he immediately expressed his support for Dafa. I asked him, "What if the police forbid me from practicing?" He said, "Keep practicing! What's there to be afraid of?" Then he asked me whether I had any incense at home, because he wanted to burn incense to worship Master. I thought to myself, "My father never even believed in God!" I asked him what kind of wish he had when worshipping Master, thinking that, according to his enlightenment quality, at most he would ask Master to protect me so that I would be safe. My father answered my question in a powerful voice, "I wish Falun Gong would spread to the whole world!"

Before 1999, my mother didn't object to my practicing Falun Gong. When the suppression of Falun Gong started, due to pressure and harassment from the authorities, my mother sometimes would say a few disrespectful words against Dafa. One day in 2000, she came to the limit of her patience and asked me, "Can't you just stop practicing? What would happen if you didn't practice Falun Gong?" I replied without hesitation, "I would die!" She never brought up the topic again. Once a policeman asked my mother what she thought about my practice. My mother said, "My daughter wanted to commit suicide before. Now she no longer has such a thought. Are there any parents who don't want their children to be happy?"

Last Spring Festival, I wrote a couplet:

Spring is here and we are happy to see that people's minds are benevolent and righteous;

the entire three realms now has good fortune, our universe is clean and everlasting.

My mother asked, "When will that day come?"

I wrote another poem as a reply:

Plum Blossom

In Mid-Winter, snow is dancing in the air, most blossoms are withered;  
Plum blossoms are blooming in spite of the severe cold;  
With delightful fragrance, they are smiling in the wind;  
Spring will naturally be here when the winter is gone.

My mother smiled. She copied the poem in her notebook. Whenever we have relatives visit, she shows them the poem and proudly tells them, "My daughter wrote it." In difficult times, she gave me a great deal of help, which was a big surprise to me.

**Conclusion**

In the past several months, I haven't been as diligent as I should be, so it took me a long time to start writing my experience sharing report. I feel that my experience would probably be helpful to the many practitioners who haven't stepped forward yet, though, so I have a responsibility to write this article. It is not to validate myself. It is to encourage all practitioners to cultivate diligently together. I shed tears several times as I wrote this article. I realized that I myself was the first beneficiary of my sharing, because I re-discovered my willingness to put down everything for Dafa and sentient beings, and I experienced Dafa's dignity and the greatness of Dafa disciples during the Fa-rectification period who have been forged by the great Fa.

The practitioners in our region are gradually taking up their respective responsibilities.

I want to thank Master for creating the opportunities for us. I'd like to take this opportunity to send my highest respect to our Master!

I'd like to thank overseas fellow practitioners for their constant support!

## 29) Pure Compassion Shocks And Frightens the Evil

*By Lian Hua, a Falun Dafa practitioner in China*

### **My illnesses disappear**

I started practicing Falun Dafa in 1994. I had numerous health problems before: a chronic cough, infections in both ears, swelling of the neck, and hyperplasia of the knees. In 1977 I suffered side effects from a high fever while giving birth. Numbness of my entire body and pain made me consider suicide several times. I tried just about every available treatment, from doctors to special healing remedies and qigong practices, but they could not completely cure my diseases. I was fortunate to attend Teacher's class in Zhengzhou City in 1994. Teacher personally purified every practitioner who attended the class. My mental and physical health took a decisive turn for the better, and all my ailments went away soon after. From that point on everything worked out well. I went to group Fa study and exercise practice daily, and my work and household chores were managed in good order. I only needed to sleep for about five hours but felt lively and almost weightless. My family and colleagues all sensed my transformation.

### **Pure compassion shocks and frightens the evil**

Jiang's regime started the nationwide persecution of Falun Gong on July 20, 1999. How could a practitioner who benefited so much from Dafa ignore it? Twice I went to appeal in Beijing. In the face of evil, with the power of Dafa and Teacher's blessing, I never wavered in my faith in Dafa or Teacher, regardless of the tricks and tactics the villains tried on me. I firmly believed it is never wrong to practice "Truthfulness, Compassion, Forbearance." I was never afraid in front of the police.

One day in July 2003, someone reported me to the police while I was distributing fact-clarification flyers. The police interrogated me with different tactics, but I refused to cooperate with them and calmly told them the facts about Falun Gong. When they asked my name, I simply replied, "Falun Dafa Disciple." I continued sending forth righteous thoughts and asked Teacher to reinforce and strengthen my resolve. After five hours of interrogation by four policemen, they had found out nothing from me.

In the evening they sent me to a detention center. In the detention center I joyfully told the facts about Falun Gong to every inmate in the cell. They told me that it seemed strange that I was so worry-free, while they felt each day in the detention center was like a year. The detention center deputy asked, "How can you be released without telling us your identity?" I smiled and told them, "I will leave here after all of you understand the facts." The detention center deputies all laughed.

I truly experienced the power of Dafa as well as the blessing and protection of Teacher. Out of 50 people in the cell, only two or three of them did not accept the facts and interfered with my practice, and they were soon transferred to another cell. The police station twice sent someone to ask me whether I had thought it over. I told them, "I already told you: my real identity is a practitioner with resolute faith in Dafa. The righteous task that I am doing is to tell everyone the facts about Falun Dafa." The deputy



jokingly said, "You treat me as a friend yet you won't tell me your name." I smiled and replied, "I will tell you after I leave the detention center." He nodded agreeably. The next morning the deputy called for the "Dafa practitioner" to gather her personal belongings and prepare to be released. Several inmates came to me to say goodbye, "You must be extra careful after getting out. We all believe Falun Dafa is good."

After 13 days, I walked out of the detention center with righteous thoughts and rejoined the Fa rectification effort. Even though I still fall short of the standards set by Teacher and other diligent practitioners, I will do better and fulfill the goal of a qualified Dafa practitioner during the Fa rectification period.

Please allow me to solemnly use Teacher's poem "Hurry Up and Tell Them" for mutual encouragement:

"As Dafa disciples tell people the facts,  
It's like sharp swords shooting out together from their mouths,  
Shredding apart the rotten demons' lies.  
Lose no time and save them, hurry up and tell them."

The above is my personal understanding. Please kindly point out any deficiency or lack of understanding.

### 30) Purifying Myself - My Path in Validating the Fa

*By a Falun Dafa practitioner in Liaoning City*

First, I send greetings and express profound gratitude to our benevolent and great Master! I also send the highest respects to every fellow practitioner!

I first learned Falun Dafa in May 1997. After the persecution began in 1999, Dafa practitioners changed direction from personal cultivation to Fa-rectification cultivation. Due to a short learning period and the fact that I was physically suffering at the time, I was unclear in my thinking and hesitant in the face of the insane persecution that started on July 20, 1999. However, after I saw the videos exposing the truth about the self-immolation in Tiananmen Square, I was astonished. Taking the Fa as Master, I realized the wickedness of Jiang's regime and felt duty-bound to participate in Fa-rectification cultivation again.

#### **Beginning little by little to let go of my fear**

On April 25 and July 20 of 1999, many local practitioners went to Beijing to appeal to the government to stop the persecution of Falun Gong. Due to my fear and for other reasons, I lost this opportunity. The Clearwisdom website published the article "Serious Teachings." To obey Master's serious and kind teachings, many practitioners stepped out to protect Dafa and distributed truth-clarifying materials to people. Some practitioners, unfortunately, were over anxiousness for quick results and provided the evil with loopholes. The loss was huge.

All of this shook me to the core, and I thought I should not wait or depend on others. With my righteous belief in Master and Dafa, I started to do things little by little, first mailing and distributing truth-clarifying materials with fellow practitioners. I progressed from writing a few letters (while wearing gloves so as not to leave fingerprints) to later distributing large numbers of truth-clarifying materials. I began with clarifying the truth to my family members only and then later began clarifying the truth to friends and colleagues using different methods. Today I can move beyond the various thoughts and constraints of an ordinary person due to my righteous belief in Master and Dafa.

#### **Fa-rectification cultivation and not hiding the truth from family members**

There are three members in my family. My daughter and I cultivate but my husband does not. My husband saw his parents and other relatives improve mentally and physically through practicing Falun Gong. Therefore he knows that Dafa is good, and he does not oppose our practicing it. He works for a government organization, and he abides by the law and does his duty. At the beginning of the persecution, my husband was afraid that we might meet with disaster, so he urged us saying, "Dafa is good and you can practice at home, but never talk to others. You know the practitioners who appealed to the government were put on a list? They were detained and sentenced to forced labor camps." My husband thought, "If Dafa is good, why don't good things happen to practitioners?" He made the mistake of judging Dafa based on the false propaganda spread by Jiang's regim

In order not to give my husband too much to worry about, I did not tell him that I distributed truth-clarifying materials with other practitioners. These practitioners' relatives also agreed not to tell my husband. This continued for more than a year.

I always felt it was not right to do things furtively instead of openly and aboveboard. One evening, after I had posted a truth-clarifying poster and gone home, I saw that my husband had come home early. He asked what I had been doing. I thought, "I am a Dafa practitioner and I do the most righteous things. I should tell him the truth, calm and composed." After listening to the truth, my husband could not accept it at all and was very angry. He quarreled with me for half the night, and he said that if I continued doing these things, the house would never have a peaceful day. He also said that he would notify my parents and prepare to divorce me.

I sent righteous thoughts and said, "You brought up the issue of divorce. I don't agree. If you are serious and really mean it, I have to let you do it. But please don't make a scene by broadcasting it to my relatives."

He wanted me to promise that I would not distribute truth-clarifying materials again. I did not answer. I saw Master's picture at that time, and Master was smiling at me. My righteous thoughts were strengthened. Seeing that the threat of divorce did not work, my husband refused to eat the food I cooked for two days.

I looked at the situation and thought that the "cold war" between us really should not go on any more. My husband behaved in such a way because he did not understand the truth of Dafa and the persecution. Therefore, I discussed it with some of my relatives who are also practitioners, and we decided to face the problem and solve it. We sent righteous thoughts together, and I clarified the truth to my husband.

With cooperation from fellow practitioners and through a small family banquet, my husband realized the purpose of distributing truth-clarifying materials, that we don't oppose the government, that in fact we speak the truth and save people. We listened to his opinions. We used our wisdom to dissolve his worry. In order to let my husband witness what I was doing, I asked him to accompany me while I distributed truth-clarifying materials. In the process, he realized that I handle the task very well. From that moment on, my husband has not worried and has let me do these things on my own.

This event seems very small, but through it, the Fa-rectification environment at home became trouble-free and relaxed. This also established a base for my husband to approach Dafa in the future.

### **Refusing to participate in corruption and thereby validating Dafa**

Corruption is rampant in the government in China, and the area that I work in is no different.

I work in a government organization that administers the law. When I am offered bribes in the course of carrying out my work, I always refuse in a tactful way. I never used to mention that I practiced Falun Gong and did not take these opportunities to validate Dafa.

In China, the Jiang regime's cruel persecution of Falun Gong knocked the wind out of people and left them breathless. Even the leader at my office did not know I practiced Falun Gong at that time. When people saw that they could not bribe me, they looked for other staff members who accepted their bribes and did their business illegally. The people who paid the bribes thought I was stubborn or timid. Gradually, fewer of them came to me looking to do unlawful things. Well, it was okay with me. At least I would not have to do things against my conscience.

Cultivating in society, however, is not easy. In 2001, the leader of my work unit told us to "get over it." My colleagues and I could no longer say "No" and were forced to accept bribes. Once the door was opened, it happened again. One by one we got the extra money. The leader thought that he was right to open the way for people to make more money. Salaries in China are not very high, so improper ways to increase personal income are often used. That is not the way a practitioner behaves, though. I wanted to make excuses not to do it and not to get the extra money. However, the leader and my colleagues were watching me and would cause trouble in the workplace and hold a grudge against me if I didn't accept bribes as they did.

If I accepted the bribes, I was disobeying the requirements of Dafa, so I explained to a colleague in an open and dignified manner that I was a Falun Gong practitioner and that accepting bribes does not conform to the standards of Dafa.

One day the opportunity appeared, and I prepared to clarify the truth to my boss. However, the weather was gray and made me feel unusually reluctant. I wanted to back out, but I knew I should not miss this good opportunity

I closed the door. First I talked to my boss about work matters and then about Falun Dafa. I told him that I had started to cultivate Falun Gong before the persecution began and about its benefits for the body and mind. I explained how I used "Truthfulness, Compassion and Forbearance" as a standard and stated that I could not accept ill-gotten wealth from work. Only by maintaining that standard could I fit in with a practitioners' criterion.

The leader said finally "What we do is for everyone's benefit. In fact, I do not want to do it. The right way of this human world is upside down!" The leader was deeply concerned on our parting and urged me, "Don't tell others you practice Falun Gong. Nowadays people are liable to do anything at a critical moment!"

Since then, I have not accepted any more bribes. This conforms to what Master has said:

"The Fa can break all attachments, and can destroy all evil, the Fa can shatter all lies, and the Fa can strengthen righteous thoughts." (From "Drive Out Interference" in *Essentials for Further Advancement II*)

In the mighty torrent of Fa-rectification, I am like a grain of corn in the wide sea. The day-to-day business of keeping thoughts and actions righteous let me clearly witness Master's benevolence and Dafa's greatness. In Fa-rectification cultivation, no matter what the circumstances, firmly believe in Master, let the Fa fill your heart, keep your thoughts

and actions righteous, let go of human attachments, use intellect and wisdom to save people, and then you can follow the good and correct path to accomplish the mission.

Today is the Mid-Autumn Festival, a time of family get-togethers. I firmly believe that the day Dafa practitioners and Master get together is not far away.

### 31) Relatives and Neighbors Learn the Truth about Falun Gong

*By a Falun Dafa practitioner in Shuangcheng City, Heilongjiang Province*

I am a retired teacher. I began to practice Falun Dafa in July 1996. In April, before I started practicing, I suffered from diabetes, with a very high sugar level. My weight dropped from 159 to about 133 pounds.

After being introduced to Falun Dafa, I began the path of cultivation. Through studying the teachings, I gradually came to understand the Fa principles and realized that the fundamental cause of one's being ill is karma, and in order to cure illness, people must first cultivate their xinxing (mind nature, moral character). Teacher said in *Zhuan Falun*,

"Throughout history, the issue of whether matter determines mind or vice versa has been constantly discussed and debated in the world of philosophy. In fact, let me tell everyone that matter and mind are one thing."

I thought that the transformation of mind and the improvement of xinxing would lead to recovery from illness. By practicing Falun Gong, all of my illnesses have disappeared. Since that time, I haven't had any illness and have been very healthy. I am now determined to cultivate Dafa more than ever.

Before the persecution began, I was the Falun Dafa teaching assistant in our village. Whenever activities for promoting Dafa were held on a day I had off, I would attend. I consistently followed the principles of Dafa and regarded myself as a cultivator. I urged myself to rectify all my thoughts and ideas, as well as my words and actions. I tried to help people see how great Dafa was through my words and actions.

On July 20, 1999, the order to persecute Falun Gong spread to every township and village. That very night I went to Harbin to appeal to the provincial government. The year 2000 was the most rampant period of the persecution. On December 14, I was arrested because I went to Beijing to appeal for Falun Gong. In a police station near Tiananmen Square I was detained for ten hours and then sent to the Xuanwu District Detention Center in Beijing. During the first half of the night I was interrogated four times. I refused to cooperate by not revealing my name or address. In the end I was able to return to Shuangcheng.

During this time, I personally witnessed the shameless conduct of the police. They took me to the prison cell for criminals and said, "If you don't tell us your name and address, we'll put you in here and let them punish you." They interrogated me until midnight but never discovered my name. I was called "B5" while I was in detention. They searched me and confiscated all of my possessions. However, I was unmoved. I looked around and saw one person squatting in front of some shoes. He was lifting up the soles and cutting them open. Judging by the small pile of money to the side, he was going through people's shoes trying to find hidden money.

Facing all of this, I had no fear. I had only the Fa in my heart. Before they put me in detention, the prison doctor checked my health. Unexpectedly they discovered that I had

high blood pressure and heart arrhythmia, and I realized that Teacher was using these symptoms to help me get out. Therefore, after the police discussed the situation, I was immediately released. I returned to Shuangcheng with my head shaved and my hands holding up my pants since they had taken everything else from me. Recalling that experience brings me to tears. I realized that I had been able to step out of my human limitations and understand Teacher's compassion.

After I returned, I became more steadfast on the path of Fa-rectification. No matter how dangerous the environment was, in order to save more people, I distributed Dafa truth-clarifying materials, displayed a Dafa banner and clarified the truth to people. Regardless of wind, rain, heat or cold, I distributed Falun Dafa materials, because the most important thing at present is to clarify the truth to people.

In August 2004, my wife's uncle was suffering from rectal cancer. He lives in Harbin City. He is a Party member and was a veteran cadre dating back to before the founding of the state. His illness had reached an advanced stage, and he also suffered lung disease. In the hospital he relied on an oxygen tank to breathe and narcotics to relieve his pain. He opposed my practice of Falun Gong. He cursed me and said that I was against the Party. I went to visit him in order to change his mind and let him know that Falun Dafa is actually a really good practice. He said, "I will read the book. The Buddha knows my heart!" He really did what he said he would. As a result, he stopped using an oxygen tank and narcotics after half a month, and he could eat and easily relieve himself. In 30 days he left the hospital and returned home. The whole family and his doctors were amazed and marveled at the miracle of Dafa.

Teacher recently had several scriptures published. We practitioners know very well that we are pressed for time and that our responsibilities are great. We are clarifying the truth to relatives and neighbors, and, in groups of three, we are clarifying the truth household by household. Local practitioners often share experiences. By now, we have clarified the truth to almost everyone in our families. Through clarifying the truth, most practitioners who gave up the practice after July 20, 1999, have returned to cultivation, and also new practitioners have been coming. There were seven veteran practitioners before, but now there are over 30 practitioners. The exercise site has basically returned to normal. Most people in the village know the truth about Falun Gong. During this most critical period in history, we should increase our truth clarification efforts and be more diligent!

## 32) Righteous Belief Guided Me Through 5 Years of Persecution with Righteous Thoughts and Actions

*By a Falun Dafa disciple from China*

I first learned of the first written experience sharing conference in an announcement in Minghui Weekly. I viewed it as a full conference with special terms and under special conditions. As a Falun Dafa disciple with 8 years of cultivation experience, I thought it would be doing Fa-rectification work to write down my own experience with righteous belief, thoughts and acts. I welcome fellow practitioners to correct it with compassion if there are any loopholes.

### 1. Righteous Belief

I began practicing Falun Dafa in 1996. After I finished reading *Zhuan Falun*, it was very difficult to describe my feelings of happiness and excitement. *Zhuan Falun* is not only a book, it is Fa. I suddenly understood a lot from it.

In 1996 I was frustrated with my job and family. In my work, I experienced both success and obstacles; but I kept on struggling without giving up. In my family, my second marriage was facing failure. My aspiration was to do my work well and educate my two children well. I thought highly of fame, profit and sentiment, and was unwilling to let go of any of them.

I was a weak woman weighing less than 40 kilograms (88lbs) with a height of 1.55 meters (5'1"). Someone said that a gust of wind was enough to blow me down. But I had the character of never admitting defeat and seeking to prevail over others. This personality caused me to go through many hardships.

I was awarded the title of "advanced worker" every year, as well as "excellent manager," and one of the top 10 news personages in our county. In a celebration conference for March 8th Women's day, the secretary of the county committee commended me as the model for 180 thousand women in our county and called on all of them to learn from me. I started my company from scratch and made it big and strong and gained reputation in my county. People said, "The shortest manager built the highest building". After I experienced great success in my work, I ran into setbacks. Although I desperately pursued success in my work and happiness in family, eventually I lost everything. My heart suffered serious harm, and I developed several kinds of diseases. As a result I looked very old for my age. Some 30-year-old people even called me, "aunt" at 40.

In my 40 years, I walked back and forth in a loss and felt dejected. At that time I always recited Pushkin's poem since it fit my mood perfectly:

*I have outlasted all desire,  
My dreams and I have grown apart;  
My grief alone is left entire,  
The gleanings of an empty heart.  
The storms of ruthless dispensation*



*Have struck my flowery garland numb-  
I live in lonely desolation  
And wonder when my end will come.  
Thus on a naked tree-limb, blasted  
By tardy winter's whistling chill,  
A single leaf which has outlasted  
Its season will be trembling still.*

At that time I was helpless, disappointed, lonely and miserable. After reading *Zhuan Falun*, I had a new understanding of many things. It was *Zhuan Falun* that helped me out of the abyss of misery. Afterwards I was able to treat unfair issues and people correctly. I changed to another state of mind to face my tough life; I found the truth amidst perplexity.

In the eight years of cultivation and Fa-validation, Teacher has been looking after me all the time. After the persecution started on July 20 1999, evil was rampant. This good cultivation way was forbidden to be practiced. I did not know what to do then. However, when other people submitted all Dafa books and wrote statements to give up cultivation, I did not follow them. I pondered deeply; the situation had changed so greatly, what should I do? I firmly believed that it was correct to persist in cultivation, to cultivate following the principle of "Truthfulness-Compassion-Forbearance", and believe in Dafa steadfastly.

Soon after July 20 1999, I began to read *Zhuan Falun* again. Even if I was only able to read 1 page per day, I persisted reading every day. Even if I could only sit for a half hour in meditation, I would practice every day. From then on I respected the Fa and Teacher even more. I placed Teacher's picture in my room. Whenever I heard someone speak ill of Falun Dafa and Teacher, I would tell them, "What you said is wrong". I would turn off the TV when I saw a program slandering Falun Dafa. I did not know about sending forth righteous thoughts then. I only resisted the lies inwardly.

I enlightened from the Fa that I would not lose what truly belonged to me, and that I could cultivate and be a good person in every social situation as long as I could let go of my attachments. Following Teacher's instruction, I did my work pretty well. After I let go the attachment of pursuit, all my diseases went away, and I have not needed to take any medicine for eight years. I feel very relaxed all over.

I set up a medical company in 1997. My business is getting better and better, and the credit of our company is very good. I also established a science and technology company in 2000. The stockholders trust me very much. They said, "We felt relieved to invest money in your company. You would not deceive us." I set up a medical institute in 2001 and got acquainted with many people from different fields including officials, experts and scholars. They all said, "You are a good person. Falun Gong is really amazing. Your Teacher is extraordinary. The Fa you are cultivating is very good. We have peace of mind, doing business with you."

I got along well with my customers like friends. Since cultivation surpasses the level of the ordinary world, I dealt with disagreements and solved problems in different ways than

most people. Even if other people treated me badly, I could understand them from their point of view, with good intentions. Many people did not understand why I made concessions with regard to profit issues. But I gained admiration this way. Gradually they learned that it all stemmed from my cultivation of Falun Dafa.

In the summer of 2000, I attended a wedding. During the wedding banquet, a friend suddenly asked, "Are you still practicing Falun Gong?" Many people were present. The persecution was most savage at that time. Very few people then dared to admit to be Dafa practitioners in public. So all people present desired to hear my answer. I answered loudly, "Falun Dafa is righteous. I will never give up." Most people on the spot were leaders from different work units. After four years, I enlightened that Teacher set up a test for me through an everyday person. My answer was just what Teacher desired.

During that period Teacher said nothing in public, but just allowed students to reflect and make their own decisions. In this hazy environment, as long as we had faith, indeed Teacher could do anything for us.

In the following five years, I did much Fa-rectification work like clarifying the facts of Falun Dafa with righteous thoughts and actions. Nobody asked me to write any statements to renounce my belief. Because I have righteous thoughts, actions, and faith, Teacher has been protecting me. Teacher said,

"I am rooted in the universe. If anyone can harm you, he or she would be able to harm me. Put simply, that person would be able to harm this universe. What I have said may sound quite inconceivable. You will understand it later as you study further."

*(Zhuan Falun)*

Years of Fa-rectification experience have proved this point. With righteous thoughts, actions, and belief, the evil cannot affect me.

In June 2000, I set up a science and technology company with several scientists. Everything went smoothly. When the district police chief came to my company, he left his card and contact information politely, and told me to contact him regularly. The moment my fear emerged, I denied it immediately since Teacher is protecting me.

For five years I never stopped studying the Fa, practicing the exercises, and sending forth righteous thoughts. I transcribed *Zhuan Falun* completely once. For the second time, I transcribed up to Lecture Six.

Teacher said in the "*Falun Dafa Lecture in Sydney*",

"After reading the book for the first time, you will find that it is teaching people the principles of how to be a good person. If you read it again, you will find that what it states are not the principles of ordinary people, but it is a book beyond ordinary human knowledge. If you can read it a third time, you will find that it is a book of heaven. If you continue to read it, you will love it so much that you simply cannot let it go of your hands."

I could not help reading *Zhuan Falun* repeatedly. Later on, I started to transcribe the book word by word. After I did it once, I began to transcribe the book for the second time. For many years, no matter when or where or under what circumstances, I have kept telling others that Falun Dafa is good once I had an opportunity to do so. I have conducted myself and done things according to the standard of "Truth-Compassion-Tolerance" consistently over the past five years. My faith in Dafa remains unchanged; I stuck firmly to the requirements of Falun Dafa and my heart stayed unaffected by any external disturbances. During my cultivation in the Fa-rectification process over the past five years, my righteous thoughts were created from my faith, which has led me to righteous actions.

## **2. Righteous Thoughts**

After I established righteous faith, my every thought and idea originated from it.

Since I cultivate Falun Dafa, I do everything according to the principle of Truthfulness-Compassion-Forbearance.

Later Teacher told us to do the three things well, including Fa study, truth clarification, and sending forth righteous thoughts. Only then did I realize that righteous thoughts are a powerful substance existing physically as well as in thought. Sending forth this substance outwards can bring about formidable effects.

When I went on business trips, I always took a copy of *Zhuan Falun* with me. When I passed through the security check in the airport, the book was never discovered. One time my son and daughter-in-law came to the airport to see me off. Since they knew that I had Dafa books with me, they felt uneasy. They insisted on staying until I passed through the security check. At that time the security was very tight, the passengers even had to take off their shoes to be checked. Later they told me that all other passengers' luggage was opened to be searched, including their pockets, but when it was my turn, everything went smoothly. When I visited Taiwan, I took a copy of *Zhuan Falun* in my handbag. In Taiwan, Hong Kong and Macao, the tour guide told us that security would make trouble if we brought Falun Gong materials through the security check. However, I brought back Falun Dafa newspapers and magazines made by Taiwan practitioners without any problems. I realized that I did not do this by luck, but through righteous thoughts. Under the effect of strong righteous thoughts, nobody dared to touch Dafa material at will. Because I never had fearful thoughts or what I would do if the materials were found, the security could not see it. The cultivator's principles count: they cannot see as long as I do not allow them to see.

## **3. Righteous Actions**

I often went to Beijing for business. I would go to Tiananmen Square each time. There I sent forth righteous thoughts by erecting my palm or sometimes without any hand signs. I went in and out of the Square openly and aboveboard each time. I did all this under the elaborate protection of Teacher. I also saw many Falun fly out of my body and revolve around me.

Once there was a conference for scientists to be held in Beijing. In the conference notice it said that the opening ceremony would be held in the Great Hall of the people. I had participated in conferences in the Hall before and put Dafa material on the tables. On the morning of September 28, 2003, I walked into the Great Hall while sending forth righteous thoughts. From 8 a.m. to 12 a. m., I sat inside the Hall to send forth righteous thoughts for 15 minutes every half hour. I did not hear a word from the speaker. The only idea in my mind was eliminating the evil.

I understood the function of Dafa disciples during Fa-rectification period as a particle. We are all part of a whole. Whenever there was any program slandering Dafa on TV, I immediately eliminated the evil by erecting my palm. I am a particle of the Fa and a life created by the mighty Fa. We all have power. It is very powerful when all Dafa disciples send forth righteous thoughts.

Teacher said in "Righteous Thoughts",

"Dafa disciples' sending forth righteous thoughts at this special historic period--in order to reduce the evil beings' persecution of Dafa, Dafa disciples, and the people of the world--has played a very critical role...To reduce the losses, and to save sentient beings, put your Dafa disciples' powerful righteous thoughts to full use! Show your Mighty Virtue!"

During the special period of Fa-rectification, I did a large amount of truth clarifying work like mailing letters, distributing CDs and posting posters with righteous thoughts and actions without being arrested. I realized that as long as we maintain righteous thoughts, Teacher is protecting us all the time and the evil dares not touch us. When I talked with fellow practitioners in Taiwan or at home, it seemed to them that it was somewhat wrong to not go to prison. I have never been detained. It is because I am a Falun Dafa disciple with righteous thoughts and actions.

I sent forth righteous thoughts every day. I was busy during the day and had lots of trivial matters, so I sometimes missed sending forth righteous thoughts. But at night, I persisted in sending forth righteous thoughts at 12 a.m. I never went to bed before 12 a.m., and read 3 chapters of *Zhuan Falun*. From 11:55 p.m., I began to focus my energy to send forth righteous thoughts. In the view of everyday people, the life of a single person is lonely and unhappy. But a cultivator's living environment and space are very magnificent.

In the beginning there were no Falun Dafa material sites or materials from the Internet. I downloaded the material from the computer myself. Later, the practitioners at the material sites made a lot of small posters. Whenever fellow practitioners delivered them to me, I would go outside to post them. From 7 p.m. to 8 p.m., I posted them by myself and could finish 100 copies in one hour. Before and during the posting, I would send forth righteous thoughts. I posted 300 posters in 3-5 days. Whenever I passed the posters that I put up, I thought how they would help more people would learn the facts about Falun Dafa. I sometimes posted on busy streets or at night markets. I felt very good when I finished posting.

When I went to Beijing for business, I would post posters in telephone booths and on bulletin boards near the office of Beijing City Committees. The most common thing I did was mail letters to clarify the truth. I got about ten thousand mailing addresses of hotels, companies, plants and many other trades from the yellow pages. I mailed the material to 'person in charge', 'general manager', 'office director' or 'entrance guard' etc. In 2002 I obtained a detailed telephone book which contained the names of leaders in different levels in our province. This time I directly addressed the letter to the specific person, including the governor of the province, secretary of the Provincial Party Committee, director of provincial police department, and director of the 610 Office. Afterwards I bought telephone books from my province, other nearby provinces, and the whole country. For years I continually sent out tens of thousands of letters.

I read each edition of Minghui Weekly earnestly. I took reading Clearwisdom as a Fa conference under the special circumstances of the persecution. Although I did not submit an article to the conference, it was very helpful for my improvement to read fellow practitioners articles.

### 33) Saving Sentient Beings With a Pure And Compassionate Heart

*By a Falun Gong practitioner in China*

When it comes to informing people about the truth regarding Falun Gong, I regularly feel that my life no longer belongs to me; it belongs to all sentient beings. Every thought, every word and every action of mine is tied to their survival. There seem to be countless eyes in the universe staring at me with the hope of being saved. How can I not save them, how can I let my "human heart" stop me from letting these people know the truth. I can only save them by letting go of everything.

In the year of 2002, I left the forced labor camp, where I had been illegally detained simply for refusing to stop practicing Falun Gong, one and a half years before my sentence was due to finish. Since then I have been actively taking part in the Fa-rectification process. I have been clarifying the truth about Falun Gong and the persecution so as to save sentient beings, which has become an important and essential part of my life. I try not to miss any opportunity to clarify the truth about Falun Gong to people, including those I meet when I am out shopping or running errands, or talking to friends and family members who are visiting. I do my best to talk to people about Falun Gong in any setting.

Last year, one of my husband's cousins who we had never met because she lives so far away from us came to visit. The purpose of her visit was to convince me to stop practicing Falun Gong. She was concerned for her cousin as she was afraid that I would bring more "misfortune" to the family. After she had stayed with us for a few days and upon seeing how I acted--especially after reading the letter I wrote to my husband when I was in prison--she was moved to tears, "I did not think you would be still so concerned about your family, elders, your husband, and others when you were in such an awful place. You are such a noble person." I took the opportunity to tell her about the benefits of practicing Falun Dafa and the truth about the persecution. Afterwards, she said, "Now I understand. I am so happy and grateful that my cousin has such a wonderful wife..." She took a copy of *Zhuan Falun* [the main teachings of Falun Gong] and some Falun Gong informational materials with her when she left.

I have talked about Falun Gong to delivery men, bill collectors, janitors, postmen and elementary students allowing them to understand the true reason behind the persecution. After understanding the truth about Falun Gong an elementary student said, "If there are questions regarding Falun Gong on my test, I'd rather fail the test than answer them." I replied, "That's wonderful. I bet your grades will be excellent because of this thought." As it turned out, she scored over 80 percent in all of her subjects in her high school entry examination, even in English, the subject she liked least. She had never scored so highly in English before. She happily praised the wonders of Falun Dafa and even told her friends at school and asked them to say, "Falun Dafa is Good."

This spring, my husband was hospitalized. I talked about Falun Gong to every patient, janitor, doctor and nurse I met. Many of them asked for a "Good Fortune Card." For doctors, I started a conversation by asking them how to care for burn patients and those

who had undergone trachea surgery. I would then inform them about the suspicious points in the case of the staged "self immolation." They all agreed that there was something phony about it, commenting that it might be for the political needs of the Party.

One time, I was talking about Falun Gong to a middle-aged woman who was selling vegetables. Afterwards, she said, "We just had a meeting yesterday. They told us we would be given 200 yuan if we report just one Falun Gong practitioner." I said to her, "You better not do such things. They are the best people in the world, living their lives according to Truthfulness, Compassion and Tolerance. If you report them, you may receive karmic retribution." She replied, "I know, I won't. But you should be more careful too." To which I said, "Thank you, you will be rewarded for treating Falun Dafa kindly." She then smiled.

When I see street merchants selling fruit, I often stop and buy some, using the opportunity to talk about Falun Gong to them. I found out that every time when I talked to a merchant, there were always some people who would gather round, and even those riding bicycles would stop by to inquire about prices. In fact, they usually do not buy anything, they simply want to hear the truth and take the "Good Fortune Card" that I distribute. Some even ask for more so that they can give them to their family and friends. Afterwards, they all leave happily.

Once I went to a supermarket and saw a woman collecting garbage by the door. She was crippled and could not move very well. She sat on the ground and looked kind of filthy. I walked up to her and told her to say, "Falun Dafa is good." She wanted to say it, but could not say it clearly. I recited the words over a dozen times for her to learn. Finally she was afraid she would forget it so she asked me to write it down for her. She took out a pencil from her pocket when I told her I did not have a pen. I found a piece of white paper and wrote down "Falun Dafa is good." I then taught her to read the characters one by one until she had learned them by heart. When I was leaving, I saw her putting the piece of paper carefully in an inside pocket. My eyes were filled with tears. I thought maybe she lived such a difficult life just to wait for this day.

One morning, I saw an older couple on the sidewalk next to an intersection. They appeared to be from a rural area and were taking a rest under a tree. The man was sitting on a wheelchair while the woman was sitting on the ground. I approached her and started talking. She then understood that all the programs about Falun Gong on TV are not true and that believing "Falun Dafa is good" will be rewarded. When she finally stood up from the ground, I saw that her back was bent over at almost 90 degrees. She said she had difficulty breathing because her back was not straight. It's difficult for her to take care of the elderly man every day besides doing all the household work. I told her to recite, "Falun Dafa is good." I put my hand on her back and told her to say, "I do not believe the lies on TV, I believe Falun Dafa is good and Falun Dafa is the righteous Fa." She recited this reverently. As she kept reciting, her back became straighter and straighter. In no time her back had completely straightened, and my hand could feel her spine realigning. Finally, she let out a big breath and said excitedly, "I have met a living Bodhisattva today." I told her, "It is the power of the Fa, it is my Master who is helping you.

Remember Falun Dafa is good." She was so excited that she did not know what to say but just continued to nod her head.

When I wait for the light to change to cross the street, I will talk to the people next to me. When I ride my bicycle, I will talk to the person riding next to me. When I see people who need help, when I see people smiling at me and when my eyes meet someone else's I always talk to them so as not to miss a single opportunity. I quickly tell them, "Remember Falun Dafa is good. It will bring happiness to your life. Do not believe the lies on TV."

There were people whose eyes started to fill with tears when I told them the truth about Falun Dafa. They would say, "I don't know why, I just want to cry when I see you." Some are very excited after learning the truth saying, "I want to hand out leaflets with you." I usually give a few leaflets to them and tell them how to hand them out while telling them that doing so will bring them virtue. Some asked for many "Good Fortune Cards" for their friends and family and when they hear other people bad-mouth Falun Dafa, they stand up to them. I don't miss opportunities to clarify the truth about Falun Gong to the neighborhood security guards and police officers from nearby police stations either. When I run into them, I greet them and talk to them. I tell them that Falun Dafa practitioners are good people who should not be arrested. I also tell them that court cases are taking place against the former Chinese President Jiang for his crimes against human rights. I saw the changes in them, from participating in the persecution at the beginning to performing their work (of persecuting Falun Gong) in a perfunctory manner. One security guard often greets me with "Falun Dafa is good" when there is no one around.

After studying Master's article "Let Go of Human Attachments and Save the World's People," I deeply feel the urgency of saving all sentient beings, and that this is the meaning of my life.



### 34) Some Thoughts on Clarifying the Truth about Falun Dafa

*By a Falun Dafa Practitioner from Huludao City, Liaoning Province, China*

I began practicing Falun Dafa in 2002 after some practitioners clarified the truth to me. Before then, I had been fooled by the government's slander. During that time, TV stations all over the country were showing the staged Tiananmen "self-immolation" incident throughout the day. The horrible pictures shocked people, and everyone talked about it every day. This was one example of how Jiang's regime perpetrated frauds and used scare tactics to make people hate Falun Gong.

But during the following two years, everywhere I went, I saw posters and banners that read "Falun Dafa is good" and "Truthfulness, Compassion, and Tolerance." I was very moved by the practitioners, who, instead of giving up their belief under the tremendous pressure, persevered in their efforts to tell people the truth about Falun Dafa. I was eager to find out exactly what Falun Gong was all about and who these practitioners were.

Shortly after that, I got to know a practitioner. He explained to me how the government staged the Tiananmen "self-immolation" incident to frame Falun Dafa. He told me stories about the magic and beauty of Falun Dafa, and how it teaches people to be more compassionate. I was really touched and started reading *Zhuan Falun*. I studied Master's kind words with a pure heart and was fascinated by the profound teachings. Dafa gave me an understanding of the true meaning of life. I immersed myself in Dafa, and it purified me physically and mentally. I was deeply grateful to practitioners who risked their lives to tell me the truth and to save me. I was determined to become a real practitioner.

During that time, I only read *Zhuan Falun* a few times. I didn't know how to do the five exercises. I strictly followed the teachings and did what Master asked us to do: clarify truth about Falun Dafa and save sentient beings. I created a five-page poster to tell people about my experience with Falun Dafa, how it teaches people to have virtues, and how the Tiananmen "self-immolation" incident was staged by the government. I also made ten posters that read "Falun Dafa Is Good" and "Truthfulness, Compassion, and Tolerance." After midnight I went to the marketplace to put up the posters. It was wintertime and extremely cold out. I didn't even dare to expose my bare hands to the cold air on my way back.

Then the practitioner who gave me *Zhuan Falun* was arrested. I didn't know any other practitioners. One day, while chatting with someone, I found out about another practitioner. I went to her home. She didn't refuse to talk to me, but she told me that she was too afraid to practice anymore. The good part was that she lent me all of the Falun Dafa books she had collected. Whenever I could find some time, I read all the books behind my husband's back. I finished reading all the books (over a dozen) in a short period of time. I read the books again and again. I also learned how to do the exercises by following the practice pictures in one of the books. It was just as Master told us: when I did the exercises, my movements followed the Qiji (*energy mechanism*). Since I didn't know any other practitioners, I didn't have access to Master's new articles, the Clearwisdom website or other truth-clarifying materials. Using red and green paper, I

made posters that read, "Falun Dafa Is Good" and "Truthfulness, Compassion, and Tolerance." I then put up the posters in various public places. I also used a paintbrush to write "Truthfulness, Compassion, and Tolerance" in red paint on walls.

I did all this by myself. When I felt lonely, Master would give me guidance in my dreams, give me opportunities to overcome xinxing tests, and let me see many things in other dimensions. With Master's help, I improved a great deal. I knew what a practitioner should do during the Fa-rectification period. I began to tell people the truth about Falun Dafa face-to-face, starting with my parents, my elder brother, and sister. At first they didn't agree with me and were very mean to me. My father would give me a lecture whenever we were together. I would clarify the truth to him, but instead of listening he would yell at me. I refused to give up. I patiently told them the truth again and again. After many times, their attitudes started to change. At that time, thanks to Master's guidance, I got to know another practitioner. She was quite diligent in her cultivation and provided me with Master's new articles, access to the Clearwisdom website, and other truth-clarifying materials. I read all of Master's new articles. I felt I was improving rapidly. It was like Master was holding my hand, helping me to ascend.

My elder sister started to have stroke symptoms. She took different medicines, but none of them worked. She was miserable. I told her about Dafa's magic power of healing. She was interested in learning more. I lent her my *Zhuan Falun*. Since she had good inborn quality, as soon as she started reading *Zhuan Falun*, Master eliminated the karma for her. In several days, all her symptoms were gone! My brother-in-law's younger sister almost lost her life about half a year ago due to a medical mishap. The after-effect of that accident left her arms and legs with no strength. She could only lie in bed, and she could not even hold a cup of water. Her family members felt hopeless and were prepared for her death. My brother-in-law saw what had happened to my sister. He invited his younger sister to his house so that she could look at the practice pictures in Master's books. She told them that the pictures were alive, and that they could move. They were so surprised and called me immediately even though it was at the middle of the night. I had been practicing for about a year then and understood what had happened. I told her that what she saw was true. She was predestined to practice Falun Dafa. In order to help her establish a strong belief, Master gave her some guidance. After she stayed at my sister's house for seven days, she regained the ability to walk. She returned home and in less than a month, she could cook and wash clothes again. She and my sister started to learn the exercises from me. My sister gave up after a while, but she didn't. Within half a year, she was strong enough to finish all the farm work on her 1 acre piece of land, while her husband worked off in another place.

Seeing what happened, families, friends, and neighbors started to ask us questions about Falun Dafa. This was a great opportunity to clarify the truth to them. We answered all their questions. People around us all knew that we practiced Falun Gong. Several people even borrowed *Zhuan Falun* from us to read.

During this time, half a year after I had started practicing, my husband found out. He gave me a hard time. He wanted to divorce me. He swore at me and beat me. I followed the Fa strictly and tolerated his behavior. Before I practiced Falun Dafa, I was more hot-

tempered than my husband, and I wouldn't have allowed him to say anything bad to me. I continued to tell him the truth about Falun Dafa. He wouldn't listen and insisted that I give up practicing. I told him very clearly that nobody could stop me from practicing. If he wanted to divorce me, we could go to court. I was able to be tolerant and didn't fight back when I was beaten or sworn at. One day he jumped into bed and hit me with his fists. I didn't let a single cry out. I knew that this was for me to overcome a test, but I felt I had been wronged, and I was crying in my heart. He got tired from hitting me, so he sat down and was panting with anger. From the surface, I was able to be tolerant. But deep inside I felt sad and angry. He started hitting me again. At that time, my son came into the room and saw what was happening. He had read *Zhuan Falun* twice and understood that a practitioner should not fight back when beaten or sworn at. He turned his face away and started to cry. My husband stopped beating me. Tears of grievance rolled down my face. Later on I realized that I was not truly tolerant. In "What is Forbearance (*Ren*)?" Master said,

"Forbearance is the key to improving one's xinxing. To endure with anger, grievance, or tears is the forbearance of an everyday person who is attached to his concerns. To endure completely without anger or grievance is the forbearance of a cultivator."

*(Essentials For Further Advancement)*

After that, in several similar situations, I held up and was really tolerant. After I got rid of this attachment, he was not that mean to me anymore. When he was in a good mood, I told him the truth about Falun Dafa. He said, "I was just worried. If you were arrested and I lost my job, we would have to spend a lot of money. If you were sentenced to jail, you would endure so much pain. Just practice at home, and don't go out and tell people about it." I understood where he was coming from. He didn't know that a practitioner has a very high morality level and is eager to tell people about Falun Dafa because it is so good. As practitioners in the Fa-rectification period, it's our responsibility to tell people the truth and save them.

I didn't want him to worry about me. So after he went to sleep and I finished sending forth righteous thoughts at 12 a.m., I went outside to distribute some truth-clarifying material. My only thought was to save sentient beings. It was quiet at night. I felt comfortable walking by myself. No matter how dark it was outside or how hard the road was, I could see clearly and was never in any danger. One night I left materials explaining the truth about Falun Dafa at every house in a particular village. On my way home, I slowed down to look at the night scene. A person came out of one of the houses and started following me. I walked faster and started to send forth righteous thoughts. After a while, I looked back and didn't see him. I stopped sending forth righteous thoughts. When I approached my house, this person appeared again right in front of me. He had taken a shortcut. At that moment, a motorcycle came from behind with bright lights. I was a little scared, and my heart was racing. I stepped aside to hide in a darker place. Once the motorcycle passed, I rushed into my house and closed the door. My husband was still sleeping. I started to send forth righteous thoughts. The motorcycle passed my house twice. I sent forth righteous thoughts for a long time and didn't sleep until almost dawn. Later I realized that I should always maintain a pure heart when I do

things to save sentient beings. The old forces won't be able to take advantage of our human attachments if we don't have any.

Now that the Fa-rectification period is going to end soon, there are still many people who don't know the truth about Falun Dafa and are under persecution. We should try our best to save them so we won't regret anything when we leave. Master was so kind to us, and we should be kind to everyday people. Let's not leave any predestined person behind. We must do what Master asked us to do and walk our last steps well.

If you find anything inappropriate, please kindly point it out.

## **35) Steadfastly Cultivate Dafa with an Unflinching Will - Improve as a Whole to Save Sentient Beings**

*By a Falun Dafa Practitioner in Hubei Province*

Greetings to Teacher! Greetings to all fellow practitioners!

I am a 72-year-old Dafa practitioner from mainland China. I used to be illiterate but the power of Dafa has made me wiser and helped me to share my experiences. During the five years that Teacher has suffered injustice, Dafa has undergone tribulations, and as Dafa practitioners have encountered persecution, I have bravely validated Dafa. I can recall my experiences as vividly as if they happened yesterday, and now I wish to share them with Teacher and my fellow practitioners.

### **1. My health improved greatly after I began to practice Falun Dafa**

I had suffered nephritis and stomach disorders for more than thirty years. My glaucoma was so serious that I almost became blind in my left eye. I was hovering between life and death for a long time, and wasted a lot of money on different medications without any improvement. Fortunately, in the spring of 1996 I encountered Falun Dafa. Soon afterward I was able to collect all my medicines and syringes into one basket and throw them away. As expected, all the chronic diseases that had tortured me for decades totally disappeared. I had forgotten what it felt like to be healthy and whole, and everyone who saw me said that I was like a new person since beginning Falun Dafa practice. I was so very grateful to Teacher and Dafa for giving me a second chance at life that I decided to persist in cultivation in spite of all the difficulties.

When I expressed this wish, Teacher helped me both mentally and physically. Soon I could read and write. Through deep Fa study I gradually realized some Fa-principles, and my heart filled with happiness. I forged ahead diligently with practice and Fa study. During the personal cultivation stage, I studied and eagerly recited the Fa, practiced diligently, and transcribed a Dafa book. This laid a solid foundation for my Fa-rectification cultivation.

### **2. Validating Dafa and suffering persecution**

In July 1999, dark clouds gathered over China as the persecution began. Our local practice site coordinator was arrested, and on July 22, we went to the provincial government to appeal for the release of all coordinators. As a result we were detained overnight, and forced to watch a video that slandered Teacher.

On the evening of December 25, fellow practitioners and I practiced the exercises at the local square to validate Dafa. Officers from the county police department arrested us and hit and abused us during interrogations in their office. At midnight several dozen of us were detained in one cell, and due to the cold winter and lack of blankets we huddled closely to warm each other. We suffered various tortures there. For example, although our porridge was made of leftover rice eaten from the foul smelling chamber pots of criminals, we still were ordered to pay 30 yuan for food each day. The persecutors

illegally interrogated us and demanded we write a “guarantee statement,” giving up our practice of Falun Dafa, but only one elderly person was scared into giving up the practice and released. The other eleven affirmed that they would persist in practicing. As a result of this we were detained illegally for two weeks, and each was fined between 1000 and 3000 yuan.

After I was released and returned to work, the office staff told me that practicing Falun Gong was not allowed among Communist party members, and asked whether I would continue practicing. I responded that I would definitely continue since Falun Gong leads people to become more compassionate, and fit and healthy. Consequently, I lost my party membership that I had held for forty years.

On January 8, 2002, four of us older practitioners agreed to go to Beijing to appeal. Despite the cold and rain, nothing blocked our determination to validate the Fa. We took a bus to Wuhan City and then bought train tickets to Beijing at 5:00 p.m. But half an hour before we were to board the train, local plainclothes police arrested us and snatched our tickets. Although they demanded to know why we were traveling to Beijing we did not cooperate with them. Later they recognized our accents and called in our local police, who recognized us, and started to hit and kick us fiercely until we were left with bloody noses and swollen faces. After this we were handcuffed, dragged into a police car, and taken back to the local detention center, where we arrived at midnight. Since one evil policeman found no one else around, he extorted 680 yuan from us and swaggered off.

Before the two conferences last year, I heard news of a police scheme to abduct groups of Dafa practitioners in the event they appealed in Beijing. The next night I dreamt that there was a dark hole in which there were two black snakes who worked cooperatively with three people. At the time it surprised me that the snakes did not bite them. At 4:00 p.m. three days later, five staff from the police department arrived at my house. Seeing their clothes and inner mood I realized the situation was similar to my dream. It turned out the two snakes were the evildoers from the police department, while the other three staff were guards from three units that cooperated with the police to arrest me. I sent forth righteous thoughts to eliminate the evil and refused to open the door. After a while they left.

When my daughter returned from work, I told her what had happened. She said: "Don't worry. We won't turn on the lights tonight and tomorrow I'll take you to a rural area to hide." The next night, still unsatisfied, five evildoers caused trouble with my daughter. They said that the central government was about to convene two major political conferences and would like to talk with me. They threatened her with the loss of her job unless she told them my whereabouts. My daughter answered confidently and firmly, "How can you suspend my job? My mother has personal freedoms and the freedom of belief. Falun Gong teaches people to be compassionate and fit and healthy, so how can that violate the law? You'd better stop making trouble for her." The police changed their attitude slightly, saying that they had not come to arrest her but to talk about her going to Beijing to appeal, which she should not do. Despite this they still did not give up, and returned secretly the next day. Since it was dark and raining they went to the wrong door, and we were able to drive away without being noticed.

In November last year, another fellow practitioner and I organized an experience sharing conference with over forty participants. The police later came to arrest me, claiming that someone had reported that we had held a conference, and that I was the organizer. The day they came, I had gone out thirty minutes before the authorities arrived at 11:30 a.m. They called at my outer gate while my daughter and nephew were inside. Seeing the police, they refused to open the doors. My daughter came to find me right after and explained what had happened. She told me not to go back home in case the police came again. Actually, they returned three times that day, so I was forced to remain away from home for quite some time.

### **3. Clarifying the Truth About Falun Dafa to save sentient beings.**

Between June 1999 and August 2002 I wrote many letters. On June 13 1999, Teacher stated in the article "Stability,"

"With regard to the information the students have on how the relevant regions or the relevant departments have directly or covertly interfered with and disrupted Falun Gong students' practicing, and with regard to the situation in which some people used their power to stir up a Falun Gong 'incident', to put a broad segment of the people and government in opposition to one another, and to thereby gain politically, the students can report these cases through the normal channels to different levels of the government or to the country's leaders." (*Essentials for Further Advancement II*)

This inspired me to write letters to leaders in the county committee to validate Dafa and to clarify the facts.

At the very beginning I ran into many difficulties, particularly the common problem of being old and illiterate. Possibly Teacher saw my thoughts, so when I sat in meditation at night His golden picture appeared above my left forehead and smiled slightly at me. I realized that Teacher was encouraging me since my idea was correct, so I decided to proceed. The next day, I began to draft letters to the county committee, the county government, the People's Congress, and the People's Political Consultative Committee. After writing I exchanged my views with fellow practitioners, and asked them to improve on them before sending them out. Soon afterwards I began to write a letter to Premier Zhu Rongji. My actions also drove other practitioners to write letters to validate Dafa one after another. Later, practitioners who went to appeal in Beijing copied the letter and distributed it in Wuhan City, Shijiazhuang City, and Handan City, and even in Beijing.

When I went to a fellow practitioner's home to edit my letter a third time, he was not at home. Without understanding I asked a young practitioner to help instead. He said that he didn't know how to, but I still didn't understand. Then I heard Teacher's voice in my ear saying, "You'd better edit it yourself." I was both happy and ashamed since I realized that I shouldn't rely on fellow practitioners since they have their own work to do. After that, I started to write and edit the letters myself, and soon it was not as strenuous as before. Later, when I picked up my pen to consider how to write, a miracle occurred - the whole article appeared in my brain, so I copied it down line by line. Even my handwriting improved significantly. Sometimes, Teacher taught me new words and how to use

punctuation marks. Since my thinking was so nimble and the writing so quick I forgot that I had been illiterate. I realized that this wisdom was given by Teacher and that he was beside me while I wrote. I persisted in writing letters to leaders of different levels, enterprises, governmental offices, schools, and police stations, and also helped fellow practitioners to write. When I showed the letters to my family they all said: "It is miraculous that you can write so well." I smiled, saying, "That is due to Dafa's might and Teacher's help."

The second stage, from August 2002 until now involved clarifying the truth face-to-face. On August 21, 2002, Teacher told us to hurry up and tell people the facts. I understood that it was most urgent to save sentient beings, so I made a schedule to clarify the truth everywhere I went. I spoke from cities to rural areas. In June last year, on a very hot day I took a hat, towel, and water, and visited a friend with whom I used to mountain climb when we were young. Now being both over 70 years old, and having not seen each other for several decades, we hardly recognized each other. When she learned the facts of Dafa she was moved to tears and said excitedly "You are so old yet you walked such a long distance in the heat to tell us the facts of Dafa. I am really grateful to you. We have been deceived by lies on TV for years, and have followed the TV to slander Dafa. No wonder my eyes have been painful for years. We will never believe the lies again and we will remember that Falun Dafa is good!"

One of my colleague's sons worked overseas in a highly paid position after graduation. When she and her husband saw many overseas disasters on TV they constantly worried about his safety and begged God to bless him every day. I told her the facts of the persecution and how Dafa will bring happiness and glory to human beings, and suggested she write to her son telling him that one will have good fortune and avoid disasters by saying aloud "Falun Dafa is good." The old couple felt extremely grateful after learning these facts.

An 86-year-old man felt uneasy when I was telling him the facts of Dafa. He said anxiously "I did a wrong thing by burning a copy of *Zhuan Falun*. What should I do now?" I felt a bit sad and asked "How could you burn a book from heaven!?" He replied "When Dafa was distributed widely, someone gave me a copy of *Zhuan Falun*. Since I can cure some minor diseases, I tried to find some mistakes in the book. Later when the persecution began, I saw that Falun Gong practitioners were arrested and I was so scared that I burned the book. But soon after that my 62-year-old son was beaten to death by someone, and many of my previous diseases recurred. Is that due to my burning the book?" As he showed some penitence and prayed for forgiveness, I said compassionately "As a Dafa disciple I am responsible for you so I must let you know that Dafa is merciful to all sentient beings, but it is also solemn. No matter who commits crimes against Dafa, he will have to pay for it. *Zhuan Falun* is the law of the cosmos and saves sentient beings. Whether you destroyed it with intention or not, it counts as an offence. Fortunately you spoke out so you may have chance to make it up."

Indeed after learning the facts of Dafa, the old man insisted on greeting Teacher by putting his palms together and saying aloud "Falun Dafa is good, Teacher Li is good." Soon his diseases disappeared and he was in glowing health. He told everyone he met



about his personal experience of benefiting from Dafa both mentally and physically, and that one will benefit by saying aloud "Falun Dafa is good." Since he is old and in such good health, everyone believes him.

There are many cases like this. Many people got rid of their diseases after learning the truth through my face-to-face clarification. They called at my house to thank me, and some borrowed Dafa books from me. I understood that this is Teacher's grace rather than my own talent.

#### **4. Follow the Fa as teacher to help fellow practitioners**

Teacher said in "Towards Consummation,"

"Despite this, and the situation in which a large number of disciples who are true cultivators are suffering severe hardships, the time of conclusion has been repeatedly postponed so as to wait for those people to recognize their own fundamental attachments. This is because many among them are predestined and have the potential to reach Consummation." (*Essentials for Further Advancement II*)

The persecution was severe in our county. At first, the coordinators were arrested, some fellow practitioners were forced to leave home and go from place to place to avoid being persecuted, and some did not step out of their homes. As the persecution escalated, some practitioners did poorly due to fear and worry. As a result, the entire country was not very good. Aiming at changing this situation, I shared my thoughts with another practitioner and decided to help practitioners who had fallen down to improve in the Fa, to reduce the loss to Dafa, to strengthen their righteous thoughts, and to achieve the goal of improving as a whole so as to catch up with the process of Teacher's Fa-rectification.

We called those who were afraid and staying quietly in their homes, to exchange views. For those who did not forge ahead diligently, we convened a Fa conference to share our experiences and identify our shortcomings. This was very effective.

There was one older couple who were practitioners. The husband was retired and his wife was illiterate, so he started to teach her to read and write. They studied the Fa, practiced the exercises, and cultivated their "mind nature" very diligently. After the persecution started, the husband became afraid, as his work unit cooperated with the evil to coerce him into handing over all his Dafa books and Teacher's picture. They destroyed all of these materials and threatened him, telling him to stop practicing. In his agony he was too scared to speak up, to contact others, or to teach his wife to read, and he fell down on the path of cultivation. His wife worried about how she could study the Fa without her husband's direction, and gazing at Teacher's picture on the wall, she wept "Teacher, what is all this for?"

The interference from her husband's work unit, her children's misunderstanding of Dafa, the censure of colleagues, and outside pressure weighed heavily on the old woman. It was almost beyond her endurance. Despite the dangers, I visited her often to assist and encourage her. "It is not necessary to fear as the Fa and Teacher are with you. As long as you treat yourself as a cultivator and always believe in Teacher and the Fa without

wavering you can pass any trial." After two years of continuous effort, the woman passed these huge tribulations, and her husband also came to realize his errors. Now they are both doing "the three things" very well and following Teacher's requirements.

Another coordinator made great efforts to distribute Dafa materials before the persecution. The moment the persecution started, she was put into jail. Since the persecution was so severe, she became scared and later moved to a remote place to do business. This kept her very busy so she gave up Fa study and practice. I was often concerned about her, and soon after Teacher published the article "Suggestion" I understood that he is unwilling to let go of even one disciple, and that I must help her, so I went to visit her with the article. I found her only after much searching, but I was very happy to eventually find her and give her the article. She kept shedding tears after reading it, and said with regret "Teacher is still waiting for me to catch up." I answered her, "Teacher is too graceful to let one disciple go. You suffered so much hardship when Dafa was everywhere, but after the persecution began you moved away for various reasons. I came here several times to help you understand and not fall down, since the Fa is so hard to attain." She said right away, "I must resume cultivation."

Another practitioner had been practicing for many years, but she did not study the Fa deeply, and her enlightenment was poor. After the persecution began she saw the evildoers collect and destroy Dafa books everywhere, so she gave up cultivation. After a long time, she came to visit me and explained her situation, asking if I was still cultivating. I said that I was, and to help her I opened the page in *Zhuan Falun* where Teacher says,

"Only when there is interference from demons can you show whether you can keep up your cultivation, whether you can really grasp the truth, whether you can take the interference, and whether you can be steadfast in this discipline. Great tides wash away the sand, that is how cultivation is, and what's left is true gold." (*Zhuan Falun*)

Through Fa study and sharing ideas, she realized that she had fallen behind in cultivation! Now we always study the Fa together and her comprehension has gradually improved.

Even though time was limited, we achieved good outcomes over the many years of this evil environment by convening Fa conferences to help practitioners who had not forged ahead diligently. Before each conference we made careful arrangements to ensure its success and the participants' safety. Each time, some practitioners realized their shortcomings and improved. Teacher taught us in "Teaching the Fa at the 2004 Chicago Conference":

"And then there are a number of people who are like this: they too haven't stepped forward all along, but have been hiding at home and reading [Dafa] books, and have even been making excuses for doing that, when the truth is, it's their fear at work. I hope that the other Dafa disciples in Mainland China will help these people and ask them to step forward and do what a Dafa disciple should do." ("Teaching the Fa at the 2004 Chicago Conference")

I was gratified after I read this since I was doing what I should do.

All of this is what I did in Fa-rectification cultivation due to the Fa's might and Teacher's grace. Still, I feel I have far to go. Looking back over these five years of trials and hardships, I realize that I have forged forward step by step under the care of Teacher. As a previously unhealthy 70-year-old woman I am greatly honored that Teacher allowed me to be a Dafa disciple in the Fa-rectification period, and I really cherish this chance, which is so hard to come by.

Finally I'd like to share a story of how Teacher protected me and fellow practitioners.

In January 2003, I went to the second floor of a fellow practitioner's home to participate in a Fa conference with veteran practitioners from two other counties and cities. At 10:00 p.m. we learned that we were surrounded by the police, but none of us was afraid, and we all sent forth righteous thoughts to eliminate the evil. Later the police rushed in to beat and arrest us, but everyone shunned the evil by leaving. Shortly after, I was beat to the ground but when I got up to escape by leaping from the building, Teacher told me to lie down, so I did.

The police continued searching upstairs and downstairs but didn't notice me. Later an old policeman came upstairs and asked me to go with him, but I sent forth righteous thoughts and refused to cooperate. He said "You are so old. What happened?" I said that the police had hit me and I couldn't move. So he lifted me onto a bed and left hurriedly. I stood up right away as a young 7-year-old practitioner came upstairs to tell me that they had left and that I should go straight downstairs. Before I got out the door, several police returned with flashlights looking especially for me, but I quickly went into the bathroom. I heard one saying "She was lying on the bed a moment ago. How did she disappear so quickly?" After they left the young practitioner told me again, "Leave quickly now." I asked, "Which direction should I go?" He said that I should go to the side of the vegetable garden, so I walked ahead into the darkness until I passed by a pile of straw. Another practitioner stepped out and led me along. I knew that this was our compassionate Teacher's ingenious arrangement to help me safely escape the danger.

Thank you Teacher! Thank you fellow practitioners!

### 36) Strive Forward Courageously and Diligently On the Path of Fa-Rectification Cultivation

*By a Falun Dafa practitioner in China*

#### 1. A Predestined Connection Established

One day in December 1995, a Falun Gong practitioner brought two precious books to my home, one was *China Falun Gong* and the other was *Zhuan Falun*. I started reading the books after I received them. I just could not put the books down whenever I read them. I tried my best to adjust my time to read the books.

#### 2. Studying the Fa

In "Melt into the Fa" Teacher says:

"As a student, if his mind is filled with nothing but Dafa, this person is definitely a genuine cultivator. So you must have a clear understanding on the matter of studying the Fa. Reading the books more and studying the books more is the key to truly elevating yourself. To put it more simply, as long as you read Dafa, you are changing; as long as you read Dafa, you are elevating. The boundless content of Dafa plus the supplementary means--the exercises--will enable you to reach Consummation. Group reading or reading by yourself is the same."

I thought to myself, now that I have chosen to take up this path to cultivate myself, I should be strict with myself according to the standard of Falun Dafa. I made up my mind to memorize and recite *Zhuan Falun*. If I filled my head with Falun Dafa, then my mind would not be engrossed by human matters.

In the process of my practice, I was able to conduct my character strictly in accordance with the principles of Falun Dafa in my actions and behavior at all times. Whenever I encountered any trivial matters, I looked within myself. I would not harm others for the sake of my personal interest. I was very busy with my work so I would arrange my time well. Every morning I got up at 3 in the morning. The first thing I did was to recite from *Zhuan Falun*. By September 19, 2001, I had already recited the whole of *Zhuan Falun* five times. During the process of reciting the lectures from *Zhuan Falun*, I overcame many obstacles and interference. I also came to better understand many more of the principles of Falun Dafa. In addition, I spent time reading through *Zhuan Falun*, the additional writings of Falun Dafa, and Teacher Li's new articles.

I considered studying and reciting the teachings of Falun Dafa as my first priority since I started practicing. Hand-copying and reciting the teachings has many benefits, including those listed here:

1. Reciting the teachings of Falun Dafa enables me to really study the principles, eliminate all sorts of interference and recite it wholeheartedly. If I don't focus my attention and effort, I won't be able to recite it.

2. After reciting the teachings of Falun Dafa further, all sorts of attachments and desires, postnatal notions and thought karma, and other bad things are cultivated away. I am able to quickly improve my character. When encountering a test or tribulation, I have strong righteous thoughts and I'm able to overcome it easily.

3. I'm able to handle my character well so that I do not go astray on my path. I am able to withstand the test amidst strong wind and waves. Every time I make an improvement or step up one level, I feel like I have steadily and solidly reached the standard.

4. Before I began reciting the teachings, I often had regrets, feeling that I hadn't handled myself in accordance with the standards I believed a practitioner should have lived up to. After I began reciting the Fa, though, I no longer had any regrets. I gained a deeper understanding of Teacher Li's article in "Explaining the Content of Falun Dafa:"

"Since they began to memorize the book, instead of measuring themselves [against the Fa] after doing something, the students know beforehand whether they should do something. This is excellent."

### 3. Choices

After the persecution began on July 20, 1999, the official policy on Falun Gong was to use various methods to send groups of practitioners to undergo brainwashing. At that time, I was forced to undergo brainwashing for four days. I was forced to submit my books, have my picture taken, and be interviewed by reporters. My department heads, human resources director and district party secretary each spoke to me separately to try to force me to give up the practice.

After returning home, my relatives, friends, classmates, colleagues and neighbors, and my husband's supervisor, classmates and colleagues all came over to persuade me to give up the practice. They told me not to do things that were against the country, and they said that an arm is not as strong as a thigh, meaning that I have no way to defy Jiang's regime. During that time, it did not matter how they persuaded me, the only thing on my mind was to steadfastly remain unaffected on Falun Dafa because I am the one who knows exactly what it is and they didn't know. Based on my own solid cultivation during the past few years and the benefits I had gained from the practice, I firmly believed that Falun Dafa is an upright teaching. It is wrong for a small minority in power to issue the order to persecute Falun Dafa. I felt suffocated due to the heavy pressure at the time. I did not wish to see anyone. It was so unbearable then that a day went by like a year.

I suddenly remembered Teacher Li's words in "Huge Exposure,"

"If we change the situation in human society and reverse the general climate, then let's see who still says that Dafa is good and who changes his mind. This way, won't everything suddenly become crystal clear?"

Now, under such an evil climate, do I follow Teacher closely or do I become so strongly attached as to lose my direction? This is a serious test for a Falun Dafa practitioner. Therefore, I asked myself, "Do you still count as a cultivator? Can you withstand the test

with a weak main consciousness? In order to save the cosmos and sentient beings, Teacher has endured so much hardship. Now, when Teacher is the target of such an unreasonable attack, are you so incapable of action? Are you worthy of being Teacher's disciple?"

So I decided to let go of everything, eliminate interference and follow Teacher closely. That night I told my husband, "I have made up my mind to steadfastly practice Falun Dafa and remain unaffected. If I were to give up practicing, I would rather die than live. It would be meaningless for to me to live anyway." Seeing that I was determined and would not change my mind, he agreed. Later, he helped me do a lot of truth-clarification work. That night as I lay in bed, I felt as if I was floating up and it was very powerful. I also saw a Falun (Law Wheel) swirling before my eyes at a very rapid speed. I had this feeling twice in a row. I knew it was Teacher's acknowledgment of my making the right choice and encouraging me to strive forward courageously and diligently in my future practice.

#### **4. Righteous Thoughts and Righteous Actions**

In many lectures, Teacher has pointed out that time is pressing, and asked practitioners to cherish this time and make the best use of it. As the course of Fa-rectification progressed rapidly, I indeed felt that time is pressing and that Falun Dafa practitioners' responsibility to save sentient beings is indeed huge.

I clarify the truth and distribute flyers whenever I can and wherever I go. For example, I always carry truth-clarification material with me to distribute. I carry a few dozen copies with me. When I run into an acquaintance, I give him one. When I pass by a place, I distribute the flyers I have with me. I never let an opportunity to distribute truth-clarification flyers go by. I do this when I am on my way home from work, when I attend a meeting or when I'm on the street. In terms of clarifying the truth, basically whenever I see someone, I clarify the truth to that person. For example, I clarify the truth to my colleagues at the office and I explain the truth to my neighbors and visitors when I go home. When I attend a meeting I clarify the truth to people in the same line of business; sometimes after talking to someone, I will give him a flyer and ask him to give it to others after he finishes reading it.

In *Zhuan Falun* Teacher talks about "practicing only one cultivation way." I understood that as time becomes more pressing, then we should study the Fa all the more single-mindedly. We should study the Fa with complete and full attention. We should study by heart each word and every sentence of the great Fa of the cosmos and fill our head with the Fa. This way everything we do and everywhere we go, our actions will be based on Fa-rectification and we'll accomplish our tasks more efficiently. One night in my dream I first saw myself walking toward home on a muddy road. Then I rode a bicycle; then I took a car, a train, and eventually an airplane. I knew this was Teacher encouraging me to constantly strive forward courageously and diligently on my path of Fa-rectification cultivation.

#### **5. Elevate Together as One Whole Body**

Teacher has said many times that Falun Dafa practitioners are a whole entity. Therefore, it is extremely important for practitioners to elevate and transcend together as one whole body. In Fa-rectification cultivation, not only do we have to be diligent, we should also help practitioners who have failed to step forward to elevate together with us.

In order to elevate together as one whole body, we first re-established our Fa-study environment. We get together once a week, and for security reasons we have changed locations many times. Then we organized small-scale Fa-conferences many times so that we could share experiences and improve together. Afterward, we made separate efforts to look for those practitioners who had fallen away, every single one of them. We helped them eliminate their fear, obstacles and interference so that they could step forward to validate Falun Dafa and catch up with the Fa-rectification progress.

At the beginning when we resumed our group Fa-study, not many people came. Afterward, the number of people who participated increased, ranging from a couple people to more than twenty or thirty. In terms of exposing the evil and clarifying the truth, we started to guide the practitioners to write and mail letters, asking them to use red envelopes [*Note: Chinese traditionally put money in red envelopes during New Year's Eve and give it to their children as a New Year's gift, or use red envelopes to pass monetary gifts on the occasion of someone's wedding, birthday, etc. Here Falun Dafa practitioners make use of this format to clarify the truth*]. Later, we had them take truth-clarification materials with them, and finally we had them take and post truth-clarification posters. They started by taking one or two copies, then ten to twenty copies, and eventually up to several dozen copies. These practitioners first clarified the truth to their relatives, friends, colleagues, classmates and intimate friends. They progressed from talking to acquaintances to talking with strangers; from talking to a small number of people to a large number of people. This way, fellow practitioners went from being afraid to step forward to having the courage to step forward, from being afraid to act or talk to daring to act and talk, from doing a little to doing a lot, from being timid and overcautious to maintaining an upright mindset. Step by step they overcame their attachments and obstacles and stepped forward.

## **6. The Power of Righteous Thoughts**

One day in October 2002 when I was at a relative's home I was illegally taken hostage by perpetrators of the persecution. Two days later I was sent to a detention center.

The minute I arrived at the detention center, my first thought was: "I must walk out of here with honor and dignity. This is not a place for me to stay. I'm innocent. I will not cooperate with the evil's arrangements in any way. I will not serve forced labor, I will not work by shift, I will not wear prison clothes and I will not recite any prison rules. I will practice the exercises when I'm supposed to. I will send righteous thoughts when I'm supposed to. I will clarify the truth when I'm supposed to." A few days later I calmed my mind and searched for loopholes in my path of Fa-rectification cultivation. I searched and searched and found that it was the attachment of comfort, fear and emotion. It was exactly because I had attachments that the dark minions manipulated the evil rotten demons to take advantage of me and that the old forces arranged this cultivation

environment for me. Right then I had the following realization: Eradicating the old forces' arrangement and completely negating them is not something that we just talk about. Only when we are truly able to have a clear understanding from the Fa-principles are we able to eradicate them specifically, destroy them quickly and negate them completely.

I thought that if I stayed there like that and wasted time during Fa-rectification, then I would be taking the path arranged by the old forces, and it would be like committing a crime. So I held a hunger strike to protest the persecution and walked my own righteous path of Fa-rectification cultivation. After that, except for sending righteous thoughts at the top of the hour, I used the remaining time to study and recite the Fa and to share experiences with fellow practitioners. I don't know how many times I recited the Fa that I had fully memorized. I remember one day I recited "Lunyu" more than sixty times. At the time my brain was filled with "Lunyu." It was just like what Teacher says in *Zhuan Falun*:

"When one chants the Buddha's name, one must do it single-mindedly with nothing else in mind until other portions of the brain become numb and one becomes unaware of anything, with one thought replacing thousands of others, or until each word of "Buddha Amitabha" shows up before one's eyes."

One night in a dream I saw a thin layer of dark clouds beneath the blue sky. Above the dark clouds the heavens were truly clear and the celestial bodies were transparent. Indeed it was incomparably magnificent.

With Teacher's compassionate protection, Falun Dafa's power and my own righteous thoughts, within ten-plus days I was able to make it through three tribulations in a row: a forced labor camp, a detention center and a brainwashing class. Overcoming tribulations with righteous thoughts made me deeply realize the power of righteous thoughts.

## **7. The Solemn Nature of Cultivation**

In recent lectures Teacher clearly tells us that the old cosmos's nature is "selfishness," while the new cosmos's nature is "selflessness." The old cosmos's nature of "selfishness" has penetrated the old cosmos throughout all levels from top to bottom. I think when it manifests as it reaches the cosmos's lowest level, ordinary human's various attachments and desires such as fame, wealth, lust and emotion, and all human thoughts are based on "selfishness." Therefore at the personal cultivation stage these warped substances need to be eliminated little by little and be severed level by level. Only when we constantly eliminate these substances and constantly cultivate can we eventually meet Teacher's requirement for us. This is what Teacher says in *Zhuan Falun*,

"To tell you the truth, the entire cultivation process for a practitioner is one of constantly giving up human attachments."

Genuine personal cultivation is laying the foundation for saving sentient beings during Fa-rectification cultivation.



Based on my own understanding, with regard to following Teacher's requirements to do well in the three things in Fa-rectification cultivation, the key is changing our selfish nature and completely reversing human thoughts. We must be clear about our Fa-rectification cultivation's special responsibility and properly balance the relationship between personal cultivation and Fa-rectification. We must firmly take up the main mission of saving sentient beings and understand the true meaning of practitioners' lives and existence. We need to truly understand, based on Fa-principles, who is persecuting whom, and accordingly, we must be able to completely oppose all arrangements made by the old forces and disintegrate the old cosmos's whole system and mechanism. Only by doing these things can we walk our cultivation path righteously. In order to achieve this state, we have to go through something of a rebirth by means of the Fa-rectification cultivation process. That is why cultivation is serious. The difference in one thought could possibly ruin a person. Now the dark minions and gods are directly participating in the persecution, while knowing full well that they persecute us using all sorts of tricks and means. We are eliminating their persecution, in order to save sentient beings amidst delusion. Obviously, we understand another layer of meaning of why Teacher has repeatedly asked us to study the Fa, study the Fa and study the Fa.

The above is my realization and understanding at my level. Of course in the course of cultivation there are still many shortcomings that I have not written out. Fellow practitioners, please kindly correct me if there is anything improper.

### 37) Strive Forward on the Path of Cultivation During the Fa-Rectification Period

*By a Falun Dafa Practitioner in Hubei Province, China*

First of all I heshi (pay respect) to our compassionate Teacher!

I am a 70-year-old Falun Dafa practitioner from the Hubei Province, who began to practice Falun Gong on April 8, 1996.

#### 1. I Had the Great Fortune to Learn Falun Dafa and Was Given a New Life

I recall vividly the problems, tribulations and pain I suffered before I practiced Falun Gong. I remember that after my spouse and I had passed through great distress, he held my hands, burst into tears and said to me, "I won't forget your kindness and generosity for my whole life." But in fact, I was an unwanted person in his eyes. He actually hoped that I would die. Late at night, I secretly sobbed, alone in my misery. I couldn't for the life of me understand why after I had suffered so much pain and hardship for this family, leaving me in poor health, I then was mentally abused and discarded. I felt that the love between husband and wife was really nothing permanent. Life was so unpredictable! I felt my life was meaningless. I was dejected, and really did not want to live any longer.

At that time, I had the great fortune to learn Falun Gong. Since then, I have been walking on the bright path of cultivation. In studying the Fa, I understood that the true reason for all my pain and suffering is karma. To be a human being in this human world is not our real purpose for coming here. It is difficult to get a human body, and even more difficult to have the opportunity to encounter Falun Dafa! I came to understand that the meaning of life is to return to our true homes. As I came to understand the Fa principles, I suddenly felt free, limitless and released. After I began practicing Falun Gong, all my illnesses disappeared. I am now like a youngster, full of vim and vigor. A smile has arisen from the bottom of my heart and is now always on my face. Teacher has rescued me with great mercy. He pulled me out of the boundless sea of suffering. Teacher, how can a disciple not follow you to the end! Even if there are tremendous dangers and difficulties, even if the seas dry up and the rocks crumble, I will follow you!

In the beginning of learning the Fa, as I was rather illiterate. I did not recognize many words. It was very difficult to study the Fa. During group study, I mainly listened to other practitioners read. After reading Lecture Four, I decided to hand-copy the book. I thought this could deepen my understanding. I marked characters with the same pronunciation next to unknown characters. This made it easier for me to memorize. At that time, in order to maintain a livelihood, I had to work during the day. I copied the book at night. Sometimes, to write a character, I looked at it many times. It took me seven months to copy *Zhuan Falun*. Even my spouse had to admire my determination and will. At the booth, when there were no customers, I read the book. On the way to and from work, I often recited Teacher's articles. Teacher said,

" Study the Fa and gain the Fa,  
Focus on how you study and cultivate,  
Let each and every thing be measured against the Fa.

Only then, with that, is it actually cultivation.  
"(Hong Yin - "Solid Cultivation")

I keep Teacher's words firmly in mind. I must achieve Teacher's requirements, then I am truly cultivating. I started to treat my spouse with compassion and tolerance. I noticed that all my grievances, hatred and feelings of injustice vanished into the air. At 4:00 every morning, I took a tape player and rushed toward the practice site. I increased the time of holding the wheel from 15 minutes to an hour and a half, I improved my sitting meditation, progressing from single-leg crossing to double-leg crossing, from 5 minutes to 2 hours. From April 8, 1996 to July 20, 1999 was a wonderful period of time! I understood the true meaning of the life. I felt reborn. I had attained new life!

## **2. Strive Forward, Do Not Wait For or Rely on Others, Closely Follow the Fa-Rectification Process**

In July 1999, the situation suddenly changed. Teacher and Dafa were widely slandered and framed by Jiang's regime. As a Dafa disciple, how could I sit at home and be an observer? I must go to Beijing to clarify the truth. From September 1999 to December 2000, I went to Beijing to validate the Fa five times, and did what I understood a disciple should do.

I was inexperienced and did not achieve the expected results the first two times. Regrettably, when I went the second time, I was captured by the police before I could validate Dafa.

What should I do? After the police released me, I diligently studied the Fa and practiced the exercises. I contemplated several questions. Do we need to take action together as a group? Validating the Fa is every disciple's responsibility. Why do we have to rely on other practitioners? It is more expedient and easier for one person to come and go. The target is small and not easy to be discovered. It is of greater advantage than a collective action. So I decided to unfold a banner in Beijing by myself.

I became literate only after studying Falun Dafa. I had not written with a brush before. But, with Teacher's encouragement, I wrote "Falun Dafa is Great" on a red paper with a big brush. I got everything ready, and took the express train to Beijing for the third time in April 2000. I arrived at Tiananmen Square without any problem. It all went very smoothly. A foreign tourist group came towards me, I thought I should let the whole world hear that Falun Dafa is great, and let them know the truth about the persecution in China. At that moment, I felt no fear. I immediately unfurled my banner in front of them. At the same time I shouted: "Falun Dafa is great!" "Falun Dafa is treated unjustly!" "Restore the reputation of my Teacher!" These words, which had been filling my heart, finally burst out like a volcano, and made many tourists stop and watch. The police heard it, rushed towards me from the memorial hall and arrested me. Later, I was sent back to Wuhan City and detained at the brainwashing center for 100 days.

The police originally held me with other practitioners. The practitioners had been there for a long time, and could not get any information from outside. I told them about the situation outside and shared all the information I had read on the Clearwisdom website. They felt very encouraged. When we had time, we recited Teacher's articles and *Hong Yin* together, and shared cultivation experiences.

The leader of the detention center feared that I had too much influence over the other practitioners, so they isolated me and locked me up in the restroom. I thought, no matter where it is, disciples should introduce the Fa, validate the Fa and clarify the truth about the persecution. So I chatted with the people who supervised me each day. I told them about the benefits of practicing Falun Gong. I rebutted the slander and lies against Teacher and Dafa that were broadcast on television daily. I spoke of the great improvement of body and mind I'd experienced after practicing Dafa. I told them about my experiences and what I had witnessed. I found most of the staff at the detention center were kind and only a few held on to their stubborn beliefs. They often listened with delight and some of them even approached me for information. I felt very grateful that they were interested in Dafa.

The leader of the detention center was afraid that if it continued like that, I wouldn't be "transformed" but instead they would all become in favor of Falun Dafa. So the leader locked me up in a confinement room. It was a room for two people. I rarely could talk to anyone there. I knew deep in my heart that Teacher was looking after me and was by my side. I was not lonely. Instead I was contemplating and had lots of time to study the Fa.

At that time, Teacher's new article "Towards Consummation" was published. Fellow practitioners from the outside tried to bring us Teacher's new articles as soon as they were available. During that period, I memorized many of Teacher's articles. Because I could truly concentrate and be tranquil, the result of my Fa study was very good. I felt every word and sentence Teacher spoke filling me and being imprinted in my mind and heart. Although three people watched me, I practiced the exercises daily, and did the five sets of exercises without stopping. They could not change me or affect my belief in Dafa. After more than three months, I walked out of the brainwashing center.

I knew many sentient beings were still deluded by the lies. Dafa practitioners' truth-clarification could not stop for one moment. After I left the detention center, I immediately joined the force of the Fa-rectification. I got up very early to practice the exercises every day, then simply tidied up family matters and went out. Parks, commercial areas and markets were the places I visited daily. I did everything possible to address people in the crowd. I found ways to address the Falun Gong issue. Because of our benevolent Teacher's arrangement, there were always some people who willingly listened to me about the truth and my experience. I certainly was not eager for instant results, but I thought it most important to tell all people who had a predestined relationship with me about the real situation of Falun Gong. I thus was able to break through the evil forces and information blockade, even if just in a limited way. I destroyed the foolish delusion of the evil and their attempt to hoodwink the public. When I clarified the truth, I displayed a Dafa disciple's firm faith, mercy and sincerity. I understood that as long as people held some kindness in their heart, they would receive

the message. They would question the deceptive propaganda by the Chinese media. Some even accepted the truth right away.

At first I only clarified the truth to the general public. Then I decided to clarify the truth to government officials. I had already told the truth to the community office and local police stations, thus I considered going to departments in the district, city and provinces. After I held this thought, I immediately acted upon it. I went to the appeals office in the district, city and province. I talked for 10 minutes at the district office, 10 minutes at the city office, and 5 minutes at the provincial office. I said what they did not dare to say out loud, although I had only a little time. A few days later, I found the person in charge of "handling the Falun Gong issue" at a district Public Security Bureau and told him the truth. One of my fellow practitioners felt surprised that I could go everywhere without any problems. I fully understand that this is not because I am skilled, but because of the mighty power of Dafa. As long as our hearts are in the Fa, and we put down attachments, remain confident and righteous, we can suppress the evil, and bring people's kindness and conscience to the forefront.

In early December 2000, I decided to go to Beijing a fourth time to validate the Fa and clarify the truth. Before I left, I memorized all the points in my mind and heart. I asked others to write a complaint for me to sue Jiang Zemin for the ten crimes he had committed. I arrived in Beijing without difficulty and was fully prepared. This time I did not go to Tiananmen, but directly to the appeals office. I needed to finish the sacred mission of a Dafa practitioner. The staff at the appeals office asked me to come back in the afternoon. I told myself that I could not wait until the afternoon. So I openly told them that I was a Falun Gong practitioner, and that I came to appeal for help and to sue Jiang Zemin.

My earthshaking introduction shocked the staff. They decided to extend their working hours, and found a quiet room where we would not be disturbed, at my request. The person in charge met me there. As stipulated under the rules of the appeals office, I filled out the required form. I put it in my pocket, and told them I would hand it in after the conversation. I sat with the appeal officer and faced him honestly and directly, then I started to talk and refuted the false claims publicized by Jiang's regime one by one. When I exposed the deeds of the police at Masanjia Forced Labor Camp who stripped off 18 female practitioners' clothes and threw them naked into a cell filled with men, I could not control myself and tears streamed down my face. I said, "They are my fellow practitioners, and your fellow countrymen. I heard that the Japanese killed, robbed and raped people when they invaded China. I can't believe that today, authorities in our own jails act so dishonorably, cruelly and without morals! Jiang's regime employs massive manpower and limitless financial resources to persecute Falun Gong disciples. Why can't the money be spent on people in disaster areas and impoverished places? Why this?" The middle-aged man opposite me listened quietly to me for more than half an hour, and kept making notes in his notebook. After I finished talking, I handed my complaint to him, and asked him to assure me that the State Council would receive it. Then he took the form I had filled out.

Beijing at that time was plagued by state sponsored terrorism against Falun Gong. The appeals office staff did not dare express their support for Falun Gong publicly. But, they expressed their deep respect to a Dafa practitioner in how they treated me and what they could do within their power. They drove me to the Beijing office of my local government in a luxury car. The cadre who accompanied me asked: "Madam, have you ever sat in such a luxurious car before?"

Throughout the entire time, the appeals office staff treated me with great respect. Given their usual behavior, this was an obvious exception. This was because suing Jiang Zemin is really a great magnificent feat. This is the result of popular sentiment and divine intervention.

Many practitioners were being held where they took me. When I told them I had been to the appeals office to explain the truth, more than ten fellow practitioners listened with tears in their eyes. Afterwards, an unknown practitioner gave me a banner that read "Truthfulness, Compassion, Tolerance Forever." I hid the banner on my body. Later, I was sent back to Wuhan. This time they did not take me to the detention center, but locked me up in an iron cage at the local police station. The public officers and leaders in the community center showed much disrespect towards me in language and behavior. They meant to insult me. I did not lose my temper. I felt their attempt to belittle me was very pitiful. Three days later, because I firmly refused to pay living expenses, I was released.

I returned home, took out the banner of "Truthfulness, Compassion, Tolerance Forever," and decided to unfurl it at Tiananmen Square as soon as possible. Every minute and second of holding up such a banner at Tiananmen is precious, so my daughter helped me hide it in my sleeve so that I could unfurl it rapidly and correctly when the time came. I practiced unfurling it several times at home until I felt very confident I could do it well. Ten days later, I went to Beijing for the fifth time. This time I discovered the police were everywhere at Tiananmen Square. Within every three steps there was a policeman. I wanted to find a place where there were fewer police, so I could hold the banner for a bit longer, and shout a few more righteous words. I could not find such a place. I saw more tourists near Jinshui Bridge, so I walked on the bridge, quickly unfolded the banner, and shouted, "Truthfulness, Compassion, Tolerance Forever!"

It was a pity that I only could hold up the banner for several seconds, and only shout my message once before I was arrested by plainclothes police. After I was sent back to Wuhan, I was sentenced to one year of forced labor.

From the time I was arrested until the actual sentencing, I was taken to three different places. Finally I was detained at a drug rehabilitation center. At first I was locked up with drug addicts on the 4<sup>th</sup> floor, and supervised by these depraved people. All of what Teacher mentioned about the ugly phenomena in the Dharma-ending Period was displayed in them. Their words and acts made me feel as if I would suffocate. Some of them were really unsalvageable.

Teacher said,

"Getting arrested is not the purpose. Validating Dafa is what's truly magnificent, and it is to validate Dafa that you step forward. Since you step forward, you should try to succeed in validating the Fa--this is the real purpose of stepping forward."

"Validate the Fa with rationality, clarify the truth with wisdom, spread the Fa and save people with mercy--this is establishing the mighty virtue of an Enlightened Being."

*(Essentials For Further Advancement II- "Rationality")*

The article "Rationality" was already imprinted in my mind. I knew that it was time to act accordingly. The issue was, how I could achieve the purpose of validating the Fa? As soon as I put down my luggage, I began to plan. The nine rooms on the 4<sup>th</sup> floor held Dafa practitioners. In order to achieve the right to practice the exercises, they have "rushed to the hall" many times. I just had been detained. I was not eager to rush it. I said to myself that I must establish a disciple's image through every word and deed. There were five team leaders on duty, one after each other. Every one of them talked to me. I was filled with merciful thoughts, spoke softly, and displayed a Dafa practitioner's pure and friendly heart and good manners. I was carefree without worry, optimistically facing everything all day long, and displayed a Dafa practitioner's open and bright bearing even during hardships. I frequently talked about Dafa, spread the Fa and clarified the truth honorably and justly. I displayed a Dafa practitioner's wisdom and bravery, which was achieved through melting into the Fa. I was always open, aboveboard and confident. I won the team leaders' respect as a Dafa practitioner. Even the leader of the drug addicts gave respect out of courtesy to me. It is exactly like what Teacher said, people all have Buddha-nature and demon-nature, and the real purpose of Dafa practitioners spreading the Fa and telling the truth is to bring out people's Buddha-nature. When I introduced the Fa to the team leaders, I explained the issue of Buddha-nature and demon-nature. After a period of time, I thought I had already clarified the truth many times, now it was time to act. While continuing to tell the truth, I should "rush to the hall" together with fellow practitioners, and display a Dafa practitioners' overall demeanor.

We discussed our course of action in the washroom and toilet (the only two public areas). After we had returned to our cells, one practitioner took the lead to rush out, and practitioners in all other cells immediately joined. We rushed out, reciting *Hong Yin* at the same time. We tried it every two or three days, sometimes asking for the right to practice, sometimes protesting against our illegal detention and sometimes commemorating the publication date of *Hong Yin*. Justice and truth were on our side. There were many reasons for us to "rush out." The scene of "rushing to the hall" was extremely magnificent. It not only frightened the evil tremendously, but also greatly inspired us.

I remember on Teacher's birthday, we began rushing the hall at 6 a.m. As a result of drug addicts' impeding us, we could not succeed. I stood on the balcony, holding onto the wire netting and loudly shouted: "Falun Dafa is innocent!" "Restore the reputation of my Teacher!" People in the opposite building heard me, and one of them shouted with me: "Restore the reputation of my Teacher!" "Falun Dafa is innocent!"

One day, a young practitioner who was a law school graduate was beaten for practicing the exercises. In order to protest the depraved peoples' violence towards practitioners and the denial of our freedom to practice, we decided to collectively refuse food or water. By the 7<sup>th</sup> day, I had become very skinny and weak. They carried me downstairs and force-fed me with milk. I objected. During the hunger strike, my whole body was very painful, and I vomited blood and discharged black excrement. When I began to eat again, I solemnly announced to all those present, "Sooner or later, Jiang will be brought to justice!"

Once, artillery army officers and soldiers came to visit the drug rehabilitation center. After I heard about it, I prepared myself. When I saw those army officers and soldiers in camouflage clothing, I loudly shouted at once "Falun Dafa is great!" The center's leader breathlessly shouted: "You shut up!" I ignored him and continued to shout: "Falun Dafa is innocent!" "Restore the reputation of my Teacher!" The leader had no alternative, but to wickedly tell me to shut up. What else could he say? But, he actually called me to a small room afterwards and apologized for telling me to shut up. I felt happy that he was able to achieve this. This explained that in this small area, the environment had been essentially rectified. The remaining problems were only some superficial phenomena.

Later, they felt helpless and had no idea how to handle me. They decided to transfer me to the 3<sup>rd</sup> floor, and threatened that anyone would cave in after being there. I knew nothing about the situation on the 3<sup>rd</sup> floor, but I thought that since I have Teacher and Dafa, what is there to fear? I replied: "You may transfer me to any place, but my determination to practice Dafa is solid as a rock. I will not betray Dafa!" During the night, I pledged to Teacher, "I certainly must behave like a veteran Dafa disciple, and firmly and confidently break through this tribulation. I must make every effort to succeed for Teacher!" On the next day, three people took me to the 3<sup>rd</sup> floor. I went downstairs, before I went into the room, I thought I had to demonstrate my righteousness, suppress the evil with a Dafa disciple's righteous field, and resist those who actually dreamed about making me betray Dafa. Hence I shouted loudly while walking: "I am coming! Falun Dafa is righteous! Restore the reputation of my Teacher!" Two drug addicts supervised me on the 3<sup>rd</sup> floor. They brought more than 40 people who had gone down an evil path to talk to me. The number of people at any one time ranged from four up to eleven. Because I had the Fa in my heart, they found no loopholes to take advantage of. Sometimes I tested them to recite the Fa, but they had forgotten it all. Sometimes I spoke righteously: "I refuse to meet with you. I do not recognize people who do not recognize Teacher!" Then they said they would get someone special to transform me. I responded, "The human world has heroic models to set an example, but Dafa practitioners walk their path alone without any role model. Whoever comes will not convince me, I only listen to the Teacher!"

Seeing them after they had left the right path, enlightened on an evil path and betrayed Dafa, I felt so uncomfortable. This was the first time sad tears ran down my face, although I had been in the drug rehabilitation center for so long. That's right! Teacher said:



"The trials that a cultivator goes through are something an everyday person could not endure. That is why throughout history so few people have been able to succeed in cultivation and reach Consummation."

*(Essentials For Further Advancement II- "Position")*

Half a month later, they realized that they could not transform me, so they locked me up in the confinement room. The room was so small. There was hardly any space. The room could only hold the bed. I spent almost all the time in bed during the following three and a half months. Once I opened up my eyes in the morning, the first thing I needed to do was to steady my righteous thoughts. I warned myself: Don't forget Truthfulness, Compassion, Tolerance! Don't forget I am a Dafa practitioner in the Fa-rectification period! Don't forget "Amidst truth and falsehood, enlightening is important!" Don't forget to look inwards and cultivate myself! Don't forget to abandon the attachment to competitiveness, attachment of zealotry, mentality of showing off, jealousy and fear! Don't forget, one thought can bring about different consequences! Don't forget to follow the Fa in everything, as compliance with the Fa is cultivation. Then I began to recite Teacher's articles for an hour and a half once in the morning and once at night. Every day was like that.

During the three and a half months in the confinement cell, the manager visited me six times. Once he asked me if I wanted to read a magazine. He said: "It is so boring to be here." I replied: "I do not want to read a magazine, I want to read *Zhuan Falun!*" The manager laughed, "*Zhuan Falun?* We do not have it here."

Later, the center brought my spouse and children to force me to compromise. At that moment, what I wanted to say to my relatives were also words of spreading the Fa and clarifying the truth. I told them not to come any more. As they did not listen, I simply no longer met with them. The center cadre said I refused to acknowledge family, I categorically replied, "You forced me to come to this secluded drug rehabilitation center, and it is you who makes me unable to reunite with my family! I was originally a person full of sentimentality, but now I finally put down this attachment. I believe one day when I leave here, my spouse will still be my spouse, and my children will still be my children, actually I will not lose anything." Teacher said,

"When a tribulation arrives, if you, a disciple, can truly maintain an unshakable calm or be determined to meet different requirements at different levels, this should be sufficient for you to pass the test."

*(Essentials For Further Advancement- "Expounding on the Fa")*

Teacher also said,

"You must remember this: Cultivation itself is not painful-the key lies in your inability to let go of ordinary human attachments."

*(Essentials For Further Advancement- "True Cultivation")*

Teacher has personally arranged my cultivation path. I must truly be a qualified practitioner and follow Teacher. When I spread the Fa and explain the truth, I usually can meet the requirement of Fa principles, but sometimes I am really a bit persistent. When the cadres of the drug rehabilitation center asked for my academic qualifications, I certainly told them the truth. I only studied a year and a half in primary school, but I read Dafa's book and went from primary school to secondary school, then to high school. I think now I should have attained university level.

One day, a lady in bright, silver-white colored clothes came to me in my dream, and walked towards me with a smile. At that moment, a voice came from far away, "Go home to reunite!" After I woke up, I thought probably an angel sent by Teacher delivered the message to me in the dream. Several days later, on October 8, 2001, the drug rehabilitation center unconditionally released me and sent me home in a car a month early.

**3. To deal with painful lessons, one has to calm down to be able to study the Fa, look inward, abandon attachments, and compensate for the damage in every way possible.**

I went to Beijing five times to validate the Fa. I was arrested by the authorities and sent to prisons, brainwashing centers, and forced labor camps many times. None of this shook my unwavering faith in Teacher and Falun Dafa. This made me a little famous in the local area and fellow practitioners wanted to share experiences with me. I was used to people telling me how great I had done in my cultivation practice. This had a detrimental effect, as I was unable to face these situations righteously, based on the Fa. Attachments to showing off, zealotry, and being superficial were thus able to take a foothold and cause serious consequences.

I forgot that as a Falun Dafa practitioner I not only should look inward during conflicts, but also when being praised. No matter if the situation is good or bad, I can't forget to look inward. The evil is observing us constantly to find our loopholes. The evil will do anything in its power to widen the loophole and drag us down.

Teacher has warned us in *Zhuan Falun* and repeatedly in many other articles that the practice is serious.

"For a cultivator, all the frustrations he comes across among everyday people are trials, and all the compliments he receives are tests."

("A Cultivator is Naturally Part of It" from *Essentials for Further Advancement*)

"The mind of showing off plus the attachment of zealotry will be most easily exploited by the demonic heart."

("Definitive Conclusion" from *Essentials for Further Advancement*)

"It is extremely dangerous to add anything human to cultivation practice."

("Digging Out the Roots" from *Essentials for Further Advancement*)

Every word and sentence in Teacher's Fa lectures point directly to all of my attachments! However I did not grasp Teacher's hints.

In August 2003, the Wuhan "610 Office" listed me as one of their primary targets for "transformation". People from the residential commission, the police station, and the street office came to my house seven times trying to persuade me to give up my practice of Falun Dafa. I didn't sense that my attachment to zealotry and showing off emerged when I clarified the truth to them. Every time I clarified the truth, it could go on for hours. At times I hit the points brilliantly, and at times I would even use sarcastic humor to expose the truth. Even I was impressed by my own performance. However, I forgot this wit came from Dafa. It gave me wisdom. Teacher gives this power to his practitioners. The attachment of showing off intertwined with the attachment of zealotry, and they were intensifying. I had no idea that my level dropped when these attachments made me act outside the Fa. A practitioner shouldn't be in this state of mind. While it looked like I was clarifying the truth and validating Falun Dafa on the surface, in fact, I was embracing the mind of an everyday person and was validating my own speaking abilities. What a huge loophole! Regrettably, I was unable to recognize this human notion until I had a painful experience.

On October 15, 2003, while I was taking care of my home, Director Yang from the "610 Office," three police officers, and two secretaries from the residential commission arrived. When Yang tried to force me to slander Teacher, I refused. They were going to arrest me and take me to a "legally sanctioned re-education class." I told them, "I am not going to that class. That is a brainwashing class." Later I went to the bathroom and wouldn't open the door. Officer Chen kicked open the bathroom door and dragged me out. My daughter came to stop them and wouldn't let them take me. Chen yanked my daughter's arm away and threatened to take her away if she didn't let go. At the same time, a lot of my neighbors were watching this, but none of them made a noise when these depraved people kidnapped me in broad daylight. In the past, whenever these wicked people came to my house to harass me, a lot of my neighbors stood up for me, "This woman is a good person, don't treat her like this!" Since Director Yang and Li Wei both thought that my power to influence the crowd was too great, they started to talk to my neighbors individually. They spread lies and threatened and bribed my neighbors to keep quiet and not interfere. As I was shouting "Falun Dafa is wrongfully accused," they pushed me into the police car and sent me to the E'touwan Brainwashing Center, the so-called "legally sanctioned re-education center."

The brainwashing center brought ten staff members from its supervising unit to brainwash me. I was the only practitioner imprisoned there at the time. The second day they started to play the VCD's that slander Falun Gong to brainwash me. They also played the recordings of the speeches of Wang Zhigang, Sima Nan, He Zuoxiu, and Cai Chaodong. They distorted Teacher's lectures by citing bits and pieces separately in order to damage the content of the lecture. I wouldn't watch nor listen to any of it because I had

practiced Falun Gong for seven years and I knew Falun Gong was real and great and so was Teacher. None of this slander had any effect on me. Four days later, practitioner Gui (an elderly lady, first name unknown) was also brought to the brainwashing center. They forced us to watch VCD's slandering Falun Dafa in the mornings and read similar materials aloud to us at night. The content of all this material was so far removed from the truth that it could only fool people who knew nothing about Falun Gong. This material could not deceive someone like me, a practitioner who had practiced for seven years and benefited from this practice immensely.

From October 16, 2003 on we were "listening" to all their material, day and night. By November 1, 2003, they still had not transformed me. Consequently, they put me in solitary confinement for four days. They did not succeed. On the fifth day, the ten staff members divided into five teams, and each team was closeted with me for four hours that day. This went on until midnight. Then, on the sixth day they prohibited me from sitting down during class. The weather turned rainy and windy, and the temperature was 3C (38F). They forced me to stand outdoors for more than half an hour before I was allowed to go back into the room. There was only an empty bed and nothing else. In the morning of the seventh day, they woke me up before eight in the morning and forced me to listen to the deceptive material. They still couldn't transform me. Li Wei dragged me three times to the wall. He told me to bang my head against the wall and commit suicide. I told Li, "I can't do that. Teacher said clearly in the Fa principles that practitioners cannot commit suicide, as it is the same as killing a life. Being a practitioner, I must follow the principles Teacher taught us! Coercion cannot change people's heart!" There were two other staff members, Lin and Wu (both first names unknown), at the scene who witnessed the whole event. Because I refused to read the deceptive material with the staff members, they came up with another torture method. They had me stand still for six consecutive days. I was not allowed to sit down or take a break during all those days. They wouldn't even let me sit down while eating. One day, seven people surrounded me and pushed me down to the ground and put Teacher's picture in my sock to humiliate me. Facing this group of depraved people, acting in such desperate madness, no words can express the sorrow I felt about the extent they had slipped into evilness.

After another six days, Li Wei saw that he couldn't transform me, so he cuffed my hands and hung me up by the cuffs. My shoulders and lower back became extremely painful. Li said, "This is meant to break your bones!" So they cuffed and hung a 70-year-old woman for two consecutive days.

In this hell on earth, being surrounded by demons, I did not sleep on a bed for eight straight days because they made me stand still for six days and hung me up for two days. I felt that I couldn't concentrate anymore and I couldn't think. I couldn't form any righteous thoughts. My hands were cuffed and they forced me to put my fingerprints on a prepared "Transformation Letter." This was the greatest humiliation and stain. For the longest time, I suffered unbearable pain, regret and humiliation, and I couldn't seem to recover from it. I realized then that the spiritual persecution of practitioners was harder to bear than the physical persecution.

The next morning after I left the brainwashing center, I went to a practitioner's home, kneeled down in front of Teacher's picture and cried uncontrollably and with great anguish. Though I sent out a "Solemn Declaration" the same day, I still was not sure what was going to happen and what to do. I lowered my head when I saw sentient beings and was speechless when I saw other practitioners. I couldn't do any of the three things a practitioner needs to do. This continued until Teacher's lecture in Atlanta was published. It was then that I was released from this suffocating pressure. I dreamed of our compassionate and great Teacher standing on top of a mountain and extending his hand to his student who has fallen down into the chasm. From Teacher's hint in the dream, I realized that my own world was empty. I knew that I had to start all over, from nothing.

First, I needed to break through my inability to calm down and study the Fa:

"The Fa can break all attachments, the Fa can destroy all evil, the Fa can shatter all lies, and the Fa can strengthen righteous thoughts."

("Drive Out Interference" from *Essentials For Further Advancement II*)

Through calmly studying the Fa and looking inward, I was finally able to let go of the attachments to zealotry, showing off and vanity. If I thought about the tribulations I had as an everyday person, I could not find anything to be happy about. I therefore had no reason for showing off. It was Teacher's Fa that gave me a brand new life. All the beauty I felt in my life was from the Fa.

Why did I lower my head in shame when I saw sentient beings? Why could I not say anything when I saw practitioners? It all came from the attachment of vanity. I simply couldn't bear the thought of losing face. Being a practitioner, if I couldn't abandon these attachments, I could not validate the Fa. The road was covered with the brutal persecution and the vow of a god would become fragile. The lesson I learned was painful and heavy.

Teacher's compassion once again saved me. It freed me up to face the future more steadfastly and more forthrightly. I must make up for the things I did wrong and do even more to compensate for the loss I caused Dafa. Once my righteous thoughts emerged, I immediately put them into action.

(1) First I told my neighbors and all my acquaintances the truth about the brutal persecution perpetrated on a 70 year-old woman by Jiang's regime and his depraved followers. While I was imprisoned in the brainwashing center, practitioners outside had already told my neighbors how I was being persecuted in the prison. Now I could tell them in person and confirm this information to my neighbors. They realized that all was true and it cleared the doubts in some neighbors' mind. They all expressed their sympathy and were angry about the persecution.

(2) After that, I filed a complaint with the responsible government agency against the depraved individuals who carried out this inhumane persecution. The persecution caused me tremendous trauma both physically and mentally. I suffered severe consequences and was unable to recover for a long time. I demanded to have an examination at a hospital and insisted that the authorities pay all the medical expenses. Given all the facts, they had

no choice but to accept my demands. Now I have the proof and am ready to point out the crimes committed against practitioners.

(3) I wrote letters to President Hu Jintao and Prime Minister Wen Jiabao and told them about the inhumane persecution I had encountered. I urged them, based on the constitution and the laws, to severely punish the criminals whose hands were stained with practitioners' blood.

(4) I heard on the news that "starting from this May to next June, the Supreme Procuratorate has asked their agents nationwide to investigate activities by government officials concerning abuses of power and violations of human rights. The procurators will focus their investigations on five types of human rights violations by the government officials -- crimes of negligence at work causing citizens severe losses of property or lives; illegal imprisonment; illegal search; torture during interrogations and using violence to obtain evidence; sabotaging elections; and violating citizens' democratic rights and torturing detainees."

I thought of the persecution I suffered in the "legally sanctioned re-education class (brainwashing class)." This investigation will fully target the crimes committed during the recent past. In the brainwashing center, they set up a place not sanctioned under existing regulations in the constitution and under existing laws. They unlawfully imprisoned me there and tortured me. They forced me to give up my belief in "Truthfulness, Compassion, Tolerance," which was the same as forcing me to give up the right of wanting to be a good person.

I wrote a letter to the Supreme People's Procuratorate stating the above situation and asked for justice to be served. At the same time, I consulted a local procuratorate and prepared to file a lawsuit.

That morning I arrived early, before the district procuratorate was open. I first sent righteous thoughts in close proximity to eliminate the evil factors around the procuratorate. Then I repeated a number of times a part of Teacher's article "Also in a Few Words":

"Indestructible righteous faith in the cosmos's Truth forms benevolent Dafa disciples' rock-solid, Diamond-Like Bodies, it frightens all evil, and the light of Truth it emanates makes the unrighteous elements in all beings' thoughts disintegrate. However strong the righteous thoughts are, that's how great the power is." (from *Essentials for Further Advancement II*)

When the bell rang, I followed a man in his fifties into his office and explained the purpose of my trip. I answered all his questions.

Now that I think about it, the process of consultation was in fact the process of face-to-face truth-clarification. It might look like I needed his opinions, but in fact he was "consulting" me. Between questions and answers, I clarified all the questions he raised such as the appeal on April 25, 1999, when the practitioners had gone to Tiananmen Square to validate the Fa, the fabricated "self-immolation" in Tiananmen Square, and the

slanderous rumors of practitioners killing people, and Teacher making outrageous money from his books.

I sent righteous thoughts while I was talking to eliminate the evil factors surrounding him and thus got very good results. I was totally calm and not a bit scared the entire time. On the other hand, I could see him being unsettled by an apparent conflict, given his words and his thoughts. He constantly turned around to see if there was anyone around, as if he was afraid that people would overhear our conversation. His attitude was mild when there was no one around, but he turned serious and upset when someone entered the room. I understood from his attitude that the evil had brought about the state terrorism. I became aware of the heavy psychological burden this put on the Chinese people, including these government officials. They had to make a living in such a suppressive environment and had to live such a pathetic life. Suddenly, immense compassion emerged from my heart. I again felt the heavy responsibility practitioners have to save sentient beings. I realized that time is running out.

I talked for a little more than half an hour and said to him that I would write an appeal letter after I got home. He said to me before I left, "Forget about the appeal letter, the procuratorate will not accept any Falun Gong case. Don't run around after you get home and be careful. If the police find out what you are doing, you will be punished." I told him, "Please remember this in your heart, 'Falun Dafa is Good.' If you are in trouble, remember 'Falun Dafa is Good' and 'Truthfulness, Compassion, Tolerance are good,' Teacher and Dafa will protect you."

For some reason, I didn't feel relaxed at all after I left the procuratorate. I thought of what Teacher said in "Teaching the Fa at the 2003 Atlanta Fa Conference":

"Every Dafa disciple will shoulder immense responsibilities in the future. There are so many beings that need you to save them--there are so many lives that need you to save them. During this period of time, you yourselves need to harmonize and consummate everything that's needed for your own Fruition and countless beings. Your mighty virtue and everything of gods are within it. That's why I often say that in validating the Fa, you should do well the three things Dafa disciples need to do, and everything is encompassed in them. So I say that the most important goal for you in clarifying the truth is to save even more beings in the process. This is what's foremost, and this is the real purpose of clarifying the truth ... Saving beings should permeate every single aspect of your daily lives at this time. If you can all understand and really see its importance, I think you'll probably save more beings."

I realized that so much was still waiting to be done by practitioners and therefore we could not slack off even just for a short time. Teacher's immense compassion for sentient beings moves me deeply. His high expectation for practitioners encourages me. I must cherish Teacher's compassion for sentient beings and not disappoint him and meet all his expectations for us. I must follow Teacher's words!

During this time, practitioners in our area did a good job coordinating. Practitioners made truth clarification materials using the true persecution stories about me and three other

practitioners (Huang Zhao died because of the persecution; Huang Yongmei became disabled because of the persecution; and Liu Youqing suffered severe brain damage due to lack of sleep for 18 consecutive days). The materials are being widely distributed in our area and are intimidating the evil. I believe whoever sees these materials can tell right from wrong, benevolence from evil, and gain righteous thoughts from them.

Now, no matter how busy I am with Dafa work, I make sure I read two to three chapters of *Zhuan Falun* daily, plus other articles. Every day I target the evil in the three realms, New York City, Beijing, and our local area, and send righteous thoughts at least ten times. I send righteous thoughts as many times as I can.

I remind myself daily that saving sentient beings is a sacred responsibility Teacher asks of practitioners. I must not let the truth clarifying work become a routine and treat it like a job. Saving sentient beings is not like finishing a job: my positive attitude toward clarifying the truth will bring about different results. I cherish every copy of truth clarifying material I have and refuse to give up any opportunity to clarify the truth. Among the everyday people I know, a part of them indeed understand that Falun Dafa is good. They have seen the nature of the brutal persecution against Falun Gong and the practitioners. There are seven people who want to read *Zhuan Falun* and learn the exercises. I follow Teacher's request and quickly arrange for them to learn the Fa and the exercises.

The current of Fa-rectification is moving forward quickly and powerfully, and the limited time left is moving faster and faster away from us. I have to seize the time left and do the three things well. If all those worth saving are saved, then I won't regret what's not been done when the Fa-rectification arrives in the human world.

In conclusion, let's review Teacher's article, "Let Go of Human Attachments and Save the World's People."

"Dafa disciples as a whole have passed the stage of personal cultivation. At present, because the enormous current of Fa-rectification is charging forward, the stage of Dafa disciples' validating the Fa is approaching completion and history is about to enter a new phase. From now on, the Dafa disciples in China as much as anyone, both new students and veterans alike, should let go of their long-standing human attachments and start to seize the day and comprehensively save the world's people. Once the current time period is over, the first large-scale process of weeding out sentient beings will begin. For a Fa-rectification period Dafa disciple, personal liberation is not the goal of cultivation: when you came, saving sentient beings was your great aspiration, and that is the responsibility and mission history has bestowed upon you in Fa-rectification. Thus great numbers of beings are to be saved by you. Dafa disciples, don't forsake the magnificent responsibility that has been bestowed upon you in Fa-rectification, and even less should you disappoint those beings, as you are now their only hope for entering the future. For this reason, all Dafa disciples, students both new and veteran, should get to work and begin comprehensively clarifying the truth. This is especially so for the Dafa disciples in Mainland China:



each must come out and clarify the truth, bringing it to every field and valley, mountain and hill, not omitting a single area where there are people."

### 38) The Choice of a Young Falun Gong Practitioner

*By a young Falun Gong practitioner Li Yuan*

My name is Li Yuan and I am 14 years old this year. I learned Falun Dafa with my mother in October 1998 and my happiness was indescribable. But in 1999, Jiang's regime and the Chinese Communist Party started to persecute Dafa and the cruel reality was forced on me: I had to choose between Falun Dafa and school. Without hesitation, I chose Falun Dafa. Although the authorities wouldn't allow me to go to school, I learned from self-study. The spreading of Dafa is unprecedented. Our great compassionate Master is offering salvation to all sentient beings. How could I miss this precious opportunity that I have been waiting for for millions of years! Assisting Teacher in Fa-rectification and validating the Fa are also my historical responsibilities.

Before I started to practice cultivation, a fortuneteller said that I would be involved in a car accident at the age of ten, that it was a tribulation I could not escape as part of my destiny. After I took up the cultivation, I had six frightening car accidents and two electrocution incidents, but I was unhurt. With Teacher's protection, I have repaid the debts that would have cost me my life.

When the illegal persecution began on July 20, 1999, my mother and I went to the provincial government office to appeal, but were detained illegally for four hours. It was almost dark outside when we were released.

In 2000, through reading Clearwisdom articles, my mother and I decided that we would go to Beijing to validate the Fa. At 9:00 am on July 9, 2000 we arrived at the Appeals Office in Beijing, but were detained by the staff members there. We refused to report our names and our address, so in the afternoon they sent us and other practitioners who also didn't tell their names to various police stations. We still refused to tell them our names. In the end, they found our address on a plastic bag in our carry-on luggage. They sent us to our local government liaison office in Beijing, and then ordered my mother's employer to take us back. We were sent back to the factory, where we were illegally detained for 15 days and extorted out of 1,600 yuan in cash. After we were released, we were put under surveillance for half a year.

In mid December that year, my mother and I broke through the surveillance and went to Beijing again. We went directly to Tiananmen Square to hold up a banner to peacefully appeal. But as soon as we arrived on Tiananmen Square, we were forced into a police van. At 10:00 am, we were sent to Tiantan Police Department, where about 1,000 practitioners from all over the country were already detained. Among them, there were people over 70 years old, as well as babies only a few months old. We recited the Fa together, spoke out "Falun Dafa is good" and one by one unfurled banners that we didn't get the chance to show to the public on Tiananmen Square. I was moved to tears by the pure, righteous, peaceful and compassionate practitioners, and by their courageous acts in the face of evil.

Around 11:00 am, those practitioners who refused to give their names were sent to various places. My mother and I were sent to Zhugezhuang Police Station in Tongxian County. The police there were all physically strong. They would torture practitioners who didn't cooperate with them. After being illegally detained for six days in the public bathhouse of the liaison office in Beijing, we were taken back by my mother's employer and fined 2000 yuan. During the Spring Festival of 2001, my mother's employer followed the corrupt authorities' order to abduct her and five other practitioners, and detained them for three months. After she was released, to avoid further arrest and harassment, my mother and I left our home behind and began a life of homelessness.

After we arrived at our provincial capital, we lived with a few practitioners from other areas. We studied the Fa, did the exercises and went out to clarify the truth about Falun Gong to people every day. Later, we came to know many practitioners in situations similar to ours. They were very diligent in cultivation and I followed them to do Dafa related work.

On May 2, 2002, several big material centers in our area were damaged and over 20 practitioners were arrested by the police. This was a big loss. My mother and I were sent to a brainwashing class held in the provincial capital. I was illegally detained for almost four months. They isolated me by arranging a collaborator to follow me every minute, fearing that I would pass on Teacher's new articles. However, I still managed to use wisdom to pass the articles to my fellow practitioners. I received much abuse from the police, and even the former practitioners that turned against Dafa under pressure could not bear to watch them abusing me. I refused to attend any of their activities or brainwashing sessions. Later on, practitioners published the story of my mother and me on the Internet. Maybe because overseas practitioners called in to voice their support for us, the officials dared not continue to keep me imprisoned. They brought my father in from 250 miles away and asked him to take me away. Just before my release, the officials still wanted me to write a "Guarantee Statement". They said, "It's OK if you do not write the statement, but you must write that you have lived well here." I replied, "Do you think it's good to live a life without freedom?" They were speechless and I left there without writing anything.

In December, my mother took me home and I went to enroll in a school three times. However, the school officials wanted me to write a "Guarantee Statement" or a "repentance statement," otherwise, they would not admit me. My mother and I clarified the truth about Falun Gong to them but they just wouldn't listen and were afraid of taking any responsibility. So in the end, I had to leave the school and study at home, which caused me difficulties.

Every school year I tried to go back to school but it was in vain. I love studying and am capable of studying well. But the authorities deprived me of my right to get an education. My mother worked far away, so she had to leave early in the morning and come back home late at night. I had to stay at home alone. I felt lonely and had no one to talk to. However, whenever my attachments popped up and I felt the injustice, I would recall Teacher's words from *Lecture at the Conference in New Zealand*: "Cultivation is the most righteous thing to do." [*Unofficial translation*] With my firm belief in Dafa and help

from our Master, I survived the persecution and never bowed to the evil or cooperated with it, and thus left no stains on my path of cultivation. Compared with my fellow practitioners being illegally detained to do forced labor and suffer torture, my suffering is really nothing. Although I still have a competitive mentality, jealousy, and other attachments, I will strive forward diligently in my cultivation and do well the things I should do.

Looking back at the past five years of my cultivation and validating the Fa, I feel as if it was as short as a blink of the eye. However, during this period, I have borne tremendous suffering and ordeals for a kid my age. When I was only ten years old, I was arrested, detained, interrogated, illegally monitored and deprived of the right to go to school. I have personally witnessed the shameless evil of Jiang's regime. Each time I was detained, they tried to make a breakthrough on me, but I said nothing. So they threatened me that if I didn't answer their questions, they would send me to a juvenile center. But I replied, "What you say doesn't count!" In the end, they got nothing from me.

### **39) The Cultivation Path of a New Practitioner: So Many More People Waiting to be Saved**

*By a Falun Dafa practitioner in China*

**The repression of Falun Gong stirred up my suspicions, so I decided to read the book *Zhuan Falun* for myself.**

When the movement to persecute Falun Gong began on July 20, 1999, I was puzzled. The Falun Dafa practitioners I knew were all good people! Why would the news on TV say otherwise?

Bewildered by the propaganda, I decided to begin reading *Zhuan Falun* for myself in 2001. When I finished reading the first chapter, it became clear to me that Falun Dafa practitioners were good people who conducted their daily lives according to the principles of "Truthfulness-Compassion-Forbearance." I felt deep respect for them.

**Reading lectures and material about the Fa and truth-clarification, I began to clarify the facts.**

I watched a film which revealed the true story of the self-immolation in Tiananmen Square. When I saw how the Falun Dafa practitioners bravely stepped onto Tiananmen Square in order to tell the facts to the world and shouted "Falun Dafa is Great," I was again deeply moved.

Afterwards, I read many of Teacher's lectures on the Fa and read *Minghui Weekly* at various times. Although I didn't become a practitioner, the principles of "Truthfulness-Compassion-Forbearance" were deeply fixed in my mind. They became the guiding principles of my words and actions. I also began to clarify the facts to acquaintances, friends, former classmates, and relatives.

When my family learned that I was going to practice Falun Dafa, they traveled from our native province to advise me against it. I smiled at them while they tried to change my mind. I said to them, "Do you know what *Zhuan Falun* is? It is a great book about universal principles. Do you know what kind of people Falun Dafa practitioners are? They are good people who conduct themselves according to the principles of 'Truthfulness-Compassion-Forbearance.'"

After my friends, former classmates, and acquaintances learned that I was going to practice Falun Dafa, they could not understand it. I told them that I knew that the Falun Dafa practitioners the Chinese Communist Party was persecuting were very good people in our society, and I could no longer ignore my conscience, and had to speak out loudly for justice.

I began practicing Falun Dafa in March 2003.

After I started practicing Falun Dafa, I began to demand of myself that my words and actions be consistent with "Truthfulness-Compassion-Forbearance." People at my workplace noticed these changes in me.

### **Clarifying the truth so that more people in the world can be saved.**

I clarified the facts to acquaintances whenever I had free time. Fortunately, I was also able to frequently clarify the facts in my work environment.

Clarifying the truth is also a cultivation process. I was a quiet, introverted, not sociable person, but after cultivating Falun Dafa, I became a different person. I greeted every acquaintance with a smile, and I tried various means to create opportunities to clarify the facts. I recall that about a month after I started cultivating, I visited a good friend of mine to clarify the facts. She urged me to go home while I was clarifying the facts to her. I was embarrassed but kept smiling. I thought to myself that I'd go back again after I had a deeper understanding of the Fa. The next time when I went to clarify the facts to her, the atmosphere was very harmonious, which helped boost my confidence in the truth-clarification process.

I clarified the facts to people close to me, relatives, former classmates, friends and colleagues, people in other departments, laborers, foreign laborers, and other divisions. They were all candidates for truth-clarification. Later on, I talked about the facts while riding on the bus when there were many people around. In the beginning, I was timid and reserved, but gradually I became more open and straightforward. Initially, I continued talking without considering how others perceived me. I'd be happy when people agreed with me and frustrated when others could not comprehend, or disagreed. Then I learned through further Fa study where Teacher said:

"Actually, with a lot of things if you calmly and gently talk to people and handle those things rationally, you'll find that your wisdom will flow forth like a spring, and every sentence of yours will get right to the point, and every sentence will speak the truth." ("Teaching and Explaining the Fa at the Metropolitan New York Fa Conference")

From then on, I tried to keep a calm and gentle heart when conveying the facts to people. I truly felt the effect was just like what our Teacher had described, that every sentence was right to the point and more people could comprehend the facts. I revisited the people whom I had met or talked to previously because I wanted to show them the kindness of practitioners and the beauty of Falun Dafa.

There was an eighty-year old woman who wanted to learn the exercises after listening to the facts. She asked for additional truth-clarifying material for her daughter, and she hoped that her daughter would want to learn the exercises too. Although she couldn't read, she asked me to write Teacher's name on a card so she could always remember it. Her sincerity towards our Teacher really touched my heart, and I realized that there were so many people still waiting to learn the facts, and waiting to be saved.

I have been a practitioner for over one and a half years. With Teacher's kind support and fellow practitioners' assistance, I passed many tribulations one after another, and I become a steadfast practitioner. Tears often fill my eyes when I recite the article "True Cultivation." Teacher endured so much for us and the beings of the cosmos, that letting go of my attachments seems such a small thing. Beings who assimilate to "Truthfulness-Compassion-Tolerance" are the finest. When I put my heart into Dafa, no matter what I do, whether it's putting a cover over a book, modifying characters, or just listening to the Dafa music "Pu-Du" and "Ji-Shi," happy tears flow onto my face, for I sense how lucky I am to be a Dafa disciple in this great historic moment. When I immerse myself in the Fa while studying the Fa and doing the exercises, I feel so pure and happy that words cannot describe my gratitude towards Master.

To show my gratitude I strive to do well the three things that Dafa disciples should do. When I send strong righteous thoughts to eliminate the evil forces that disrupt the Fa, I feel like a dignified divine being helping Master in this Fa-rectification period. When I tell the facts to people with a compassionate, harmonious heart, I am a Dafa particle in the human world.

I'd like to remind people to remember that "Falun Dafa is Great." When the truth about Falun Dafa is clear to you, you have found the gateway to happiness.

#### 40) Towards Fundamental Improvement

*By a Falun Dafa Practitioner in Jilin Province*

When I was a child, I wondered, "Where did life come from?" and "Where will I go when I die?" I thought about it over and over, but such questions were difficult to answer. When I was older and able to read a broad range of things, I tried to find answers from books. However, what I got from those famous and wise people were only things like "life is like a dream" and "I will continue to search for the answer." Those books seemed to reflect a passive attitude about death, and the authors seemed to have the same sense of loss as mine. Rather than helping me understand what life was all about, the ideas made me afraid. I was afraid that I would still be lost when I died. Until one day, that is, when I learned about Falun Dafa. Astonishing changes then took place, and everything turned around. Once I began practicing, my life became full of surprises.

However, after truly entering the door of cultivation, all kinds of tests came my way. These tests served to relinquish my sins and to improve my character. Falling and standing up, I embarked on the path home like a child learning to walk.

Due to my not-so-diligent Fa study, my mother and I had gotten lost amidst the widespread lies during the period immediately following July 20, 1999, when the persecution of Falun Gong began. This continued until the winter of 2001, when we came into contact with fellow practitioners and were able to read some of Teacher's newer articles, such as "Towards Consummation." Since there were few copies of these articles available at that time, I could only borrow a copy for a few days. I spent those days and nights copying the articles by hand, so that I could gain a deeper understanding.

By the summer of 2003, there were enough copies so that everyone could have one. I thought, finally, I do not need to copy them. However, the following two days, I had a feeling that was so bad that it could not have been worse. On the third day, when I finished copying, the bad feeling disappeared. I understood that Master allowed me to catch up by copying as I had wasted too much time before. Now, copying has become a part of my cultivation, and I always find joy in it. Because of this, when relatives shouted at me in public for fear of their reputation being damaged, or when fellow practitioners became irritated with me, I could face them calmly and with a smile. My thinking became wise and cool, and I understood that the true forbearance of a practitioner is not to have any anger, hatred, or feelings of being misunderstood at all.

Minghui Weekly mentioned several times in 2003 about the importance of reciting the Fa. I made up my mind to do it too. However, I felt it was too slow and time consuming after reciting only a small part of it, and felt that I'd rather read it straight through. However, when I was reading, I regretted not reciting. After several rounds, I told myself that even if the Fa-rectification were to end tomorrow, I should recite as much as possible today. Thereafter, every time I recited, I always felt that I had really stepped into the door of cultivation, as if waking from a dream.



Because I was eager to get to know more practitioners and to improve myself faster, Master arranged for me to find a learning center during the Spring Festival of 2004. Suddenly in contact with so many practitioners, in a pure practice environment, excitement and happiness made me ignore my own conduct, which caused complaints from my fellow practitioners. Following their sincere advice, I adjusted my relationships with them and acted more properly.

When *Hong Yin II* was published, some practitioners understood that the words "bodies are imprisoned" referred to those practitioners in labor camps. Later, some other practitioners understood those words as meaning that the environment the mainland practitioners are in is like a prison.

My personal understanding is, when we lag behind in cultivation due to our own laziness, when our determination is attacked, and when we can't demonstrate the character of practitioners, what is the difference between us and those in the labor camps? They are forced, whereas we surrender to the evil willingly. Our jail is intangible. The jail is not built up by others, but by our laziness, sins, ideas formed after birth, and evil factors that have been waiting for opportunities. When we hold firmly to ordinary comfort and happiness, and when we tell fellow practitioners that the objective reasons are weak in-born quality and enlightenment quality, who is going to be happy and who is going to be upset? The old forces will be happy. The evil sees that and finds hope in our lack of persistence and in our weakness. When we are angry toward other peoples' weaknesses and lack of persistence, we forget completely that our own behavior is not like that of a practitioner. We are supposed to completely negate the old forces, and not even acknowledge their existence, but in our minds and consciousnesses, we unknowingly leave room for degenerated notions to grow and for incorrect behavior to remain.

Master says in the *Lecture on the Fa at the U.S. Midwest Conference*:

"As long as there is no one interfering with your practice, all sentient beings in the heavens and on Earth can be saved..." (provisional translation subject to improvement)

My understanding of this now is that all of the interference comes from within oneself, and one sets himself up a "jail" with his own heart.

Today, we have come to see clearly our weaknesses, shortcomings, and many attachments. The improvement of my fellow practitioners around me and the beauty of their becoming more persistent encourage me to be diligent myself. Even if I am the worst, I won't feel upset because of this. All the disadvantages and defects will be erased. Because we are in the Fa, and because we are being uplifted by Master, everything negative and bad will become good, right and pure. In such a dirty and complicated world, we will be uplifted to an unprecedented, beautiful new universe by Master. How can human language be enough to describe and praise this wonderful future?

To be worthy of the title "Fa-rectification period Dafa disciples," to face up to the great historical responsibilities granted by Master, I think we need to do the three things well,

and everything is included in the three things. We should save as many sentient beings as possible before the arrival of the Fa-rectification of the human world.

I felt the seriousness and holiness of cultivation before, and now I feel the happiness and joy of it. Time and again when I overcame my old self, it had been an impossible feat. When the lack of persistence and notions were erased, I felt the greatness of cultivation. Bathed in the compassion of Dafa, I feel like a beam of the light - tiny - but having a true existence.

Someone once said that cultivation is like a song, beautiful and moving. I think it is more than that—it is a poem, beautiful like mountains and rivers; like splendid music, allowing people to feel heaven in its harmony; like a painting, making people feel the breathtaking colors in every detail; like a delicate dance, making people feel indescribable joy in every action.

I have too many feelings to describe them one by one. During the process of Fa-rectification, the little things that my fellow practitioners do help me understand what it means to be truly great—the simplicity and ordinariness of their actions help me every day.

#### **41) Treat the Fa as Teacher, Rectify Myself, and Do the Three Things Well**

*By a Falun Gong practitioner in Liaoning Province*

In the beginning of 1999, I found a Falun Gong exercise practice site and began my journey of cultivation practice.

On March 19, 1999, I went to the municipal auditorium with a ticket that a Falun Gong volunteer assistant had given me and attended the local Falun Gong practitioners' cultivation experience sharing conference. Afterwards I thought, "Falun Gong is capable of purifying a cultivator's heart. Falun Gong is a pure place. It is truly wonderful." As a result, when I heard that we needed a television to play the exercise instruction video at the outdoor exercise practice site to promote Falun Gong, I bought a color TV and took it to the practice site to help with the cause.

On July 20, 1999, Jiang Zemin and his henchmen started to openly persecute Falun Gong and its practitioners. At the time, I had not studied the Fa enough, so my thoughts and fears got the better of me. I succumbed to Jiang's regime's terrorist tactics and wrote a guarantee not to practice Falun Gong again.

Afterwards I seemed to have been possessed by a demon, because I not only surrendered all of my Falun Gong books to the police, but also destroyed them and did things disrespectful to Teacher.

Fortunately there were some sparks of conscience left in me, and I was able to calm myself down and contemplate what Falun Gong is really about. Then I realized what horrible things I had done. There is absolutely nothing wrong with cultivating myself in order to assimilate to the principles of Truthfulness, Compassion, Forbearance! I also remembered that after practicing Falun Gong for only a few months, my chronic arthritis had disappeared completely. These are solid facts. How could I be so foolish! I felt so ashamed of myself that I assumed Teacher would no longer accept me as a disciple because I had committed such horrific crimes against Teacher and Falun Gong. I said to my daughter, who is also a practitioner, "Mommy won't be a bother to you cultivators any more. Just let me be. My best wishes on your cultivation practice."

To be responsible to Falun Gong and to me, fellow practitioners in the area patiently encouraged me to resume my cultivation practice. As if I had suddenly awakened from a nightmare, I returned to my cultivation practice under the guidance of Falun Gong in July 2000. One day in August 2000, I made a wish: "Teacher, if I should lose faith in Falun Gong again, please eliminate both my body and soul." Looking at Teacher beaming kindly in the photograph, I cried, regretful of my past wrongs.

On October 1, 2000, my daughter, my son-in-law and their baby son went to Beijing to appeal for an end to the persecution against Falun Gong. On October 8, the Beijing police escorted them back to our town. My daughter and my son-in-law were each sentenced to two years in a forced labor camp. My daughter was then incarcerated in Masanjia Forced Labor Camp in Shenyang, Liaoning Province, while my son-in-law was incarcerated in another forced labor camp. I was left with their three-year-old son. I spent my days caring

for my grandson and my husband, who had to rely on my care after a stroke. This was nothing compared to the torment of neglecting Fa study, practicing the Falun Gong exercises, and clarifying the truth about Falun Gong. I felt miserable, until one day my grandson suddenly sat up straight on the bed and recited this verse from *Hong Yin*:

"Buddha's light illuminates everywhere,  
Propriety and justice are perfected and illuminated.  
Together, wholeheartedly strive upward,  
The path ahead is bright."

(From "Harmonizing with Fa" in *Hong Yin*, English Translation Version B)

I was so amazed by my grandson's behavior. Teacher must be giving me a hint through my grandson's lips! I must not be saturated with emotion. I must step out and do what a Falun Gong practitioner should do when Falun Gong suffers from this most senseless persecution. Coincidentally, I ran into a fellow practitioner who gave me a copy of an article that Teacher had just published.

Since that day I have moved forward in cultivation practice. Studying the Fa became an important daily routine for me. For the past few years, I have been studying *Zhuan Falun* every day. I would study at most three lectures of *Zhuan Falun* per day, or study one lecture at a minimum. I have memorized "Lunyu," *Hong Yin*, and some shorter articles written by Teacher.

In April 2001, some fellow practitioners in the area suggested that we exchange cultivation experiences. I said to a coordinator, "My door is open." Because of Teacher's compassionate protection and my fellow practitioners' hard work, a local practitioners' experience sharing conference was held, with the music of Pudu, at my home. First, we studied Teacher's new articles together. Then several practitioners shared their reflections on their trips to Beijing to appeal on behalf of Falun Gong. Other practitioners shared how they searched inward to remove their secular attachments or helped others find their attachments. The conference took place from 9:00 a.m. to 1:00 p.m. That night, I dreamed of a sky full of rotating Falun in many different colors and sizes. It was a spectacularly grand vision.

In May 2001, Teacher published the article "A Suggestion." Some practitioners then suggested that we should somehow deliver the new article to practitioners in the forced-labor camps and prisons. I had a feeling that I should get my daughter to read the article, so I carried a copy of the article and got on the train to Shenyang. When I got off the train, I took a taxi to Masanjia Forced Labor Camp.

The taxi driver started to chitchat and asked me the purpose of my trip to Masanjia. I told him that Jiang's henchmen had arrested and incarcerated my daughter because she had courageously stepped forward to clarify the truth about Falun Gong. Next, I started to share some important facts about Falun Gong with him. I said, "Do you know why Jiang decided to persecute Falun Gong? It is because Falun Gong, as a most righteous cultivation practice, has appealed to more than 100 million people. The founder of Falun

Gong requires his students to conduct themselves according to the principles of Truthfulness, Compassion, Forbearance. Those who practice Falun Gong are good and kind-hearted people who will not fight back when they are beaten or sworn at. As an immoral tyrant, wouldn't Jiang fear his opposite?" The driver kept nodding in agreement, "Ma'am, you said it!" When I arrived at Masanjia Forced Labor Camp, I had a chance to dine with my daughter. I took the opportunity to slip her the article. I said to her, "The forced labor camp tries to make you read fake articles. Now I am bringing you an article that Teacher actually wrote. You and the other practitioners here must study it well!" Having no attachment to fear, I returned home safely.

On June 12, 2001, the Clearwisdom website published a notice, "Sending Forth Righteous Thoughts," with photographs of Teacher demonstrating the two hand gestures and the two formulas for sending forth righteous thoughts. The notice also explained the purpose and the importance of sending forth righteous thoughts. Teacher said,

"In order to lessen the persecution of Dafa and Dafa disciples, I have asked disciples to send forth righteous thoughts to clear away the damage these beings deliberately do to the Fa-rectification, thereby lessening what Dafa disciples should not endure during the persecution and, at the same time, saving all sentient beings and consummating Dafa disciples' paradises."

("The Effect of Righteous Thoughts" from *Essentials for Further Advancement II*)

I realized that I am shouldering a very important mission. I decided to follow Teacher and started to send forth righteous thoughts. The only problem was that I still could not do the double lotus (putting up both legs on top of each other) at the time. It was a challenge for me. Once, when I was exchanging cultivation experiences with a fellow practitioner, I mentioned that I had difficulty putting up both legs on top of each other. He said, "It is a *xinxing* problem. You are avoiding hardship." I was shattered by his words because he really nailed my attachment. I was avoiding the pain associated with doing the double lotus. After I returned home, I said to myself, "In order to send forth righteous thoughts properly, I have to put up both legs on top of each other. And I shall do so tonight." It was exactly as Teacher said, "...righteous thoughts display the might of Gods." ("New Year's Greetings from Master") A miracle happened that night. After pressing my right leg down for a while, I tried to put my left leg up. On the first try, my left leg touched my right leg slightly. In the second try, I could put both legs on top of each other! Although it was unbearably painful, I bit my teeth and endured the pain for several minutes. On the third attempt, I could endure the pain for more than 20 minutes. I was really surprised. I kept saying, "Thank you, Teacher!"

In September 2001, a righteous thought surfaced, prompting me to go to Beijing to appeal for Falun Gong. However, I had difficulty leaving home because of my disabled husband. Several fellow practitioners volunteered to help take care of my husband after they learned of my intention. They said, "Don't you worry about anything. Just concentrate on appealing for Falun Gong. We will not only take care of your husband, but also send forth righteous thoughts to help reinforce your righteous thoughts." Because of my steadfast faith in Teacher and Falun Gong, as well as fellow practitioners' high

expectations, I got on the train to Beijing on October 7, 2001. I kept on repeating the verses for sending forth righteous thoughts on the train. The next morning, immediately after I got off the train, I took a taxi to Tiananmen Square. I shouted out loud, "Falun Dafa is great! Clear my Teacher's good name!" After shouting these words, I turned and walked towards the exit of the Tiananmen Square. I saw a middle-aged man running and barking at a radio, "Hurry to the west side of Tiananmen Square! Someone is shouting about Falun Gong." I knew the man was referring to me, but I had no fear. I returned home safely.

When it comes to clarifying the truth to the Chinese people to offer them Teacher's salvation, I have been distributing materials containing important facts about Falun Gong and talking to people directly about the truth of Falun Gong. If I see a friend or an acquaintance, I will cut to the chase and share with them the truth about Falun Gong directly. If I see a complete stranger, I will go up to him, chitchat, and find an opportune moment to clarify the truth.

I have learned a valuable lesson in my cultivation practice and on my journey of clarifying the truth about Falun Gong: Only when I study the Fa well will I have righteous thoughts and righteous actions; only when I have a steadfast faith in Teacher and the Fa can I brave the difficulties and see "there will be bright flowers and another village ahead!" (*Zhuan Falun*)

Beginning in March 2004, I started to memorize *Zhuan Falun*. I was inspired by a practitioner's article in *Minghui Weekly* about his experience of memorizing *Zhuan Falun*. Hard work does pay off. I am memorizing *Zhuan Falun* for the second time, and now I have progressed to lecture eight for the second time. I also have been memorizing Teacher's new articles and listening to Teacher's audio Fa lectures. Although I am memorizing the Fa at a slow pace, it has such a remarkable effect on me. I feel like I am branding every word of *Zhuan Falun* on my brain. Because I study, memorize, and recite the Fa diligently, I am becoming increasingly clearheaded, rational, and mature.

This concludes my humble cultivation history and reflections. Each time I search inward, I still find a lot of human thoughts, but please be assured that I will strive forward even further in the final stage of Fa-rectification.

Please kindly correct anything erroneous.

## **42) Using the Wisdom Endowed by Falun Dafa to Harmonize My Fa-Rectification and Cultivation Environment**

*By a practitioner in Hebei Province, China*

*Many thanks to our great Teacher and fellow practitioners on the Clearwisdom editorial team for creating an environment for a written experience sharing conference on the Internet for practitioners in Mainland China.*

I have so much to say that it's impossible to say everything I want to. Here, I would like to talk about my own personal cultivation experience from the perspective of "using the wisdom endowed by Falun Dafa to harmonize my Fa-rectification cultivation environment."

I started practicing Falun Dafa in 1998. My family and my husband's family are all Communist cadres. I come from a family of three, and each of us has a job that others are envious of. On April 25, 1999, when the persecution of Falun Dafa practitioners began, I had been practicing Falun Dafa for a year, and my father had been practicing for six months. This was before other colleagues and relatives who were interested in the practice had even had the opportunity to start learning Falun Dafa.

During the first year after I started practicing Falun Dafa, I was actively and enthusiastically involved in spreading the Fa to people. As a result, my supervisors, colleagues, relatives, and friends all knew that I practiced Falun Dafa. Nevertheless, the sudden persecution, along with the deceitful propaganda, cast a shadow over my life. In particular, my supervisors knew about my trip to Beijing on April 15, and suddenly there was pressure coming from above in the form "confidential documents." I was exposed to all sorts of pressure to give up the practice. Different levels of supervisors talked to me, and my family members were put under surveillance and followed by government agents. All of a sudden, my living environment changed.

I had practiced Falun Dafa for merely a year. During that year, however, I never skipped a night in joining fellow practitioners for Fa-study. The truth of the cosmos was deep in my mind. "Falun Dafa is the source of my life. I will steadfastly cultivate Falun Dafa and my determination will never falter." That one short year laid a solid foundation that enabled me to remain steadfast with righteous faith amidst tribulations.

**1. Validating Falun Dafa with rationality and melting the hearts of the people around me with a benevolent mind. Also, using a cultivator's mentality of great compassion and forbearance to harmonize the cultivation environment at my workplace.**

On July 19, 1999, just before the persecution of Falun Dafa began, the chief of the City Bureau called me in for a talk. On my way there I looked inside and reflected on my mental state. I was very calm because I firmly believed that I had not done anything wrong. I cautioned myself that I must show a Falun Dafa practitioner's purity and nobility. Although I'd never met with the Bureau Chief, I knew that most people were afraid of him.

The minute the Bureau Chief saw me he said, "Are you still practicing Falun Gong? I heard that you went to Beijing on April 25."

I responded, "I'm still practicing Falun Gong. I'm also a Party member, and when I talk to the organization I'm practical and truthful. Moreover, I have done things out in the open and in an upright and dignified manner." He did not say anything, so I continued to tell him, "After I started to practice Falun Gong I benefited a lot, and the reason I am able to take on so much work is because of my good health. In the past I could not live without medicine." I gave him specific examples of the physical and mental benefits I had gained from the practice. He still did not say anything, so I added, "I did go to Beijing. But going to Beijing is not getting involved in politics." Before I finished speaking, someone stepped in to discuss job duties with him, so I took the opportunity to leave. I could see that the Bureau Chief was very wary of making this issue public. From then on, he never asked to see me again.

However, the policy of "enforcement from the top down" and "every level is held responsible," from the national to the local government level, was imposed on the base level work unit I was assigned to. In the beginning, the Bureau Chief at the base level was not very understanding about my insisting on being steadfast; however, in order to protect my reputation, he only mentioned things related to me in the small team meetings with few Party members, and he tried not to openly talk about me in the big meetings. He thought his job was to fill out the forms assigned by his superiors and express his stance. He thought that by not cooperating with them I was, in turn, not supporting his work, and because of this, I had some hard times.

I was assigned to work on jobs for three different units simultaneously. Specifically, a temporary unit that was staffed with people from other offices was created. In this unit there was always a lack of coordination in terms of management, cooperation, and job assignments. Moreover, some of my colleagues, especially males, were jealous of me, and made my work even harder. They often said to me, out of jealousy, "The capable ones should do more work because our supervisors trust you." Faced with this, I remained unaffected. Nevertheless, I was rewarded with complaints and accusations from different sources even though I worked hard without regrets or complaint.

In my mind I kept reciting Teacher's "A Cultivator is Naturally Part of It,"

"For a cultivator, all the frustrations he comes across among everyday people are trials, and all the compliments he receives are tests." (*Essentials for Further Advancement*)

And also "What is Forbearance (Ren),"

"Forbearance is the key to improving one's xinxing. To endure with anger, grievance, or tears is the forbearance of an everyday person who is attached to his concerns. To endure completely without anger or grievance is a cultivator's forbearance." (*Essentials for Further Advancement*)



I truly felt that I was very clearheaded. I did my best to do my job well, I never complained, and I did not feel pressured. All I thought about was how to pass each test with a pure and upright mentality.

I held myself to strict requirements, and since everyone knew that I practiced Falun Dafa, I felt I should portray the spirit of "Truthfulness-Compassion-Forbearance" and let those people who did not understand Falun Dafa see the "righteousness" of a Falun Dafa practitioner by my example. This type of situation continued until the end of the year. I ran into one test after another, and I always accepted these tests with a smiling face and sent them away with a calm mind. After enduring this tribulation for almost a year, eventually the Bureau Chief expressed his apology via a phone call. I could tell that he was moved by my benevolence.

After New Year's Day, a positive change took place in my work environment. In the following two years, as the truth about Falun Dafa was accepted by more and more people, my work environment became easier and more comfortable. The base-level bureau chiefs shouldered the pressure from their superiors and dealt with the numerous inquiries from higher authorities. To put it in their language, they "put their jobs at stake."

Back then I did not know about truth-clarification efforts. All I wanted was to let people understand that Falun Dafa was an upright practice. Whether it was in my work unit or other related work units, whether the statements were made in a big meeting or in people's private conversations, I just wanted to set others straight when I heard them expressing prejudice against Falun Dafa. I always approached them with wisdom and told them that Falun Dafa is cultivating Buddhahood and benevolence and that they should not listen to the lies. People who came to understand the truth often told me, "I understand your good intentions, but I suggest that you watch out for your safety."

In 2001, I had a god-sent opportunity. Teacher arranged an even easier and more comfortable work environment for me, so I left my previous post.

**2. Due to cultivation, the way I treated my family members changed from being patient and kind to being compassionate. I moved from clarifying the truth to them with wisdom to letting them truly understand the truth. By doing this I have earned their understanding and support. Not only have I given them the opportunity to position themselves well, I also obtained for myself a comfortable cultivation environment.**

When the persecution began in 1999, my family and relatives were all afraid that I would lose my secure job. They were also afraid that my child's job assignment and other matters related to the families' well-being would be affected. First, my father, who had practiced Falun Gong for six months, decided to give up cultivation practice and turned in all his Falun Dafa books. My husband, who was the kind of person that did not talk much but held in a lot of anger and emotions, watched me every day. He followed me when I went out. He tried to scare me when I distributed flyers. If I defended Falun Dafa when I saw deceitful TV programs, he would get angry with me. When I was at home, except for my usual daily Fa-study and practice, he did not allow me to say anything

about Falun Dafa and restricted my freedom by not allowing me to go places I wanted to go.

I understood that it was also very important to harmonize my own family, and I adopted the method of gradually helping them to understand the truth. I started with a little something they could accept, and then, based on their acceptance, I gave them more information. For example, my son seemed to care most about being respected and recognized by others. So I found sentences and phrases in Teacher's lectures that are hard to comprehend or hard to understand on the surface, and asked him to read them to me. I then asked him his understanding of them. If his understanding was in line with Fa-principles, I took the opportunity to praise him for having good comprehension and thereby inspired his interest in Falun Gong. Pretty soon we had a common language through which we could communicate. One day he told me that a wicked demon was trying to harm him in his dream, and in his moment of fear he thought of Teacher Li Hongzhi and quickly asked Teacher for help. Then I knew that he had really benefited from Falun Dafa.

I asked him, "The persecution against Falun Gong is still escalating. My name is on the city's blacklist and may affect your job assignment. What do you think about this?" He replied straightforwardly, "Mom, I'm a man. Don't worry." He had positioned himself with this statement. I was truly pleased with his choice, and I happily told him that treating Falun Dafa benevolently will be rewarded with something good. I also encouraged him to ask for nothing and to accept whatever came his way, and he was even more inspired. Very naturally, my son was, in the end, assigned to work in a very desirable unit.

As for my husband, I also tried to act as a good example. A man likes gentleness in a woman, but while I was born with a woman's kind nature, I was without a woman's gentleness. In the past, my husband had never experienced my gentleness. I decided to first cultivate through Falun Dafa the "gentleness" of a woman and let my husband have a warm and cozy family. I held myself to a Falun Dafa practitioner's cultivation standard and checked everything against that standard. In everything I did I considered the interests of others first. I tried my best to change my bad habits of raising my voice and talking too much. At home I also tried to think of other family members first and to not show off or display an attitude of "It's my words that count at home."

Ever since then, there has been more affection, smiling faces, conversation, gentleness, harmony, mutual consideration, and respect at home. There is more coziness, communication, and understanding. The phrase "Thank you! Thank you!" used to be a rarity in our home, yet now we say it all the time. With more conversation and openness, my family learned more about my cultivation, and by knowing more about my cultivation, they more thoroughly understood me and were therefore more forgiving, which created more harmony and fewer misunderstandings.

What's more important was that, no matter what I did, I never lied to my husband in order to do what I wanted. If there was something that I was not supposed to talk about, I would explain to him that I could not talk about it. But I never lied to him. My whole

family respected and trusted me very much, because I myself first respected and trusted them.

I was changing, and I saw my husband's attitude toward Falun Dafa also changing. He no longer interfered with my doing Falun Dafa work, and he was able to be nice to all the practitioners who came to our home to visit me.

In our daily life, I deliberately told my husband miraculous stories of Falun Dafa. I also frequently told him about my cultivation experiences. One time when I was about to go out to a truth-clarification site to fetch some material, my belt suddenly broke. While I was puzzling over this, a fellow practitioner called to inform me that something had gone wrong at the material site and that I should no longer go there. My husband was there when this happened and he was deeply shocked. I took the opportunity to tell him, "Falun Dafa is miraculous. Our Teacher is compassionate and magnificent and is always by our side protecting his disciples from danger and giving us hints. But sometimes we have poor comprehension and fail to understand Teacher's hints, and therefore we incur losses." Seeing what happened with his own eyes, he understood and said, "Now I know. It's not like what they have said."

I would not miss any opportunity to get together with and visit others, and I used these opportunities to validate Falun Dafa and clarify the truth to people I came into contact with. Sometimes I was with my husband when I did this. In the beginning, he thought that I made him lose face as the man of the house, so he would automatically disagree with me. Because of this, I searched within myself. On the one hand I was anxious to get something done. On the other, I lacked the wisdom to properly handle things. And my husband also needed some further special "care." Therefore, when he was in a good mood, I solemnly asked him to sit down. Sincerely and earnestly, I confided to him the profound meaning of my clarifying the truth to relatives and friends, and why it absolutely was not about politics. I said, "When I validate Falun Dafa and clarify the truth to acquaintances and friends, I do it for their benefit so that they may have a good future. Yet you stand there and say negative things. Have you ever thought about the consequences of doing that? It will be even harder for those people to believe in Falun Dafa. If a person who has been living with me day and night does not believe it, who else will believe it? I suggest that from now on when we have this kind of occasion, at least you should not say something against me. If you want to say something you should talk about the truth you have seen and validate that Falun Dafa is good." My husband did not dispute me on this.

Afterward I noticed that when I clarified the truth to others, he usually said something like, "That's really true" or he cheerfully and jokingly told others, "The luckiest thing that has ever happened to me is that I have found a good wife."

More than ten fellow practitioners were held in a detention center during the Chinese New Year 2001. I wanted to give them some money although I did not know most of them. I told my husband of my intention. I took the opportunity to tell him about some fellow practitioners being arrested and tortured in order to appeal to the kindness in his heart. I told him, "Those good people are in trouble. The New Year is coming. We should

go to express our concern and visit them." I told him my plan. He was very supportive. It was the power of Falun Dafa that had changed him.

In the middle of September, I decided to go to Beijing to send forth righteous thoughts. Several days before I set off for Beijing, I started to "pave the way." On the one hand, I tended to my parents and in-laws very well; I prepared everything I could for them. I told them that I would be very busy during the next several days and would probably not see them. I told them not to worry about me. On the other hand, I also needed to wisely get my husband's permission. I know people regard family stability as very important.

I made preparations three days in advance. I used dinnertime or when we were just chatting casually to tell them about how fellow practitioners whose celestial eyes were opened had seen the big battle between good and evil taking place in Beijing. I told them many fellow practitioners' experiences of going to Beijing, as well as many wonderful stories, such as some fellow practitioners seeing deities and Buddhas assisting in the fight on their way back from Beijing. I told them all this so that they would not feel surprised when they heard I was going to Beijing. I just wanted to give them some time to adapt to the idea.

Several days later, I was about to go. I asked my husband to come into our bedroom and said, "I want to talk about something important with you." He said, "Are you leaving for Beijing?" I replied, "Yes! I hope you will support me. I'm going to Beijing to send forth righteous thoughts. I will stay in a hotel for a couple of days. I will come back very soon!" My husband kept silent for a while. Then he said, "Do not carry those Falun Dafa truth-clarification materials with you." I said with a smile, "Thank you for your concern and support. I am just going there to send righteous thoughts."

Before I left, I told my son, "I am about to leave home for a few days." He was suddenly alert and asked, "Are you leaving for Beijing?" I smiled and said: "Do not ask. You just take care of your dad. I have spoken with him clearly." That evening, I got on a bus to go to Beijing with an open heart. I met some predestined people and clarified the truth to them while going there and coming back. In Beijing, we fulfilled our purpose and came back safely.

My husband said, "I did not sleep well during these past couple of days." I told him, "I understand your feelings." And then I also told him about my cultivation experience, which gave him a deeper understanding of Fa-rectification. He was able to understand more about what I did. His attachment of fear obviously had weakened.

The next day, a fellow practitioner told me, "Last night, the television and radio reported news that Jiang Zemin has completely dropped the reins of government!" I smiled lightly, and my heart was not disturbed.

We should treat our parents well and clarify the truth to both sides of the family with reason, wisdom, and with a compassionate heart that can melt steel. No matter how difficult, we cannot make a detour. We must help them learn the truth wholeheartedly,

because they have a big influence on other members of the family, relatives and neighbors.

Taking good care of the elderly and supporting our parents is expected of all good people in society. As practitioners, we should be truly good people. We come into frequent contact with our parents and in-laws, and in a large family, their words have a strong and powerful impact. At the same time, however, they have acquired strong notions about us that are hard to change.

I believed I should help them to learn the truth as soon as possible. Otherwise, they might not be pleased when I clarified the truth to the others, which could have a negative affect. If they were fair and supportive, imagine how big the impact and effect would be in that area.

My in-laws are nearing their nineties. My mother-in-law always supports my practice and she often listens to the audiotapes of Teacher Li's lectures. My father-in-law is an elderly retired Party cadre. Everyday, he either watched TV or read the newspaper at home. He did not have any doubts about the media propaganda. He was very annoyed at me because I continued to practice Falun Gong. His notion was that one should not practice it simply because the government does not permit it.

In the beginning, whenever I mentioned Falun Gong to him, he just got angry. I could only soothe him with a smile and well-meaning words, but I was not disheartened. Over many years, of all the brothers and sisters, I have continued to be considerate to others first under any circumstances and never have any concern about my personal gain or loss. Many family members throughout the four generations of our entire family respect me. At the same time, our family harmony is also well known. For many years now, I have been making sure to go to see my parents-in-law at least once a week. I always take something for them. Although they live in one of my houses, I am never concerned about it since it was my idea for them to do so.

Each time that I went to see my parents-in-law, I always tried to do some Dafa work along the way. I often finished several things at once and therefore also completed the things Falun Dafa practitioners must do. That is the first priority. I prepared meals for them, finished the housework and also saved the time that would otherwise be spent on repeatedly going back and forth. I got twice the result with half the effort. All the people in my work unit knew that I was even busier after I left my work, tending to my parents and in-laws every day. It is our great Teacher Li who arranged a cultivation environment most suitable for me.

Although my father-in-law is very stubborn, I am still confident that he will come to understand the truth about Falun Gong. He always gets along with people very well and also has a predestined relationship with me. As long as my xinxing reaches a certain level, I will be able to let him know the truth. Teacher exhorted our disciples in *Touring North America to Teach the Fa*,

"It's hard to save people nowadays. You have to explain things to them by following the logic of their attachments. For the sake of saving them, don't create any obstacles for them."

My father-in-law seems to be very attached to his illnesses, and what he likes most is someone telling him news about his friends. He is not able to go outside and feels bored at home all year long. I tell him cultivation stories from other fellow practitioners, especially the cultivation stories about Falun Gong practitioners and their family members whom he knows. I tell him the details so that he can understand Falun Dafa from a positive side. The conversation, filled with words and smiles, always interests him. As my patience and compassion gradually turns to benevolence, the pureness of my field brings about faster harmonizing effects.

In the past, when some practitioners came to my in-laws home to see me and I was not there, he often got angry with them. He drove them away, although I had asked my mother-in-law to entertain them for me until I arrived. I reasoned with him kindly, but he persisted with his own ways. Later, he came to know that practitioners are all good people. He was very kind when practitioners came to visit again. A practitioner said to me, "These two elderly people are so nice!"

My parents are different from each other. My mother believed in deities and Buddhas in the past and knows that Falun Dafa is good. She thought that I should practice at home but not go out to clarify the truth. She feared that I would be tortured if I were arrested. I took every opportunity to tell her of my mystical, breathtaking experience and about Teacher protecting me while I was out doing Fa-rectification activities, as well as other fellow practitioners' cultivation stories. By doing this, I gradually eliminated her worries. Recently, she has been listening to Teacher's lectures.

My father was a leading cadre for years. He vigorously defended those strong notions acquired and developed over a lifetime, such as "wealth." No one could touch them. In 1999, just half a year after he started practicing Falun Dafa, after hearing and believing the negative propaganda, he gave up the practice. When the persecution began, after the peaceful appeal by practitioners on April 25, 1999, he completely rejected Teacher's new lectures and materials from Clearwisdom. On so many occasions, I wanted to clarify the truth to him. He was always agitated and did not let me continue. He only shouted, "You pursue consummation. You are going to the extreme. You are not cultivating. You go to Beijing to play politics, which deviates from *Zhuan Falun* and Truthfulness-Compassion-Forbearance. You are going to bring shame on Falun Dafa. I frown to see it!"

Six months after he stopped practicing Falun Gong, my father suffered a heart attack. He started to take medicine. Later, his condition got worse. He was often in the hospital. My mother did not let me say a word related to Falun Gong in front of him for fear of upsetting him.

Some time later, however, I was again anxious to clarify the truth to him. It was because Teacher mentioned in many lectures that he was still waiting for the practitioners who had obtained the Fa before 1999 but did not keep up with Fa-rectification. I thought, "I

cannot let him go. It is my responsibility." I went back to my parents' home in my spare time as often as possible. I became more caring and considerate. I mainly wanted to find opportunities to communicate with them. But it was so difficult. What my father cared about most were his illnesses. I only had limited time. When I sat down and directed the topic toward Falun Gong, our conversation was just not congenial. He said I made him angry, and he avoided the topic of Falun Gong.

My mother told me, "Your dad says that, if he dies, it will be because you made him angry." I said, "Mom, I tell you, what I'm doing is saving his life! He only listens to the propaganda from one side. I gave him Teacher's lectures, but he neither listens nor reads them. And he also does not communicate with me. How can his bias be eliminated? If the evil thoughts in his brain are not eliminated, they will harm him." My mother said, "Then, we will just trust luck. Who can he complain about if he does not listen?" For some time, I really felt the distance between us was just too great, and I had a misconception of helplessness.

Teacher clearly instructed disciples in *Teaching the Fa at the 2002 Washington DC Fa Conference*:

"When it comes to a lot of the specific things you come across, you need to carefully think them over for yourself, and it's up to you yourself to come up with a way to resolve them. Wherever there's a problem, *that* is where you need to clarify the truth and save people. Don't take a detour when you run into difficulties. When you see something that does us harm, or when you see something blocking our validating the Fa, don't take a detour—you should face it, and clarify the truth and save those beings. This is the compassion (*cibei*) of a Dafa disciple, and it's our saving lives. At the same time, when you're clarifying the truth you can resolve the problem of many people having been deceived, the misunderstandings, and the prejudice. After all, the lies in the propaganda from this evil persecution that's happening in China have misled sentient beings. They have covered up the truth with a deceitful show. When met with the truth, people will think things over carefully, and how people respond to all this is their own choice."

I studied Teacher's lecture over and over. I was moved to tears. I searched inside and found many human attachments in relation to my father: The attachments of self-righteousness and family affection, the extreme thought that I was not afraid of anything because I practiced Falun Dafa, the attachment to showing off, deep appreciation to Teacher and Falun Dafa, etc. I knew I had not cultivated well and my benevolence was not developed enough. This is because benevolence is obtained through cultivation and not through showing off. I decided to purify my heart, study the Fa, and upgrade my *xinxing* as soon as possible. Moreover, Teacher endowed Dafa practitioners with the historical mission to send righteous thoughts to eliminate the evil in the other dimensions. I had obtained the magic weapon, and Teacher's many articles and lectures have been opening my wisdom and leading me to strive forward continuously. I corrected myself by comparing myself to Teacher's Fa principles. I decided to no longer bypass and avoid my father. However, I also could not speak to him straightforwardly and directly. I could not walk on the old path. Because my father often had heart attacks, I had to be careful not to

bring any negative effect on Falun Dafa. "One's gong level is as high as one's xinxing level." (*Zhuan Falun*) Teacher gave me benevolence, and I will use it to save the world's people.

I calmed down and analyzed my father's point of view. The length of time he had studied the Fa was short. He had studied the Fa at home by himself and did not dare to admit it in public. He was deceived by Jiang's deceitful propaganda shortly after he entered the door of Falun Dafa. Later, he was afraid of getting into trouble and severed all contact with Falun Dafa. His notions controlled him. However, he became angry and upset, which showed that he still cared about Falun Dafa. He only misunderstood the action of Falun Dafa practitioners protecting the Fa. I recalled Teacher's words:

"The Fa can break all attachments, the Fa can destroy all evil, the Fa can shatter all lies, and the Fa can strengthen righteous thoughts." ("Drive Out Interference" in *Essentials for Further Advancement II*)

I completely understand that Falun Dafa is able to change everything. As long as my father reads the Fa, he can change his notions. As long as he reads, changes will happen! I decided to communicate with him in writing and have him read Teacher's new lectures in this Fa-rectification phase.

I went to my father and said, "When you were young, you often exchanged thoughts with my grandfather by writing to him. Now, you still keep those letters in your memory. I think, since both of us do not work, we have time. We can also communicate by writing. I will write to you about my cultivation during these years. And I would like to get your remarks." My father smiled and modestly declined again and again, "You flatter me! You flatter me! "

This way, I started to relate to my father by writing to him. The first letter was written by hand. I mainly talked about the course of my growing up and naturally recounted all the previous movements in history. From the persecution my grandfather had suffered during the Cultural Revolution, I followed through to the present persecution of Falun Gong. At the same time, I said I wanted to connect with him more.

My father replied to me very soon with a seven-page letter. In the letter, he said: "The disharmony in our conversations is not caused by the contradiction between father and daughter or the contradiction among family members, let alone by an economical dissension. Rather, it is an issue of right and wrong shaded with a strong political color. So, it sets up an insurmountable barrier for our communication. Without a uniform purpose, how do we communicate? Doesn't it resemble trying to make one do a thing which he cannot do?" Then he raised more than ten questions. His attitude was very tough.

I was very happy after I saw that he was willing to raise questions. I did not look at his tone and manner. I only saw what his concerns were. Based on the questions he raised, I grasped the key points and started to reply to him. This time, I finished the letter on my computer. The aim was to deliver to him Teacher's related lectures. This letter was eight



full pages. I only answered the two questions he was most concerned about. One was whether the appeal in Beijing involved politics, the other was where the Dafa materials that I had come from.

I got straight to the point in the letter and told him: "Falun Dafa is not concerned with politics, just as Teacher declared when he began to teach the Fa. However, the head of the country manipulates the whole national propaganda machine to distort the truth and create slanderous propaganda. As a Falun Dafa particle that knows the truth, especially after I understood the true significance of Teacher's Fa-rectification in the human world, that is, saving human and saving lives, I stood up to clarify the truth to our own government and the world's people and clearly discriminate between right and wrong. Isn't it because I trust the government and am doing my duty? Isn't it just like 'good advice that is harsh to the ear' or 'advising without reservation,' which were always honored and promoted in Chinese history? Only those who cultivate 'Truthfulness-Compassion-Forbearance' dare to do this. It is not attending to politics. Moreover, the Dafa of the cosmos that created all lives is being defamed." I cited a large number of Teacher's related lectures and articles that directly addressed my father's situation. Also, I wrote to him about the Clearwisdom website, as well as Teacher commenting positively on several Falun Dafa practitioners' websites in his lectures.

I told him that the Clearwisdom website is the place where Teacher's lectures and articles are posted. It is a bridge for Falun Dafa practitioners in the world to communicate with each other. Clearwisdom publishes practitioners' articles, which are also compressed into a weekly digest. All published articles are examined and approved by the editorial board of Clearwisdom. Anything unrelated to Falun Dafa is not published. It is a piece of pure land. Further, I told him that the content of the articles included practitioners' experience sharing and understanding, reports about the Fa spreading all over the world, the persecution facts exposed by the practitioners in China, and the situation of those practitioners who were tortured to death. I told him that all members of the Clearwisdom editorial board are Falun Dafa practitioners.

This letter deeply touched my father. Several days later, when I went to see him, I could tell his heart was very heavy. We did not talk face to face, but my father's facial expression had clearly changed. When I left, he patted my shoulder and did not say anything.

Later, I wrote another letter. My father said, "Do not write anymore. We can talk face to face." I smiled.

My father is now studying the Fa and practicing again. He has resumed Falun Dafa. It is our grand and benevolent Teacher who gave him another chance to return to his true self.

People in my work unit know I am busy tending to my parents and in-laws. And all the family members on both sides know I am busy with the practice and doing Falun Dafa activities. Whenever my parents need help, my brothers and sisters step in to help. Even after my sister-in-law planted the vegetables and finished the harvest, she did not call me

to come for them, but delivered the vegetables to my home. She said, "You have so many things to do. Busy!"

Since I obtained my family members' support and assistance, my cultivation environment has become more and more free. As a Falun Dafa practitioner, I am doing everything I can to save all beings and also proceeding calmly, stably and smoothly.

I hereby pay my greatest respects to our grand Teacher again! I sincerely thank you for your grace in saving me.

I am most welcome to receive fellow practitioners' benevolent comments. Heshi.

### **43) Validating Falun Dafa in Steady Steps While Denying the Old Forces' Arrangements**

*By a practitioner in China*

Since July 20, 1999, when the persecution of Falun Dafa began, a number of practitioners have become acquainted with one another during the process of validating the Fa. We follow Teacher's requirements and play the role of particles of Dafa as a group, validating the Fa in steady steps along the stormy path. The following is to share our experiences with fellow practitioners:

#### **1. Not Going to Extremes While Complying With Everyday Life the Best We Can**

Our group is composed of senior citizens, adults, and children. Some are from the rural areas, and some are from the city, and we have different work environments. During the past five years, we have used various methods to validate the Fa in a steady and firm manner, denying the old forces' arrangements.

Since the persecution began, in order to keep up with Teacher's Fa-rectification and to have a stable Fa-rectification environment, several practitioners established a small printing center to make truth-clarifying materials, funded with our savings. We purchased computers and printers. Of course, the money was hard to come by, and practitioners saved it bit by bit.

One practitioner lives a very simple life, yet he gave us 10,000 yuan to purchase the equipment. We used the money carefully, never wasting any of it. To keep the printing center safe, we follow Teacher's instructions:

*"...the division of roles is orderly, together there's a form, and separated there are particles." (Explaining the Fa During the 2003 Lantern Festival at the U.S. West Fa Conference)*

We make full use of each person's strengths. Whoever is competent at a particular job will do it. However much good the practitioner can create with it, the practitioner will, using their righteous thoughts and actions. On the surface, they comply with everyday life and mingle with everyday people. In their hearts, however, they are validating Falun Dafa with their divine side, completely denying the old force arrangements.

We have clear work assignments. Some practitioners download files, some make photocopies, and some deliver the materials. Each and every practitioner is courageous and careful, leaving no trace of what they do for the evil to exploit. Each practitioner only maintains contact with one other practitioner, no one else. For example, those working in the printing center have little contact with other people. Therefore, the printing center has been operating very well, without interference from the outside world. This guarantees that other practitioners will receive materials in time, know the overwhelming power of the Fa-rectification, and keep up with the Fa-rectification process of saving sentient beings.

During the process of validating the Fa while studying the Fa, we enlightened that there has to be a good environment. We cannot wait or rely on any individual to create it. We have to create it ourselves. We follow the requirements of Falun Dafa to be good people, and think of others first in all circumstances. At the work place, we work very hard. At home, we are good spouses and parents. At school we are good students. Our words and actions are recognized by society and families. Hence, we form a relatively good cultivation environment within the Fa-rectification.

When introducing Falun Dafa to others, we do so according to their receptiveness. We try to let the facts speak for themselves and share our own experiences while revealing the persecution imposed by Jiang Zemin and his followers. The result is usually good. Our family members support Falun Dafa. One by one, those who used to have negative thoughts about the practice have changed and have started to support it, while condemning the evil persecution. One practitioner's spouse used to be afraid and didn't support him in doing Dafa work. Now she sees the positive changes in her husband and the trend of Fa-rectification, so she helps distribute truth-clarification materials with him. Another practitioner's mother did not practice, but she saw the great benevolence of our Teacher through her child. She protected practitioners and the Falun Dafa materials. Before she passed away, she spent of all her savings to make materials. Because we follow the Fa as our teacher, we do not go to extremes, and comply with everyday life, we have won more and more support from everyday people. So the cultivation environment of Fa-rectification is becoming better and better.

## **2. Continuing to Study the Fa, Doing the Exercises, and Doing Well the Three Things Teacher Requires**

Teacher told us,

"No matter how difficult your environment is, no matter how busy you get, you cannot forget to study the Fa. You must study the Fa, because it is the absolute, most fundamental guarantee of your improvement." ("Fa-Lecture at the Conference in Florida, U.S.A.")

We memorize Teacher's words and make Fa-study the priority under all circumstances, and we keep practicing and studying the Fa every day. To do well in Fa-study, several of us gather together to study, do the exercises, send forth righteous thoughts, share experiences, and encourage each other every week. During experience sharing, we realize that only when we do well in Fa-study can we have strong righteous thoughts, do well in spreading Falun Dafa, and produce better results. And the evil will be more afraid. It is exactly like that. Now, more and more people are learning the truth, and our efforts in Fa-rectification are bearing fruit.

There are several practitioners who are nearly sixty years old. They have been studying the Fa, sending forth righteous thoughts, and clarifying the truth diligently during the past five years. They have little time to rest, yet they maintain an orderly family life and work environment. Another practitioner, while attending to her bedridden eighty-year-old mother and preparing for her son's wedding, still keeps studying the Fa, doing the

exercises, sending forth righteous thoughts, and clarifying the truth, never letting the everyday tasks affect Falun Dafa work. During the past five years, no matter how rampant the evil became, we were not afraid. Most of the practitioners have daytime jobs like other people. They work on Falun Dafa related projects after work, sometimes deep into the night. We have been following the path arranged by Teacher to validate Falun Dafa and save sentient beings, leaving no room for the evil.

### **3. Coordinating Well and Understanding the Fa from the Fa's Perspective**

The particle cluster formed by practitioners in our area is linked together in every way and from every perspective to validate Falun Dafa. All of us can think thoroughly and completely about the overall situation, understand one another, and be tolerant of others. When any of us have conflicts, we look at the merits of the other person and look within ourselves and cooperate well together. We have formed teams consisting of two or three practitioners each, and although members of one team do not know those of another team, we are tolerant and accommodating to each other while doing Dafa work. We are able to understand the Fa from the Fa's perspective. We pay attention to safety at all times to protect ourselves, as well as other practitioners, guaranteeing that the truth-clarification work will proceed smoothly. One practitioner is nearly sixty years old, and she coordinates the different linked groups. She does a great job. Meanwhile, she is also in charge of distributing materials to dozens of sites, and she takes care of her family. She travels long distances every day, and although it's hard work, her spirits are high. Her belief in Falun Dafa is rock-solid. During the past five years, because we have cooperated well, we have made great progress as one body. We measure ourselves against the Fa when anything happens.

### **4. Teacher is Protecting Us at All Times, and the Path of Fa-Rectification is Getting Wider and Wider**

The path of Fa-rectification is full of hardships. If Teacher weren't protecting us, we wouldn't be able to take one step. During the past five years of Fa-rectification, we have persevered in such an evil environment and walked steadily forward. We feel that Teacher is by our side all the time. While making the truth-clarifying materials or distributing them, we have encountered a lot of danger. Every time we made it through a narrow escape, it was because we had Teacher's protection. For example, when a practitioner was putting "post-its" with truth-clarifying words in a telephone booth, a plain-clothes police officer found out and followed him on a bicycle. The practitioner immediately remembered to ask Teacher for help. After he had that thought, the police officer turned around and left. There have been many examples like that. We realize that as long as we have righteous thoughts and actions, Teacher will take care of us. Now we continuously distribute truth-clarifying materials to hundreds of thousands of families, and to people with predestined relationships. Our steps are everywhere, in the cities and villages. The path of the Fa-rectification is getting wider and wider.

After reading Teacher's article "Let Go of Human Attachments and Save the World's People," we realized that it is more urgent than ever to save sentient beings. We feel Teacher's great benevolence and the divine missions on our shoulders. We have to

cherish the opportunity and clarify the truth with clear minds and rationality. We should let go of all human mentality and seize the time to save sentient beings.

#### **44) Validating Falun Dafa – Touched by Master's Enormous and Powerful Grace**

*By a practitioner from Jilin Province*

##### **1. Attaining Falun Dafa**

I am a 48-year-old practitioner in Mainland China. I had been thinking about the meaning of life ever since I was very young. One day in June 1998, I was fortunate to find the book *Zhuan Falun*, this priceless treasure, which solved all the mysteries I had pondered. I had just one thought at that time: I finally found the home that my soul could return to.

Nevertheless, while I was immersed in this boundless joy, Jiang's regime started the frenzied persecution of Falun Gong. Since then, I have started my difficult path of Fa-rectification. Looking back over the past five years of this difficult journey, with gradual and deeper understanding of the Fa, I feel deeply moved. Master suffered extensively for me so that I, a karma-laden person, could become a genuine Falun Dafa particle. Master has poured his care and energy into my every step forward.

##### **2. Gradually Getting Rid of the Need for Recognition, Personal Interests and Emotions – Three Trips to Beijing to Appeal on Behalf of Dafa**

On July 22, 1999, the entire national media stopped all programs except those that slandered Falun Gong, which were broadcast all day long. I couldn't believe that a government could frame people and concoct such a flood of lies. I kept walking around in the room and couldn't calm down. I went to ask fellow practitioners what we could do. At that time, we all felt that there was nothing we could do to help the situation. This lasted until September.

On September 7, 1999, I left a letter for my husband. Two other practitioners and I got on the train to Beijing. We wanted to know what was going on in Beijing so that we could decide what we should do next. It was a period when restrictions on practitioners were severe. We encountered a checkpoint by police immediately when we boarded the train. Since we were very calm, we made it through the police checks and arrived in Beijing without any trouble. The situation in Beijing was very tense, too. Police could be seen close by and were checking passers-by. We stayed at a small hotel. The police came every night to check the guests.

We stayed in Beijing for four days and did nothing before returning home. On the train on the way home, a boy sat across from me. The more I looked at him, the more I thought that he looked like my son, which made me miss my son. Arriving back home, my husband wasn't angry with me. Instead, he showed great concern for me. The next day he left a letter for me before going to work. He wrote, "I work every day for this home, so that you and our son can be happy. We have been together for 20 years. I have tried to satisfy every request of yours because you are so important to me and I couldn't live without you." I cried after reading the letter. Looking at our new apartment, our

comfortable home, the attachment to comfort arose in me and I really didn't want to leave home again.

Soon after, I had a dream in which Master gave me a hint that it is Dafa practitioners' mission to validate Dafa. I was distressed and anguished after waking up. While the evildoing authorities had slandered Master, and 100 million people had been deprived of their right to practice Falun Dafa, how could I just sit at home and enjoy a comfortable life? I decided to go to Beijing again.

My husband then got sick. My mother-in-law and father-in-law stayed at my home. I told them of my decision to go to Beijing. My mother-in-law tried to persuade me, "I'll give you money. Let Gang (my husband) tour the country with you. Just don't go to Beijing." I didn't change my mind. My mother-in-law felt that I was very stubborn and went home in anger. My husband beat me after taking his parents home. While beating me he said, "It's the first time I beat you after 20 years." I was very calm. That night I calmly explained to my husband why I must go to Beijing. My husband said, "I feel sorry for having beaten you. Since you are so sincere, I agree that you can go. I will not let our parents know. Come back as soon as possible."

On September 20, 1999 my older sister, my younger sister (both are practitioners) and I boarded the train to Beijing again. This time the scrutinizing of practitioners was even more intense. We finally arrived in Beijing after encountering several episodes of trouble along the way. Beijing was closely guarded. Police could be seen everywhere—at Tiananmen Square, in front of appeals offices, on streets and lanes. The appeals offices became places to arrest people and were difficult to even get close to. With the help of fellow practitioners, we stayed at practitioner Li's place in Beijing. During the several days at Li's home, we kept thinking of ways to go to the appeal offices.

The situation in Beijing became more and more strained. The three of us stayed for a time in a storage house full of mice, we sat on the slope of a hill so remote that we saw no one, we ate in the wind and slept in the dew, and we had moments of melancholy because we had no place to appeal for justice for Falun Dafa. We tried several times to go to the appeal offices but failed. Yet we always kept one thought in mind, that we would not go home if the situation wasn't corrected. I once called my sister-in-law, who is also a practitioner. She told me that my husband and my younger brother had come to Beijing to look for us. They had spent a lot of money but couldn't find us. Everyone at home was worried. I called my husband. He said, "Come back, please! My mind is going to collapse." I felt beside myself. I recited Master's article "True Cultivation" again and again,

"Cultivation itself is not painful--the key lies in your inability to let go of ordinary human attachments. Only when you are about to let go of your reputation, interests, and feelings will you feel pain." (*Essentials For Further Advancement*)

On October 25, 1999 we heard on the news that Falun Gong was being labeled by the government as a [*slanderous words omitted*]. We couldn't wait any longer and went to



Tiananmen Square that same night. When we arrived, several police officers came up to us right away and ordered us to curse Master Li. We refused. They immediately dragged us to a police car before we had a chance to say anything.

We were sent to Fengtai Stadium, where there were already many people being held. Some police officers viciously beat people. We sat in the stadium for one day and one night without any food provided. Then we were taken to the Miyun Prison in Beijing. After we arrived there, the guards brutally beat us. We were stripped and searched. We were forced to squat down for a long time with both feet together. Several practitioners couldn't bear it any longer and kept falling over.

I began to do the Falun Gong exercises. Seeing me, several policemen rushed over. They held me down on the ground and put heavy handcuffs and shackles on me. The rusty handcuffs and shackles weighed thirty or forty pounds, and my hands were cuffed behind my back. They removed my shoes, leaving me with only a pair of socks on. I was dragged to a stone-filled yard, where I was forced to walk continuously without shoes on. When I slowed down, a large, tall policeman came over and kicked me in the back. I knelt on the ground and could hardly rise to my feet. I walked for several hours, until I could no longer move. Then, two policemen dragged me by the arms and ran with me along the yard, my feet scraping along the ground. My socks were in shreds by then and my legs were covered with broken skin. The handcuffs and shackles deeply cut into my flesh. Even so, they did not remove the handcuffs and shackles for six days.

I could not sleep, eat, or even use the toilet. This happened during my menstrual period and I was wearing handcuffs, so I was in unbearable misery for six entire days without any sanitary napkins, tissues or other protection. My feet were so injured that the bones were exposed, accompanied by sharp pain, as though a knife were cutting into the flesh.

I was taken back to northeast China from Beijing and directly sent to my workplace. My family, colleagues and friends came to persuade me to give up practicing Falun Gong. I firmly refused. I was then fired from my job and sent to Jilin City Detention Center.

My whole extended family came to the detention center to see me, and sobbed. My husband brought food for me almost every day. I was incarcerated in the detention center for 15 days. The local police threatened me, saying that if I refused to write a guarantee to not appeal for or practice Falun Gong, I would be sent to a forced labor camp. I was determined not to write any guarantees. The police allowed my husband to take me home and they gave me one night to reconsider. When I arrived at home, everyone was waiting for me. My father-in-law cried and said, "Can't you just promise them? I would kneel down in front of you if it would help." They tried to persuade me the whole night but I was not moved. The next day, the local police called and said I had to go back since I didn't agree to their conditions. They tried again at the police station: "If you just write down that you will not practice any more we can help to get your job back." I said, "It's impossible." They realized I would not change my mind and said again, "Since the injuries to your feet prevent you from walking, stay at home for a couple of days to enjoy your nice warm home."

This was how I lost my job for going to Beijing to appeal.

In December 1999, upon seeing the news that practitioners from the Falun Dafa Research Association were going to be tried in court, many practitioners went to Beijing. I felt I couldn't stay at home and decided to go as well. I bought a train ticket. This time my husband said to me, "You'd better think over what you want, Buddha or this home - not both!"

Jilin Province had a rule at that time that if someone went to Beijing twice to appeal for Falun Gong, that person would be sentenced to forced labor. My husband told me that if I really wanted to go to Beijing, I should get a divorce first, and then go. I was hesitant but I had to make a choice. Finally, I was determined to go to Beijing. We quickly went through the divorce procedure.

I got on the train to Beijing that afternoon. Once on the train, because a fellow practitioner accidentally exposed us as practitioners, we were arrested in Jinzhou City. We were taken to the Jinlin City Detention Center. A practitioner suffered from savage torture for appealing in Beijing, and he died half an hour after the local police took him to the detention center. All the practitioners in the detention center started a hunger strike in protest, which lasted for four days. On the fifteenth day I was released. This time I had no home to return to and had no money, either. I truly felt what it was like for a practitioner to suffer hardships.

This was how I lost my family for going to Beijing to appeal.

### **3. Eighteen Days in a Detention Center**

On February 15, 2000 I went to a practitioner's home to attend an experience-sharing gathering. There were more than 70 people there. The police suddenly broke in and arrested us all. I was taken to Qingdao Police Station in Jilin City for one night. The police took away 300 yuan that was in my pocket and then sent me to the Jilin City No. 1 Detention Center. The police ordered criminal prisoners to keep an eye on us. We were not allowed to talk or do the Falun Gong exercises, but I kept practicing the exercises every day. As a result, I was forced to squat for over ten hours at one time. I protested with a hunger strike. On the sixth day, the police tortured me with force-feeding. A prisoner told me that she had made the corn porridge with two handfuls of corn flour and half a bag of salt. Seven to eight people immobilized me during the process. My stomach was hurting badly. When I could no longer bear it, I sat up abruptly to throw up everything. The salt had injured my mouth. My stomach hurt so much that I could hardly straighten my lower back. I could not eat normally for a long period of time. After 18 days in the detention center I was sentenced to one year of forced labor.

### **4. Darkness in the Forced Labor Camp: With Righteous Belief in Master and the Fa, No Tribulation Can Impede Our Cultivation Progress**

On March 8, 2000, I was sent to Heizuizi Forced Labor Camp in Changchun City for one year. Seven other practitioners were locked in the same isolated hut with me as soon as we arrived there. One of them was Ms. Wang Rui, who had just turned 18 at the time. Hou Zhihong, a guard from the 4th Division who was in charge of new inmates, screamed at us, "I'm warning you! You are not allowed to practice Falun Gong here." Then she pulled out electric batons, leather belts, handcuffs and other torture instruments from a case and said, "We have more cruel devices. So watch yourselves!"

Under the watch of prison inmates, we were forced to sit still and remain in a stiff position on the bed board for over ten hours every day. We were not allowed to talk. Later on, they made us do forced labor for 17-18 hours a day, sometimes even longer, with no more than 2-3 hours sleep at night. If at anytime we slowed down the pace, we were subjected to beatings and verbal abuse. The long hours of forced labor and the denial of a minimum amount of sleep often made the elderly practitioners collapse. I wrote many petition letters to appeal and indictments for lawsuits against the staff of Heizuizi Forced Labor Camp and Jiang Zemin, but never received any response. Once, when I asked about my petition letters, the head of the 4th Division Guan Wei slapped my face violently. To avoid hurting her hand, she grabbed a clothes hanger and kept hitting me with it until it broke.

On May 13, 2000, we were transferred to the 4th Division. Practitioners began a group hunger strike, protesting the illegal detention and persecution. This time, the authorities intensified the persecution against us. The Administration Section Head Yue Jun and others tied the practitioners on hunger strike to metal-mesh bed frames. While torturing us with the force-feeding, they shocked us with electric batons. The wire mesh sprang up with each electric shock, accompanied with sparks all over the place.

During the force-feeding and electric shocking, the hallway outside the "health center" at Heizuizi Forced Labor Camp was filled with a frightening mix of noises from the electric batons, and the screaming, wailing and retching of the practitioners being tortured.

Eventually, only three of us were left. Yue Jun walked toward me and said, "So you have been practicing Falun Gong and been on a hunger strike, huh? All right, we'll start with you today. Do you still want to practice?" I replied, "Yes" while moving up my arms to do the second set of the exercises. She attacked me madly with an electric baton. During the shock torture, large blisters started to appear on my hands, body and neck. My sweater was scorched and torn from the high-voltage electricity. The guard got so tired that she held one side of her waist with one hand while continuing to shock me. In the end her baton ran out of electricity, but she still would not stop. She removed my sweater and went to grab another electric baton. I felt I could not bear it any longer. After Yue Jun returned, she tied me to the wire mesh and resumed the electric shock torture for a long time. In the end, I felt darkness in front of my eyes and could not bear the excruciating pain any more. Reluctantly, I agreed to stop the hunger strike and stop practicing the Falun Gong exercises in the labor camp for the time being.

May 13, 2000 was an unforgettable day in my life. After I was back in the cell, Master's teaching in the article, "For Whom do You Exist?" constantly appeared in my mind,

"In dealing with relevant, important matters, if a life can really assess things without any preconceived notions, then this person is truly able to take charge of himself." (*Essential for Further Advancement*)

I could no longer hold back my tears as our compassionate Master was awakening me. I made up my mind that I would continue practicing Falun Gong that night. If I should die today, I would not be afraid. With a body full of bruises and cuts, I could still validate the Fa: it would prove that should I die, the death was from persecution. I prepared myself well, changed my underwear and shoes to the new ones. The next morning, the prison guard was outraged and called me to the office. She accused me of deceiving her. I answered, "It's up to you today. I was wrong yesterday. I let down my Master and that feeling is more painful than death." Surprisingly, she became less cruel and I felt real calmness after letting go of my concerns for life and death. The prison guard said, "It's all right now that you've realized you let down your Master. You are a human being standing tall between heaven and earth." Once again, tears filled my eyes. She grabbed an electric baton but didn't shock me.

## 5. Reformation Incident

At the end of May 2000, a violent "reformation" campaign began. Driven by financial rewards, in order to achieve a 100% reformation rate, the perpetrators in Heizuizi Forced Labor Camp turned to additional violence. The police stated at that time, "It's faster to reform them this way. We can reach the 100% goal in a month." They felt complacent. I thought to myself then, even if I was the only one left who has not renounced my belief, the rate would not be 100%. The guard captains carried rubber tubes and wooden sticks in their hands all the time. An atmosphere of terror pervaded the entire forced labor camp.

In order to subdue me, the guards forced me to read a speech by Wang Yunkun (governor of Jilin Province). I refused. So, the prison guards punished me physically by forcing me to raise my arms for over two hours each time. My arms became so painful that I got spasms, but I still refused to read that speech.

On the fourth day, Captain Zhang Guimei made the last five of us who had not been "reformed" sit still in the corridor as punishment, and demanded that I read a pamphlet full of slanderous words against Falun Gong. I refused. She dragged me to the office and shocked me with two electric batons simultaneously. One was held on my face and the other one ran all over my body. She threatened me while doing this. I could hardly open my eyes due to the shocks. She asked me while shocking me, "Why do you refuse to read it?" I replied, "I will not read anything slandering my Master!" "Are you going to follow the prison rules?" "I am not a prisoner!" She was very mad then, as if she had lost her mind, and she kept shocking me. I was unmoved. When I could no longer bear the pain on my face, I thought, "The electric arc in the human world will not have an impact on

me. I will treat it just like massage." Instantly, the pain I felt in my face was gone, leaving only a feeling of some numbness (the Fa-rectification verses were not published yet at that time). I felt once again the power of Dafa. She tortured me for a whole morning but I didn't give in. Faced with my righteous integrity, she felt scared. She hit me hard several times with the electric baton and shouted, "Take her away!" When I went out of the office, my face was already burned dark and disfigured. I was in too much pain to sleep at night so I had to sit up, covering my face with my hands.

In July 2000 I was sent to the Fourth Team. There were more than 20 people in the cell and I was the only one not yet "reformed." Urged on by the guards, these people kept a close eye on me and I lost almost all my rights. Someone managed to bring in Masters' new article at that time. So at midnight, when they had all fallen asleep, I read the new article again and again:

"It's not that Master is not merciful: in the several years of your cultivation, I have not only borne an incredibly great deal for you, but also, along with this, constantly given you hints for your improvement, looked after you for your safety, and settled the debts that you owed at different levels so that you can reach Consummation--these aren't things that just anyone can do, and neither can they be done for everyday people." ("Drive Out Interference" in *Essential for Further Advancement II*)

Upon reading this, tears poured down my face and soaked half my pillow. I could no longer go back to sleep. I called to Master in my heart again and again and I suddenly heard Master's voice in my ear, "Handle yourself well!" I was dumbfounded at that time. Then I came to realize that Master was by my side.

Guard Wang Jing from the Fourth Team always made trouble for me. Wang organized meetings several nights in a row to denounce me, saying that I would be sentenced to prison if I was not reformed. She sent a group of collaborators to watch me and tried to force me to read books that slandered Master and Dafa. I firmly refused to read any of them. Then they ordered me to write a report, examining myself and saying whether or not I was selfish. I wrote, "I benefited from Falun Dafa and will tell everyone about the greatness of Dafa. This is not being selfish. Different people with different beliefs and thoughts have different understandings on the issue of selfishness." Then Wang Jing said to the collaborators, "Don't let her sleep tonight. Make sure that she writes the 'Dissociation Statement' to renounce Falun Gong by noon tomorrow."

At noon the next day, Wang Jing walked to my side and beat me with all her strength. I lost hearing temporarily as a result of the beating. She dragged me to the team leader's office. Zhang Guimei said, "You have experienced plenty of this before, huh?" Then she used a very large electric baton to shock me, but left after a while because that didn't seem to work. Then Wang Jing made me take off my woolen sweater, and police officer Li Xiaohua started to shock me with the electric baton again. After this, Wang Jing pushed my head into a bucket of water to awaken me. After two hours of this beating, I had wounds all over my body. However, I did not yield because I firmly believe in Dafa.

In October 2000, things were getting worse. Instructed by Labor Camp Head Fan Youlan, the camp set up a Special Secret Transformation Class under the name of "civilized administration." The special class was set up to single out each of the practitioners who had refused to be "reformed." Wang Xiufen from our team and Mu Chunmei from the First Team were called into that class. Later, two other people from our team were called there as well. They saw the torture equipment and Wang Xiufen, who had already been tortured to a stage in which she no longer looked like a human being. We were very shocked to hear this.

Those of us practitioners who resisted the brainwashing wrote letters to the administration of the labor camp, to the Bureau of "Re-Education" through Forced Labor and to the prosecutor's office. Our letters exposing their evil acts were handed to the director of the forced labor camp. After many, many letters and continuous writing, the Special Reformation Class was finally called off. This again proved that "Dafa Disciples' Righteous Thoughts are Powerful." In the end, the team leader Zhang Guimei said, "This is how you are. I won't bother you any more. Just don't cause any problems."

## **6. Validating Dafa - Experiencing Master's Immense Benevolence**

In December 2000, several of us firm practitioners were sent to a single cell where the guards had covered the walls with posters slandering Master. We quickly took the posters off the walls. The guards rushed at us and dragged us to the office. The staff of the administration office also came to help. Guan Wei and Wang Jing beat me very badly, and Guan Wei shocked me with electric batons. They tightly handcuffed our hands behind our backs, taped our mouths shut so we couldn't speak, and stuck handwritten notes on our bodies that slandered Master. When practitioner Wu Xiuqin was brought into the office, she quickly tore the notes off us. A guard handcuffed her to a bed and shocked her with electric batons as well. Later, I was sent back to my cell.

Wu Xuqin and He Hua were locked up in small cells for nearly a month. When I tore down those posters for the second time, guards hung me up on the door of a small cell for over ten hours and didn't even allow me to go to the toilet. But quite surprisingly I didn't feel the suffering at all even though I was enduring such cruel persecution. After a while, they said that they were off work. The officer-on-duty took me down. I felt it had only been around one hour since they hung me up instead of over ten. Suddenly I recalled what Du Hongfang said earlier, that when she was being tortured she saw Master protecting her with his body. She saw that all the electric batons landed on Master. I felt pain in my heart, and the tears ran down my cheeks. Master said,

"You know what? Know what I'm doing here? I'm taking all students as disciples to guide" (*Zhuan Falun*)

My fellow practitioners, as long as we have righteous thoughts, even a little bit, Master will sacrifice everything to help us. We cannot let Master's efforts go wasted.

In January 2001, the loudspeakers in the forced labor camp kept broadcasting slanderous reports fabricated by Jiang Zemin and his followers, spreading rumors that Master had colluded with anti-China forces in China and overseas. They were making up stories to justify their persecution of Falun Gong practitioners. After hearing this, I immediately asked for pens to write appeal letters, but the labor camp personnel refused to provide any. Several days later, the provincial TV station's reporters came to the forced labor camp to produce TV programs for the coming Chinese New Year. The camp called some "reformed" former practitioners, asking them to lie about how well the labor camp had treated Falun Gong practitioners. They also produced staged performances to slander Dafa. The forced labor camp was required to arrange an interview with three practitioners who had refused to give up the practice. As I always had the thought in mind to validate the Fa wherever I went, I was determined that I must stand up and speak the truth. So in front of the reporters in the Education Section, I exposed the many forms of inhuman abuse that practitioners were subjected to. My body was covered with injuries, and half of my face was black as a result of the electric shocks. I asked, "Why don't they dare to tell the world one sentence of the truth? Everything they say is a lie! Since Dafa is righteous, anything that is against Dafa is bad." I negated all the slander against Master right in their faces.

The camp leaders were very angry. They phoned our team before I even returned. Guard Li Xiaohua said to me cruelly, "Stop! Here comes your opportunity, so let's see how I'll deal with you." I immediately knew that they would torture me again. Right at this moment the film crew came to the Fourth Team with their video cameras. The guards were afraid of having their evildoings exposed, so they hurriedly said to me, "You go back first. We'll come for you tomorrow." I thought a lot when I returned to the cell. With every step I take forward, Master's care and efforts are evident. Master said,

"These things are arranged by the master and performed by the master. Therefore, it is said that cultivation depends on one's own efforts, while transforming gong is done by one's master. You can only have such a wish and think about it like that, but it is the master who actually does these things." (*Zhuan Falun*)

During solid cultivation I could see the principles of Dafa being manifested again and again.

Later, my family told me that the forced labor camp had been on TV, and all the practitioners were claiming they "regretted" learning Falun Dafa. They had also seen me on TV, but there was no sound as I was speaking. It was only the narrator who was lying about the labor camp doing this and that and how they changed, educated, and redeemed the practitioners. I felt very angry and thought to myself, "How could they deceive people like this? How could the television reporters tell lies like this? And how many innocent people will be duped by such false propaganda? I must get out and expose it."

## **7. Resisting the Persecution and Breaking Out of the Demon's Den**

Several practitioners and I had stood together against the persecution since 2001. We refused to wear name badges or the labor camp uniforms and refused to participate in any activities in the labor camp.

By the end of November 2001 I had been detained for ten months. The labor camp continued to abduct practitioners and violently abuse those who refused to be reformed. Some of the practitioners were forced to stand for many days and were not allowed to sleep. They were also tied to a bed and shocked with electric batons. Seeing all this happening, I felt like a knife was cutting into my heart. On November 30, I started a hunger strike to protest the persecution. I raised three demands to the team leader Guan Wei: 1) Stop violating the law while supposedly enforcing the law: stop using torture, including electric batons, to try to force practitioners to give up their belief. 2) The labor camp has no right to extend a detention term at will. It is illegal to do so. 3) Release all illegally detained Falun Gong practitioners.

After I had raised these demands, he said it was impossible to accept them and asked when I would start eating. I told him that I would never eat if my demands were not met, as it was stipulated in the law that one could protest by a hunger strike if illegally detained. This was my right.

On the third day of my hunger strike the labor camp personnel force-fed me. Several people held me down and inserted a rubber tube through my nose. I coughed so hard I gagged and could hardly breathe. The food was put into the tube but I threw up and my nose was bleeding. My mouth was bleeding profusely as well. They didn't care whether I lived or died and said the tube had to be inserted, no matter what happened. During each force-feeding they had to try five or six times to insert the tube. On several occasions, I almost died from suffocation. In fact, very little food was actually administered after inserting a tube. They also knew their force-feeding did not work, but they still force-fed me twice a day. After each force-feeding, it was like I had escaped death. I experienced profoundly what it means to be force-fed. But I remembered what Master said,

"If he is able to let go of life and death, he is a God; if he is unable to let go of life and death, he is human." (*Lecture at the Australia Fa Conference*)

Seeing that my determination could not be shaken, the authorities sent me to Jilin Province Public Security Hospital for further persecution.

On December 8, the labor camp staff demanded 2,000 yuan from my younger brother, saying the money was needed for my "medical" treatment. On December 9, the labor camp guards and a doctor from the local medical station went with me to the police hospital. On the way, they kept intimidating me by saying, "So you're on a hunger strike. You will figure out what to do when you get there. They have many ways to deal with you in the police hospital." Once inside the police hospital, it was like being inside a cage. As soon as I entered, a police officer from the hospital asked me, "Are you going to eat or not? If not, we'll perform an amputation on you!"



Instantly, I realized the extent of evilness in that place and what was yet ahead of me. I thought of Master and decided not to give in. I continued my hunger strike. The guards shackled my hands and feet to the bed so that I couldn't move. Then they tried to insert a thick rubber tube into my stomach through my nose. The tube was too thick and couldn't be inserted even after several attempts, making me cough so badly that I could hardly breathe. I was sweating all over. When they had finished, I was totally exhausted. They said, "Let's get on with the next," and started inserting a catheter into my urethra. It was extremely painful, and I trembled all over. I couldn't breathe and was in excruciating pain. I felt like I was hovering between life and death. They threw me onto a bed and put me on an intravenous drip. The guard shouted, "Nobody is allowed to care for her." The catheter slipped out and they didn't put it back, leaving me lying in my own urine on the wet blanket. A practitioner saw the urine-soaked blanket, so she put a spittoon under my lower back to help collect the urine. After one night, my lower back was in such pain that it felt like it was broken. That night I had phlegm in my throat and as I couldn't move because I was chained to the bed, I almost suffocated. The practitioner in the same room secretly helped me remove the phlegm with tears rolling down her face. She took care of me the whole night, and the next day she left the place.

They had the tube in my stomach but didn't feed me anything. For four days I was fed only once with the milk powder and orange juice my brother had bought for me. They didn't remove the tube because they wanted to leave it in to cause me pain. As no one looked after me while I was restrained tightly on the bed, I could only turn my head a little when I needed to cough the phlegm out, and as a result, it was all over my face and body. The catheter slipped out and my urine dripped onto the floor. The other criminal prisoners used my cotton-padded trousers to wipe the floor clean and cursed me for soiling the room. During the day, they would go to another room to avoid being with me and would leave the windows wide open on purpose. It was in December in northern China (the average temperature was between minus 20 and minus 30 degrees Celsius), and I was wearing only underwear. In addition, the bed was wet and I was only covered up to my chest. I couldn't move, and the pain, cold and humiliation vied for attention in my mind. I endured tremendous pain every day. They forced intravenous injections into me and each time they would carelessly leave the needle in me. Sometimes the needle would miss the blood vessel, and the solution would go into my muscle, causing intolerable pain. On the third day after the intravenous injection was over, no one came to remove the needle. I didn't beg them this time. I looked at the empty bottle and slowly closed my eyes. *[It is common medical procedure to never leave an empty IV bottle connected to a patient. If the air from the bottle enters into the patient's vein through the IV needle it can cause an embolism and kill them.]* I had been tortured beyond tolerance and thought it was all right to die. If I died, I died because of the persecution. I dozed off and did not know how long I slept. When I opened my eyes I saw the empty bottle still up there and I was still alive. A warm feeling came to my heart: "My compassionate Master! Your disciple made a mistake. I must do well to assist you to rectify the Fa until the day the Fa rectifies the human world! I will not let down your overwhelming benevolent salvation!" I can't fathom how much Master suffered for all living beings in the cosmos. On the fourth day, with Master's care and protection, the forced labor camp let my brother take me home. Finally, I got out of that evil place.

## **8. Only Days after I Got out of the Labor Camp, My Mother Begins Practicing**

Since September 1999, I hadn't been at home much and was in and out of prisons and labor camps six times. This caused my family a great deal of anguish and suffering. Before I was thrown into the labor camp, I was forced to part with my husband. After I was released I became homeless. Later, I moved into my mother's home and stayed with her and my younger brother for a short period of time. Prior to the beginning of the persecution on July 20, 1999, eight or nine people in my family were practicing Falun Dafa. After the persecution started, my older sister, younger sister and I were repeatedly detained and tormented, which caused my mother to suffer tremendous mental anguish.

My grandmother told us that my mother had been very weak ever since she was a child. She was at the brink of death several times because of illnesses. Later, she started to believe in Buddha and became a vegetarian. She burned incense and worshipped Buddha every day, but she was still ridden with many health problems. As far back as I could remember, my mother was always ill, and we had to cook, wash clothes and do housework ever since we were children, because she was too sick to take care of us. When mother was in her thirties, she almost died. After I got out of the forced labor camp, my mother saw my plight and my determination and she believed in Dafa even more. She started to study Dafa books and do the exercises with me. She finally discarded the medicines that accompanied her wherever she went. She was so happy about her regained health that she told everyone she met, "Falun Dafa is so miraculous! For the first time in over 70 years I know what it feels like to be disease-free. I'm extremely grateful to Teacher Li Hongzhi! Our whole family is so happy."

## **9. Clarifying the Truth of Dafa; Offering Salvation to All Living Beings**

After I got out of the forced labor camp, besides distributing truth-clarification materials, I also clarified the truth face to face to everyone I met. I used my experiences to explain the facts and helped a lot of people who had held hostile feelings toward Dafa change their minds. They all came to learn the truth. After I moved into my mother's home, the local police precinct staff often came to harass us, because they thought that I was a stubborn practitioner. I clarified the truth to them whenever I saw them and I also wrote letters to them. During the Two Conferences (the Communist Party Congress and the National People's Congress) in 2003, the police precinct chief and several police officers broke into my home and asked me if I still practiced Falun Gong. I said, "Yes." The chief pointed at a drawer and asked me if there were any "propaganda/promotion" (meaning Falun Dafa) materials inside. I said, "Today, let me do some promotion for you." Then I started to clarify the truth to them, and none of them did anything to me. In the end, the director inquired if I would still go out to put up posters. I asked him, "If you see someone on the brink of death, would you offer to help him?" He replied, "As long as you don't stick posters everywhere on the street during the Two Conferences, that's okay." As they were leaving I told them, "I will tell you 'Falun Dafa is great' whenever I see you."

I remembered what happened to the wife of someone in charge of the suppression of Falun Gong at his work unit. She used to practice Falun Gong before the persecution started, but after July 20, 1999, she couldn't control herself and did something she shouldn't have done. Later she became paralyzed. Her husband consequently had some bad feelings towards Falun Gong. Through a fellow practitioner, I went to visit his home. The first thought I had when I saw him was that I must redeem him. The first time I went, he didn't believe me and refused to accept the truth. The second time I went, I could sense that I was not welcome, but I wasn't discouraged. The third time I went I told him I knew what he was doing, and that the reason I risked my life to clarify the truth to him was because my Master asked us to hurry up and to offer people salvation. I said to him, "I hope you will listen to me today." Then I started to talk about the Tiananmen Square Self-Immolation Incident and the alleged stories of homicides and suicides broadcast on TV and in newspapers. I answered all the questions he asked, and I also told him my personal experiences of persecution, abuse, torment and torture and how I was almost tortured to death on a number of occasions. I showed him the scars on my hands and feet. In the end he said, "I have watched lots of video CDs, but I don't believe Falun Gong is good. The Communist Party can't be as cruel as you said." Later when I went to his home again, his wife told me, "After you left last time he told me, 'This person is very nice. What she said is all true.'" Later on, I heard that during the Two Conferences, Falun Dafa banners were hung everywhere, and when his unit was about to arrest practitioners, he stepped forward and said, "Arrest me if you want to. I did it all!"

On June 30, 2003, my sister and I went to the countryside to distribute flyers and tell people the truth about Falun Gong. Police officers from Gangyao Town in the Longtan District arrested us and sent us to Jilin City's Number One Detention Center that evening. The detention center did not allow any practitioner to read Dafa books or do the exercises. I began a hunger strike immediately after I arrived there. I told the guards and the director of the center that we were subjected to all kinds of persecution merely because we believe in "Truth-Compassion-Forbearance." They told me, "There is an order from the top. We are just following the order. Now that you are here, you'd better obey the regulations."

On the third day they started to force-feed me twice daily. Every time, seven to eight criminal inmates came up to pin me down onto a bed. They pinched my nose, used a spoon to pry my mouth open, then pushed my tongue aside and poured soup into my mouth. Since I refused to swallow, some soup even got into my nose. It was very painful. My face, nose and mouth were hurt badly. My jaw was swollen. On the fifth day, the head prison guard said that the detention center director had issued a demand. According to the director, the prison guards were not doing a good job, so they needed to keep the pressure on. If I still refused to eat, all the inmates would have to sit with me. No rest or breaks would be allowed. Family visits were forbidden in the detention center. The inmates could only see their family members on the backyard hills during the break once every three to four days. The prison guards gave the inmates a hard time in order to generate hatred towards me. On the sixth day, the criminal inmates watched me stand there an entire day without moving or sleeping. They became angry and began to punch me. I was beaten so badly that I felt dizzy. Later, they inserted tubing through my nostril.

One day, after being deprived of sleep for a long time, I fell to the floor. The inmates took turns watching me to make sure the tube stayed in my stomach. I pulled it out quite a few times, but every time they would beat me up and re-insert the tube.

Although they were very mean to me, I did not bear them any hatred because I knew they were deceived by the anti-Falun Gong lies. I treated them as my family members. Even under severe distress I never stopped clarifying the truth to them. I told them about the fake TV propaganda, the *Focus Interview* programs about the Tiananmen Self-Immolation lies. I told them these were all fabrications. I also explained to them how I made this conclusion based on my understanding of Dafa. I told them that Dafa teaches people to be kind to each other. These criminal inmates agreed with me. They said, "You practitioners don't fight back when hit, don't talk back when insulted." Later they all became my friends. I also felt very close to them. During that time I truly experienced the beauty expressed in Teacher's poem,

"Compassion melts heaven and earth" (unofficial translation from "Fa rectifies the Cosmos" in *Hong Yin II*)

On the eleventh day, the local police came to pick me up. A criminal inmate kept holding my arm in a friendly manner and wouldn't let me go. She wanted to learn Falun Gong from me. Finally when I left, I saw her faint. I was deeply saddened. A prison guard came and said, "Falun Dafa is indeed 'Truth, Compassion, Forbearance.' Today I experienced first hand the compassion of a Dafa practitioner. In fact, there is nothing wrong with your efforts to clarify the truth." Later, they sentenced me to two years of forced labor, but with Master's protection I failed the physical exam and the labor camp refused to accept me. I was released.

After I got home, I saw that Master's portrait and all my Dafa books had been taken away. I felt extremely bad. With tears running down my face, I sat down to re-examine myself. I realized that the reason for my arrest was because of my attachment. After I came back from the forced labor camp last time, I was highly praised. Gradually, my personal pride and show-off mentality began to grow. I became over-confident and refused to listen to others. I stopped looking inward when issues happened. I kept thinking about myself. Although Master repeatedly gave me hints, I failed to realize my problems. My behavior deviated from Dafa and caused loss to Dafa work, including losing Dafa books and Master's portrait. My attachments made Master shoulder my burdens. The next day I went to the local police station to ask for my Dafa books back. The police chief was not in, and someone said he was out of town. I then called his home phone. But every time I called I was told that he was not home. I felt such anguish in my heart because I could not get my books back. In September 2003, I left my mother's house and went to another city to clarify the truth of Falun Gong.

## **10. By Searching Within, Attachments Are Rooted Out, Awareness of One Body Improved**

When I worked with fellow practitioners on Dafa projects, more attachments were exposed. When I clarified the truth to people, or even when I was under persecution, I could still demonstrate my compassion and kindness. How come I couldn't do the same with fellow practitioners? When I had different opinions, my attachments became very strong. After deep soul searching I realized that I was nursing remnants of the old universe. I only wanted to change others, but not myself. I stubbornly believed that I was very solid in Dafa. Gradually, my show-off mentality and personal pride became stronger. I did not cultivate myself on solid footing. I recalled that, when I worked in a Dafa materials distribution site in a certain city, I did not cooperate well with other practitioners. Each one of us was doing things our own way. As a result, the Dafa work was delayed, and evildoers took advantage of the situation and destroyed two distribution sites. Four practitioners were sentenced to over ten years in prison. Under Master's protection, I escaped. Hard lessons learned! Why couldn't I realize my shortcomings and change? Sometimes I appeared to have given up my attachments, but at the bottom of my heart, they were still there.

Master told us,

"Have you noticed that a lot of our students can't take criticism from others? As soon as they are criticized they get mad and aren't able to take it." "You're a cultivator, so do you want those ordinary things? Let me tell you, since you're cultivators and you're among ordinary people, you just have to listen to those displeasing words, and you have to be able to listen to those displeasing words. (*Applause*) Otherwise, when you haven't even resolved this most basic cultivation issue, how could you call yourself a Dafa disciple?" ("Teaching the Fa at the 2004 Chicago Conference")

Reading Master's words, I felt deeply that I am too far away from Master's requirements. I also felt that Master is facing too many difficulties. Today I exposed my attachments. Now it is time to completely get rid of them. I now often ask myself, "Are you qualified to be a Dafa particle? Have you really become selfless? Does every one of your thoughts conform to the Fa? Do you let Master down? Do you carry all living beings in your heart?" In this repeated self-examination, I have found myself. With a deepening understanding of the Fa, I am strengthening my awareness of the integrated group.

Although I still have many shortcomings, I will not be discouraged. I am more determined than ever to do my best in the three things Master has asked of us. I will continuously correct and improve myself in Dafa, purify myself, and fulfill my grand wish made in the ancient past.

In recalling my past five years on the Fa-rectification path, I have cried many times. I cried for the pain, for the excitement, and for the sadness. But all that has become history. Now the only time I cry is when I do not do well. I cry out of shame in front of Teacher and sentient beings.

## 45) With Righteous Thoughts, Eliminate the Evil Factors

*By Xilian, a Falun Gong practitioner from Shanxi Province*

Greetings Teacher! Greetings fellow practitioners!

I am so delighted to have this opportunity to talk to Teacher and fellow practitioners. As I write this article, I feel like Teacher is right here with me. The following are my experiences after five years of cultivation.

### **1. I decided to cultivate**

I am 60 years old this year. In March 1999, I started to practice Falun Gong, but in fact I first began reading *Zhuan Falun* in 1997. I felt the book was so good because it answered many questions I had about my life. In addition, whenever I felt physically uncomfortable, reading the book miraculously made me feel well. Therefore, I always carried *Zhuan Falun* around with me. However, I didn't pay attention to cultivating my heart. It was not until March 1999 that I truly began practicing Falun Dafa.

Before cultivating, I suffered from different kinds of ailments, including atrophic gastritis, a serious intestinal problem, plus heart and liver disease. Even taking a bite of an apple would give me a stomachache. The doctors told me to not even eat bread. All year long I had to take medicine, which made my face look grayish-yellow. After practicing Falun Gong, all of my ailments disappeared. As a healthy person, I haven't needed to take a single pill for five years. Thank you Teacher! Teacher has given me a second life.

### **2. Righteous thoughts come from firm belief in Teacher and Falun Dafa**

After the persecution started on July 20, 1999, I faced brainwashing from the propaganda, and one time I even became suspicious of Dafa. Fortunately, with the help of my fellow practitioners, I asked myself, "Who gives you health? Who has taught you to be a good person? Who leads you back to your true self and helps you find the true meaning of life?" It is our respectable Teacher. With my belief in Teacher and the universal principles, I overcame the tribulation. In one week, I got rid of the interference from the wrong thoughts and became calm in my heart. Sometimes I became afraid, but once my righteous thoughts came out, I became confident immediately.

Teacher wants us to genuinely step out of ordinariness, to save people and clarify the truth. I had no contact with fellow practitioners at that time. How did I make it? My son went to buy a computer and printer, so we could edit Falun Dafa informational materials ourselves and post them in the street. That was our first step. Later, we printed flyers from the Clearwisdom website and distributed them with fellow practitioners. In this way, a simple material site began in the course of validating the Fa.

In 2001, my son passed out flyers to people in our neighborhood. With my attachment of fear, I didn't agree with what he was doing. However, I realized my attachment, so I sent forth righteous thoughts to remove my fear.

When someone reported it to the neighborhood committee, the director didn't look for my son, but for me. I assumed what happened was a test for me. Scared of nothing, I clarified the situation to him, and told him he should treat Falun Gong practitioners kindly and protect them even though he might get fired, because he would greatly benefit from it.

"If you are a true practitioner, our Falun will safeguard you. I am rooted in the universe. If anyone can harm you, he or she would be able to harm this universe"  
(*Zhuan Falun*)

Because of righteous thoughts and Teacher's protection, we passed the test. My experience demonstrates that we should look inward whenever we come across problems.

### **3. "With no attachment to anything, the road ahead is traversed with ease"**

As a Fa-rectification period Dafa disciple, we need to always keep righteous thoughts so as to avoid losses and be responsible in saving people. As Teachers said in "No Hindrance" of *Hong Yin II*,

"The ways for cultivation are different, but all are in Dafa.  
With no attachment to anything, the road ahead is traversed with ease."

The following are some of my experiences with making materials. It was my son's job, but I took it over because he was busy. It was supposed to be a piece of cake, but once I tried to do it, all kinds of obstacles came up one after another. At the beginning, the printer didn't work properly if I didn't send forth righteous thoughts. I came to have a better understanding of righteous thoughts after that. The evil factors' interference was so desperate, because they were scared of people learning the truth. Thus, I have also come to understand the importance of the Fa-rectification period Falun Dafa practitioners' responsibilities.

On one occasion I was worried that the printer wouldn't work. As a result, it wasted a lot of paper and had poor printing quality. Then it began to malfunction. I became impatient and got angry at the printer. I forgot I was a practitioner, so I had to stop to think where the problem was. Then I realized it was a problem with my character, because I was lacking righteous thoughts in what I was doing. How could I have a good effect in making materials to save people? Realizing my attachment, with righteous thoughts, I tried to communicate with the printer. I thought that since it also had a life in other dimensions, it should understand when I talked to it, and so I tried to rectify it and harmonize it. I admitted my being mad at it was wrong. Then I let it know that I wanted it to cooperate with me in printing during the crucial Fa-rectification period, and that if it did, it would have a wonderful future since it also saved people. When I finished talking with the printer, I became calm and clear-minded, and suddenly figured out where the problems were and how to fix them. It seemed like a culmination of my several years' experiences with printing. I felt my relationship with the printer was finally so harmonious. I realized Teacher had helped me once again.

To fulfill the vows we made before history, we need to study the Fa well, break through the old force's interference and fulfill our responsibilities, so as to be worthy of the name of Fa-rectification period Dafa disciples, and go back to where we belong.



## **46) With Unwavering Faith in Our Teacher, I Overcame Tribulations One After Another**

*By a Falun Gong practitioner from Dalian City*

I am a senior citizen, and a practitioner of Falun Dafa. I don't know what words I can use to describe my gratitude to our Teacher. So many amazing things have happened to me since I began to practice. Along my path of cultivation, with firm belief in our Teacher and Dafa, I overcame one obstacle after another.

### **Finding Falun Dafa**

I suffered from epilepsy since I was five years old. When an attack came over me, my body trembled like a leaf and I would completely lose consciousness. My family spent a great deal of money trying to find a cure for it. Excessive acupuncture treatments had damaged my renzhong point and my fingers and toes, but had not cured anything. My life was really miserable. When I was in my 30's, I developed a hypersensitive throat condition and coughed every day all year around. I had taken a pile of medications and finally became allergic to them. All these were my sufferings until I reached the age of 60, before I obtained the Fa.

When I was a high school student, I longed for the elevation of my mind and body through an ancient cultivation practice, because I wanted to understand "For what a man lives." The predestined relationship with Buddha buried deep in my heart gave me a faint thought that one day I would take on a cultivation path. But where was my way? On June 29, 1997, I finally found it. On that day, after I got the book *Zhuan Falun*, I read it straight through from 3 p.m. until 4 a.m. the next day. I cried while I was reading, like a lost child finally finding home. I was finally awakened from my dream of 60 years. I knew in my heart that Falun Dafa is the pure land I had been searching for my whole life. Since that day, the book has never left my side.

Only a few days after I had committed myself to Falun Dafa, the illnesses that had afflicted me for dozens of years all disappeared. My entire body felt light. I am grateful to Teacher because it was he who gave me a new life. I will meet his expectations only through diligent cultivation, so since that time, I have moved steadily forward in my cultivation and assured myself that I shall return home with Teacher.

### **My Fa-rectification cultivation stories**

Since the persecution began on July 20, 1999, each Falun Gong practitioner has walked his own path. In the past five years, we have experienced a lot. My deepest conviction is that if we have unwavering faith in Teacher, there won't be any unsurpassable obstacles.

#### 1) Walking out of the police station in 17 hours

One night after 9 p.m., I went out to distribute Falun Gong truth-clarifying materials with a fellow practitioner. After we had passed out all the VCD's, we put up many self-adhesive posters. While we were posting them, two police hiding in the darkness noticed

us. Because the other practitioner was carrying a lot of materials and I wanted to protect her and the materials, I asked her to go first and said I would deal with the police alone.

The police took me to the station to interrogate me. They ordered me to squat. I recalled Teacher's words,

"No matter what the situation, do not cooperate with the evil's demands, orders, or what it instigates. If everyone does this the environment won't be this way." ("Dafa Disciples' Righteous Thoughts Are Powerful" in *Essentials for Further Advancement II*)

I told them I could only sit down, not squat. They held Teacher's photo upside down, so I told them very gravely to put it upright. They followed my order and put Teacher's photo on the desk.

In the police station I used my wisdom from Dafa cultivation to deal with the police. They set up many traps, but I identified them one by one. In the end, they got nothing from me.

The next afternoon, when I was alone with a young policeman watching me, he told me an amazing story. When he went to arrest that female practitioner, the three words "Don't arrest her" appeared in front of his eyes just before he could reach her. He realized that it was a hint from a Buddha, so he let her go. I told him about Falun Gong, and he was very happy to learn the truth. He said, "If they don't release you before 5 p.m., I will set you free at midnight and give you 200 yuan to get home. And I will take care of the rest of the stuff as a start to my treating Falun Gong practitioners well." At about 3 p.m., I was released. I left the police station openly and with dignity in 17 hours.

The next morning, I went to the police station again, full of vigor. I told the director the real situation regarding Falun Gong. After he learned the truth, he was very grateful. In the end, he accompanied me all the way out of the courtyard of the police station and told me to come back when I had time in the future.

### **Walking out of Masanjia Forced Labor Camp in forty days**

In the summer of 2001, two practitioners came to our place. They had been going from place to place to avoid persecution, and they were not in a good condition at all. So when the police came to arrest them, my home was ransacked as well. They found a lot of truth-clarifying banners and VCD's, so they sent me to the Yaojia Detention Center in Dalian City.

In the detention center, I recited Teacher's articles and poems to those practitioners who hadn't memorized them. After a while, they could all recite them. There were also many criminal prisoners in the detention center, and they often verbally abused practitioners. One day the prison guard ordered us to recite the prison regulations, which the practitioners refused to do. So the prisoners in the same cells as the practitioners were forced to sit on tiny stools as punishment. Since the prisoners didn't know about the truth about Falun Gong, they didn't blame the police who made them suffer but were angry

with the practitioners instead. One prisoner shouted, "Everyone jailed here is a prisoner, so he or she should recite the prison regulations." I thought to myself, "I am a Falun Gong practitioner. I must rectify the environment." So I said to him, "Listen. Let me tell you why Falun Gong practitioners are different from you. You are prisoners because you have committed crimes, so you were sent here for re-education. But we are not. We are good people and were sent here due to Jiang Zemin's persecution. If we go against our conscience to write so-called 'guarantee statements' promising not to practice Falun Gong, we would be released. However, we will not do such a thing. We were locked in here because we would not give up our belief in "Truthfulness-Compassion-Forbearance." Wouldn't you agree that we are different?"

Everyone suddenly became quiet. Then the other practitioners also started to tell them the real situation about Falun Gong.

After that, we were no longer required to recite the prison regulations, and could practice the Falun Gong exercises in our cell. The prisoners blocked the surveillance camera with their bodies and watched out for us at the door so that we could practice. Some prisoners even started to do the exercises and recite Teacher's poems in *Hong Yin* with us. Our environment had been rectified. It was just as Teacher taught us:

"Indestructible righteous faith in the cosmos's Truth forms benevolent Dafa disciples' rock-solid, Diamond-Like Bodies, it frightens all evil, and the light of Truth it emanates makes the unrighteous elements in all beings' thoughts disintegrate. However strong the righteous thoughts are, that's how great the power is." ("Also in a Few Words" in *Essential for Further Advancement II*)

### **Teacher gave me a hint to encourage me to do well**

At Yaojia Detention Center in Dalian City, I was sentenced to three years of forced labor and transferred to the notorious Masanjia Forced Labor Camp. Arriving at Masanjia Forced Labor Camp, I was very depressed. I was concerned that this was where the most evil had accumulated, and I was unsure when I would get out. My words and actions were no longer like those of a practitioner, and my status dropped to the level of everyday people. One night in a dream, Teacher said to me as a hint, "A practitioner should always present the image of a practitioner in any environment. Review your own words and actions and see if they were like a practitioner's." I was shocked and woke up. When I reviewed myself and searched within, I realized that I thought that I had ended up here because I did not do well. Since I was already here, then I should just do well what a practitioner should do. Since then, I have always remembered that I am a Falun Gong practitioner who has come to save the sentient beings and assist Teacher in Fa-rectification.

### **Spread Teacher's articles**

During my stay in Masanjia Forced Labor Camp, many practitioners had not seen any of Teacher's writings for a long time, let alone the recent ones. A lot of things that were secretly circulated among practitioners and said to be Teacher's articles were, in fact, not

Teacher's articles. They were fakes planted by the authorities to twist Teacher's words and deceive practitioners. To maintain firm righteous thoughts in such a vicious environment, one cannot deviate from the Fa even for a single moment. I deeply understood the importance of this. At that time I could recite many of Teacher's newer articles by heart, so I was determined to share them with fellow practitioners who refused to yield to the evil.

Two "personal monitors" watched me all the time and followed me everywhere. In order to spread Teacher's articles, I had to first clarify the truth to them. One of them was actually only brainwashed on the surface, but she still believed in Teacher in her heart. I soon rectified her attitude, and she started to help me circulate the articles. In order to do that, a proper location was needed. I looked around and found that the corner of the cell where the water jug was placed was visited most frequently. I volunteered to sleep in the bed next to the water jug, so when the practitioners who had not been brainwashed came to get water, I could put the articles on the floor, and they would take them away.

The longer articles were more difficult to spread and took longer to write down. There were too many eyes monitoring practitioners, which also made it difficult for me to write. I then started to investigate other alternatives and asked for help from Teacher in my heart. Soon I found the way. In the cell there were two kinds of people: those brainwashed and those not brainwashed. They often quarreled amongst each other, and this irritated the group leader. I took the initiative and told her that, accompanied by the chief of the cell, I would like to talk with those who had not been brainwashed in order to help settle their conflicts. After the group leader agreed, I first clarified the truth to the chief of the cell, who had yielded to the evil only on the surface. With her help, while talking with the un-brainwashed practitioners, I took the opportunity to recite Teacher's longer articles for them.

After I completed spreading the articles, I made another request of the group leader. I asked that those who had been brainwashed should not be allowed to defame Teacher or Dafa. So the group leader ordered, "In the cell no one should express her opinion." After that the cell became peaceful, and the group leader appreciated me very much.

Teacher said,

"Validate the Fa with rationality, clarify the truth with wisdom, spread the Fa and save people with mercy--this is establishing the mighty virtue of an Enlightened Being." ("Rationality" in *Essentials for Further Advancement II*)

During the process of validating Dafa, we must use wisdom rather than rashness. With regard to spreading the articles, I felt that as long as we have the willingness to do something, Teacher would arrange everything. What can stop practitioners from doing things for Dafa?

### **Not yielding at all on the principle issues**

In Masanjia Forced Labor Camp, many practitioners who were labeled "brainwashed" were actually so just on the surface. They either wanted to get out of the labor camp as

early as possible or feared the persecution, so they had accepted the brainwashing. To me, for whatever reason, such acceptance is wrong and a form of yielding to the evil. So in Masanjia Forced Labor Camp, I held fast to the principles and did not yield at all. Whatever means they used against Teacher or Dafa, I could see through it straightaway and could tell whether they were cultivating or not. This required me to face all that was happening with a calm mind. I should be clearheaded to accomplish the objective of validating Dafa.

One woman on our team who had been brainwashed had a very serious disease in one of her eyes. The group leader called for everyone to contribute money for her medical treatment. Everyone did so except for me. The team leader asked me why I would not donate and indicated it would be fine even I just donated a little bit. I said to her and the others nearby, "She attacked Teacher and Dafa. This is the karmic retribution she has received. If I donate money to her, isn't it the same as attacking Teacher and Dafa? This is an issue of principle. Donations should not be given to her. Furthermore, I don't even have any money. She is suffering from this disease because she followed Jiang, so she should ask Jiang for money for her medical treatment." I wanted to let them know the end result if they turn against Dafa. This was also a warning to the evildoers and those who had accepted the brainwashing.

When I first arrived at Masanjia Forced Labor Camp, the team leader encouraged the prisoners to attempt to brainwash me. Some came alone and some came in groups, but I firmly refused all of them. Later, a brainwashed woman whose name was Che Li from Dalian City approached me. She was supposed to be a master at brainwashing others. As soon as she came into the room, she stretched out her hand and wanted to shake hands with me. I immediately put my hands behind my back and told her, "I won't shake hands with you. I'm concerned that you are polluted, and you are not qualified to shake hands with me. In the entire Masanjia Forced Labor Camp, I look down on you the most. While you are fooling others, you are also fooling yourself. You accepted the brainwashing as soon as you arrived at Masanjia, and you changed your attitude as soon as you were released. This time you were sentenced here to Masanjia, and you are again attempting to brainwash others. Not only you yourself have been brainwashed, you also go on to damage others. How many people have you damaged and turned against Dafa?" She was very embarrassed by my accusations. Since then no one has ever attempted to brainwash me.

### **Clarifying the truth**

In both the detention center and the forced labor camp, I tried to seize every opportunity to clarify the truth. As long as I had a chance to talk to people, I was able to turn the topic to Jiang's persecution of Falun Dafa. Whether to the guards or to the brainwashed people, I was able to use different methods to help them understand the facts. Many people have become my good friends, and they all like to listen to me. Dafa has given me the wisdom to use different methods to clarify the facts to different audiences.

### **When I did well, Teacher let me go home**

Facing the multiple metal doors of the forced labor camp, I believed in Teacher. As long I could do well, Teacher would decide everything. The team leader once said to me, "Old woman, it will be three years! If you don't change your attitude, are you willing to stay here for three years?" I said, "How long I will stay here is decided by my Teacher. If Teacher lets me go home, no one can stop me. As long as I do well the things that a practitioner should do, I'm sure I'll go home within three months." Many people were nearby at that moment, and they all treated this as a joke and did not take it seriously.

After all the lectures had been spread, one night at about 3:00 a.m., I dreamed of Teacher. In the dream, Teacher kindly patted my shoulder and said, "Do you want to go home?" I said in tears, "Teacher, I'm so eager to go home even in the dream, but how can I go?" Teacher said, "You have been doing very well here. We'll let you go today." Then I woke up. I told this to the others beside me, but they all regarded this as a crazy person's joke. Soon everyone in the cell woke up and asked me what the matter was. I told them that Teacher said I would go home today. Those who had been brainwashed all made fun of me and laughed, "What nonsense! There are so many big metal doors in the labor camp, one after another. How can one ever get out?" I told them in all seriousness, "Teacher's words are the Fa. Since Teacher will let me go home, I will surely go today."

At about 3:00 p.m. that very day, the labor camp notified me that I could leave for home. With firm belief in Teacher and firm belief in Dafa, I finally walked out of Masanjia Forced Labor Camp in an upright and dignified manner.

In the Fa-rectification, there are still many more stories. With my firm belief in Teacher, I broke through one tribulation after another. In the last steps on the path of validating the Fa, let us together do well the three things that Teacher has told us to do and strive forward vigorously together.

Please kindly point out anything improper.



## Glossary

**610 Office:** An agency specifically created to persecute Falun Gong, with absolute power over each level of administration in the Party and all other political and judiciary systems.

**April 25:** This refers to the anniversary of April 25, 1999, on which date ten thousand Falun Gong practitioners peacefully gathered outside the State Council Appeals Office, which happens to be adjacent to Zhongnanhai (China's central government compound). The practitioners appealed for and obtained the release of forty-five practitioners who had been illegally arrested in Tianjin City.

**Choose a life of homelessness:** Under the severe persecution environment in China, families have been forced to turn against their own members who practice Falun Gong. Also, under the policy of "guilt by association," family members of those who practice Falun Gong can also be threatened by the Communist Party. In this situation, Falun Gong practitioners leave their homes in order to alleviate the pressure and persecution against their family members, as well as to clarify the truth to the people in China.

**Clarifying the truth:** Because of the persecution in China and the unrelenting hate campaign carried out by China's state-controlled media, Falun Gong practitioners have been actively "clarifying the truth" -- explaining to the public the facts about Falun Gong and exposing the persecution. Truth clarification activities include face-to-face conversations with people, posting notices and posters, handing out flyers, hanging banners, and many other forms of letting people know the true situation of the persecution of Falun Gong. Outside of China, where Falun Gong is freely practiced, practitioners further expose the persecution through anti-torture reenactments, art exhibits, Internet websites, books, magazines, newspapers, television, radio, movies and letter writing. The goal of clarifying the truth is to help people understand Falun Gong, to dispel the lies of the communist regime in China and to raise public support to end the persecution. (Variations: "clarifying the truth," "truth clarifying," "truth-clarifying," "truth clarification," "truth-clarification," "clarifying the facts," "clarified the truth," and "clarified the facts")

**Collaborators:** Former practitioners who have turned against Falun Gong under brainwashing and torture. They are then made to assist in brainwashing and torturing practitioners.

**Dafa:** Literally "great principles" or "great law." 1) The teachings of Falun Dafa, 2) Short for Falun Dafa, 3) The laws and principles of the universe.

**Disciple:** Literally "younger brother-son." A term commonly used by the teacher/master of a practice to refer to his/her students.

**Fa:** Law and principles. 1) The teachings of Falun Dafa, 2) The laws and principles of the universe.



**Fa-rectification:** The current time period in which the Fa of the universe is being rectified. “Since it is Fa-rectification, what’s being rectified? What’s being rectified are all the old things that have deviated from the Fa.” (*Lecture at the Western United States Fa Conference*) “The characteristic of our Falun is that it can automatically repair everything that falls short of the standard. In other words, it’s continually perfecting everything. The purpose of Fa-rectification is to make things more wonderful.” (*Teaching the Fa at the Conference in Singapore*) “The purpose of my doing this thing is Fa-rectification. All of the cosmos’ beings have already strayed from the Fa, so they have to be rectified with the Fa.” (*Lecture at the Conference in Switzerland*)

**Guarantee Statement:** A statement created by the persecutors of Falun Gong to declare that one is remorseful for practicing Falun Gong and guarantees not to practice Falun Gong again, not to go to Beijing to appeal for Falun Gong, and never again associate with any Falun Dafa practitioners. (Variation: “guarantee letter”)

**Hong Yin:** Also known as Grand Poem, a collection of verse by Li Hongzhi.

**Iron Chair:** Made of iron pipes, victims are restrained on the iron chairs with both arms and legs tied for a long period of time. See illustration at <http://www.clearwisdom.net/emh/articles/2002/1/9/17577.html>

**July 20, 1999:** The day the persecution of Falun Gong by the Chinese Communist Party began.

**Law Body:** “Law Bodies are born in the elixir field area, they’re made up of Law and gong, and they manifest in other dimensions. Law Bodies have the same enormous power that the person has, but Law Bodies’ consciousness and thoughts are controlled by his principal being. But a Law Body is also a complete, independent, and real individual life in its own right, and so it can do anything on its own. Law Bodies do the same things that the person’s master consciousness would like to do—exactly the same things. The person would do it the same way if he were to do it himself, and Law Bodies do it however he would.” (*Zhuan Falun*)

**Lunyu:** "On Buddha Law," also known as "Lunyu," written by Li Hongzhi. It prefaces *Zhuan Falun* and other books by Li Hongzhi.

**Master:** In Chinese, the term literally means “teacher-father.” This is a common term of respect to denote ones accomplished teacher. The Chinese term does not have the dominant/submissive meaning as the English master/slave. The founder of Falun Dafa is Mr. Li Hongzhi, referred to by practitioners as “Master” or “Teacher.” (Variations: Teacher, The Teacher, The Master)

**Materials production site:** A place to produce truth clarification materials. Often in a practitioner’s home, consisting of a computer, printer, CD burner, etc.

**Minghui website:** Chinese version of the Clearwisdom website.

**Neighborhood committee:** In China, the Communist Party has established neighborhood and street committees to carry out the Party's will. They maintain a file on each and every neighborhood resident. The Party maintains a file on each citizen from birth to death, taking particular note of attitudes toward the Party and the degree of loyalty and obedience shown by every citizen.

**Old forces:** Beings of the old universe that interfere with Fa-rectification.

**Procuratorate:** The Chinese state organ responsible for legal supervision. Its functions include deciding on arrest and prosecution of major criminal cases, conducting investigations, initiating and supporting public prosecutions, interpreting the law in specific applications, supervising courts decisions, monitoring judicial procedures, and supervision over activities of prisons, detention centers, and labor camps.

**Reform/Transform:** Implementation of brainwashing and torture in order to force a practitioner to renounce Falun Gong. (Variations: "reform," "transform," "reformed," "reforming," "transformed," "transforming," and "transformation")

**Ren:** Tolerance, Forbearance.

**Repentance Statement:** A statement created by the persecutors of Falun Gong where one is forced to admit remorse for practicing Falun Gong, promise to give up Falun Gong, and never again associate with other practitioners or go to Beijing to appeal for Falun Gong.

**Sending righteous thoughts:** “our students can quiet their minds for five minutes, sitting with their hands in *Jieyin* and thinking about eliminating the bad thoughts, karma, bad notions, and external interference in their minds. As you're like this, think that they die, and then they will be eliminated. Five minutes will do. (*Applause*) When we get together for group practice, think about eliminating the evil in the Three Realms, while holding one hand vertically (*li-zhang*) in front of the chest, and just think with True Thoughts for five minutes--this should do it.” (“Teaching the Fa at the 2001 Canada Fa Conference” from *Guiding the Voyage*) (Variation: Sending forth righteous thoughts)

**Sensitive Dates:** National holidays or political meetings, or dates that hold significance to Falun Dafa; the persecutors are afraid that practitioners will publicly appeal on these dates.

**Shan:** Compassion, Kindness, Benevolence.

**Study the Fa:** Reading Falun Dafa books.

**Teacher:** See entry above for “Master.”

**The evil:** Evil forces in the universe that persecute Falun Dafa and interfere with Fa-rectification.

**The three things:** The three things Master Li asked practitioners to do are to study the Fa [the teachings of Falun Dafa], send forth righteous thoughts and clarify the truth about Falun Dafa and the persecution to the world's people.

**Three Statements:** Practitioners are coerced under brainwashing and torture to write a "Repentance Statement," "Guarantee Statement," or "Dissociation Statement" as proof that they have given up their belief. In the statement, one is forced to admit remorse for practicing Falun Gong, promise to give up Falun Gong, and to never again associate with other practitioners or go to Beijing to appeal for Falun Gong.

**Tiger Bench:** Prisoners are forced to sit on a small metal bench that is approximately 20 cm (6 inches) tall with their knees tied together. With their hands tied behind their backs or sometimes placed on their knees, they are forced to sit straight up and look straight ahead without movement for long periods of time. See illustration at <http://www.clearwisdom.net/emh/articles/2004/6/12/49036.html>

**Truth clarification materials:** Flyers, VCD's, bookmarks, and other materials that clarify the truth of Falun Dafa and the persecution.

**"Turning around at the same spot":** A Chinese saying that refers to an action that involves a lot of effort but does not achieve much.

**Xinxing:** "mind-nature" (literal), "character," or "thought."

**Yuan:** Chinese currency; 500 yuan is the average monthly income of an urban worker in China.

**Zhen:** Truth, Truthfulness.

**Zhuan Falun:** This book comprises the principal teachings of Falun Dafa.



