



9th China Fahui on Minghui.org



VOLUME 2 - NOVEMBER 25, 2012



明慧网第九届大陆法会

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I Experienced the Wonder of Happiness within Bitterness

BY ANXIN, A FALUN DAFA PRACTITIONER
IN HEILONGJIANG PROVINCE, CHINA

I invited my in-laws to live with us after I started to practice Falun Gong. At that time, my relatives and friends told me not to. They said it is very hard to get along with mothers-in-law. Yet I thought that I am learning Dafa already—as long as I am forbearing, how hard can it be? But things were not as simple as what I had thought. After my in-laws moved in with us, my husband's three older sisters moved in, too. They all have their own opinions. My husband often had disagreements with his sisters, but I remained silent and did not get involved. Yet I did not let go of the negative thoughts about them in my heart. I remembered their faults and thought ill of this family. My fellow practitioners commented that I was not doing well in temperamentrms of family relationships. I was troubled too; I did not know how to overcome this hurdle.

— *The author*

Greetings Compassionate Master!

Greetings my fellow practitioners!

From the end of 1998 until now, I have always been following Master's Fa-rectification progress. However, due to various reasons, my path has not been a smooth one. I went to Beijing to appeal for Falun Gong in 2000 and was detained and fined; I was sent to forced labor camp in 2002 because I was caught giving out Dafa flyers; a fellow practitioner was accused of spreading Dafa materials in 2010 and I was dragged in and detained and fined, and so on. I experienced fear, resentment, bitterness, and weariness. I seldom felt happy.

Yet in the last two years, under Master's compassionate care and guidance, as I became more mature in my cultivation, I experienced a wonderful feeling and joy every time my mind and realm elevated, and also happiness and the sense of freedom after I had let go of my attachments.

I will share my cultivation improvements in two main areas. Please kindly point out anything inappropriate.

1. Helping fellow practitioners is also a way of cultivating myself

Ms. Li and I had a strong predestined relationship. Ms. Li is 62 years old; she is very kind, simple, and honest; she is not very opinionated, and she has a very mellow temperament. We met in June 2009. Ms. Li lives in a forest management area about 50 kilometers away. There are no schools near where she lives so she accompanies her granddaughter to school in our town. We were introduced to each other by another practitioner.

Ms. Li started to practice Falun Gong very early; however, due to her own environment and pressure from many sources, she gradually gave up cultivation. When I met her, she had not studied or done the exercises for several years. But she did not give up Dafa in her heart. She still knew that Dafa and the Master are good.

After I learned of her circumstances, I went to visit her and studied the Fa with her. Ms. Li had only one year of schooling, so she relied on listening to Master's lectures to study the Fa prior to July 20, 1999 (when the persecution began). We started by reading . We read one lecture a day. It took us over three hours to read one lecture. There were many words Ms. Li did not know. She only recognized a word here and a word there, and could not even read one complete sentence. I am an impetuous person. To read the Fa with Ms. Li, I used all of my tolerance to control my impatience. I corrected her one character at a time. Like this, I finished reading Zhuan Falun with her once and stopped studying the Fa with her. I told her to study by herself at home. I visited her often and delivered Master's new articles and Minghui newsletters. I took her with us when we had group activities. I never left her behind.

In the end of 2010, Ms. Li bought an apartment in our community, so we lived very close and met often. Since that time, we were never separated until she moved back to her hometown.

We have group study at my home once a week. Ms. Li came every week, but she often arrived late. Since she did not recognize many characters, she usually had to repeat the same sentence several times to get it right. Sometimes other practitioners would lose their patience and say something unkind to her, but she never let those comments bother her. Ms. Li is very slow at studying the Fa—she could not even finish reading one lecture by herself at home and she had to constantly check the dictionary when she read. I invited her to my home to read the Fa together. Slowly, Ms. Li was able to read complete sentences a lot more smoothly.

One time during Fa study, when she read “If a phone call comes or someone knocks on the door” (Zhuan Falun), she read the character “knock” as “drum,” I had a good laugh about it. I said: “Sister Li, you make me laugh! We all know 'beat the drum,' we read as 'knock on the door,' not 'drum on the door!'” Ms. Li said frankly: “I thought this character read as 'drum.’” Through this incident I began reflecting upon myself: if it were me, even if I did not know this character, I would still had guessed this character right. However, Ms. Li did not care, she never tried to pretend. I found my attachment to vanity and my attitude of getting around in the society. From Ms. Li, I found my shortcoming.

Every day, Ms. Li and I studied the Fa together in the morning and went out in the afternoon to tell people on the street the truth about Falun Gong. Ms. Li had a lot of household chores and her work pace was extremely slow. Also, her had not moved up enough, so she never arrived on time in the afternoon. She was arriving late every day—10 minutes, 20 minutes, sometimes even half an hour. I restrained myself at the beginning and did not scold her for being late. I thought this was to help me eliminate my impatience. In fact it was. One day, I waited for her for a long time under the blazing midday sun, but she did not show up. I got angry this time and called her twice. She eventually showed up, smiling. She said: “I am late again.” It would have been better if she did not smile. Upon seeing her smile, I exploded, shouting: “Since when were you ever early? You are the slowest one in our area. Ah, why did Master put you and me together?! You don't have to come to-

morrow—I am not working with you anymore, I can't take it anymore.” Yet Ms. Li did not get angry at me. She said slowly: “I know you cannot control your temper today.” I was flustered and exasperated, I said: “I don't want to tolerate you anymore, I tolerated you for a whole year already!” Ms. Li smiled again. I cried. I was so upset at her and scolded her some more.

Later that day, we went to a neighborhood and left some Shen Yun DVDs for the residents there, then we went home. At home, after some reflection, I realized I was wrong to lose my temper at Ms. Li, however, I could not just let her arrive late every time. I should point out her shortcomings. During our morning Fa study the next day, I said calmly: “Sister Li, Dafa practitioners should be considerate of others at all time. It is not right for you to keep wasting other people's time! You take your time doing things, but certain things are different! If Master said he is taking us home at 8 o'clock tomorrow morning and you arrive at 9 o'clock, can you still make it?” From that day on, Ms. Li never arrived late again. My temperament also calmed down a lot.

Ms. Li said she is not good at talking to people, so she wanted to distribute truth-clarifying materials instead. At that time, we had a very good breakthrough at clarifying the truth face to face in our community. All of us were able to do it, but very few pamphlets were distributed. Ms. Li had never stopped handing out pamphlets after she started, not even on Chinese New Year. Prior to this, I never gave out pamphlets in public. I was sentenced to labor camp in 2002 because I was reported for passing out Dafa materials in public. I had this obstacle in my heart and had not yet had a breakthrough. During the day, Ms. Li and I went to clarify the truth to people. She would go out to distribute pamphlets at night by herself. After a while, Ms. Li and I decided we would not go out at night, as it was hard to find our way. We instead decided to distribute pamphlets during the day, together.

By starting passing out Dafa materials in public again, I overcame the fear that was in me for the past seven years. I was getting bolder and bolder about it, too, and my path was getting wider and wider. I even delivered bundles and bundles of pamphlets directly to some construction sites. One time, when we went to a construction site, there was a deep, long ditch between the gate and the workshop. We

would have to walk around the construction site for quite some distance to get to the workshop. I was a little scared and wanted to turn back. I asked Ms. Li: “Are we still going in?” Without a second thought, Ms. Li said: “What are you here for?” and started to walk in. I followed her. We got to the workshop smoothly and left bundles of truth-clarifying materials.

After the 2012 Shen Yun DVD came out, the Minghui website made an announcement encouraging us to give the DVDs to sentient beings in person. Ms. Li and I started giving out Shen Yun DVDs. In the beginning, we were afraid to give them to adults. We waited at street corners before school let out in the afternoon, and gave the DVDs to school children. We gradually had the courage to give them to women, but not men. Eventually, we would openly give a DVD to whoever talked to us. If Ms. Li were not with me, I don't know how long it would have taken me to get to this step.

Ms. Li understood her mission after Master's article “20th Anniversary Fa Teaching” on May 13, 2012, New York was published. She wanted to go back to her hometown and look for former fellow practitioners. The day after her granddaughter's school went on break, Ms. Li went back to her hometown. She took over ten copies of Master's article “20th Anniversary Fa Teaching,” two large bags of truth-clarifying materials, the book , and Shen Yun DVDs. This time, she helped nine fellow practitioners come back to cultivation. She also introduced the Fa to a new practitioner and established a study group at her home. She led the group studying during the day and took her fellow practitioners to distribute pamphlets in neighboring forestry stations. Ms. Li came back twenty days later. She had 4,500 yuan that fellow practitioners in her area had donated for printing Dafa materials, and a list of several dozen names that declared their withdrawal from the Chinese Communist Party (CCP) and its affiliated organizations. Seeing Ms. Li putting her whole heart into saving sentient beings, I was touched and said: “Sister Li, you are great, you are doing great!” Ms. Li said as she had done nothing special: “I didn't do much. Master made the plan, I only did the talking and legwork.”

Ms. Li put her granddaughter in the school dormitory and went back home. She said there were many people who still do not know the truth, so she has to go back, or else there wouldn't be much time left.

Ms. Li and I had fulfilled our predestined relationship for now. Recalling the days I spent with Ms. Li, I realized I had gained a lot. On the surface, I was helping Ms. Li come back to cultivation. But, in fact, it is Master who put Ms. Li by my side to help me cultivate. I want to thank Master's care and compassion. At the same time, I deeply understand the importance of helping fellow practitioners come back to cultivation.

2. After searching within and cultivating myself, the “cunning one” died

I invited my in-laws to live with us after I started to practice Falun Gong. At that time, my relatives and friends told me not to. Their reasoning was that it is very hard to get along with mothers-in-law. I thought: I am learning Dafa already—as long as I am forbearing, how hard can it be? However, things were not as simple as what I had thought. After my in-laws moved in with us, my husband's three older sisters moved in as well. They all have their own opinions. My in-laws have their own income. The three older sisters complained that their parents spend too much on the family, or my husband and I did not spend enough on the family. Since that time, I lost the feeling of “home.” I felt that I would rather do some work outside than stay at home.

My husband often had disagreements with his sisters. I remained silent and did not get involved, since I did not see this home as my own. I thought: I am a Dafa disciple, I have to be a good person. I cannot run into conflict with them, or I would damage Dafa disciples' image. Yet, I did not let go of the negative thoughts about them in my heart. I remembered their faults and thought ill of this family. My fellow practitioners commented that I was not doing well in terms of family relationships, and I was troubled too. I did not know how to overcome this hurdle.

At the end of 2010, my mother-in-law, 83, became ill. The diagnosis was late-stage lung cancer. My home became more bustling. The three older sisters came and went constantly; their husbands and children followed; I quit my job to take care of my mother-in-law, and I had to cook for a dozen people every day. In many different ways, the three sisters asked how much savings my mother-in-law had. They were also planning how to allocate my in-laws' income. Conflicts

erupted one after another. I knew that as a cultivator, I must control my xinxing and make good use of this cultivation environment. I tolerated them again and again. I remained quiet no matter what they said. I searched within for any attachments that had turned up so that I could eliminate them. I had very good hearing during that time. The sisters sometimes closed the door and talked quietly. My husband could not hear anything, but I was able to hear every word as if they were talking in front of me. My heart churned like ocean waves, with waves going higher, but I was able to hold them down.

Finally one day, the situation intensified. My husband and his sister had an argument about the sisters transferring my in-laws' savings into another account. Upon hearing this, I felt that this was unfair and was disappointed in them, but I still comforted my husband: "You will not lose what's yours or get what's not yours." However, my husband would not listen, saying he still had to take care of his 80-year-old father, that no one knew his father's fate, and that the sisters had no right to divide their parents' property since the sisters did not care for or do anything for their parents! Since then, they had one small argument every three days and one big argument every five days. They all had their reasons and did not care for their sick mother's feelings. I tried to calm them down when they started to argue, but later I understood that maybe they owe each other something from past lifetimes. Nothing happens without a reason. I stopped getting involved, and let them argue. Whenever I had time, I would read Zhuan Falun to my mother-in-law. I read the book to her a dozen times.

My mother-in-law could not recognize anyone before she passed away. The exception was, whenever she saw me, she would point at me and say weakly: "You are good, Dafa is good!" The sisters claimed that I made their mother "psychotic." After my mother-in-law passed away, my husband and I paid all the expenses. The sisters were still not content. They wanted to split my mother-in-laws' funeral check from her former employment agency. This time, my husband had had enough and chased his three sisters out of our home. He forbade them to ever come to our home again. Finally my household went back to the quiet and peaceful past that we had not had for the past 10 years. It felt like home again. I still had something that I could not understand in my mind. Looking at Master's photo, I

mumbled to myself: “Master, all Dafa disciples have to be good people—their families should be in harmony—then how come my home is like this? Where have I gone wrong?” That night, when I was reading Zhuan Falun, Master pointed out to me,

“If you practice Qigong and attain the Tao, what about those unpaid debts you owe others? They will not allow it or let you practice Qigong. However, it is also a phenomenon at a certain level, which will not be allowed to exist after a period of time. Namely, after the debts are worn out, it will no longer be allowed to come to interfere again.” (Zhuan Falun)

This obstacle passed, I searched within. Even though I eliminated many attachments during this time I did not do so solidly. There seemed to be something wrapped around me that did not get eliminated completely. I thought hard, but could not find it. How would I eliminate it if I could not find the root? I fell into a different kind of confusion.

After Master's article “20th Anniversary Fa Teaching” was published, it had a tremendous effect on me. Master said,

“Especially notable are the notions that one forms, or habits of thought that one forms, which make it very hard for a person to recognize when human thinking is unconsciously at work. And if one can't recognize it, how is one to get rid of it? This is particularly challenging in the setting of China, where the evil Party has destroyed traditional Chinese culture and rigged up its own evil Party stuff instead—what we refer to as “the culture of the Party.” It's indeed going to be hard to recognize the Truth of the cosmos when one uses the habits of thought bred by that culture. And one won't even be able to recognize that certain bad thinking and behavior are at odds with universal values. If one can't recognize bad thinking for what it is, then what can be done? There is no other way but to act according to Dafa.” (“20th Anniversary Fa Teaching”)

I started to spend more time studying the Fa. My original self was slowly awakened when I was reading Zhuan Falun (volume II) “Buddha Nature”.

Since I was very young, nobody had ever said I was foolish. When I just started elementary school, my teacher told my parents I was “sharp but petty minded.” I did not know what “sharp but petty minded “ was. Sharp is sharp, why “petty minded?” I could not understand. After I joined the workforce, my colleagues said I was clever, and called me “sneaky” behind my back. I still could not understand why they called me that. From youth to adulthood, I have never bullied nor hurt anyone. I never took advantage of others, so why did they call me “sneaky?” Relatives from my husband's side called me “clever,” that one of me is more capable than three of my husband. I was able to manage a factory with 50 employees smoothly, I was thoughtful and thorough, both my upper level management and the coworkers I managed all praised me. I thought that this was my “ability,” I reacted quickly and adjusted well to changes. Those who interacted with me all said that I was smart, and I thought myself the same too. After I started to cultivate, some fellow practitioners told me I was smart. I said Dafa gave me the talent to bring out my abilities. However, after I searched within, I felt that was not right. I should have understood more Fa if Dafa gave me the talent, but I was not understanding the Fa with this talent.

Master said,

“As Master sees it, your each and every thought, and your every single action, reveals to me what your heart is like. What I least like are those who are all talk and no action. Nor do I like those who are cunning. What I like are those who are honest and simple, sincere and down-to-earth. I also hope that you can all, after so many years of cultivating, positively grow in wisdom and not grow so much in terms of knowing how to deal with worldly matters or how to conduct yourself as a human being leading a worldly life.” (“Fa Teaching Given at the 2010 New York Fa Conference”)

Master was talking about me. I am the cunning one and the one who knows how to deal with worldly matters and how to conduct myself as a human being leading a worldly life. I had studied the Fa but was not yet in the Fa. I thought hard, searching within myself for an answer. I did not want to be like this. I had no idea how I became like this.

“A notion, once formed, will control you for the duration of your life, influencing your thinking and even the full gamut of emotions, such as your happiness, anger, sorrow, and joy. It is formed postnatally. If this thing persists for some time, it will become part of a person’s thinking, melding into the brain of that person’s true self, at which point it will shape his temperament.” (“Buddha Nature” from Zhuan Falun volume II)

Actually, they are not my notions. Those notions were so strong that they had become my temperament.

One day, all of a sudden, my father-in-law announced that he did not want to live anymore, and that he hurt everywhere. My husband did not say anything. I replied: “Please take a lighter view of things. If you commit suicide, your son and I would surely take the blame, your three daughters would accuse us of abusing you and that we were the cause of your death.” My father-in-law did not say anything and just laughed. A few days later, my father-in-law started in again, saying he did not want to live anymore, that he was uncomfortable all over and it would be easier just to take some poison and die. This time, I said half jokingly: “Then lets get what you have said notarized, so that if you die, everybody would know how you died.” I later searched within myself: why has my father-in-law talked about this in front of me. Which attachment is he aiming at? Fear? Fear of responsibility? Afraid of misunderstanding? Hurting my image?

I searched for a long time but still could not find the root, so I gave up. I picked up Zhuan Falun volume II again and started to read “Buddha Nature.” As I read,

“Karma doesn’t have the standard Zhen Shan Ren; it evaluates things according to the standard held at the time when notions were formed. It may turn a person into what ordinary people call a “cunning fellow” or “worldly” person. When this happens, it is a case of different forms of thought-karma produced as a person cultivates acting up, and they will impede cultivation. If people were not impeded by karma, cultivation would be easy. Karma such as this was formed under specific circumstances and in the context of the moral standards of the past few years, so it evaluates things in light of those standards. If large amounts of this material are formed, the person will be under

its sway for the rest of his life. When the notion that was developed thinks that something is good or bad, that person will think so as well and think that things should be done accordingly. But his real self no longer exists. His real self is completely encased and smothered by his unkind, acquired notions. He no longer has his own, true standard for telling good from bad.” (“Buddha Nature” from Zhuan Falun volume II)

My whole body shook. I had found it, I found it! I understood completely, the attachment that had troubled me for many years. I found its root—the cunning, clever, perfectionist person is not me, not the real me. It is the notion, the thought-karma, the really “cunning one.” I felt completely relaxed as if I had let go of a very heavy load. I saw my unchanged, honest, pure, and compassionate self. I also recognized how sneaky the “cunning one” was. I had it in me and was deceived by it for over 40 years. I do not want to keep it anymore, I sentenced it to death immediately. Just like this, the “cunning one” died.

I read “Buddha Nature” again and again. The more I read the more I felt the greatness of Master and the state of ordinary human beings. Once I eliminated the notions that had formed in me after I was born, I saw and thought differently. One day, a fellow practitioner and I were walking on the street and doing truth clarifying. The fellow practitioner saw her former colleague walk out from a reflexology treatment center, and said with a sigh: “I used to have a good impression of him and respected him. I can't imagine he also wants go to places like that.” (Many reflexology centers in mainland China are partners in the sex trade). If I were my old self, I would have agreed with her that her former colleague had committed a crime. After listening to her, I said calmly: “People who walk out of there might not be what you think they are; maybe he went in for business or to look for someone.”

I had changed, just like Master said:

“Upon walking outside of this auditorium, many of us will feel like different people. Your outlook will be guaranteed to change. You will know how to conduct yourselves in the future and will no longer be in a muddleheaded way. It is guaranteed to be this way” Zhuan Falun, English version, 2nd edition.

It is true; I changed, my notions had changed, and I didn't feel cultivation as hardship. I experienced the wonder of happiness within bitterness!

Here, I would like to give thanks for Master's compassionate salvation. I cannot find words to express my gratitude to Master. I can only be more diligent, more diligent, and more diligent!

Online version

Original Chinese version



Clarifying the Truth Repeatedly to Government Officials

BY A PRACTITIONER FROM INNER MONGOLIA, CHINA

I was riding a long-distance bus when I announced to the passengers, “I practice Falun Gong. If you have any questions, please come over and I’ll answer them for you.” Three young men changed their seats and sat near me. One asked, “What does Falun Gong mean? Is it like what the TV said?” I explained that Falun Gong is a very good practice that teaches people to be good according to the principles of Truthfulness-Compassion-Forbearance. They asked about the meaning of Truthfulness-Compassion-Forbearance, so I explained it to them. I also told them about the effectiveness of Falun Gong in curing diseases and keeping people fit. I shared how I couldn’t see well before, nor was I able to read a newspaper. I went for an exam in the hospital and was told that my internal organs were aging. I asked for a prescription, but they said that there was no medication to cure this. After practicing Falun Gong, I can read even very tiny words. Several elderly people said, “Since Falun Gong is so good, we want to learn.”

— From the author

I live in the country in Inner Mongolia and am in my 70s. In 1999, when the persecution of Falun Gong just started, I was held in a detention center.

In the detention center, the head of the 610 Office asked me if I had any requests. I replied with three: First, to immediately revoke the call to extradite Teacher back to China; second, to restore the reputation of Falun Dafa; third, to give us a legal environment for cultivation. After I was released, I went to the community center, local police station, town government, municipal committee, and the 610 Office in order to clarify the truth. I wasn’t afraid; I only felt that those

Chinese Communist Party (CCP) members were very pathetic because they believed the CCP's lies and were irrational. I wanted to explain the facts about Falun Gong to them in order to save them. I'd like to share some of my experiences and let people know that the real victims of this persecution are those who don't know the truth. Falun Dafa practitioners are not the real victims.

Clarifying the Truth to the Town Government

The Communist regime intensified the persecution of Falun Gong in 2001. Many practitioners who were coordinators were monitored and followed, including myself. In December 2001, I traveled by train to my nephew's home. As soon as I took my seat, several people from the local police station, township government, and the community center approached me. They asked me where I was going. I replied, "To Liaoning Province." They asked, "Have you applied to leave the township? You have to follow us to the township government and apply for the leave." I thought that this was exactly where I'd been thinking of going for some time. Today, I was asked to go there, so I went.

When I arrived at the town government building, Mayor Yang came out to meet me. I told the mayor that one family in my village was robbed and a lot of cashmere clothing in their home was stolen. The police didn't search for the thief, but instead made the family invite them to dinner, where they asked for bribes. The mayor was very surprised that an elderly lady from the country knew such details. I told them that if everyone practiced Falun Gong, then those robberies wouldn't have happened. Many people were nearby, listening to us. Someone asked me how many years I had gone school. I simply replied that I was an elderly lady.

Clarifying the Truth on Buses

One day, I was riding a long-distance bus when I announced to the passengers, "I practice Falun Gong. If you have any questions, please come over and I'll answer them for you." Three young men changed their seats and sat near me as soon as I finished speaking. One asked, "What does Falun Gong mean? Is it like what the TV said?" I explained that Falun Gong is a very good practice that teaches people to be good according to the principles of Truthfulness-Compassion-

Forbearance. They asked about the meaning of Truthfulness-Compassion-Forbearance, so I explained it to them. I also told them about the effectiveness of Falun Gong in curing diseases and keeping people fit. I shared how I couldn't see well before, nor could I read a newspaper. I went for an examination in the hospital and was told that my internal organs were aging. I asked for a prescription, but they said that there was no medication to cure aging. After practicing Falun Gong, I can read even very tiny words. Several elderly people said, "Since Falun Gong is so good, we want to learn." I said. "OK, then come to my home to learn. I will not ask for a single penny from you." I gave them my home address and they believed me even more.

Whether I was on a city bus or long-distance bus, I always tried my best to clarify the truth to people. If anyone on the bus knew me, they'd usually ask why I looked younger. I then explained that it was due to practicing Falun Gong. Every time I say that I practice Falun Gong, I'm so proud of myself and feel like I'm on the top of the world.

I rode buses three times one morning in 2008. However, each time I boarded a bus, it turned out to be the same bus. The driver and the bus attendant laughed as soon as they saw me again. I laughed as well. I said that we definitely had a predestined relationship. I then clarified the truth on the bus. I told them the story of the ancient stone with six carved Chinese characters that read, "The Chinese Communist Party Perishes" discovered in Guizhou Province. I also explained the facts about the Tiananmen self-immolation incident. I stated that it was impossible that heaven would not punish such an evil party.

Clarifying the Truth to the Head of the 610 Office

On September 28, 2012, my nephew was very sick and wanted to see his wife, a Falun Gong practitioner who was detained in a women's forced labor camp. I went to the detention center, but was told to go to the 610 Office. I took this opportunity to see the head of the 610 Office and went to the Municipal Government building. Over the door of one room hung a sign that said, "610 Office."

I knocked on the door and entered the office. I explained that my nephew was very sick and wanted to see his wife, who was being held in the forced labor camp.

The forced labor camp officials wouldn't allow her to go home to visit her sick husband. The labor camp officials said that she would not be allowed to go home – even if her husband died. The head of the 610 Office asked, “Do you practice Falun Gong?” I replied that I did. He asked, “What level have you reached?” I then clarified the truth to them. Two plainclothes officers came in and said, “You don't talk about Falun Gong here.” I replied, “What's wrong with Falun Gong? You can talk about the corruption, bribery and other things, so why can't I talk about Falun Gong, which teaches people to be good?” They couldn't stop me. The head of the 610 Office didn't say a word.

I asked him, “What does 610 Office do?” He said, “It monitors the law.” I asked, “What specifically does it monitor then?” He said, “It specializes in monitoring Falun Gong.” I said, “Do not commit bad deeds and accrue karma. Falun Gong practitioners are good people. Why do you monitor them?” He didn't reply. Following our conversation, I often made phone calls to this head of the 610 Office. One practitioner was arrested and held in the detention center. I called the 610 Office head and said, “You arrested practitioners again. Was it you that arrested them?” He replied: “No, I didn't arrest anyone. It was not me.” I asked, “Was it the State Security Bureau?” He said, “No, it was the Public Security Bureau.” I asked, “Who in the Public Security Bureau arrested our practitioner?” He said, “There are over 300 on staff there. I don't know who.” I said, “Don't arrest our practitioners anymore. Every day I say Falun Dafa is good to you many times. Why do you still commit bad deeds and accrue karma? When the time comes, nobody will be able to save you.” The practitioner was detained for some time, then released. He was not sentenced to forced labor camp or prison.

During the Chinese New Year, I text-messaged the head of the 610 Office to “Remember Falun Dafa is good and do more good things” and wished prosperity for his family. He replied and wished me safety and that everything goes well.

Clarifying the Truth to the Local People's Congress Director

In the spring of 2010, I went along with another practitioner to the Municipal People's Congress to clarify the truth. As soon as we pushed open the office door of the People's Congress, we said, “We want to speak to the head of your organiza-

tion, to the Chairman.” The director was in his 40s. He said that the chairman was not in and that we could talk to him about anything. I sat down on the sofa and said, “It is said that the People's Congress takes the best care of local people and is also the best place to express our concerns. My grandson works in Beijing. He brought home a different woman with him every year. Who is responsible for judging this matter?” He explained that this was a family matter and they didn't take care of that. I stood up and said in earnest. “What's going on in this society? The police don't crack down on gambling and prostitution but they persecute Falun Gong practitioners who try to be good according to the principles of Truthfulness-Compassion-Forbearance. He asked, “Are you practicing Falun Gong?” When I said I was, he said, “A few years ago when I was in the police department, I could detain you immediately.” I said, “In those years, you didn't know what Falun Gong was – now you know. Falun Gong teaches people to be good, do good deeds, not bad deeds. You will not arrest us even if you're asked to.”

My fellow practitioner then shared with him that she'd previously suffered from many diseases and that one third of her stomach had been removed. Now, she is free from illness and her family life is harmonious. I clarified the truth to him, then asked him to withdraw from the CCP, because heaven will eventually eliminate the Communist Party.

Finally, he opened the door and saw us off. I told him to remember that Falun Dafa is good and that he would then be protected if disaster struck. We gestured in respect to him and he did the same to us inadvertently.

On the second occasion, the same practitioner and I went to see the director with the excuse of questioning electricity charges. A woman greeted us. I said, “The electricity rates in the countryside are over 80 cents, while in the city it's only 40 cents. That is unfair. The villagers have a hard life and there are calamities and disasters every year. No one in the village dares to come here because they're afraid of the government. I am a Falun Gong practitioner. Our Master told us to be good persons and think of others first in any circumstance, so we've come to talk to you.” She was interested in Falun Gong and asked, “How do you do the Falun Gong exercises?” I asked my fellow practitioner to show her the sitting meditation. She said that the blood could not circulate while the legs were so tightly

crossed. I said, “No, Falun Gong exercises can open up every energy channel in your body, enabling you to eliminate illness.” We then clarified the truth to her.

I went to the Electricity Bureau building in 2001 to pay the electricity bill. The assistant told me, “The cost of electricity was lowered to 45 cents, the same price as in the city.” I know that Dafa brought benefits to the people in the village, so I wanted to take this opportunity to see the government officials again.

I went to see the office director. I said to her, “I'd like to thank you on behalf of the people in our village. The cost of electricity is down now.” She felt a bit uneasy because she hadn't done anything. I then clarified the truth to her.

I left the office, then went directly to see the chairman of the Chinese People's Political Consultative Conference. He was previously the Party secretary in our village. He said, “You look younger.” I explained that this was due to my Falun Gong practice. I gave him the book *Heavenly Beings Present in this World* before I left. I went back to the municipal committee to see a director by the name of Bao, and wanted to discuss the issue of electricity costs with him. I expressed my thanks to him, and he made some official statements as well. I said, “Officials like you are very rare now.” He agreed, and I immediately clarified the truth to him. I said that if everyone behaved according to the principles of Truthfulness-Compassion-Forbearance, the world would be a better place. He became instantly alert. I asked him if he thought that what I said was reasonable. I explained many facts about Falun Gong. He listened but didn't say anything. In the end, I gave him a truth-clarification DVD and he accepted it.

Distributing DVDs in the Township Government Office

In March this year, I went to the township government and gave the director two DVDs. One was “Ten Directions of Minghui,” which told a story of Ye Hao, a former senior official in the CCP Police Department. The other was “Let Us Tell the Future.” I then went to the Environment Department director's office. I said to the clerk, “Didn't you say that you don't quite know about Falun Gong? So let Ye Hao, a formal senior official in the Police Department, tell you.” The director took the DVD and put it into his computer. I went to another office and gave a young man a DVD. He said, “I just joined the CCP. I will not watch it.” I said to

him that even if he joined the CCP, he still had to save his life. Finally, he accepted the DVD. I went back to see the director of the Township government and asked him if he'd watched the DVD. He said that the DVD wouldn't play. I suggested that he ask the director of the Environment Department. He then found somebody else and managed to play the DVD.

I went to the local police station and saw the director. I told him that my nephew was very sick and wanted his wife to be released from the detention center. The director said, "What else do you want me to do? If Falun Gong is not allowed, then you shouldn't practice it." I said, "Embezzlement is not allowed. Why do people still do it?" He said that those who were guilty would be arrested for embezzlement. I said, "I mentioned this to your Party secretary. He said that everyone at the level of section chief or above is guilty of embezzlement." He didn't allow me to continue. He led me to the political instructor's office and let him deal with the matter. I saw a copy of the book *Falun Dafa – Teaching the Fa at the Conference in Switzerland*. The director asked the political instructor who was reading the book. He replied that it was just recently collected.

After the director left, I took out a DVD and gave it to the instructor. He said, "Do you want it back?" Several months ago I wanted to give a DVD to the director of the 610 Office, but I didn't have one with me, so I went to see this instructor and asked him to return the DVD I'd previously given to him. This time, he wanted to know if I wanted the DVD back. I said, "No, I won't ask for it back this time. Please give it to others after you finish watching."

Police Station Director Finally Accepts DVD

I visited the police station director again, but he wasn't happy to see me and didn't want to talk to me. I didn't take it to heart. He said, "Quickly, say what you want." I said, "Let's go to your office and talk." I said to him in his office, "You said you didn't quite understand Falun Gong." I took out a DVD. "I give you this DVD, which is about Ye Hao, a former senior official in the Central Police Department. He talks about Falun Gong, so let him explain about Falun Gong." He said, "At your age, why don't you stay at home? Why do you go out? The central government gave orders that Falun Gong is not allowed." I replied calmly, "Where is the

central government document? Please show me.” He said the government already stated that it was an evil cult. I said that Liu Shaoqi, the former vice chairman of the country, was once charged as a traitor, a disgusting person, and a secret agent. Now, his name has been cleared.”

The director took out his mobile phone and made a call. I asked him if he'd called someone. He said he hadn't, but soon after, a policeman came in and asked, “Anything I can do?” However, the director replied, “No.” The policeman asked again and the director said, “No, nothing.” I said to him, “If you don't want to watch the DVD, then return it to me. I risked my life to give you this DVD. You even called the police to hassle me.” The director knew he was on the wrong side and he eased up a bit. He said that he would have a look and would study it. Finally, he kept the DVD.

We regularly clarify the truth to different departments of the CCP government through practitioners' close cooperation. Many CCP members have come to know the truth and no longer persecute Dafa practitioners. Some government officials call practitioners or their families to remind them that the CCP will take action against practitioners, and ask them to be careful and be fully prepared.

This is my experience sharing of truth-clarification activities to government officials and the police department. Please point out anything inappropriate.

Online version

Original Chinese version



12-Year-Old Practitioner Elevates in Dafa

BY LIAN XIN, A YOUNG DAFA DISCIPLE
IN SHANDONG PROVINCE, CHINA

Previously, when I was at school or at home, I was particularly competitive. If my teacher or parents would even hint I was wrong, I'd get angry... I've finally come to realize that I've got to work hard looking within in actual cultivation. I really think that if in this dimension you open your mouth to scold someone, then in another dimension your demon nature will grow.

--the Author

Greetings honourable Master!

Greetings fellow practitioners!

I'm a young Dafa disciple. This year I'm 12-years-old. Normally in my spare time, apart from studying the Fa and doing the exercises, I'll browse through other practitioners' articles on the Minghui and PureInsight websites. Dafa disciples' Fahui are so sacred. I originally wanted to participate in the 8th China Fahui, however, it was a pity that at the time when I had the determination to write an article, my mother told me it was already well past the deadline for submissions. I read practitioners' experience sharing, article after article, each detailing his/her ascension based on the Fa. I got determined and thought that if I'm fortunate enough to be able to participate in the 9th China Fahui, I absolutely cannot miss out. So, I'd like to use this opportunity to report to Master and fellow practitioners my 12 years of cultivation in Dafa.

1. Bathed in the Buddha's Light

I'm extremely fortunate to have been born into a family of cultivators. My father, mother, grandma, grandpa and aunt all practice Falun Dafa. I remember when I was younger and at my grandma's house, as soon as I could speak, my grandma would teach me to memorize Master's Lunyu, Hong Yin and Hong Yin II. Unexpectedly, when I was so young I was able to follow along and recite. Grandma would recite the first line, then I'd recite the next line. During summer, every evening some other practitioners from another village would come to my grandma's house to exercise together. The adults would form a circle, and I would stand in the center of the circle to exercise along with them. As the slow, melodious exercise music played, I felt as if there was energy circulating around us that felt extremely comfortable.

My mother came to take me back to the city. When we went out to clarify the truth, because of my young age, I had no preconceived notions and I didn't know what fear was. After my mother clarified the truth to a person I would add one last thing: "Remember Falun Dafa is good and you'll have a beautiful future." Sometimes my mother would take me shopping. Once, when we left the shop I asked my mother: "Mom, did you give the people a CD?" My mother forgot and said: "You give that lady a CD." So, I ran up to the lady and gave her a truth clarification CD.

2. Studying the Fa, Wisdom Opening

After third grade, my language class added an extra writing course. As I'm a Dafa disciple, Master opens my wisdom, and in this aspect it's quite noticeable. My teacher said my writing is like poetry. Actually, she doesn't know that it's because I study Dafa that I have this wisdom. Other young classmates don't like writing essays, such as my classmate who sits next to me. He says that once he starts writing an essay he gets a headache. Conversely, I really like writing essays because I've studied the Fa for so long. Whenever I eat I listen to "Minghui Radio" as well as audio files that were downloaded from "Sound of Hope" with other adults. So, when I write essays the words just flow like water.

Once, my teacher asked my mother to stand on stage at the parent's meeting to say a few words on how to teach a child essay writing. She had only three minutes

to talk. My mother went onstage and played an 8 minute program from Minghui Radio titled “The Divinely Imparted Culture: The Moral Courage of Intellectuals.” After playing the program, she took out her own list and introduced the 5,000 year old brilliant culture that was left behind by our ancestors. All the parents watched in complete silence. Later on a classmate asked me: “That program that your mother played last time, which site did she download it from? My mother searched for a very long time but couldn't find it.” Through this, my mother validated the beauty and greatness of Dafa.

At the end of 2007, my mother and father were caught by the police and persecuted, leaving a shadow in my heart. At the time I was in first grade. When my parents returned I had developed some fear. I didn't dare let any practitioners come to my house. At night I often had nightmares, and I didn't want to bring up the issue of clarifying the truth. It was as though once I started to talk to my classmates I'd get persecuted and wouldn't be able to go to school. My mother and I studied the Fa and exercised together. We'd share based on the Fa, and gradually I got rid of the fear.

Once when I was on the bus, because of the snow, the ground was slippery. One of my classmates was getting off the bus and slipped in the snow. I quickly lifted her up. She really appreciated my help. I said that I ought to, we're classmates after all! She said in a quiet voice: “Lian Xin, it's not that I don't want to play with you, it's that another classmate said your father went to prison.” After listening I said to her calmly: “Xiao Xue (Alias), it's absolutely not because my father did anything wrong that he was taken to prison. It's because my father practices Falun Gong that the police took him to prison. Think about it, Falun Gong teaches: Truthfulness-Compassion-Forbearance. What's wrong with Truthfulness-Compassion-Forbearance? Truthfulness is about being honest and trustworthy, not swindling others. Compassion is about helping others when they're having trouble, just like how I helped you. Even if you were a stranger I still would have helped you up. Forbearance is about if someone bullies me or takes advantage of me, I'll think about where I'm wrong and why others are treating me like that, and it's about not fighting back when being beaten or sworn at. (I said that when I was in 3rd grade, and that was what I enlightened to at that time). As I was talking, I was

cleaning out the evil elements that had affected her. I also said, “Think about it, if a person who conducts himself according to these principles to be a good person is persecuted by the communist party, heaven will not allow it. You should quickly quit the young pioneers, otherwise, when heaven eliminates the Chinese communist party (CCP), you'll be one of its scapegoats. Xiao Xue immediately said: “OK, I quit!” I was really happy for her, another life saved.

One evening while my mother and I attended a sharing, we decided to take the bus home. As we were quite far from home and the sky was rather dark, my mother and I decided to take a taxi. We waved a taxi and sat inside. I said to my mother: “Mom, you talk to him, I'll send forth righteous thoughts.” Once inside the taxi my mother started talking to the driver. I sat next to the window sending forth righteous thoughts. At first the driver appeared to avoid the conversation and wasn't willing to listen. My mother had a hard time continuing the conversation. I was trying my best to clear out all dark minions, rotten ghosts, the evil CCP spectre and other evil elements that were stopping this life from being saved. Gradually he stopped talking and looked as though he was just quietly listening and thinking. As a Dafa disciple's heart to save sentient beings is pure, the driver became clear and felt our pure intention. He was touched by the end and upon arriving at our house he agreed to do the three withdrawals, accept truth clarification materials and a Dafa amulet. As we were getting out of the car he also waved goodbye to us. When Dafa disciples cooperate well, the power is tremendous.

Later on my mother and I shared about this and my mother said, “Because we wanted to get back home, I didn't want to clarify the truth to that driver. If it wasn't for you reminding me, that driver would have lost his opportunity.” After that, not only did I get rid of a lot of fear, but my righteous thoughts strengthened, and I experienced what it's like to cooperate with my mother. Little Dafa disciple's can have an effect. Absolutely never overlook sending forth righteous thoughts.

3. Studying the Fa together in a group, ascending as one body

Last winter holidays, the young Dafa disciples in our area all studied the Fa together over five days. At 8 a.m. we started by reading one lecture of Zhuan Falun, then exercised. If we still had time after that we read some short lectures. At 12

p.m. we sent forth righteous thoughts along with the Dafa disciples from all around the world. We didn't take a break in the afternoon, we meditated. In the time remaining we would study Zhuan Falun until the 6 p.m. righteous thoughts time, then we'd go home. Altogether there were six young cultivators of various ages. After five days we finished and everyone all felt they had elevated. My mother said: "It's very precious for everyone to be able to have the opportunity to study the Fa together. The adults have to find the time, find a good location, and go out and buy food at noon. The objective was to enable you all to study the Fa together." After hearing that, I felt even more the preciousness of the environment.

The five days didn't really feel that long. Studying the Fa was OK, but if you mentioned the wheel-holding exercise or meditation, all the young cultivators felt it was not easy. Speaking of the wheel-holding exercise, all the adults were able to easily hold the wheel. For us children, we may just hold the wheel for a minute and have to put our arms down, then continue to hold the wheel, then once again put our arms down. After exercising we'd share based on the Fa. One particular practitioner said that she read an experience sharing article that mentioned that when holding the wheel, Buddhas, Daos and Gods in heaven sit on the wheel to see if you're able to endure it. In Zhuan Falun Master said:

"While doing the standing exercise, one's arms may get tired from doing the wheel-holding posture. When one cannot bear it anymore and puts down the arms, one accomplishes nothing whatsoever. What does that bit of pain account for? I would say that it is simply too easy if one can succeed in cultivation by just holding the arms up like that."

After sharing, we gradually all were able to persist with the wheel-holding exercise. Although it still was painful, upon opening my eyes and seeing other young cultivators persisting with the wheel-holding exercise, I thought that it would be too embarrassing to put my arms down.

Once when I was holding the wheel, the youngest cultivator among us didn't even move a little bit but persisted. After the exercise an adult practitioner asked her, "Could it be that it doesn't hurt?" The young cultivator said, "It hurts, but I

just endured it.” After that whenever I hold the wheel and have any thought of putting my arms down I always remember what that young cultivator said, “Yes, it hurts, but I just endured it. Forbearing hardship can eliminate karma.”

Speaking of meditation, the adult practitioner asked us to sit in meditation for one hour. Even though normally I sat in meditation at home, I could only sit for half an hour, so I thought, I'll just give it a try. The exercise music slowly started. The field was very strong as there were a lot of us. I hadn't yet meditated for 15 minutes and I was already in pain. The feeling was like a painful cramp. I thought of what Master said 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!"”

“This is because we have seen that when the legs are painful, the black substance moves to the legs. The black substance is karma that can be eliminated through suffering; it can then be transformed into de. Once the pain is felt, karma begins to be eliminated. The more karma that comes, the more pain the legs feel. Therefore, the pain in the legs does not arise without reason.”

As I thought of Master's Fa, one hour passed by without my even realizing it.

Once I really finished the fifth exercise my body felt like it was floating. When I walked I felt like I was bouncing. The Fa study group environment was particularly important. This is especially so because there are so many different factors out in society that can pollute the pure bodies of young Dafa disciples. Only through continuously studying the Fa, rejecting the polluting factors and cleaning them out can we maintain our pure and truly compassionate original nature.

4. Genuinely upgrading xinxing

Due to being amongst everyday people for very long periods of time, we are polluted more or less, thus giving rise to lots of very bad habits and mindsets, such as loving being unrestrained and at ease, not allowing people to bother me, and not wanting to care about other people. Once I got to sixth grade I seemed to

have become rebellious. My mother told me that I needed to cultivate away that demon nature. But, when my demon nature got touched upon I seemed not to be able to control myself. However, only through continuous Fa study and studying in great depth, did Master's fashen help me to get rid of those dirty things. It's essential to clearly distinguish those bad things from oneself and send forth righteous thoughts to clean it all out.

In the past few days when my mother and I were studying Master's Lecture in Manhattan, Master said:

“Any type of habit that you form is in fact a material product. In other dimensions that material is there, and only thus does that state manifest here in this dimension. That thing is like a landmine, which detonates the instant you touch it. So it won't work if you fail to remove that landmine. Thus, whichever region you live in, and whoever you may be, as long as you cultivate Dafa I will, starting this instant, remove that material substance for you.” (“Fa Teaching Given in Manhattan”)

Master also said:

“I will remove that material substance, but the associated habits and traits that you've formed have to be eliminated by you. And as for the habits that you've formed over time, those stem from your various attachments. Those who are attached to saving face will be made to hear things that are embarrassing, hitting upon that attachment that causes you not to be able to stand hearing others' critical remarks.” (“Fa Teaching Given in Manhattan”)

Previously when I was at school or at home, I was particularly competitive. If my teacher or parents would even hint that I was wrong, I'd get angry. Even at school, if the teacher reproved me I'd stand up in front of everyone and refute the teacher. I wouldn't even allow the teacher to save even a little bit of face. My family members and other practitioners on many occasions shared with me based on the Fa and said, “Among everyday people, there is a saying to honour the teacher and revere his teachings. Even if he's incorrect, he's still your elder, you ought to respect him.” But, I was just stuck at that level and couldn't improve. I wouldn't take in anything they said to me. So I didn't leave any good impressions on that

teacher. I was the same at home. The lady who studied with me said, “Lian Xin, you've studied the Fa in depth, and when you share it's all based on the Fa. You've really got to change your attitude toward your mother.”

I've finally come to realize that I've got to work hard looking within and in actual cultivation. I really think that if in this dimension you open your mouth to scold someone, then in another dimension your demon nature will grow.

5. Act in a Traditional Way

During the past summer holidays, and through meeting various conditions, we four young Dafa disciples were able to study the Fa together. After nine days of Fa-study, the adults said that it really wasn't easy to be together. Normally we don't have such conditions, and we should read through all of Master's lectures together.

Studying the Fa, all aspects of myself are slowly improving, along with all sorts of deviated notions slowly being cleared out. Through sharing, practitioners raised the principles of traditional culture, that boys should be masculine and women should be feminine. Just like how Shen Yun expresses it. In actuality, although I'm a girl, I have the personality of a boy. This has both its good and bad aspects. For example, I have a very bold temperament and am very extraverted, but I lack the gentleness and gracefulness girls should have. I'm more like a boy, it's not so good. When on the road going to Fa study my father would teach me: “Girls shouldn't dress too revealingly; they should sit dignified, should talk in a soft voice, and be gentle. I think that Dafa disciples are to leave to mankind a proper culture, so we ourselves must do well.

6. Conclusion

The majority of young Dafa disciples obtained the Fa when they were born, unlike our parents who went through so many twists and turns in order to obtain Dafa. Sometimes I feel I don't treasure this opportunity and don't place enough importance on studying the Fa and doing well the three things. Previously my situation was also not so good, but one day another practitioner said: “The cultivators in the past had to go through so much hardship. Every day they would sit in a mountain cave and bitterly cultivate. Grass grew on their bodies, and they didn't leave the three realms. What they cultivated was still the assistant spirit. However,

today we're able to obtain the universal Dafa, and it's the main spirit that obtains the gong. After consummation we can become brilliant enlightened beings. We really ought to do our best to cultivate.” Her words just woke me right up. Yes, we really must grab this golden opportunity and persist in actual cultivation, consummate and return with Master.

Thank you Master!

Thank you fellow practitioners!

Heshi!

Online version

Original Chinese version



Walking My Path with Master

BY A DAFA DISCIPLE IN HEBEI PROVINCE, CHINA

In the Lectures in the United States, Master said:

“But although you can’t see me in person, as long as you practice cultivation, I’m actually right by your side. And as long as you practice cultivation, I can be responsible for you all the way to the end; what’s more, I’m looking after you every single moment.”

Although I am but a common Dafa disciple among hundreds of millions, and never having seen Master, Master's omnipresence has truly become a part of my life. I suddenly became clear that this period of cultivation is a blessing that has never occurred in my past and will never occur in my future, because this is precisely the time that I am with Master. In this mortal world, only when I am with Master can my body, which is full of sentiment and desire, be cleansed.

Eliminating the attachment of sentimentality

The Fa is merciful to all living beings. It provides joy for all beings' lives at their respective levels. The quality and nobility of life is ever more beautiful at higher levels. However, this type of opportunity of transcending levels is not an ordinary one, and it is not something every life is able to have. The joy for humans at this level is sentimentality. In Zhuan Falun, Master has mentioned many times: “They live just for this sentimentality.” I also placed too much importance on sentimentality. I felt that life was meaningless without someone to care for me. So, when I was

looking for a partner, his appearance and finances were not important, but he had to care about me. I found an attentive husband. When I woke up in the morning, he would even squeeze the toothpaste out for me.

When I began cultivation in 1997, for about a year my husband didn't talk to me. Prior to cultivation, because of my poor health, I had to resign from work. Nowadays, although I don't suffer from illnesses anymore and my body feels light, I don't go out to work. I cook and help out in the small factory that my husband opened. So, all that year, I faced his “cold violence.” I'm clear on the Fa principles that he has come for my improvement and that I should act according to what Master stated: “Pacify the External by Cultivating the Internal” (“Pacify the External by Cultivating the Internal” from Essentials For Further Advancement) When the lady my husband met outside came to our house, I put my own coat on her as I saw she wasn't wearing enough clothes, and in early spring the weather is quite cold. I prepared a hot cup of water for her and clarified the truth about Dafa to her. Before leaving she sincerely said, “I didn't expect you to be so good.” Once she left, I was totally exhausted and I had difficulty breathing.

One day in 2001, my naïve daughter asked, “Mom, have you seen through the vanity of the world? In Dad's bag is a picture of another lady.” Actually, I saw more than just a photo. There was also a pair of newly woven wool pants with cross stitched mandarin ducks (Note: Mandarin ducks are a symbol of love for couples). I forced myself to appear calm and took my daughter to give her a bath, but I collapsed into the tub.

The lady who does web promotions often came to the factory. My husband and she would chat very enthusiastically. I would sit on the side and watch with my heart aching. I asked myself, “Why don't you want to leave? If you are a cultivator, then just leave!” I went home and did the exercises. I cried while doing the second exercise of holding the wheel. I told myself, “Don't cry now. Cry after finishing the exercises.” After, it hurt less, and I just hummed. In the song “Eight Immortals Crossing the Ocean,” part of it goes like this: “Immortals have no troubles, they can toss fame and gain behind them” (unofficial translation of lyrics). Aren't I cultivating godhood? I should cheer up a bit. Yet, I was taking turns taking care of my father-in-law, who became a vegetable, with my sisters-in-law. No matter what, I

am still regarded as the “daughter-in-law.” Washing cloth diapers and feeding are what I ought to do. Faced with my unruly mother-in-law, the newly-wed sister-in-law said to me, “Sister-in-law, if I didn't see that you were from the city, and that you were this nice serving her, I would have already done something not nice to her.”

I also often went out to look for a job. At the very least I wouldn't have to face my husband every day, and my life would be slightly less uncomfortable. However, there are so many things to be done in the Fa-Rectification, and I need time. Master enlightened me that this environment relates to my consummation in the future. I know Master is beside me. I wouldn't dare not to listen to Master's words, as I do not want to let Master down. Master also used different ways to alert me to some of my shortcomings in cultivation. For example, in a dream my aunt always followed my husband (in Chinese, “aunt” and “suspicious” sound the same). It hinted me that I am too suspicious. I also dreamt of myself going to someone's house and stealing buns and sticky rice cakes. I was in a hurry, then discovered that there was a big dog staring at me in the house opposite. I felt it was Master telling me that I often got mad and a demon was watching me.

In this long, drawn out oppression, my heart broke so many times. It was Master's immense mercy that mended my broken heart.

In about the winter of 2003, one evening I returned home but had no key. It was very late and I was too embarrassed to disturb my friend. I called my husband many times. When he answered, I could hear that he was drinking, and there were crowd noises in the background. After a long time he finally arrived home. I was cold and depressed. The following morning I sat on the edge of my bed, studying and crying at the same time. I said to Master, “Master, you see how much I'm suffering. I want to get a divorce.” Master then actually appeared right by my bedside, looking tall, dignified and magnificent. Master chuckled and asked me, “What do you want?” Amidst my grief I didn't have any thoughts and just replied, “I want Dafa.” Master then asked, “Will you still cultivate?” I replied, “I'll cultivate.” Master then extended his hand and grabbed something that was on my heart. All the grievance I felt just disappeared. Master..Just then I truly saw Master. The next day, still excited, I wept as I rode the motorbike to deliver truth clarifi-

cation materials to another practitioner. In the sky, gods followed me as I rode. They were crying and I saw their teardrops fall. They said, “Look, Dafa has created a god out of a person who was full of sentiment and desire.” They were in admiration of Dafa's power.

At this point, I saw that anger is a type of matter. Once it was unable to completely control me, it turned into something like a mass of dark clouds appearing above my head, helplessly looking at me. When I was slightly emotional, it would try to drill into my head.

Due to being stuck in the tribulation for such a long time, I said to Master in my heart, “Master, it's not that I can't cultivate, and it's not that I don't actually cultivate, but why is it that I'm forever in this tribulation?” That evening, after sending forth righteous thoughts at midnight, just as I lay down, I dreamt of a very big, thick book. I stood on the right side of the book. In front of me a mass of grey-black smoke was rolling. It communicated telepathically to me, “Do you remember that you were Ms. Feng in history?” I shook my head. It indicated that I should flip open the book. On the first few pages were beautiful girls. It seemed that I was the first one. After flipping through the book, it (the grey, black smoke) asked me in a loud and serious tone, “Do you think your debts from history can just be casually discarded? I replied just as loudly, “They're all what you've imposed on me! I don't acknowledge them!” I then woke up, remembering very clearly the details of the dream. I was clear that it was the old forces who were actually not letting me overcome the tribulation. The conflict between my husband and me was actually imposed on us by a type of controlling external force. He (my husband) had actually borne a lot, but even so, he had never slandered Master or the Fa. Even though he was never happy with my participating in projects that validate the Fa, he never obstructed me. Especially so when I would clarify the truth in front of him to his clients and friends, he would appear very proud. I could feel that from his heart he admired me. I will truly cultivate and repay him in the future.

Once I was studying the Fa at home and sending forth righteous thoughts every hour. After sending forth righteous thoughts I reached out to pick up Zhuan Falun. The Chinese character for “snake” in the book turned into a little snake then

jumped out before my eyes, which gave me a real shock. Later on I encountered some severe interference from the demon of lust. In my dreams it would appear as a ferocious looking male butcher. In my dimensional field, he walked back and forth. At times he also extended his hand to grab me. In this dimension it manifested as a particular male practitioner suddenly becoming very attentive toward me. I dreamt that he was a drug addict, and his addiction would reoccur every time he saw me. This time I saw that sexual lust is a type of grey, black, sticky substance. It stuck to my heart, giving me a feeling of sweetness. Although I indicated to him that it is impossible, the “pleasant words” he said were still revolving around in my head, and those words would pop up on their own. I really hated myself for not living up to expectations. I said to myself, “I’m a cultivator, a Dafa disciple, how could I want this stuff?” I studied a lot of Fa and constantly reminded myself, “One righteous mind can subdue a hundred evils.” It’s the matter on my body that was not righteous bringing about this effect with the other male practitioner, so he acted like that. At the same time I sent forth righteous thoughts to clean it up. I then dreamt of the same male butcher. He was as short as half of the house and walking back and forth. I was on the roof.

Whenever I see another practitioner stumble due to lust I want to warn him: “Don’t wrongly think that the other person really likes you. Don’t be deceived by your own vanity. That’s just the demon of lust making the other person do and say that. It’s all to make you fall.”

Eliminating the attachment to material interests

Since I was young, my life seemed better compared to others my age. But once the persecution started, my husband gave me only a very minimal amount of money every month. He said he was afraid I would spend all of it on Dafa. Furthermore, he said he wanted to know what I spent my money on. I took a notepad and made a note of everything I spent money on, even if it was just a small amount. The first two times I felt grieved and cried when I was telling him what I spent the money on. The third time I said, “Today I didn’t cry when I told you what I spent the money on.” Because of some demolition taking place, my husband and two business partners left home to rent a factory very far away. The other two partners came to the kitchen at noon to eat the food I had cooked.

When I was not there, they cooked for themselves, but they used my oil, salt, sauce, and vinegar and never cleaned their dishes after they finished. After a while this started to really upset me. I thought to myself, “Now that we eat together, there's definitely a predestined relationship. They're not my family now, but I don't know in which life they were my family.” I have a predestined relationship with so many people, but none of them seem to be benevolent predestined relationships. All are related to repayment. My heart was sometimes moved. I'd pick up the sesame oil bottle to see how much of it they'd used and accidentally spill a bowl of eggs. I knew straight away that I was wrong.

My aunt and her son were angry at each other, so my mother-in-law called her and told her to come live in the factory. Then she called her sister, who was 84 years old, to come live there, too. Every afternoon after I finished cooking, I would send forth righteous thoughts at noon, then eat. Sometimes there wasn't enough food, so there was nothing left for me. The freshly cooked food had all been eaten, the older food was left for me. When others went to rest, I was still sweeping. It was hard for me to bear it any longer. In the evening when I was sitting in another practitioner's car, I felt exhausted in both mind and body. The practitioner unintentionally turned on the MP3 player, and I heard Master say: “people of great in-born quality.” I knew it was Master encouraging me. My tears then started flowing. The practitioner asked, “Is this interference?” I thought to myself, “Whether or not it's interference from the old forces or a barrier arranged by Master, if I want to pass it, I've just got to assimilate to the Fa, there is no other way out.”

Once I didn't cook for two days. On the third day I went to the factory. My sister-in-law said that in the past two days she had spent a lot of money on vegetables and bread. I took some money and went to see her. I wanted my husband to see: “Your sister-in-law eats here daily, spends little money, and wants me to pay for it.” I suddenly realized that I ought to give her the money. How could I hide a human intent (wanting to have my husband see) behind what I did? In this case, even though I am a Dafa disciple, I was lower than everyday people. When I do things, it's good enough if I just do them according to the Fa. What am I doing trying to get people to see? I need to purify myself, not have so many human mind-sets. I found that I could gradually catch each and every thought that didn't con-

form to the Fa. I then had a deeper understanding of the non-action that Master lectured about.

This summer my husband's friend from Shanghai brought his wife and child to take a vacation with us. I went with the children. On the road, it was mainly my husband who paid all the bills. I found that I no longer cared for who paid for the tickets, who paid for the meals. I didn't intentionally try to cultivate this away, but, rather, I just didn't want to know. I didn't even take an interest in the scenery. I just wanted to find a suitable person to clarify the truth to. Nearing Beijing, everyone wanted to have a quick tour. Conversely, I just found a spot to send forth righteous thoughts at the headquarters of the evil. When returning home we passed Mt. Pan Way. I thought that a deity must live in the towering peaks, and that he must really envy me that in my hand I held Zhuan Falun. At dusk when we had almost arrived at home, I remembered that I had left my phone that I use to clarify the truth in the back. I turned it on in the morning but had yet to change the phone card and the battery. It was still sending out MMS! I picked it up and got a huge surprise. How could it still have power? Normally, after a bit over two hours, it would stop working. As soon as I had that human thought, the phone prompted me that there was insufficient power.

Eliminating the attachment to reputation

After July 20, 1999, faced with the huge pressure, many practitioners cultivated secretly. My house became a place where practitioners could meet and pick up truth clarification materials. After some time I became a coordinator. I originally thought that as a person, I was of low profile, just an average housewife with no thoughts of pursuing a reputation for myself.

In 2010, a practitioner who has a very strong consciousness and doesn't fear hardship helped other practitioners who hadn't been coming out with great patience. Whatever the season and whatever the weather, she would go out of her way to help others and even pass on news that I thought was not so important to other practitioners. She then became "famous" among practitioners. This moved my attachment to reputation. The first time it appeared was when this practitioner and others organized an experience sharing gathering. I went. At the time, when

sitting in the group, I felt uneasy. I was very condescending and controlling. This had a negative effect on the experience sharing gathering. When I discovered this evil matter on myself. I was very sad, very sad. Carrying such evil matter, how could I turn into a compassionate being? I absolutely had to get rid of it. I studied Master's lecture to Australian practitioners, which inspired me greatly. It's not that people don't want me to do such and such, it's gods who are in charge, so I'll just earnestly cultivate. Master, if you see where I fit, I'll just do whatever I'm suited to do.

Another time when a practitioner called me to participate in an experience sharing gathering she had organized, I didn't even think but just kept saying, "I won't go, I won't go." Then I hung up. I asked myself, "Why don't I go? It's jealousy, it's reputation, it's self. I must go. I must confront my human mindsets." As that practitioner was talking, I felt quite uncomfortable, however I would not follow the human mindset. I did my best to remain calm and peaceful. As a cultivator and one who still had that evil matter on my body, the most I could do was just that. Afterwards, when again sitting in such a field, it wasn't just on the surface that I was calm and peaceful, but also from my inner heart. I was grateful for other practitioners and appreciated their diligence. They've burdened themselves with so many tasks within the Fa and have really made Master pleased.

I enlightened that reputation is just "self." And that it is the origin of many human attachments. If as a Dafa disciple, even a brilliant Dafa disciple who has cultivated in the Fa-Rectification for over ten years, if he has not let go of self by the end, it's most likely that all his previous efforts were for naught. It is taking credit for what others have done, because, really, everything of ours comes from Master and Dafa.

Conclusion

How many beings, tangible and intangible, manipulate a human with the simple appearance of a flesh body? They manipulate and control people's lives. People just think that reputation, material interests, and sentimentality are all a part of one's life and that one can even die for them. Cultivators feel the pain of getting rid of these things. It's actually those possessing spirits that make you feel it's

painful, attempting to make you give up passing through the test, thereby allowing them to continue living. Only if cultivators act according to the Fa, to the cosmos's true principles, in every situation, only then can Master peel them off layer by layer, allowing you to truly wake up. Master will then install the cultivation mechanism on your body. As you continually elevate in realm, numerous high level beings are evolved through the practice. This is an extremely precious aspect of the human body.

I often tell practitioners, “As long as I can cultivate to success, then any of you can cultivate to success.” This is because, when I'm with practitioners, I feel that I have more human notions than anyone else. For example, it as if other practitioners all own land with crops waiting to be harvested. But my land is just full of weeds, Master helps me to take them out one by one. I harvest a lot during the process. I feel I'm like a train full of rubbish. Master helps me to throw the rubbish out and fills it with jewels. I'm ashamed to face Master, because I often struggle passing tests. Once I basically overcame reputation, material gain, and sentimentality, I found that these things didn't even feel like barriers. I really understand the meaning of “care free.” I also discovered that the Fa's requirements are even higher. In my subconscious I find I often have intentions that don't conform to Truthfulness-Compassion-Forbearance. I find those intentions to be selfish and bad. There is an even more microscopic fake me. For example, sometimes when I'm a little happy or a little unhappy, they are actually substituting for the true me. Originally the true me and the fake me were just one and the same. Right now, in this process of peeling them apart, the true me is calm and not easily moved. How to get rid of the fake me? I then discovered that at all times when my thoughts are in line with the Fa, then that's the real me in charge.

Although the most difficult days have already past, I know that on the path of cultivation I absolutely shouldn't relax. I should follow Master closely.

Online version

Original Chinese version



Thanks to My Neighbor Who Helped Me to Improve in Cultivation

BY A FALUN DAFA PRACTITIONER IN HEBEI PROVINCE, CHINA

I am a fruit farmer. In the spring of 2012, my neighbor wanted to build a new house very close to the edge of my orchard. I said to them, “How can you build the house here?” My neighbor's family is very cunning. During the construction, they needed to pour the cement in my field to lay the foundations. I thought it over and realized that I had an attachment to my own interests. Otherwise, how could I think this was not a good idea? I had to let go of it. So I said to them, “Go ahead, you can build it.” They were very happy to hear this, but my orchard was covered in cement dust. When they were putting in the foundation, the cement dust ended up on the tree leaves, so the fruit did not grow well. I then thought: “I am a cultivator of Dafa and should not seek anything in this world. What I need to do is validate theFa. What am I actually losing?” I then left this attachment behind.

When my neighbor's house was completed, they wanted to decorate it. They needed to put up scaffolding around my trees in the orchard. I said the same thing again, “Go ahead. But I need to tell you that I would not have let you do it if I didn't practice Falun Dafa. You have got an advantage from Dafa, so you should thank Dafa.” He said, “Yes, people who learn Dafa are all good people.” When they completed their work, the leaves and fruit on my fruit trees were covered with cement. What should I do about it? I tried to rinse it off with water, but it didn't work. I was very upset to see my fruit and trees like that. How could I sell them?

Then I changed my mind and thought: “I am a cultivator. Even though things have ended up like this, it would be better to set it aside and let things happen naturally.” “As long as you treat yourself as a practitioner, you can handle it properly.” (Zhuan Falun). I started to read Master's Fa more, look within, and let go of my unbalanced heart. My xinxinglevel improved very fast. I also tried to use this opportunity to clarify the truth to people who worked for them. The people who worked there didn't work there for long before another group of people replaced them. I think this was Master's arrangement for them to come and be saved. It was also a chance for me to improve myself. I would feel I had disappointed Master if I did not meet the requirements of the Fa. I basically did what a cultivator should do, even though I turned those problems over and over in my mind. But I did use my actions to validate that Falun Dafa is good. My mind became calm and so did my attitude.

I usually clarified the truth to the workers on their lunch break. I asked for Master's help and had a wish before I went: “I want to save all of them.” I left home after sending forth righteous thoughts at noon. When I got there, I greeted them very politely. They said, “You are the person with truthfulness, you think about others first. Where can we find more people like you?” I replied, “I am learning Falun Dafa. It is my teacher who taught me to be like this. Being a good person is a must if you want to learn Dafa.” And then I turned the topic to the subject I wanted to target. I first clarified the truth to them and asked them to quit the Chinese Community Party (CCP). The majority of them agreed to quit. They only had a one-hour lunch break. When it was time to go back to work, they all grabbed the DVDs and other Dafa materials I had brought with me. I said, “Read and watch them carefully when you get home. Afterwards you'll understand it. I will come and help you to quit the CCP, as some of you have not quit.” They replied, “Good, thank you.” I continued, “It would be better if you thanked Dafa—it is my Master who asks me to do it.” I could see that they were very happy from deep within their hearts. The happiness of being saved. I was also very happy to return home.

The fruit in my field ripened day by day, and it was time to sell it in the market. I was going to sell the fruit the following day, but the weather suddenly changed,

and there was a heavy rain that night. I was petrified when I went to the orchard the next day. My neighbor's wall, which was two meters high, had fallen down onto my fruit trees. The fruit that was worth a few thousand yuan had become worthless: it was all buried under the wall. I wanted to cry when I saw that. Why is life so hard for Dafa disciples? How could I pass this test? This was a big loss for me! There would be no more fruit for several years. Even though my neighbor compensated me with a little bit of money, it was far from enough. My heart ached. The only way I could pass this test was to do what Master asks us to do: read the Fa more and look inward.

Master said,

“Whether you can practice cultivation all depends upon whether you can endure, sacrifice, and suffer. If you can commit your mind, no difficulties can stop you. I would say that there is not a problem.” (Zhuan Falun)

I would validate the Fa with my own actions. I still felt a little bad. I strengthened my Fa study and sent righteous thoughts to eliminate the bad notions.

Master said:

“But normally when a problem arises, if it does not irritate a person psychologically, it does not count or is useless and cannot make him or her improve.”

“If the person did not create this situation for you, how could you upgrade your xinxing?” (Zhuan Falun).

I read Master's Fa again and again. Then I calmed down and my xinxing improved as well.

The tests came one after another. My neighbor then wanted to build a wall around their house, but they needed to build a shelter slope in my field. I am a Dafa disciple and try to be a good person all the time. I should think about others first. What should I do now faced with this test? If I stopped them, how would they look at Dafa disciples? If I allowed them to do it, I would lose a lot. My heart was crushed and I had tears in my eyes. I had no idea what to do, but I knew what I could do was read the Fa more.

“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).

Master also said:

“You will be made to abandon all those attachments that cannot be given up among everyday people. As long as you have them, all of those attachments must be removed in different environments.”

“you are to temper your xinxing amidst the material benefits of everyday people. What is truly upgraded is your xinxing. If you can give up the attachment, you are able to abandon everything; when you are asked to give up material benefits, you will certainly be able to do it. If you cannot let the attachment go, you will not be able to discard anything. Therefore, the real purpose of cultivation is to cultivate your heart.”

“Whether one succeeds in cultivation all depends on cultivating the heart. The same is true for everyone, and one cannot fall short even a bit.”

(Zhuan Falun)

When I looked inward, I found the attachment of jealousy and an unbalanced heart, which was deeply hidden. I always thought that I did not have the attachment of jealousy. I would be very happy if someone else was happy. Sometimes I wondered, “When you build your wall, why do you build your shelter slope in my field?” Did those attachments of jealousy and an unbalanced heart play a role? When I found these attachments, I disintegrated them and purged them. I became a lot more calm after that. I then started sending forth righteous thoughts: “Eliminate all the corrupt materials and all the evil elements that block my improvement in my dimension thoroughly.” My righteous thoughts became stronger and stronger. My dimension became brighter and brighter. My heart was more stable. I was going to talk to my neighbor about building the shelter slope in my field with compassion. But to my surprise, they didn't want to build the shelter slope anymore. They said they just needed to fill in the wall joints. Now everything is solved.

Master said:

“Though you could ride a bike all over the city, you might not run into some good deeds to perform. Though you could go about things this way everyday, you might not encounter such opportunities.” (Zhuan Falun)

I have experienced many tribulations this year, and my xinxing has improved bit by bit. I thank my neighbor for providing many opportunities for me to improve. I am also aware that, in order to help Dafa disciples to upgrade their xinxing level, Master uses all kinds of environments and situations to help us improve. We can't express with words how many tribulations Master has suffered in order to save us. The tribulations we go through are nothing in comparison to what Master has endured. What we need to do is do the three things well.

I hope fellow practitioners will kindly point out anything improper.

Online version

Original Chinese version



Enlightening to Selflessness While Helping Fellow Practitioners and Improving Together

BY A DAFA DISCIPLE IN CHINA

Master said,

“We have a lot of students who've really been improving fast as they continue to cultivate themselves. And as a whole you've especially done better and better in improving together, and in cooperating with each other. Now it's a matter of how you can do even better and in a more refined way the things that now need to be done.” (“Teaching the Fa at the 2002 Fa Conference in Philadelphia, U.S.A.”)

Reflecting on Master's lecture, the majority of the time, I have been able to help fellow practitioners and improve together since the period of Fa-rectification cultivation began. Here I would like to report many years of my cultivation journey to Master.

I came into Dafa cultivation in March 1997. Having cultivated for more than a decade, my health improved with each passing day. These are all the blessings given by Dafa. Thank you, Master!

1. Lead fellow practitioners to step forward and save sentient beings

After the persecution started on July 20, 1999, most of the practitioners around me were afraid to step forward and validate the Fa. One practitioner approached me and I asked him, “If you have benefited from Dafa, shouldn't you step forward

and speak up for Dafa? If Dafa disciples persevere in speaking up for Dafa, it will not be long before everyone has a proper understanding of Dafa.”

When the persecution started, I encouraged practitioners to clarify the truth. Later on, when our local area established a material production site, I would go out frequently together with fellow practitioners in my family to distribute the materials.

However, because many of the practitioners around me were fearful of being persecuted and were not willing to distribute the materials, I encouraged them to step forward to do the three things. I started to help practitioners one by one. Initially, I would accompany fellow practitioners at night, and let them bring only one copy of material at a time. They would come back and take another copy of material after they had distributed the other copy. Gradually, practitioners started to carry more and more materials, starting from one copy to a few copies and finally a dozen copies. Eventually we distributed a few hundred copies of truth clarifications materials to passers-by on the street even in broad daylight.

Later, the progress of Fa-rectification required us to advise Chinese people to quit the CCP's organizations. In the beginning, I did not know how to do this, but I remembered that practitioners are being strengthened by Master. Thus, I set out to advise people to quit the CCP and its affiliated organizations, and I also helped fellow practitioners to step forward and do this.

2. Opening a materials production site and using wisdom to help practitioners

A few years ago, practitioners from a large material production site in my area were abducted, thus, I wanted to establish a material production site. However, I hesitated as the identities of many of the practitioners who worked at the materials production site had been divulged by other practitioners under pressure. Moreover, there were no practitioners in my local area who were willing produce the materials.

Masters said,

“Cultivation is hard. It’s hard in that even when a terrible calamity strikes, even when evil madly persecutes, and even when your life is at stake, you still have to be able to steadfastly continue on your path of cultivation without letting anything in human society interfere with the steps you take on your path of cultivation.” (“Path” in Essentials for Further Advancement II)

I made up my mind that no matter how difficult it is, I must coordinate the material production site well. I intended to set up the materials at home, but I did not wish to hide what we were doing from family members. I asked Master to strengthen me on this matter, and no one in my family opposed me when I told them my idea. A practitioner with technical skills sent a computer over and my husband bought a printer and brought it home. When the practitioner with technical skills was showing me what to do, my son also watched and learned. My son said to me, “Because I am young I have a greater ability to learn. I will help you with the things that you could not learn.” Whenever I need to buy supplies or repair the machines, my family takes care of it. If I am too busy, they assist me, thus ensuring a smooth operation of our home material production site.

Three times a week, practitioners come to study the Fa together. Because our production of Minghui Weekly is not interrupted and I also print out experience sharing articles from Minghui for practitioners to read, practitioners in our area are able to follow the progress of Fa-rectification.

Many things happened during the process of producing and delivering materials. Sometimes, practitioners want more materials, sometimes less. There were times when initially they wanted the materials but later decided not to take them. However, I have already printed the materials. At one point, I did not want to produce materials anymore. Nevertheless, Master enlightened me each time and I thought, “Does this interference have any connection with me? We are Dafa disciples that come together to help Master to rectify the Fa, how can we not recognize the partition that the old forces are trying to create between Dafa disciples? No matter how badly a practitioner behaves, it is not her true nature.

Master asks us to search within whenever we encounter tensions or conflicts. If we cannot be calm and peaceful, isn't it a display of competitive mentality? Thus, I quickly cast aside my human thoughts.

3. Establish a Fa-study group and help practitioners past the deadly test

Many practitioners in my area are illiterate and their understanding of the Fa is unclear, thus they improve slowly and often use human thinking to think about the three things. Hence, I thought of establishing a Fa-study group to help practitioners. However, I thought I would not be able to do business at night if I were to establish a Fa-study group. But more importantly, I have a material production site in my home. What should I do?

I remembered Master's Fa:

“With human beings... when a being can obtain the Fa today in history, it's no ordinary thing--he's so fortunate! But as soon as he loses the Fa, do you know what he faces? It's really horrific, because when he fails to fulfill the major responsibilities and the huge missions that were bestowed upon him, then, accordingly, that's like the inverse of a being's Consummation, and he will truly have to enter the gate of no-life. You folks can't just go and abandon a person without trying hard enough. No matter what kind of mistakes someone has made, or what kind of a person he is, I still want to give him a chance. Of course, in human society there are, after all, a number of people who aren't good enough anymore, so just let them be. Today I'm mainly saying that our Dafa disciples need to do better, and we should cherish those who have obtained the Fa.” (“Teaching the Fa at the 2004 Chicago Conference”)

I realized that practitioners' improvement is very important. I put aside my own business and established a Fa-study group to help practitioners. We send forth righteous thoughts, study the Fa, read experience sharing by other practitioners together and encourage one another to look inward. Everyone is able to improve quickly.

Practitioner B in our Fa-study group has cultivated for a long time. Unlike other practitioners who feel hot after doing the exercises or sending forth righteous

thoughts, she felt cold. Practitioner A decided to help practitioner B. One afternoon practitioner A suggested that everyone surround practitioner B to send forth righteous thoughts. After sending forth righteous for a period of time, practitioner A saw many rotten demons in practitioner B's body had been destroyed. When she examined a deeper level, she saw an old man in practitioner B's dimensional field. Practitioner A wanted to eliminate that old man and thus she continued to send forth righteous thoughts. The other practitioners in the Fa-study group felt that it is not appropriate to keep sending forth righteous thoughts, but to let practitioner B use Master's Fa to have a benevolent solution with the old man. Practitioner A thought otherwise and said, "We should quickly help practitioner B as her body is ill." Thus, she continued to send forth righteous thoughts at practitioner B.

That night, when practitioner A was at home, she saw the old forces desperately trying to tie her Main Spirit to a big iron vehicle and take her spirit away, but she refused to leave. She shouted continuously for Master to save her but Master did not respond. She thought, "Why didn't Master take care of me? Where did I go wrong? I need to look inward." At that time, her physical body started to regain consciousness and she was able to move. She kept examining herself and thinking, where did I go wrong?

At dawn the next day, she called me to tell me about her situation. Another practitioner and I decided to help her. As practitioner A lives in a distant rural area, we cycled for a long time before reaching her house. She described her experience the night before and we sent forth righteous thoughts with her for a long time. While we studied the Fa together, practitioner A enlightened, "It was because I helped to treat others' illnesses. Only Master is able to lead us to a high level. What qualification do I have to do this? Aren't I going off course?" After realizing this, practitioner A immediately knelt in front of Master's image and admitted her mistake. We saw her complexion become better at once. Practitioner A got better with each passing day after we went to her house continuously for a few days.

4. Eliminate attachment of fear and helping practitioners to oppose the old forces' arrangements

There was a period of time where I tried hard to help practitioner C to step off the path of the old forces' arrangements. When I was helping practitioner C to send forth righteous thoughts, I saw that in another dimensional field, he sat with his legs tilted and a cigarette dangling from his mouth as he threw bad substances into my dimensional field. After I finished sending forth righteous thoughts, I suddenly developed a thought of fear that these bad substances would bring trouble to me. At that time, my thoughts were very negative, and that night my body felt uncomfortable. I started to look inward and found that I had selfish thoughts. I feared that the bad substances would interfere with me. I realized that I must treat everything selflessly. Why couldn't I cultivate away this attachment to fear?

At this moment, I remembered Master's lecture in "Eliminate Your Last Attachment(s)", hence I begin to look inward. Afterward, I have a sharing with practitioner C together from the Fa on my experience and told him Master said,

"Selfishness is a fundamental attribute of the cosmos of the past. Because of that attribute, formation-stasis-degeneration-destruction and birth-aging-sickness-death are inevitable. In the future the Fa will be all-harmonizing, perfect, and selfless. The change in that fundamental attribute of the cosmos leads to fundamental changes in the cosmos's progression and beings' characteristics. The fundamental attribute of the cosmos has determined the fundamental state that the cosmos is in." ("Teaching the Fa at the 2004 Western U.S. Fa Conference")

Practitioner C understood that no matter what he does, he cannot think only of himself because thinking only of himself is following the old forces' arrangements. He said, "I learned that I should not only consider how I can improve and raise my level by studying the Fa, instead, studying the Fa well is to more effectively save sentient beings and help Master to rectify the Fa. Studying the Fa is not only for myself. I should not think that I cannot be persecuted and only eliminate the interference from the old forces when sending forth righteous thoughts. I should be sending forth righteous thoughts for sentient beings and other Dafa disciples. Saving sentient beings is not just for myself, but to think of saving sentient beings. Every single thought and action should be for others."

Now I understand why many of the experience sharings on Minghui describe that when some Dafa disciples were abducted, they warned the police officers that they should not do bad things and they must understand the truth and be saved. These Dafa disciples were able to quickly come out of difficult situation because when they are first met with a tribulation, their first thought was to think about the safety of the officers and not themselves.

On the other hand, when some Dafa disciples were abducted, they thought “I've been abducted, what should I do? I still have materials at home!” As all these thoughts were selfish ones and to protect themselves. The old forces seized upon this and were able to manipulate these practitioners. Many practitioners who thought this way had difficulty breaking away from this tribulation unless they have righteous thoughts and righteous actions afterward.

5. Helping one another to look inward

Once, when practitioner D who seldom attended Fa-study came, I saw that the field he carried was very bad. I felt bad and went into another room to take a break for a while. The other practitioners became anxious and asked me to come out and study the Fa together. This happened several times until Fa-study was over. I told practitioner D, “The reason you came here today is not to study the Fa. You came here with pursuit.” As I said this, there was no shan(compassion) in my tone and I was feeling slightly angry.

Because of my bad thought, my gap was exploited by the old forces. When night came, I began to feel extremely uncomfortable. I started to listen to the Fa but I was unable to sit still, so I lay down on my bed to listen, but I could not even understand what was I listening to. Suddenly, practitioner Yu came to me and said, “You must look inward quickly. After sending forth righteous thoughts for a long time, I saw many old force entities endlessly coming over to your side. You have to send forth righteous thoughts quickly.”

I realized the seriousness of the problem and quickly sat up to send forth righteous thoughts and look inward. I start to examine my thoughts from another point of view and found my attachment of fear. I also realized that I did not have a benevolent heart, I was impatient, I had the mentality of showing off, hanging onto

grievances and an attachment to protecting myself. I sent forth righteous thoughts to dissolve all these attachments.

I studied “Non-Omission in Buddha-Nature” in Essentials for Further Advancement repeatedly. Master said,

“I also want to tell you that your nature in the past was actually based on egoism and selfishness. From now on, whatever you do, you should consider others first, so as to attain the righteous Enlightenment of selflessness and altruism. So from now on, whatever you do or whatever you say, you must consider others—or even future generations—along with Dafa’s eternal stability.”

I recalled that practitioner D was able to eliminate being abducted by the evil many times and was once able to break out of the detention center. He exposed the evil persecution publicly and was very effectively encouraging the practitioners in our area. However, out of admiration nobody was willing to point out practitioner D's shortcomings. I wanted to help him.

I asked other practitioners who have studied the Fa well to find practitioner D and I had a sharing with him as well. Under the practitioners' joint efforts, practitioner D underwent a tremendous change. He is very grateful to Master and for the help of fellow practitioners. One day, he said, “Fortunately I was able to wake up and follow Master's arrangement. Otherwise I would not know that often talking about my feats in prison is the main reason that I was followed and abducted. Also, I did not realize that I caused fellow practitioners to admire and worship me. If this continued, it would be very dangerous! Thank you, Master! Thank you, fellow practitioners!”

6. Take the initiative to look inward and eradicate human concepts and notions

A few days ago, practitioner Yu shared with me, “When you were sending forth righteous thoughts, your sweat pores even displayed thoughts of revenge, and there was no compassion (shan) at all.” I was very shocked and realized that I must have been interfered with by the old forces.

Master said,

“Calmly reflect on the attachments you have
Remove your human thoughts
and evil will naturally die out”
(“Don't Be Sad” in Hong Yin Volume II)

“If you do not change the human logic that you, as an ordinary human, have formed deep in your bones over thousands of years, you will be unable to break away from this superficial human shell and reach Consummation.”
(“Cautionary Advice” in Essentials for Further Advancement)

“Did you know that Dafa disciples have metamorphosed from the old cosmos and have emerged beyond the old Fa principles, but the old cosmos, the old Fa principles, the old beings... all of that is trying to hold you back!” (“Teaching the Fa in the City of Los Angeles” in 2006)

When I looked inward I identified many grievances. I used to stay with my grandmother when I was very young, and the house caught fire late one night. I was sleeping soundly and I had no idea how I was awakened, but I ran out. I believed that gods were protecting me. I could feel the fire burning me but when my family found me, they did not hug me and comfort me. I was not able to feel their concern for me at all. They were busy taking care of their own things.

As I grew older, I began to hate them a lot and vowed secretly that I would not come to see them even if they were dying. Later, when my eldest brother and eldest sister were ill, and I really did not want to visit them. I only went after being persuaded by my other brothers and sisters. At that time I had just started to cultivate, and did not want to fuss over past matters. But, I knew I only let go of the matter on the surface.

After looking inward thoroughly, I dissolved this grievance.

During this process of looking inward, my tears flowed endlessly and I repeated over and over again, “I am Master's disciple, I do not want and do not acknowledge any arrangements by the old forces.”

Through this thorough looking inwards, I realized the reason the old forces had come to take my life during the spring this year. It was because of the grievances and heart of revenge that I had not let go.

At the same time, I understood that when a practitioner signed an agreement [with the old forces] to play a negative role in Fa-rectification and follows the old cosmos' law during today's Fa-rectification cultivation, it is not possible to cultivate and return. It is because of Master's compassion that practitioners are being given this precious opportunity. If a practitioner's main consciousness is unwilling to play a negative role and truly looks inward, Master will take away those bad things arranged by the old forces.

When the practitioners around me saw that in the short period of only three days, I underwent a tremendous change, and they also started to look inward. They also experienced tremendous changes. I believe that with Master's strengthening, they will improve fundamentally and quickly.

I would like to take this opportunity to remind practitioners that no matter what agreement you may have signed with the old forces in the past or perhaps done something wrong in history, Master is helping us and arranging benevolent solutions for all gritudes and grievances and is eliminating all the old forces' arrangements if we follow the requirements of Dafa and truly cultivate.

Above is my personal understanding. If there is anything inappropriate, please kindly point it out.

Online version

Original Chinese version



Eighteen-year-old Veteran Practitioner: We Must Treasure This Precious Opportunity

BY A YOUNG PRACTITIONER FROM HEBEI PROVINCE

I was very excited when I saw the call for articles for the 9th China Fahui on Minghui.org. In the past, I didn't know how to access the Minghui website, so I never had a chance to participate in the Fa conference. This is the first time that I've been able to submit an experience sharing article.

I am a young, eighteen-year-old practitioner. I've encountered quite a few challenges due to my human notions and habits that I developed while living in the everyday world. Nevertheless, Master has continued to protect and watch over me. If I hadn't obtained the Fa, I might have gone through many years of confusion and anxiety. Finally, in this lifetime, I have been so fortunate to be saved by Master. This is the most glorious experience! Even the gods in the heavens envy us! Therefore, we must seize this precious opportunity and follow Master closely in the Fa-rectification period. Just as Master said, "Follow Teacher closely, steadfastly cultivating Dafa," ("The Knowing Heart" from Essentials for Further Advancement II) I would like to share my experience with fellow practitioners.

1. Born to Obtain the Fa, I Was Protected by Master

I was born in 1995. That year, many mothers in our village who were pregnant with their second child were forced by the CCP to undergo abortions. My mother was one of them. The mothers were given abortion injections, and within days they lost their babies. After my mother was injected, she did not show any signs of aborting me. At that time, my mother kept having a dream about an old man who

was pulling a cart full of children who had been abandoned. One child kept clinging to my mother's leg and would not let go. My mother later played with that child. My mother went to a different hospital for a checkup. The doctor said, "The fetus is still very healthy. Please leave quickly. Otherwise, another child will be killed." My father then took my mother and "escaped" to a small hospital in a small city, and my mother gave birth to me.

At that time, my mother had not yet obtained the Fa, yet our lives have been protected by Master. Compassionate Master has been protecting us, and I came to this world to obtain the Fa!

2. Beautiful Childhood and Eternal Life in Dafa

Several years after I was born, my mother obtained the Fa and started cultivating. I became a young Dafa practitioner and followed my mother to study the Fa and spread the Fa. My mother told me that at that time, she always took me to Fa conferences. Before going to bed every night, she always asked me to recite Hong Yin with her,

“To consummate yourself, reaping Buddhahood,
Let joy be found in hardship.
Physical pains count little as suffering,
Indeed, cultivating mind is hardest.
Each and every barrier must be broken through,
And everywhere does evil lurk.
Abundant troubles rain down together,
All to see: Can you pull through?
The world's miseries endured,
One departs the earth a Buddha. ”

(“Tempering the Will” from Hong Yin)

I had many life-threatening experiences during my childhood, but I was saved with Master's protection. I was poisoned, nearly drowned and fell, but Master saved me again and again.

In July 1999, the evil launched the persecution of Falun Gong practitioners and made up lies to deceive the world's people. My mother, fellow practitioners, and I clarified the facts about Dafa together. I wrote banners with the words “Falun Dafa is Good” and stuck them onto utility poles. Every night, I took a full bag of truth clarification materials with me and after Heshi in front of Master's photo, I went out to distribute them.

3. Dafa Gives Me Wisdom

I've always been a good student since I was in elementary school. Master gave me wisdom, and I was able to do well in school. But I live in the mundane human world after all. When I was in junior high school, the environment was very competitive. I began to obsess about my scores and my ranking in the class. I sometimes even became jealous of others. Because of my strong attachments I became very tired, and at that time I rarely did any Dafa work. After I took the high school entrance exam, I gained admission to one of the best high schools in the city. But I knew that no matter where I went, it was all due to Master's arrangement. There were sentient beings there waiting to be saved.

When I was in elementary school and junior high school, I never touched computers or surfed the Internet, and I did not understand any of it. One year, my older brother bought a computer and I started learning. I was sometimes able to read something related to Dafa on the Internet and I was very excited. The software to break through the CCP Internet blockade was available to be downloaded, but I was afraid to do it.

Finally, one day I decided to give it a try. When I double-clicked and opened it up, I saw things about Shen Yun and the Nine Commentaries on the Communist Party. I was so excited! After searching further, I finally accessed the Minghui website. I have since downloaded a lot of useful information, which has greatly helped our cultivation.

For someone like me who understood nothing about computers, how was I able to learn so much, so quickly? Master opened up my wisdom and has been helping me! I know Master has been encouraging me to steadfastly practice Dafa!

4. Remembering That I Am a Dafa Practitioner at School

During a physical education class, a soccer ball hit my head so hard that I felt momentarily stunned and it hurt a lot. Right then, two choices appeared in my mind. "This hurts so much that I cannot bear it," or "It's nothing." Of course I chose the latter because one thought can mean the difference between good and evil. When I opened my eyes, I was surrounded by my classmates. I smiled at them and said, "No worries, I'm fine." This was taught by Master. I need to remember Master's Fa at school and always remember that I am a Dafa practitioner.

While I was in high school, I was not able to go home often. I was bothered by the fact that I could not study the Fa at school. I later downloaded Master's Fa lectures and Dafa songs to my cell phone. At night, when I lay on my bed, I put on my headset and listened to Master's lectures. I sometimes fell asleep while listening. I know that was not being respectful to Master, but Master is benevolent and still protects me. Once, my headset stopped working and I didn't know where to get a new one. So I said to the headset, "You cannot stop working." In my heart, I said to Master, "Master, please help me fix the headset. I want to study the Fa." I opened up the headset and took a look, and when I plugged it in, it started working again.

5. Learning How to Clarify the Facts about Dafa and How to Save Sentient Beings

In the middle school's political science textbooks, there was a lot of content slandering Dafa. Every time I received new books, I always tore out the page that slandered Dafa because I didn't want to allow the evil to stay in my book! When the teachers taught that section, they also slandered Dafa, which deceived the students. I often lowered my head and was afraid of standing up. But I felt sad in my heart. After I entered high school, I had another teacher who did this. This time I could not stay silent. Finally I stood up and said, "Teacher, the Tiananmen Square Immolation is a lie!" All my classmates stared at me. Due to the attachment to fear and my anger, I did not get the chance to clarify the facts further. But the evil was suppressed and the teacher stopped talking about it.

After class, I told my classmates about the Tiananmen Square Immolation incident and some believed me. But there were still a few who believed the regime's

lies, and still think about things from the evil CCP's standpoint. I often talk to them about the evil, blood-stained history of the CCP, such as the June 4 Tiananmen Massacre, to help them truly understand the true nature of the CCP. I've clarified the facts to almost all of my classmates and hope that they will awaken soon.

I sometimes could not control my xinxing well. Once, I started arguing with a classmate. After the argument, I was full of resentment. I thought that the classmate had too many attachments and wasn't being reasonable. Later when I searched within, I found that it was in fact my fault. Immersed in Party culture, sentient beings have been deceived. If we cannot tell them the facts with a calm mind and with wisdom, we might destroy them. Clarifying the facts is also a cultivation opportunity. I need to control myself and clarify the facts with wisdom.

I have clarified the facts to many people at school, and I have learned how to clarify the facts with wisdom. At every step, Master has been protecting and guiding me.

6. Conclusion

We have waited millions of years for this time. In this lifetime, we have been so fortunate to obtain the Fa and walk on the divine path! It is Dafa that gives us everything. It is Dafa that rectifies everything in the universe. It is Dafa that is saving sentient beings! We have huge historical responsibilities. We must treasure this precious opportunity and not have any regrets in the future!

Heshi

Online version

Original Chinese version



Heart in the Fa, Body in the Mundane World

BY CHUNQING, A NORTHEASTERN CHINA DAFA PRACTITIONER

I felt bitter and that is what was difficult during those times. I felt bitter because I couldn't understand things from the standpoint of the Fa. I felt it was difficult because I had very limited time to take care of my family and yet do a good job of validating the Fa. I studied the Fa more and made efforts to balance the relationships among family, work, and cultivation. I could not use conforming to the everyday people as an excuse and spent time and effort on my family. In the meantime, I could not go to extremes and ignore my family because of my cultivation. During those times, I overlooked a lot of the housework, so my mother sent me steamed buns, pickles, and all kinds of food to help me save time. In terms of ordinary human society, I didn't have anything my mother would be proud of, but I believed that, in the future, my mother would be proud of me forever

--the Author

Greetings, Compassionate Great Master!

Greetings, fellow practitioners!

I thank Master for making arrangements for me on my cultivation path and for his utmost care and constant enlightenment to help me overcome my predicaments and increase my confidence in saving sentient beings. I thank the Minghui website for providing an exchange platform so that I can once again find my inadequacies, make amends, and firmly grasp the opportunity to save sentient beings.

At the end of a busy day, as I looked out of the window and saw people still hustling in the dim light, I couldn't help but be filled with emotion. I felt the ur-

gency and the heavy responsibility of saving sentient beings, and I felt the importance of cultivating myself well. Every day as I faced the daily hustle and bustle of this mundane world, the temptations of different interests, and the interference from various people, I admonished myself constantly not to get involved in the drama of human life too deeply. From time to time, I measured myself with the Fa and always treated an unhappy event as an opportunity to cultivate my mind. I studied the Fa diligently, dissolved myself in the Fa, and let the principles of Dafa assimilate to each particle in my body and mind, so that everything in the ordinary human society had no place in my mind, except Dafa and the thought of saving sentient beings who were anxious to be saved.

1. Responsibility

Since childhood, I had been introverted and had low self-esteem. I was not good at expressing myself. After Dafa cultivation, I have changed a lot due to clarifying the truth to people. But I had never thought of taking on responsibilities. I thought that I only needed to do the three things well and cooperate well with others. I was afraid of assuming responsibility. I felt that I did not have the ability, so I always stayed away from everything.

Once, many practitioners in the neighboring city were arrested and many materials production sites were wrecked. Because of the destruction of the material production sites, many practitioners were unable to read the Minghui Weekly. There were a limited number of local practitioners involved in validating the Fa at that time and I didn't think of taking on the responsibility. I was just trying to make it possible for fellow practitioners to read the Minghui Weekly and to distribute the truth-clarifying fliers, so that we could improve as a group and save sentient beings.

One day while I was riding a bus coming back from the neighboring city, I inexplicably felt my eyes brimming with tears and I couldn't stop it. Although I couldn't see anything, I could feel a solemn scene in another dimension. Countless gods gathered over me in the sky, their eager expressions showing that they were touched by my assuming responsibility and their longing for my imminent return.

Their thinking infiltrated my thoughts. I saw helpless sentient beings and felt the weight of the responsibility. My compassion arose spontaneously.

Later, through sharing with fellow practitioners, I helped them to install the computer system with my limited skill. I helped to purchase the printer and taught others how to get on the Internet. Of course, there were a lot of obstacles along the way. Since I wasn't very familiar with the computer system, it took me several times to put it together. Sometimes it took me the whole evening. After completing the system, I had to teach others how to get on the Internet, as some practitioners had never touched a computer before. Because we had Teacher and the Fa, things that seem to be troublesome are readily solved.

Gradually, fellow practitioners were able to get on the Internet to read the *Minghui Weekly*, and more people quit the Chinese Communist Party (CCP) and its affiliated organizations. We often got together to discuss how to organize a Fa study group and how to have a proper basis to negate the old forces. More practitioners who had not stepped forward gradually came to join us. Once the police went to a practitioner's home to arrest him. With a proper basis to negate the old forces, he clarified the truth to the police impressively. He also gave them a truth-clarifying CD. A seemingly inevitable act of persecution was disintegrated. He said that the sharing seemed to play an important role.

2. Expanding Capacity

As we were heading in the right direction, my husband suddenly had high blood pressure and diabetes complications. His mind slowed down, and he was unable to see or read. He didn't know to avoid cars while walking on the street and didn't know to throw coins into the collection bucket when boarding a bus. I hurried home and took him to the hospital. A few days later, there was bad news that a practitioner in a neighboring city was persecuted to death. The sad news perplexed me. I wiped away my tears and, in a somber mood, rushed to the neighboring city with fellow practitioners.

Upon returning home, my heart was very heavy. I vaguely remembered the voice and the smiling face of the fellow practitioner. While I put together the information to expose this incident on the Internet, I made truth-clarifying materials.

Then a schoolteacher called to say that my child was not doing well and was naughty and wanted me to come to the school. Before I finished dealing with that, my elder sister, who was always tolerant of her siblings, was mad at me over a trivial matter. She was crying and complaining. Things really got complicated. While I managed things at home, I continued to participate in validating the Fa.

One day while several of us were discussing how to sue the agency and people responsible for the death of the fellow practitioner, a practitioner responsible for the installation of NTDTV dishes came into town. He said he needed to go to a neighboring city to install a unit, but he didn't know any practitioners there. Only Practitioner A and I knew the practitioners in the neighboring city, but Practitioner A was very busy as it was approaching the New Year. As I had just come back from the neighboring city, I needed to take care of my sick husband and child. Besides, I needed to gather information to publish the incident on the Internet. I suggested that the fellow practitioner go to the neighboring city to find a practitioner there. Practitioner A reproved me in front of other practitioners and said that I could not let go of my family and my attachment for them, etc. Facing conflicts one after another, I choked back my tears and did not say a word. If someone tried to comfort me, let alone shout at me, I would have burst into tears. That practitioner's words pierced my uncultivated heart.

Upon returning home, I broke down in tears. Did people without family burdens understand people with families? Did I still have the problem she mentioned? I looked inward even as I wept. I knew that my grievances were not just due to the practitioner's few words. I wanted others to understand the stress I was under, to understand the plight of my family, to understand a lot of things I was worried about and a lot of things I needed to do, such as writing articles to expose the persecution on the Internet, editing pamphlets, compiling the local Multimedia Messaging Service, and solving problems related to mobile phones and computers. In the meantime, I had to take care of my family. Sometimes I stayed up late, sometimes I didn't go to bed at all. And I needed to study the Fa and do the exercises. All of these things I needed to do, but I could not mention them to others and had to keep them to myself. I told myself repeatedly to not cry anymore as it was wasting time. But my tears were just unstoppable.

I thought of what Master said,

“By the time the gong reaches his xinxing level, the gong has also increased up to that level. If he wants to continue increasing his gong, the conflict will also become very serious, as it requires him to keep upgrading xinxing.”

(Zhuan Falun)

I then thought of what Master had said,

“Some people are unhappy when they meet with unpleasant things. Then aren't you a human being? How are you any different? When you encounter unpleasant things, it is precisely time to cultivate yourself, to cultivate your mind. Didn't religions used to teach that one should cultivate inward, working on the mind? Don't listen to how modern people might interpret it—they don't necessarily know the true meaning. Go and truly cultivate yourself—when you get into a conflict or run into some problem you should look at yourself and see what's wrong, and ask yourself how you should handle it, using the Fa to evaluate things. Wouldn't you say that is cultivation?”

(“Dafa Disciples Must Study the Fa - Fa Teaching Given at the 2011 Washington DC Metro Area Fa Conference”)

As I thought of Master's words, my tears stopped abruptly. While I was telling myself not to have any opinion of fellow practitioners, I thought quietly of my shortcomings. Were there any other problems? Being bitter and tired, the accusations from others were really not so serious. It only lasted for a moment. How to look at things based on the Fa was the essence of cultivation. It was the crux of the matter. Why did I feel I was being wronged when I encountered opposition. Wasn't it that my mind was too full and my capacity too small? It was time to enlarge my capacity. I wiped my tears away and said in my heart, “Master, I can do it.”

During that time, I felt bitter and that it was difficult. It was the most bitter without a clear understanding of the Fa. It was difficult as I had to take care of my family and do a good job of validating the Fa with very limited time available. I studied the Fa diligently, made efforts to balance the relationship of family, work, and cultivation. I couldn't use the excuse of conforming to everyday people and

spent time and effort on my family. I couldn't go to the extreme and not spend time and effort on my family because of my cultivation. During that time, a lot of housework piled up. My elderly mother kept bringing me steamed buns, ready-made pickles, and all kinds of food to help me save time. I did not have the time to tend to my mother, so she sometimes only stood at the door and left. I couldn't express my gratitude and my guilt to my mother. Since ancient times, it is said, "Loyalty and filial piety cannot be reconciled." Although the quote wasn't appropriate here, this time I did understand its true meaning. In terms of ordinary human society, I didn't have anything my mother would be proud of, but I believed that, in the future, my mother would be proud of me forever.

A fellow practitioner asked why couldn't I make my husband get well sooner? Another practitioner thought I had too much sentiment toward my husband. I didn't try to defend myself. I thought I did not have the attachment for my family. I sent forth righteous thoughts to disintegrate all evil elements in other dimensions that took advantage of my family situation to obstruct my assisting Teacher rectifying the Fa. But my husband's condition remained the same. I thought things were more complex than they seemed to be on the surface. Our cultivation paths are all different; otherwise, wouldn't there be ways to consult and follow? Master said,

"I have said that there are no role models, no examples, and that at most one can draw upon others' experiences and see how they handled things while having righteous thoughts. If you try to do things by mimicking what they did, or blindly do whatever they did, then you are wrong. Each person is traveling his own path, and each is gaining enlightenment from Dafa as to what will one day be his own Fa." ("2012 International Fa Conference at the U.S. Capital")

Later, my husband began to study the Fa and quit smoking and drinking. People were very surprised, as he used to smoke nearly two packs of cigarettes a day and drank twice a day. How could it be so easy for one to quit both habits? He told people that he had heard from a very capable person who had stopped thinking of smoking. When my husband began studying the Fa, he said he couldn't stop smoking because he was addicted. I read him what Master said about smoking. After that he just stopped thinking about smoking. My husband's mind returned to

normal, and he could read Master's lectures clearly. He also helped me with cooking chores and our small business. At the beginning of his hospitalization, medical treatments did not have any effect on him. Now, after studying the Fa, he gradually recovered without the need to stay in the hospital or take any medicine. Perhaps he was suppose to obtain the Fa this way.

As I recalled the whole process, my husband's illness, in fact, had not affected our business for a single day and did not affect my validating the Fa. It was just too much pressure at the time. Now I finally overcame it. My husband often said with emotion, "If not for learning Dafa, perhaps I would be in a very different situation. Hospitals cannot cure my illness. If something happens to me, our home would be ruined. Luckily, we have Master." The day my sister got angry at me, I sent her a text message. I told her that, because I was so dependent on her, that my tone of voice was rather bad. I also told her that I would pay more attention in the future and asked her for forgiveness. My sister was very touched. After that, she had more respect for me. I knew it was respecting the Fa.

3. Everything Will Change When One Put One's Mind on the Fa

A former Falun Gong practitioner who had gone astray betrayed many fellow practitioners and they were arrested. He had also mentioned my name to the authorities. At that time I was under lots of pressure, but I knew I could not let the old forces succeed. The day when the betrayed practitioners were arrested, it was drizzling and the sky was gray. My heart was heavy. But I did not stop doing what I should be doing. I went to a fellow practitioner's home to fetch a computer to help install the system. I sent forth righteous thoughts while I was walking. I recalled what Teacher had said,

"If every Dafa disciple can think and act righteously as he goes about things and can look at things with righteous thoughts under any circumstance, none of you will become afraid when facing persecution. If that is how you are, who would dare to persecute you!" ("Teaching the Fa in San Francisco, 2005")

I suddenly thought that my life belonged to Dafa and sentient beings. I had a mission to save sentient beings who were poisoned by the lies. How could I have

any relationship with the old forces? All of a sudden, I felt there was an invisible force within me, a righteous thought connected to the Fa that nobody was able to budge. My fear disappeared without a trace.

But my family members were terrified. My parents, brothers, and sisters all told me to leave home. I calmly told them my thoughts so they could understand. In the beginning my family were very excited, then they finally said, “We are just discussing it and feel that wherever you go, it will still be unsafe. But as soon as we see you, we feel that you will be safe.” I knew then the old forces' conspiracy had fallen through.

Some time ago, the buildings around our house were to be relocated. I thought the relocation would be a lot of trouble: one would need to negotiate the agreement, move, rent, and buy a house, and it would waste too much time and effort. I thought, “How could I let those things interfere with my cultivation and saving sentient beings?” I thought it was better not to relocate. When the relocation notice was put up, all the houses were to be relocated except ours.

My old job was in marketing and collecting payments. One store owner often refused to honor his debts, and many salesmen had to assume the loss. One time the owner told me there was a billing error that did not match the data in his computer. I argued with him. People nowadays are so corrupt and always want to take advantage of others. I did not want the lost payment and thus put the bill away. Over a period of time, whenever I had to go to his home to collect payments, I took the unpaid bill with me. At that moment, I had a new understanding that, if the owner refused to pay, he would be trading his debt for his virtue and would be losing a lot. The money was not as important to me any longer. The important thing was not to let him create karma, because his future would be bad. When I only considered him with compassion, he seemed to have forgotten the discrepancy and paid the whole amount.

Several years ago, I went out looking for a job with a fellow practitioner. There were only restaurant jobs available. Those jobs often required working days and nights. I thought that I would not have time to study the Fa if I took a restaurant job. I thought I needed to find a job that would allow me time to study the Fa. The

other practitioner thought there was no other option, so she took a job in a restaurant. I was unwilling to compromise and did not take any of the restaurant jobs. A few days later, someone told me about a marketing job. Although it was hard work, I would have time to study the Fa and do the exercises. The job provided me a convenient way to clarify the truth to people. The other practitioner was still working in a restaurant. Because she has not studied the Fa for so long, she is now away from the Fa. It is really regrettable. It is very important to view a problem based on the Fa.

4. Cultivating Oneself Well and Seizing Opportunities to Save Sentient Being

I began using a cell phone to clarify the truth a few years ago, and now I am pretty good at it. I feel it is very convenient to use the cell phone to do this and have recommended it to other practitioners. Later, several practitioners began to use Smart-phones. I thus quickly compiled a local Multimedia Messaging Service and asked Minghui to help me set it up. Then I discovered that not that many practitioners were using cell phones to clarify the truth. Some practitioners had bought Smart-phones but did not know how to use them. Some only knew little bits and pieces. I had taught them numerous times but the progress was slow. I started to think that I had always emphasized that others hadn't done enough and did not see how much I had done myself. I thought I should do something to bring everybody along. I thought of what Teacher said,

“As Dafa disciples clarify the facts, they are truly going at it one man against a hundred, or even one against a thousand, and have effectively exposed this ordeal that the evil created and directed at Dafa disciples.” (“Fa Teaching at the 2009 Greater New York International Fa Conference”)

As I thought about it, I no longer worried about how many practitioners were involved in the project and no longer focused on how much others had done; instead, I thought it would be enough just for me to do it myself. I would enable hundreds of thousands of people living nearby to hear the truth about Dafa. As I was editing the local numbers, I sent the thought to my mind. I then had a warm feeling in my back and a warm current passing through my body from head to toe. I

could not help but burst into tears, feeling that Teacher was so close to me. I could feel Teacher's blessing and encouragement.

I had often submitted articles to the Minghui website. All of them were published because they were related to the experience sharing, exposing the persecution, or on sending truth-clarifying fliers, and so on. Lately, my articles were not published. I was a little frustrated because I had spent a lot of time writing them. I thought I wrote them to validate the Fa and there weren't any elements of personal interest. All the time I was defending myself in my heart, but I knew I had problems. I carefully looked inward and later I discovered that I had begun to feel that I was good and I had cultivated solidly. I didn't know when these thoughts started. I had attached importance to studying the Fa, doing the exercises, and looking inward. And I had computer and cell phone skills and had compiled articles, things that most fellow practitioner didn't know how to do. When did such dirty thoughts start? The feeling "I am pretty good" was dangerous. I was shocked. Then I read a sharing article about "How to make oneself small" and felt it was for me to read.

Teacher often enlightened me in different ways when I was in a predicament. Once, the authorities were watching us when we were sharing. We escaped danger with the help of Teacher's blessings and practitioners' righteous thoughts. But at that moment, I found my mindset wasn't right. I had only thought of using the means of everyday people to solve problems, rather than looking at the issue with righteous thoughts from the perspective of the Fa. I was disheartened. I began to look inward closely and found the source. For so many years, I still had elements of not believing in Teacher and the Fa. I simply couldn't believe it and dared not to admit I was in such a state. I was having a hard time. For several days, I did not want to do anything other than study the Fa. I memorized many of Teacher's lectures related to this issue. After I found the root cause, I felt the profoundness of the Fa, the cheerfulness of connecting to the Fa, and layer upon layer of the Fa principles unfolded before my eyes, there was a tremendous change in my microscopic body as my body was being assimilated to the Fa from the microscopic to the surface. At that point, the Minghui website published the booklet "One Hundred Percent Believing in Teacher and the Fa." Teacher knows everything.

I felt very tired doing all kinds of things every day. I clarified the truth using my cell phone for more than half of every day, and sat at a computer desk for a whole day or whole night. Sometimes when I looked at the computer seat, I became apprehensive. Occasionally I thought of not scheduling my time so tightly to avoid getting so nervous. But I found that the fatigue was of short duration. If my thoughts were not on the Fa, mental relaxation would make me sad. I was aware that my ability came from Teacher and originated from the Fa. How could I not validate the Fa with this ability and just think of comfort? I was glad that I had always emphasized Fa study. I had the Fa in mind to measure everything. Even though I was clumsy in learning new things, I found I wasn't too bad in learning the techniques on projects related to validating the Fa. Some practitioners praised my well written articles about the persecution, and some said that I balanced well family affairs and validating the Fa. How could any of it be possible if it wasn't for Teacher giving them to me? How did I dare take the credit for it? Teacher said,

“You say that you have such great abilities and so on and so forth, but that was all bestowed upon you by the Fa! Actually, it wouldn't work if you failed to attain that level of abilities.” (“Explaining the Fa During the 2003 Lantern Festival at the U.S. West Fa Conference, Fa-Lecture During the 2003 Lantern Festival at the U.S. West Fa Conference”)

In order to be alert, I used “It is urgent to clarify the truth” as passwords so each time I turned on the computer, I would have a sense of urgency.

One day when I turned on the computer, I saw Teacher at the Washington DC Fa Conference. When I looked at the photo of Teacher giving the lecture, I could not help weeping. All the bitterness, fatigue, and feelings of being wronged suddenly disappeared. I felt I was bathed in Teacher's infinite grace. As I looking at Teacher's expectant eyes, my brain reverberated with cultivating myself well and saving sentient beings. There is no other choice.

Online version

Original Chinese version



Immersing Myself in the Beauty of Dafa

BY A FALUN DAFA PRACTITIONER IN CHINA

Greetings to our compassionate great Master!

Greetings, fellow practitioners!

This Fa Conference is a great annual event for Dafa practitioners. It was established by Master to provide practitioners an opportunity to share their cultivation experiences and improve themselves. I missed opportunities in the past to validate the Fa because of interference from my own human notions. Regardless of my cultivation level, I want to cherish this unprecedented opportunity today to record my cultivation experiences so that sentient beings will know the greatness of Master and the extraordinary power of Dafa.

I was unhealthy since I was a child. When my daughter was born, I did not have any breast milk to feed her. This really upset me, and I developed severe insomnia. Eventually I felt like I was on the verge of collapse. My mood fell to the lowest point when I was diagnosed with neurasthenia and depression. I was tense and nervous and felt like I was living in a dark world. I became paranoid, manic, and fearful and felt worthless. I could not remember things. I acted like a crazy person when I didn't control myself well. I lived distractedly every day, like a person without a soul.

I visited many hospitals with my family and took a lot of medicine, but nothing worked. My eyeballs later protruded because of hyperthyroidism. I lost a lot of weight, and I got tired just walking upstairs. Under these conditions, I thought several times to end my life. But I then thought of my daughter, who would be so

young to lose her mother. The love of my parents, sick grandmother, siblings, and good friends were like ropes firmly tied around me. I gave up the suicide idea and forced myself to live on even though the pain was so severe and hard to endure. I complained that the gods were unfair to me. At the same time, I expected and waited for the gods to come to save me one day. I struggled with physical and mental pains for eight years.

I Began Practicing Dafa

The mother of my daughter's friend was a Falun Gong practitioner. When she heard about my condition, she told my daughter that Falun Gong had miraculous curing powers for mind and body. She handed my daughter a copy of Zhuan Falun for me. I started studying the Fa and practicing Falun Gong with the intention of getting healed. As time went by, I gradually reduced my dependence on antidepressants and my mood improved day by day. Within a few months, the terrible symptoms of depression and other physical ailments vanished completely. I looked like a different person, with a rosy, unwrinkled complexion, and I was full of energy. The freckles on my cheeks disappeared. My colleagues mentioned to me that I looked younger and prettier. I was really happy, and when I thought of how fortunate I was to have Master, I felt I was the happiest person in the world.

As a Dafa practitioner I pay close attention to what I say and do. I always remind myself that my behavior reflects the image of a practitioner. I work hard and take personal gain and fame lightly. Because of my being considerate of my co-workers in their daily lives, many of them were willing to chat with me. During these casual conversations, I tell them about the goodness of Dafa. I let them know the true facts about Falun Gong in this peaceful atmosphere. I help them eliminate the poison instilled by the media of the Chinese Communist Party (CCP) so they can choose a good future.

On one occasion, I talked to an art director who was affable, humorous, and open-minded. He had a very tight rehearsal schedule. To quickly get to the point, I wrote down on paper a brief message: “Good acts comes from good self-cultivation.” After a polite greeting, I handed it to him with a smile. He smiled and nodded after glancing at it. A few days later, I seized an opportunity to clarify the

truth to him and gave him a Shun Yun Performance DVD. He agreed with Dafa principles. Since then, his first words are always “Falun Dafa is good and Truthfulness-Compassion-Forbearance is good” when he sees me. He also makes a “Heshi” gesture with his palms pressed together.

Another director who also has a lot of personality is my teacher. When I told him I was a Dafa practitioner, he commented that he had a good impression of Dafa disciples. He told me how practitioners had found him and kindly clarified the truth to him after he made a program TV slandering Dafa. He had great respect for practitioners' peaceful and rational behavior. We chatted a lot about ancient times to the present China situation, and to the current human morality. He remarked on how I had changed into a knowledgeable woman even though I had been a mediocre student in school. I told him that it was because Dafa had inspired my wisdom. I gave him the DVD of the Nine Commentaries on the Communist Party and concisely summarized the content. He was glad to accept it. He also asked for more DVDs for his friends, which they cheerfully accepted. His friends also thanked me.

I also clarified the truth to one of my colleagues who was my classmate, but he rejected Dafa. We had some conflicts before and there was a gap between us, even though we still talked to each other. After I started practicing Dafa, I actively healed the gap by cooperating with him at work and respecting him after work. I advised him to renounce the CCP several times but to no avail. He thought that I was playing politics and did nothing but oppose the CCP. I was very frustrated. One day I went to Beijing on business with some of my colleagues, including this classmate. I found a chance to patiently clarify the truth to him again. I said, “I told you those facts for no other reason than for your own good. I was very selfish, and I might have unintentionally hurt you. I sincerely apologize if I did. We Chinese believe in predestined relationships, and I cherish our predestined relationship. Many people have said that this is a special period and there will be a lot of catastrophes. Don't we just want to have an auspicious and safe life? You can choose to believe it or not, as no one can force you. However, you have the right to pursue safety. There is an old saying that says, 'Better to believe the worst and be pleasantly surprised, than to be optimistic and learn the worst.' I am telling you

this to form a good karmic relationship with you.” He pondered for a while and finally nodded.

When I was meditating in my hotel room at noon on our first day in Beijing, one colleague knocked on the door and asked if he could sit in to get over his annoyance. Our employer had assigned him to secretly monitor me. After suggesting that he find a seat, I closed my eyes and continued my meditation in the calm atmosphere with the beautiful exercise music. I then heard the sound of someone sobbing. He was moved to tears by the compassionate and peaceful energy field. He said innocently, “I don't know why I feel like crying today. Please pardon me for my improper manners. You are so kind and perfect. I did something terrible to you before.” I told him that Dafa practitioners cultivate themselves to be compassionate and selfless. This compassionate energy field touched his heart deeply, and that is why he was moved. This is the extraordinariness of Dafa.

It was almost lunch time. We went to invite another colleague to lunch. When it was noon, time for practitioners to globally send forth righteous thoughts, I asked them if I could do my practice in the room for a little while before we went out for lunch. They suggested I go ahead and they would watch the door to ensure no one would interrupt me. I held up my right hand calmly and with determination to cleanse the field in Beijing and its surrounding areas. Seeing this scene, the other colleague said, “Look! She really looks like a Bodhisattva.”

That day, I enlightened a little bit to feelings of compassion: “Your dimensional field will be pure only when your heart is pure; People and materials around you will be pure if your gong is pure.”

My Family's Attitude Changed

My younger brother had an unfortunate marriage, and he got divorced before his child was two years old. His financial condition was desperate with only 25 yuan in savings, and the child lived with him. The pressure of working and taking care of his child made him miserable. He became resentful and irritable. He often beat his child. He suffered from insomnia, and his health deteriorated. He was on the brink of collapse. Knowing his hardship, my husband and I invited him to live

with us. We also invited my mother so that she could help take care of his child. We all lived together for more than three years.

During that time, our own financial condition was not good either. My husband lost his job and my daughter was still in middle school. I became the only financial support for the family. Adding three people to the family undoubtedly increased our financial burden. Some family conflicts inevitably arose when we were living together. The children could be naughty, and my husband sometimes grumbled, and I would complain that he was not considerate of others. Those difficulties made me feel bitter and I wondered how to balance the relationships.

Teacher's Fa shown below always emerged in my mind at difficult times:

“A benevolent person always has a heart of compassion. With no discontentment or hatred, he takes hardship as joy.” (“Realms” from Essentials for Further Advancement)

When I did not have joy when encountering hardship, I always felt that Master was compassionately looking after me and expecting me to cultivate well. Whenever I thought of Master, I felt calm and at peace. I told myself not to feel discontented or resentful and to be considerate of others. I started to care for them in our daily lives, and our family relationships improved. Our relatives praised us, and my parents were very happy. They said that doing those things made them happier than fulfilling my filial piety to them directly. Many people, including my younger brother's colleagues, my colleagues, and our neighbors, praised me, saying “This big sister is really good. She was a big help to her brother.” Some people even commented, “Falun Gong practitioners are not like the people we heard about on television, who are heartless and ruthless and don't care for their families. See, this Falun Gong sister is so nice! Her brother has benefited from Dafa. The wicked lies won't hold up.”

My younger brother likes tea. When I had tea with him, I always told him about my glorious enlightenment from Dafa cultivation, which trickled in silently to water his heart. My brother changed, and he started to smile and became cheerful. One time when I was sending forth righteous thoughts, he came in and said, “I want to do the meditation, too. Can I sit here?” I said he could but that he had

to wait a little while. I told him to calm his mind first. He sat down across from me. He said, “I see you sitting inside a halo surrounded by a hazy cloud.” So that he wouldn't interrupt my sending righteous thoughts, I told him softly to tell me later. Once I was done, he said that he saw pink flowers shining in other dimensions and their stamens could be clearly seen. He also saw a fierce soldier in armor pointing at him with a weapon. He immediately recited, “Falun Dafa is good and Truthfulness-Compassion-Forbearance is good.” The soldier suddenly looked like he was being electrocuted and was dissolved by a ray of blue light. My brother said that he also saw a Bodhisattva in a white dress and Jiang Zemin in green camouflage. When he recited, “Falun Dafa is good and Truthfulness-Compassion-Forbearance is good,” Jiang immediately turned into a donkey. He asked me why. To inspire his intrinsic nature, I shared with him my own enlightenment that I had learned from Dafa cultivation. He indeed understood a lot.

The wicked CCP culture has been deeply instilled into the people of China. They are afraid of getting involved in politics and thus cannot understand the reasons for renouncing the CCP. They, including my own brother, think that to do so is simply to oppose the CCP. Every time I advised him to withdraw his CCP membership, he quickly became upset and said, “I can understand that practicing cultivation will help heal diseases and maintain fitness, because I have seen how you have changed. But isn't it obvious that encouraging someone to quit the CCP is opposing it? It is really disgusting!” He continued to resist. He changed a lot after reading many informational materials. He suddenly said to me, “Please help me withdraw. I can truly understand now. The wicked CCP is bad.” I was happy that he finally understood the truth and would have a good future.

On another occasion, I put up on his bedroom wall the picture “Fulfilling Vows” that was displayed in The Art of Zhen Shan Ren International Exhibition. When my brother came home from work, before entering the house, he asked why our house was so bright and glorious. I told him to look on the wall in his bedroom. He then said it must be that picture that had brightened the house.

My older sister, who lives in a farming village, was poor. In Chinese villages, a farmer without a son is always a target of bullying. Having longed for a son, my sister finally got pregnant again in her 40s after having four daughters. She had to

hide out from those who implemented the “one child policy.” She finally had a son, but her health deteriorated after that, and she had all kinds of illnesses. She almost could not take care of herself.

Luckily, she obtained the Fa and Master cleansed her body on the fourth night after she started to listen to the CD of Master's “Lectures in Jinan.” She had nosebleeds continuously but, surprisingly, this almost paralyzed person got out of bed and ran around with her youngest daughter. After that, she could do household chores and farm more than 10 acres of land. Her husband was very happy and praised Dafa for its miraculous power. He deeply believes in Dafa. During the brutal persecution of Dafa disciples, my brother-in-law bravely stood up to protect Dafa and clarified the truth to people. He thus has been blessed also.

One day, my brother-in-law delivered goods with his partner to customers in a mountainous area. The road near the cliff was very narrow. They rode their motorcycles side by side at fast speeds. All of a sudden, a big cargo truck got tangled in the handle of his partner's motorcycle. To save his partner from being run over, he had to lean away and jump at the critical moment to give his partner more space. He might fall off the cliff if he did not handle it well and jumped too far. My brother-in-law is an upstanding person, and he always thinks of others at crucial moments. He made up his mind, closed his eyes, and jumped. He was happy to see his partner was safe. But his own leather shoes, warm underwear, and pants were torn apart, and his knees were bleeding. He had to stay in bed for a while. However, my brother-in-law is antsy, and since he could not move because of the pain in his legs, he followed my sister's advice to read Zhuan Falun. He later told me that, when he opened the book, he saw every word in the book becoming a live little green person. I told him, “You are have a predestined relationship with Dafa. It is Master who protected you, and your kindness was rewarded.” He agreed.

He also experienced two dangerous accidents which were both resolved by Dafa. The first accident occurred in the factory where he worked. He saw an electrical wire laying on the road. He moved it to the side of the road so others wouldn't trip over it. The moment he picked up the wire in, he realized it was a live wire. Instead of being electrocuted, he was only shocked by a big fire ball, but he was safe. The second accident occurred when he delivered goods to an outlying

village. He ran over a big boulder on his motorcycle and fell off but was not injured. The next day, he heard the local people say that accidents were common at that spot and a young man had been killed there recently. It is indeed true that if one person practices cultivation, the whole family benefits. As long as you have a thought of treating Dafa kindly, you will be blessed with happiness and safety.

What a Dafa disciple does and says to ordinary people actually represent the truth. As illustrated in the following events, taking action is sometimes better than talking.

My mother suffered a serious stroke and had to stay in the hospital. She was half paralyzed, including her tongue. She could not eat, drink, or speak clearly. They inserted a tube through her nose to feed her. We siblings took turns caring for her around the clock. Almost a month went by and she did not get any better. The whole family planned for the worst. My father sadly said, “I would be satisfied if your mother could eat normally after the tube is removed.” I remembered that my mother had listened to Master's Fa lectures and understood the truth when she watched my brother's child in my house. Only Dafa could save her from this hardship.

When I showed up, my mother's eyes lit up, like she finally saw a savior. I knew what she thought—she expected Master to save her. I told her, “Master only protects practitioners. Do you want to cultivate?” She nodded, and I told her to sincerely recite, “Falun Dafa is good, Truthfulness-Compassion-Forbearance is good.” I sent forth righteous thoughts to cleanse our dimensional field and eliminate every evil that was persecuting my mother. Her condition stabilized in a few days. I then encouraged her, “You can control your own body, your arms, your legs, and your mouth. Let them follow your orders. From now on, use your mouth to eat and drink. You will not be in any danger because Master is protecting you.” My mother was very cooperative. She looked at me with trust and started with difficulty to swallow water drop by drop. I looked at her kindly and smiled to encourage her. When my sister-in-law saw this, she was worried and said, “You are so brave. It would be dangerous if water got into her lungs.” I replied that there would be no problem. My oldest younger brother even tried to stop me. However, when they were not around, I let my mother try to drink on her own. At the same

time, I asked for Master's help. A few days later, my mother could eat and drink normally. My brother no longer said anything. My mother also could not fall asleep. When I played the exercise music to do the exercises, she would sleep deeply every night. My oldest younger brother, who had always opposed my cultivation, did not say anything.

I wanted to create a righteous cultivation environment, especially in front of my oldest younger brother. He used to be a supervisor of a local 610 Office. I tried several times to clarify the truth to him. and he always sarcastically answered back with mean words. I know he is intrinsically kind, and he knows the wickedness of the CCP. He was just worried that I would be persecuted and he would also be affected.

When my mother was finally released from the hospital, I took care of her. I insisted that she study the Fa and do the exercises, even if her arms hurt. One morning when I was doing the exercises, my mother excitedly said,

“Master took care of me! Master took care of me!” Her leg that had quit working regained feeling and she could bend it. My mother was too excited to talk. Witnessing this miracle, my youngest brother and his son were moved. We helped Mother sit down on the sofa. Everyone then spontaneously followed the beautiful soft music to practice the third exercise, “Penetrating the Two Cosmic Extremes.” When my oldest younger brother saw her improvement after he came home from work, he said heartily, “This qigong truly works.”

During this time when we took turns caring for my mother, everyone in the family except me was exhausted due to lack of sleep. This once sickly woman (me) was very energetic. When I was at home, I automatically became the primary caretaker. Everyone admires the extraordinary power of Dafa.

The above experiences are my enlightenment from Dafa cultivation. Please kindly correct anything that is inappropriate.

Thank you, Master!

Thank you, fellow practitioners!

Online version

Original Chinese version



The Evil CCP Culture Must Be Eliminated

BY A FALUN DAFA PRACTITIONER IN CHINA

“This Fa states even more clearly how insidious the evil party culture is. I thought that Party culture only affected those most evil beings in China, but later I realized that none of the youth in China can escape the evil doctrines, and that we are all poisoned. That's why most children rebel against their parents' rules and regulations, and claim that it's because of the “age-gap.” Actually, this is a deviated notion. The conflict between young people and their parents is the clash of two cultures. We no longer have compassion, loyalty, etiquette, wisdom, or integrity, and in particular, we cannot tolerate criticism from anyone. People today are short-tempered, only concerned about themselves, and indulge in leisure. These deep-seated notions have been preventing me from elevating, and I realized it only after a dozen years of cultivation in Dafa.”

— The author

Greetings, revered Master! Greetings, fellow practitioners!

I would like to share my cultivation experience of how I eliminated my attachment to the Chinese Communist Party culture.

When I was 16 I attended school out of town. When I came home on one school holiday, my mother told me that she'd begun practicing Falun Gong and asked me to learn it, too. We lived in the countryside and didn't have a TV, so any information was very limited. I didn't know what Falun Gong was, but as I was a very obedient child, I told my mother I would begin Dafa cultivation.

1. Don't Pursue “Trends” in the Human World

I looked at the Falun emblem and thought that I'd seen it before. I remembered in 1995 there were four or five people spreading Dafa near our school. I wanted to find out about it and headed toward them, but because we had to walk in formation, my teacher stopped me, saying, "Don't go over there, it's all superstitious stuff." Later, upon reflection, I felt sorry that I had been poisoned by the communist party culture and could not evaluate things rationally, and just blindly followed orders.

After I finished reading Zhuan Falun the first time, I felt what it said was so right. When I did the meditation the first time, I was able to sit for one hour like my mother. When I returned to school, I took the book with me and read whenever I had time. I got up earlier than my classmates to meditate for half an hour. At that time, my classmates often went out shopping and to eat. I believed that as a student, I should focus on learning, so I did not go out with them. So my nine roommates would not play with me, and they even said that I was antisocial, and that I was not trendy. I did feel lonely but then I remembered what Master taught me in Zhuan Falun,

"As a human being, you are a good person only if you can follow this universe's characteristic of Zhen-Shan-Ren. A person who deviates from this characteristic is truly a bad person. In the workplace or in society, some people may say that you are bad, yet you may not necessarily be bad. Some people may say that you are good, but you may not really be good. As a practitioner, if you assimilate yourself to this characteristic you are one that has attained the Tao—it's just such a simple principle."

I thought that as long as I listened to Master, I would be all right. I didn't mind my fellow students' attitudes, and whenever they needed help I helped them wholeheartedly. When they mistreated me, I didn't fight back.

When they were not around, I did the exercises and listened to Dafa music. My test scores were always the highest. Because I was responsible in everything I did, I was assigned a lot of tasks. My classmates gradually changed their attitudes, and began to admire me. When we had an election for classroom president, I won 98% of the votes.

2. Withdrawing from the Party

The persecution began less than a year after we obtained Dafa. We were the only family who practiced Falun Gong in our village. My mother and I never doubted Dafa. I was very worried for Master and asked my mother, “What if the international police see Master?” She replied, “Not to worry. Even if they walk toward Master, they will not be able to see him.”

I attended college and again my scores were at the top of the class, so I took on many responsibilities in different associations. I also set up an association offering study guidance and experience to help students who were struggling academically. My classmates admired me for what I did and recommended that I join the Party. I joined, thinking it would help land me a good job. I knew that Dafa was good, and that the Party was not righteous, so when I made my vow towards the flag, I said, “Falun Dafa is good, I am a Dafa practitioner.”

When I came home for New Year's Eve, I read Master's scripture, "We Are Not 'Getting Political,'"

“Actually, it's not all that wrong for the people of this world to live for power or their own gain, but why do you have to join the ranks of those wicked beings that poison and harm the human race? People, you need to wake up! If you have truly lost sight of the purpose of being human, then nothing could be more terrible! If you, as somebody in this world, are truly waiting for and searching for the path of return, then wise up!”

I was deeply shocked. Even when the persecution started in 1999, and when the staged Tiananmen Self-Immolation incident occurred, I had not woken up to the fact that I had to completely stay away from the evil Party. Without thinking rationally, I joined it for the sake of finding a good job. I wondered how many others did things like this against their conscience for the sake of making a good living?

I realized that even if it had been perfunctory, it was not right. I began to cry, saying I was sorry that I had let Master down. I'd been in the CCP for two months and wanted to know how I could quit. I was going to graduate soon—what would I do after graduation?” Mother reminded me that we have Master Li looking after us so we have nothing to worry about. After that I made up my mind to never asso-

ciate with the evil Party. Later Master published the scripture “Turning the Wheel Towards the Human World” about quitting the party and its affiliated organizations to save sentient beings, and some fellow practitioners quit the Party with pseudonyms. I quit using my real name.

3. Cultivation

a. Graduation

After I learned the Fa, I changed completely and became very healthy. Before then I was always weak, often taking medicine for various ailments. When I went for the college physical, I was very healthy and full of energy, and my high school classmates could see how much I had changed!

I did very well in college, and, as graduation approached, several friends and teachers encouraged me to apply for a position on the faculty. They advised me, “Go find someone with power, give them some money, and you will be sure to stay. This is, after all, the most important time of your life.” I thought of the evil Party culture of bribing to gain position and realized I was a cultivator, and many teachers and students knew that I practiced Falun Gong. I should be hired according to my ability in an upright and dignified manner. It turned out that I was eliminated after the first round of exams. My classmates all felt this was unfair. Even if only one remained, that should have been me. Later we learned that the person who was hired had bribed someone with thousands of yuan. I couldn't bear it any longer, so I went to the president and asked, “Was it because of my poor test score or something else?” He replied, “I know you are very capable and your score was excellent, but the department leader rejected you due to your gender.” I was not convinced and developed resentment toward the person who rejected me.

Whenever I felt that a tribulation was too big, and felt helpless and stuck, I read Zhuan Falun, and this time the very first thing I read was the following,

“We therefore believe in following the course of nature. Sometimes, you think that something should be yours, and others also tell you that it is yours. Actually, it is not. You may believe that it is yours, but in the end it is not yours. Through this, it can be seen whether you can give it up. If you cannot let it go, it is an attachment. This method must be used to get rid of your attach-

ment to self-interest. This is the issue. Because everyday people are not enlightened to this principle, they will all compete and fight before profits.”

(Zhuan Falun)

I suddenly realized that I was in the wrong. Beside the attachment to good benefits, I had also developed a strong attachment to fighting for the position. Jealousy and looking down on others also surfaced.

After graduation, I went to another teaching school. I met the student who'd bribed the last school and learned that he had borrowed money and sold his house in order to bribe the official. I suddenly felt sorry for him. Just for that little benefit, he had to curry favor and bow down to his leaders. He had been used and poisoned by the evil communist party culture. That day I felt fortunate that the school didn't hire me. I didn't go with the culture of the party and I was able to find many of my attachments and realize that true elevation involve giving up, not pursuing. I sincerely clarified the facts of Dafa to him and persuaded him to quit the Party and its organizations, because a cultivator has no enemies.

b. Righteous Thoughts Generate Righteous Power

After we graduated, we had dinner with the teachers and classmates. One teacher insisted that I drink wine with him even though he knew that I practiced Falun Dafa and did not drink alcohol. He said that if I didn't drink, I wouldn't be accepted in society, and he insisted that if I learned now, I would be OK in the future. I asked Master, “Please help me, I cannot not drink wine!” Suddenly, the teacher leaned against the table, fell down, and could not get up. It was as if he was in a coma. Several male classmates took him home. We were all surprised at how he got drunk so quickly. I then remembered that he was the Party secretary, and because he was forcing me to drink, Master eliminated the evil behind him, and then he collapsed.

c. Becoming a Teacher

All my classmates were looking for jobs, too. When I filled out the forms, I hesitated and didn't know what to do. I tore up all the materials related to the evil party, as I'd already quit and would not rely on it to get a good job. Later when I filled out forms that wanted to know my party affiliation, I answered, “Demo-

cratic, no party affiliation.” I quickly found a job, and I am very happy since teaching is a sacred profession.

One day after school, I played a truth clarification DVD for my colleagues. Several days later the principal asked me to come to his office. I knew what it was about as the police station is near the school, and they had a very good relationship. I was afraid. Then I thought, “I am a Dafa practitioner; no one can touch me.” We talked all afternoon in his office. The principal, who had retired from the military, was very articulate. He acknowledged that the Party did not do things correctly, but he also tried to persuade me to think about my future. I explained to him, “This gong is very good. I’ve already made my mind up. I hope you can understand. Since becoming a practitioner I’ve always abided by the principles of Truthfulness-Compassion-Forbearance. I’ve played a positive role in school. I do not have money or power, but I have my health and live happily and with purpose. I also teach my students this way and their academic scores are the highest. If you think that I’ve caused any inconvenience to the school, I can leave. I hope you will read the Nine Commentaries on the Communist Party and will realize what the Party has done to people.” The principal said, “It is not easy to find someone with your standards. You may go back now, just don't tell everyone that you practice Falun Gong.” From that point on, whenever I ran into him, I told him, “Dafa is good” and kept encouraging him to quit the Party. Three months later he did quit the CCP!

Since obtaining Dafa, I have been going to school or working away from my hometown. I could not access the Minghui website or read Minghui Weekly, and I couldn't find any other practitioners. I went to an office supply store and bought paper stickers to make my own messages, and posted them in residential buildings. I was not afraid at all. I believed that I was doing a most righteous thing, so what should I be afraid of? I took several dozen each time and was able to get them posted very quickly. I lived in a dormitory and my colleagues liked to sleep, so I'd take my MP3 player into an empty classroom to do the standing exercises. They usually got up after I had finished. I'd do the sitting meditation when they all fell asleep. What bothered me most was their snoring. I wished for a quiet place. Shortly after, the school did arrange another, quieter place for me. One time the

school had a conflict with the landlord, and our water and electricity were shut off, so all my colleagues moved out. I stayed. I studied the Fa when I did not have class during the day and read by candlelight at night. I was not afraid at all, because I knew Master was looking after me. I was safe.

Several of my colleagues eventually also quit the CCP. One dean was very practical and used all sorts of ways to pursue fame and benefits. She even helped someone cheat the system to enroll in a Master's degree program. She asked me to help with some of her classes. Many colleagues were impressed with her ways of doing things. I clarified the truth to her many times, but she would not listen. She told me, "Open your mind. My outlook on life depends on money and power. That way, I can do whatever I want. I know you are a good person and willing to help others, but how can you help others without power and money? I recently helped somebody sell a position in college. Can you do that?" Her behavior disgusted me. So now a "good job" and "advanced degrees" were no longer valid. They were intellectuals in name only, totally under the influence of Party culture. Anyone with money could purchase a position of power in any chosen career. I was so disgusted with the Chinese Communist Party that I kept moving further and further away from it.

d. Becoming a Businesswoman

I was lucky to find a job in a non-state-owned enterprise. I put my last hope for justice and freedom in this job. I felt that this time, I'd truly left the evil Party far behind. I quit my job as a teacher and became a manager in a product company. I contacted many people, and my sincerity and consideration impressed many clients. They all wanted to work with me.

Before the year was over, I'd managed to order a large number of products from a particular factory, and the head of the factory wanted to reward me, but I refused to accept it. He didn't understand, as this career relied on commissions. In this expensive city, you could not get by on just one salary. Bonus commissions over a few years would allow you to purchase a house and a car. I clarified the facts about Dafa to him and said that I practiced Dafa, so I could not take his money. He said that because of me he was able to make a lot more profit each

year. He asked me to go out for dinner, but I refused that, too. He put down some money, and before I could refuse it, he left quickly. I used the money for Dafa projects, but later I felt it was not pure, so I returned the money to him.

I never cheated any clients, and I gave them all good advice. There was once an important product to be produced in a hurry, and since it was the end of the year, all the factories were busy. I followed up with a factory for two days and asked for their help. That factory was in a suburb and the first day I didn't get back home until 10:00 p.m. The factory head was impressed and helped to make the product available on time. The product received a very good review and the client was very happy. My manager said I even finished her job. I didn't think too much about it at the time, as I just wanted to get things done. It was just like what Master stated,

“I often say this: when people obsess about the thought of doing something or want to obtain something, the result is often quite the opposite; when you merely think about how to do well in something, it will naturally come about.” (“Teaching the Fa at the Conference in New Zealand”)

Others would find the boss and ask for a raise, but as a cultivator, I follow the course of nature. My life was simple. I took my own lunch and never ate out. Others went out to eat, ordered expensive cosmetics online, and purchased new clothes left and right. When others played games online, I would memorize Hong Yin. My performance at work was outstanding, and this had a good effect in validating the Fa.

I helped co-workers whenever they had difficulties. I also clarified the truth to them. But most of them did not believe in gods or Buddhas, and they didn't care about anything if it didn't relate to their own benefits. I would start with topics they were interested in first, and that way they would listen. I learned to use yuan notes to clarify the truth. I wrote on them, “Falun Dafa Is Good” and “Do the three withdrawals to safeguard your future.” I wrote the phrases on notes worth one yuan to one hundred yuan. Initially I was afraid to use the cash, but gradually the fear subsided and I used them all.

e. Meeting a Qigong Practitioner

Our company did very well during the economic recession. The manager told me that just a fraction of what I had contributed would pay the salaries of the entire company. My boss commented that employees like me were very scarce and wished he had more like me. I told him that I practiced Dafa and abided by the principles of Truthfulness-Compassion-Forbearance. When he heard that, he insisted on giving me a book. He was a qigong master in his country and knew Zhouyi and fortunetelling. I knew I should not accept it, because Master told us in Lecture Six of Zhuan Falun,

“When you make contact with them, if you can manage not to receive or take anything from them and just be a normal friend, it will not matter much. If those people really carry something, however, it will be very bad, and it is better not to make any contact with them.”

Since he was the boss, I had to consider his ability to accept Falun Gong when I clarified the truth to him. I took his book and wrote in it, “The Fa rectifies the universe, evil will be completely eliminated,” and returned it to him in two days. He had thought that I would accept it. When I refused his offer, he got mad. When I told him again that Dafa was good he jokingly warned me, “I will have the cops arrest you!” He no longer commended me on my accomplishments at work. He also instigated staff in the human resources department to harass me, and one day they asked me, “What have you done? Someone from the police station called and wants to investigate you.” I told him, “I did not commit any crime. I come to work every day, and you know well how hard I work. Give me the phone number and I will call the police station.” When I called the number, they said that I had a wrong number, and the incident was over.

The boss often bragged about how he sent out gong and cured certain staff, or how he made an employee sick if he didn't like him. He wanted to know my birth date to send his gong to me. Initially I paid no attention to him, as I thought he was just boasting, and he was nothing before a Dafa practitioner. I later realized that he was doing crooked, evil things, and he was persecuting people. I began sending forth righteous thoughts to eliminate his interference. After a while, he became ill and was hospitalized for two weeks. He returned to his country after he was discharged from the hospital, and we learned that he went to see his master.

After he returned, he came to tell me that there were several people from the police department coming to investigate me to see if I practiced Dafa. He protected me and turned them away. He warned me not to ruin my future by practicing Dafa, and he hoped that I would work there long-term. I felt he had staged the entire event in order to scare me.

Mother suggested that I leave the company, but I felt it would be difficult to leave. I was a senior employee, all the staff knew me well, and my job was fairly easy. I was satisfied with it from many aspects. Could I find anything else like this in the future? From that point on, it seemed that the boss was always causing trouble for me, trying to destroy my future, and I started to resent him. I became short-tempered, lost weight, my complexion turned dark, and I could not stay focused when sending forth righteous thoughts. My mother advised me to give up my job, as we were cultivators and not here to fight with an ordinary qigong practitioner. Foreign investors, even though they knew the truth, would, in order to gain advantages, align with the Party and sell their consciences while exploiting Chinese citizens. Their last bit of hope for justice and freedom was gone. I thought I had left the evil party far behind. In reality, it was still around, so I quit the job.

4. Elevating Xinxing and Passing a Deadly Test

a. Fighting with My Mother

I spent more time with my Mother after I quit the job. Mother advised me to read the Fa more. But my mind was focused on looking for a job, as I was concerned about how I would live in the future. I was unable to send forth righteous thoughts around midnight, since I was too sleepy. My mother used to remind me, but I would still sleep through. I didn't do the exercises much, and when I did the standing exercise, I was exhausted. When I did the sitting meditation, I fell asleep. I watched foreign movies, ate snacks, and purchased things just because they were on sale, not because I necessarily needed them. No matter what I did, my mother criticized me, so I searched inward, but I could not find anything. I thought I had always been this way. I felt I was better than my classmates and my co-workers. They spent all day online playing games, went out to eat all the time, purchased the most expensive items, and socialized constantly. I felt that my mother could no

longer understand me, and began to regret that I had quit my job. I resented her for persuading me to quit, and for teaching me Dafa. I felt it was all because I had learned Dafa that I'd become this way, and I began fighting with her.

One day I picked up Master's Fa and saw this,

“Cultivation is hard. It's hard in that even when a terrible calamity strikes, even when evil madly persecutes, and even when your life is at stake, you still have to be able to steadfastly continue on your path of cultivation without letting anything in human society interfere with the steps you take on your path of cultivation.” (“Path” from Essentials for Further Advancement II)

I began crying uncontrollably as I was so deeply moved by this Fa. Over the last dozen years, Dafa practitioners have risked their lives, endured the misunderstanding of their families, and criticism from relatives and friends, defame and slander from the media, and the persecution, all because they were firm in their belief. Ancients showed us how they came forward for the truth. But look at me, I began to waver just for that bit of benefit.

Master also said, “Having heard the Dao in the morning, one can die in the evening.” (“Melt into the Fa” from Essentials for Further Advancement)

I obtained the Fa so easily and didn't know how to cherish it. I felt I'd truly let Master down. I recalled everything since the moment I'd obtained the Fa, and I thought I'd let go of many attachments, when in reality, I had not. I was still fearful of enduring hardship, feared an uncertain future, feared letting my family down, and feared losing face. I didn't let go the fundamental attachment to being human. I thought I was fairly diligent, but I was comparing myself with my classmates and colleagues. I was far from the Dafa standard.

b. True Cultivation

In order to catch up, I began doing the exercises and studying the Fa with my mother. We set our living standard to the lowest, so as long as we were not hungry that would do. In order to save transportation fees, we tried our best to walk everywhere to clarify the truth. When we had to stay out overnight, we went to a 24-hour store to purchase food and sat there all night. We used the money we saved

to make truth clarifying materials. Those were the most memorable times, and I understood many things on the basis of the Fa, and found many of my shortcomings.

Master taught us in “Teaching the Fa at the Conference in Houston,”

“Just now I mainly said that when people are cultivating, bearing some hardships and suffering some pain are good things. Some people say, 'I cultivate in Falun Dafa. I should cultivate comfortably, I should be able to increase my gong without going through trials and tribulations, and there shouldn't be that much bothering me.' If cultivators don't pay back karma and don't raise their realms, their gong will never grow. Some people say, 'my spouse won't let me practice the exercises, not giving me the conditions or time [to practice], and he even threatens a divorce.' Actually it's not necessarily for certain. Perhaps it's testing to see how much importance you put on your cultivation. But the manifestations are indeed very intense. Cultivation is serious. Not one test or hardship will seem like a joke. When troubles emerge for cultivators, there are definitely reasons [behind them]. Actually, when anyone creates trouble for you, he or she is helping you to improve. As you improve your realm of thought, you are also eliminating karma as you endure pain. Then it is also testing whether or not you are steadfast towards this Law. If you aren't steadfast towards the Law, then everything is simply out of the question.”

After I read this Fa, I no longer resented my former boss. If he had not created those tribulations, how could I let go of the desire to pursue a good future, enjoy life, and indulge in vanity. How could I overcome the deadly test?

Master said,

“If you can let go of fame, interest, and emotion, and yet you don't consummate, in the end even I will feel that it's unfair. For a human being, letting go of fame, interest, and emotion is the same as letting go of life itself. What do humans live for? Isn't it just for money, fame, human emotions, and so on? If you can let go of them are you still human? (Applause) Humans live for those things; only gods are without them.” (“Teaching the Fa at the Conference in Houston”)

c. Eliminating the Evil Party's Poisonous Culture

After reading the Nine Commentaries and articles about eliminating the Party culture, I realized that some of my thoughts and deeds still reflected that culture. Since young practitioners have been cut off from the traditional Chinese culture, eliminating Party culture within us can be quite painful. We always believe that we are right, and this is based on the Party culture's judging of right and wrong.

Master mentioned in “Fa Teaching at the 2007 New York Fa Conference,”

“When Chinese people look at things with the worldview instilled by the wicked Party, it is truly hard for them, having been 'reformed' in this manner, to tell right from wrong or good from evil in the human world, or for them to recognize the Fa or the Truth. Older folks and people of older generations were once educated and shaped by ancient human culture, [theirs being an era] prior to the appearance of the wicked CCP's culture. Although the wicked CCP's things came into existence in more recent times, those persons' moral baseline has remained intact to this day, and they can tell good from bad on a basic level. The most lamentable are modern youth, whose heads are completely infused with the modern ideas of the wicked CCP, and yet these persons think they are great and that they see through everything. They mistakenly think that the chaotic state of people's relationships, value systems, and ethical relations--itself the result of the CCP's having deliberately ruined those things--is how mankind has always been throughout history, and they think it's human instinct to act that way. In addition, there is the heretical theory of evolution, whereby they truly regard themselves as animals, ignorant of the fact that this has happened as a result of the CCP's deliberate actions. People have forgotten what mankind has been awaiting and the real purpose of being human, but the evil specter of the wicked Party does know these, and so it has been deliberately corrupting human beings. That worthless, modern type of ignorance is completely blocking them from recognizing the truth of the universe, and that is a terrifying prospect for this generation.”

Particularly Master lectured in Hong Yin III (“Drinking The Wolf's Brew”),

“The evil Party's culture
goes against Heaven's Way
Indoctrinated from birth,
you're 'reared by the Party-mother'
One should feel ashamed,
filled with those warped ideas
Life is not about being filial to the Party
Theft, deceit, lust, fighting ---
the communist thug
Don't sell out like the Fifty-cent Brigade
The secret agent's ugly acts
disgrace his countrymen
[If you still regard yourself
as the Party-mother's son,]
devils smile sinisterly
at your every thought and deed”

This Fa states even more clearly how insidious the evil Party culture is. I thought that Party culture only affected those most evil beings in China, but later I realized that none of the youth in China can escape the evil doctrines, and that we are all poisoned. That's why most children rebel against their parents' rules and regulations, and claim that it's because of the “age-gap.” Actually, this is a deviated notion. The conflict between young people and their parents is the clash of two cultures. We no longer have compassion, loyalty, etiquette, wisdom, or integrity, and in particular, we cannot tolerate criticism from anyone. People today are short-tempered, only concerned about themselves, and indulge in leisure. These deep-seated notions have been preventing me from elevating, and I realized it only after a dozen years of cultivation in Dafa.

5. Helping Master Rectify the Fa, Fulfilling My Vow

For a cultivator, the most important thing is cultivating oneself well and rectifying the Fa. One should not be attached to money, fame, or benefits. We have been waiting ages for this time and we are now at the final time. I still have a lot to do to

catch up. When I saw that the Minghui website was soliciting articles, I knew that I had to write an experience sharing. I hope our young fellow practitioners will eliminate the Party culture's poison. I hope I will cultivate like when I first obtained the Fa, striding forward vigorously and diligently.

We want to save more sentient beings and clarify the truth for them every day. As Dafa practitioners we can let go of everything, but we also must first know the truth ourselves. When we made the vow and followed Master, when we fearlessly dove into the bitter sea, enduring endless reincarnations, we endured glory and enormous tribulations. Is there anything today that we cannot let go? Helping Master rectify the Fa and fulfilling our vows is our mission, our purpose in life, and our true nature. No matter what you did or did not do in the past, this is the final moment. As long as you believe in Master, believe in the Fa, and truly wake up, you are truly walking on the path of divinity.

Please kindly point out any shortcomings.

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I was Fortunate to Obtain Dafa When I Was Desperate

BY A FALUN DAFA PRACTITIONER FROM HUBEI PROVINCE

On April 25, the police made an announcement that no one was allowed to practice Falun Gong anymore. Another practitioner said to me, “The government doesn't allow us to practice, so let's forget it. Don't be so serious.” I said, “Why do you listen to the government?” She said the government was more powerful than us. I said, “I used to envy your speed at reading. Didn't you read every day? How come you are still not clear about who is the stronger one. Dafa is the law of universe. How can a nation compare to Dafa? I still want to practice.”

— From the author

I have been through many unfortunate events in my life. I nearly drowned when I was 10 years old and was unconscious for the whole day before I regained consciousness. My father passed away when I was 20 years old. I fell off the luggage rack on top of a bus when I was 31; I was unconscious for a whole day and had chronic pain from a dislocated vertebrae in my back. I had many illnesses: cataracts (I could only see shadows), a slow-growing tumor inside my nose that could not be touched (I could not even wash my face), neurasthenia, and pain every time I turned my head. Only my hearing was good. Once, I lay in bed for half a year. I thought death would be better than what I was suffering.

Due to my poor health, I tried many kinds of qigong. I even went to a temple for conversion to Buddhism. My husband came with me. I made a promise in front of a Bodhisattva statue that I would burn incense and pray to her forever, or else my entire family would die a terrible death. We set up a small prayer room at our home and put a Bodhisattva statue in it. Once, I could not get up from the

floor after kneeling and chanting a prayer in my prayer room. I waited for my husband to come home to help me up. My husband had to carry me to bed. I was finally able to get up after lying down for a while.

I was introduced to Falun Gong through a doctor friend. We had tried many kinds of qigong together. One day in 1997, she told me that she had found a very good qigong, called Falun Gong, and that it was taught by a real master. She asked me to practice with her. I had doubts, but she was persistent. I told her I was afraid that this qigong would turn out to be useless, just like all the other ones I had tried. She would not give up, however, and asked me to go to the practice site. I went. I only had two years of schooling and had not read a book in 40 years; I knew very few Chinese characters. My friend read Zhuan Falun to me. I did not understand much at the time, but I was unable to speak and could not stop crying while listening. I could not understand why. Was it because the content of the book touched me so much? I asked my friend for the book and she gave it to me.

We went to the practice site at a rice farm in our village. I was unable to walk there at the beginning because of my weak back. I took a cloth bag with me. I would take a few steps and then kneel on the bag to rest throughout the whole trip. When I was doing the second exercise, “Falun Standing Stance,” I had to kneel down and rest between every position. I was sweating because of the pain in my back. However, I felt my back gradually recovering as I kept doing the exercises.

Two weeks later, I read about “no second cultivation way” in Zhuan Falun. I immediately took the Bodhisattva statue to the back yard and broke it. I also burned other qigong books to completely clean up my environment. A village clerk saw what I was doing and said, “You really have guts. Aren't you afraid?” I said, “No, these are all bad things. I am cultivating the real Dafa now.”

My husband started to notice the changes in me. I used to be unable to stand for long periods of time and could not bend over, but I now had no problem doing these things. I also stopped smoking. He was curious to know what kind of qigong had such power. Previously, he had hid my copy of Zhuan Falun, so he was a little embarrassed about now wanting to learn from it. Thus, he learned Falun Gong in secret. He would read Zhuan Falun when I was cooking. I let him read my book

since he stopped hiding it from me. He started to practice the same year as I did. He still smoked at that time, but felt that cigarettes had no taste. He thought that the cigarettes were poor quality and changed to more expensive brands, but they still had no taste to him. Eventually he realized that Master was helping him quit smoking. He quit both smoking and drinking.

One of the practitioners whom I studied with was a teacher. She often mentioned that she had finished reading Zhuan Falun again. I was envious and worried as well. I thought: “I only do the exercises but do not study the Fa. How will I cultivate? It doesn't take her long to finish reading the book. What shall I do? I cannot even read. Master, how will I cultivate?” I cried and eventually fell asleep. In my dream, I sat in the lotus position (I was unable to sit in the lotus position at that time) and in my hands was Zhuan Falun. I read and quickly memorized Lunyu. I woke up very excited. From then on, reading the Fa became easier; there were only a few characters I did not know. Later I understood that Master was helping me.

Once, my husband asked me: “How long can you sit in the lotus position when you do the sitting meditation every day?” I said my legs get numb so I could only sit for less than 20 minutes. He then said he was better than me, as he could sit for half an hour. At the beginning of his cultivation, he did not join group study or interact with other practitioners. Later on, Master published a teaching that we have to study the Fa together. My husband told me that he could not cultivate at home by himself anymore. He then cleaned up an empty room at his workplace, put mats and cushions on the floor and invited other practitioners over to study the Fa together. All the practitioners in our town gathered together.

Not acknowledging the evil, going to Beijing to appeal for Falun Gong

In April 1999, the local government suddenly announced that Dafa books had to be turned in. I was very unwilling, but I still turned in two books which I had duplicate copies of. On April 25, the police made an announcement that no one was allowed to practice Falun Gong anymore. Another practitioner said to me: “The government doesn't allow us to practice, so let's forget it. Don't be so serious.” I said, “Why do you listen to the government?” She said the government was more

powerful than us. I said, "I used to envy your speed at reading. Didn't you read every day? How come you are still not clear about who is the stronger one. Dafa is the law of universe. How can a nation compare to Dafa? I still want to practice."

A few days later, we heard that some practitioners had gone to Beijing to appeal for Falun Gong. I said, "We are all part of the universe. We all benefited from Dafa. They went, why can't I go?" My husband said, "You are right. You don't know how to get there, so I'll go with you." When we arrived in Beijing, we did not know anybody there and did not know what to do, so we walked around Tiananmen Square until the next morning and came home after that.

On July 20, 1999, we heard about an appeal for Falun Gong again. We planned to go to the provincial government. We traveled all night, but when we got to the provincial capital, our car was stopped by police before we got to the government agency. Another practitioner and I helped everyone get away. We ended up spending one night at the police station. Later on, the CCP (Chinese Communist Party) made false accusations toward Falun Gong. Thus, a few practitioners and I went to Beijing again. I got separated from the group in Beijing but met another practitioner from Wuxue, Hubei Province. He gave me the contact information of a Beijing practitioner. I found him and we went to the Office of Appeals together.

It was very hard to get into the Office of Appeals, and I got separated from the other practitioner. I went inside and picked up a form. I had to write the reason for appealing on the form. A man offered to help me fill it out for a fee. I told him to write, "Falun Dafa is good. Our Master is innocent." He said we would get killed if we wrote that. I said, "It's OK, it is me who'll lose my head, not you." He pointed to a man standing nearby and said, "Let him help you fill out the form." I went to that man and found out that he was a plainclothes policeman. He took me into a room where many other practitioners were held. Policemen slapped their faces and scattered all of their belongings on the floor. Six practitioners got slapped. I was the only one who did not get hit.

Later, we were taken to a detention center. I sat down in the lotus position as soon as I got to the cell and did not talk to anyone. The head of the inmates said,

“Take down your legs!” I ignored him. He then said, “Bring on the dishes.” I did not understand what he meant, but another person started to hit my head with the sole of a shoe. I did not open my eyes, nor make any movement. I recited in my heart, “Be resolute cultivating Dafa, the mind unstirred” (“True Character is Revealed” from Hong Yin Volume II). The head of the inmates then told the man hitting me to stop. He said to an older woman: “Look at her, she is a real Falun Gong practitioner. You said we hit the wrong person and you weren't practicing Falun Gong after we hit you just a couple of times.” I used to have neural problems in my head, but after the hitting I never had the symptoms again. I passed this test.

After a few days in the detention center, those who gave their names and addresses to the police station all went home. Only a few of us were left. The person in charge told us to give our names and addresses. I used my son's name and officers from my local police station took me home. I was detained for two weeks at the local police station.

A few days after being released, Master's article “Towards Consummation” was published. Other practitioners and I shared our thoughts and decided that the ten of us would go to Beijing again. We found transportation and prepared to leave at 3 o'clock in the morning. However, the details of our plan were leaked and nine practitioners were arrested. Each person was arrested immediately after leaving home. I was the only one who did not get arrested and arrived at the provincial capital smoothly. I took the 7 o'clock train and arrived in Beijing. There I met some practitioners from Shijiazhuang and we shared our understandings. A plain-clothes policeman came up to us and, pretending to be a practitioner, asked us what we planned to do next: “Pull out a banner or shout 'Falun Dafa is good!'” We did not realize he had deceived us until he took us to the police car.

When we arrived at the police station, I was the first one to go in. A policeman walked toward me holding an electric baton. I did not know what an electric baton looked like at that time, so I wondered what he was holding that gave off sparks. I was wearing a short-sleeve shirt, and the policeman shocked my bare arm. I did not have time to react at first, but when he attempted to shock me the second time, I blocked him and said, “Are you crazy?! What are you doing?” He

said, "Aren't you following 'Truthfulness-Compassion-Forbearance'?" I said, "Yes, I follow 'Truthfulness-Compassion-Forbearance,' and you want to beat me and shock me with an electric baton? Are you unable to tell good from bad? What is the right thing to do?" He ran out of words, put down the baton and left the room. I left the room, too. The rest of the arrested practitioners were pulled in one by one; they were all severely beaten.

I did not realize until later that blocking that policeman that day came from my righteous thoughts. I held firm and he backed down. I was detained at the police station for a few days, and then my husband's employer sent people to take me to a local detention center. The local detention center was full, however, so I was sent to another detention center.

A letter stating that I was sentenced to one year of forced labor arrived at the detention center. The person in charge asked me if I wanted to go home. I said, "Of course I want to go home. I did not break any law. Why should I stay here?" He said that I would need to cooperate; I would have to follow their lead and curse Dafa and Master. I said, "I don't even know how to curse people, and you want me to curse my Master?" He did not say anything and just left. A few days later, my husband was called over and I was allowed to go home. Later I thought that it must have been the effect of my righteous thoughts.

The second time I was sentenced to forced labor was after I got arrested on the street. Two other practitioners and I were heading home after a sharing. At night, police arrested us and planned to take us to a detention center. I resisted, calling out that we did not do anything wrong and they had no right to arrest us. Three young policemen tried to drag me into a police car, but I would not budge. I shouted loudly. They said, "Do not be so loud." I said, "Are you afraid? We did not do anything wrong. Why do you arrest us? You break the law and commit crimes. There are plenty of bad people out there and you don't arrest them. I did not do anything bad, why do you arrest me?" They coaxed me by telling me to keep the other practitioner company at the detention center for one month, and that I could go home after that.

After a month, the practitioner whom I was supposed to keep company went home, but I was not released. An inmate told me that I was not released because I had been sentenced to one year of forced labor. I said that was impossible and I would go home right away. Soon, a person in charge found me and told me that someone would look for me and that I should ignore him. I knew Master was using this person's mouth to give me hints. When the investigator came in to record my “confession,” I did not look at him, nor say a word. The paper remained blank after several hours. I was released after three months.

Each time I came back from Beijing, our household was penniless. Fellow practitioners would bring us some rice and groceries. I then started my small business at the flea market again. I studied the Fa and did the exercises while I watched my stall.

Harmonized with compassion, family learns the truth and receives blessings

We are a family of four, with one son and one daughter. While I was at the detention center, not only did my son not visit me, but he and his wife also went on vacation to Hong Kong. After I was released, my son blamed me: “You just had to do things the government forbids. What is wrong with you?” His attitude toward me was very bad. I said, “I am your mother. You should pay attention to your attitude.” He said, “So what if you are my mother? Can't I point out your faults?” I said, “I have done nothing wrong. I am a good person who follows 'Truthfulness-Compassion-Forbearance.' You wanted to study medicine so you could cure me. Have I asked a penny from you for medicine? I went to jail for my belief. What have I done wrong? You even had a college education, can't you tell right from wrong?” He did not say anything back.

My son and daughter-in-law were childless. They had spent a lot of money trying to conceive but still did not succeed. I told my son: “My son, I did not want to tell you this, but it would be irresponsible of me to not tell you. You are not doing the right thing. I practice Dafa and all my illnesses are gone. When I was in jail, not only did you not come to see me, but you went on vacation. This is not about coming to see me or not; it is about your moral character. Even though you went

to college, college doesn't teach you the principles of life. If you believe me and agree with Dafa, a miracle will happen. You don't need to spend any money. Where am I wrong? I benefited from Dafa, and it is being wrongly accused. If I hide at home, where would my morality be?" My son listened quietly. When I finished, he suddenly took out a thousand yuan and said, "Mom, I was wrong, I did not see this at the beginning. This money is for Master, Dafa and my mother." I was very happy. My son finally understood. Soon he and his wife were expecting a child. After the Nine Commentaries on the Communist Party came out, he quickly quit the CCP and persuaded my daughter-in-law to quit, too.

On Teacher's Day last year, my son and his friends had a gathering. I was already in bed when he called me after 10 o'clock at night. He said he was coming home soon and told me to turn on the light outside. Soon I heard several voices calling "Mom, I am home." They were my son's old schoolmates, and they were half drunk. I invited them in, but my son said they were not coming in and would leave soon. He then said to his friends: "All of you have joined the Communist Party, right? Give your names to my mom and quit the Party." They all said they had joined the Party and wanted to quit. My son made this special trip just for his friends to quit the CCP.

My son-in-law did not agree with Dafa at the beginning. I told him to recite "Falun Dafa is good! Truthfulness-Compassion-Forbearance is good!" but he said that he would not do it. I sent forth righteous thoughts for him and clarified the truth to his main spirit. Later when he came to my home, he felt that I cared for him in every possible way and was very touched. Not only did he quit the CCP, but he also asked for many Dafa charms (1), so he could give them to his parents and relatives. Later, my son-in-law's parents came to see my son for medical issues. My son said that I could help them better than he could. He drove the elderly couple to my home. My son-in-law's father is a teacher and his mother is the Party head of a production brigade; both of them had joined the CCP a long time ago. I let them read truth-clarifying materials and told them about quitting the CCP. Both of them quit right away.

Doing the three things well, saving villagers with dignity

Households within several kilometers of my home all received truth-clarifying pamphlets and heard the truth about Falun Gong. My husband took me on his motorcycle, and we send forth righteous thoughts before we left. I talked to households one at a time, and my husband gave out the pamphlets.

At the beginning, we had very few reading materials to give out. I cut out sheets of paper from calenders and wrote “Falun Dafa is good!” on the back. My husband bought some tape, and we posted them on the streets. One night, I went out to put up posters by myself and did not bring a flashlight. I was looking at power line poles to find my way and did not see the big ditch in front of me. I stepped into the ditch and twisted my foot and felt it break; I could feel the bones sticking out. There was a chicken farm nearby, so I crawled to the door and begged the owner to take me home on his tricycle. At first, after he heard I practice Falun Gong he was afraid to help me. I told him I did only good things. He then asked why I would fall while I was doing good things. I said, “Everyone has karma. Plus, I was not doing so well at the time, so I fell.” He helped me get home the next morning.

After I came home, my relatives told me to go to the hospital, but I firmly refused. My foot and leg were black and blue and I wrapped my foot with cloth. Other practitioners came to visit me and said it would be a true miracle if I recovered.

Through this incident, I realized that because I was busy putting up posters every day, I had not spent enough time studying the Fa. Master was giving me an opportunity to stay home and study the Fa. I read the Fa day and night. I had a big pile of Dafa books next to me, and I read them one by one. A practitioner suggested that I should go to the hospital. I said that Master could create a universe with one thought, and my leg was nothing compared to that, so it would get well very soon. I wrote many “Falun Dafa is Good” posters and asked practitioners to post them. Some practitioners said they could see my room shining when they entered my home. Within one month, I was able to walk. The bones in my right foot look thicker than those in my left foot, but they don't bother me when I walk. News of this incident spread around our area, and people called it a miracle.

After my foot healed, I went to put up posters again. I am short, so the posters I put up could be easily torn off. I found a solution: I used a broom to put them up higher. Later I attached a stick to make the broom extra long, so I could put up posters even higher and people could not tear them down.

One time, a fellow practitioner brought several huge banners from town, about 2 meters long. She and I tried to figure out where to put these banners; they would not fit on electrical poles. I suggested we put them on the second floor of the bus station. At night, we went to there and used paint rollers to glue the banners on the outside wall. Suddenly, police arrived and surrounded the building. Every policeman had a flashlight and they were looking everywhere. We had nowhere to hide. I sent forth righteous thoughts: “We have Master's protection; you cannot see us.” The flashlights shined on us, but the policemen did not see us and left. As I neared my home, suddenly a policeman started to follow me. I had many keys on my key chain and in the dark could not tell which key was for the front door. I picked a key and it opened the door. I quickly went in and locked the door. I sent forth righteous thoughts: “Master is here, the Fa is here, have no fear! Let the evil be eliminated!” The policeman stood outside for a very long time, but he did not say a word and eventually left. The banners we put up stayed up. Later, the building went through some renovations, but the imprints of our banners can still be seen on the wall.

Later, I bought some paint, and standing on the tips of my toes, painted truth-clarifying words at many places quite high. Once, a policeman told me to stand under the painted words. Then he said, “Those words are too high; it wasn't you.” One time I saw someone cover up the writing. I used water to rinse off the covering spray and said to the person: “People have much karma, so they get sick. Saying 'Falun Dafa is Good' can help get rid of bad things on people's bodies and eliminate illnesses and karma. If you erase a good thing like this, aren't you doing a bad thing?” He agreed with me.

My grandson watched me write “Falun Dafa is Good” often, so he then started to write “Falun Dafa is Good” on telephone poles. When another kid erased what he had just written, my grandson chased that kid away, calling him a “monster.” I then understood why no one cares when a child writes on a pole; it's because chil-

dren are pure. Adults are not that pure anymore, so we can be easily affected by interference. When we give out flyers, people who take them must also have some pure thoughts. If we pass out pamphlets with pure thoughts and without fear, then nothing will happen to us. After that, I stopped going out at night and clarified the truth during the daytime.

There is a bus stop near my home. I took pamphlets with me and got on the bus every time the bus was scheduled. I told people: “Don't look at the things [CCP propaganda] on TV; they are meant to destroy people. I have the really good things here. The universe has a beginning and an end. People are born and later die. You will have a good future if you read this pamphlet.” The bus was crowded during the Chinese New Year, and I was able to pass out several hundred pamphlets a day.

I helped my grandson quit the Young Pioneers, and he does not wear the red scarf. Other practitioners' children also quit the Young Pioneers. The school later made a rule that children without red scarfs were not allowed in the classroom or the playground. One day, a friend saw me and said that my grandson was standing outside the classroom. I went over right away and saw several children standing outside. I found the student on duty. I said, “Child, you can't wear that red scarf; it has blood all over it. It has many bad things that are not good for you; don't wear it. Why do you have to be forced to wear it? It used to be only a select few who wore the red scarf, but nowadays everyone has to wear it. Think about it, is this normal? The Chinese Communist Party is evil; it destroys people.” I took these children and told them and their classmates to quit the Young Pioneers. In a short while, 48 students quit the Young Pioneers, and two teachers quit the CCP.

When I clarify the truth to people, newborn babies often smile at me. My neighbor's child likes to come to my home. There have been many, many miracles. Several children quit the Young Pioneers and told their parents about it. The parents told them that they could not quit. Those children then came to my home and wanted to have their names crossed out from my list. I went to my room to fetch the list. When I came back to the living room, all of the children were kneeling before Master's photo. They had their hands in heshi and said they did not want to cross their names out anymore, as they saw a real Buddha.

One time, I saw a group of children playing. I walked over and tried to let them know the truth about Falun Gong. Once they realized that I was going to tell them about Falun Gong, they refused my pamphlets and threw them on the ground. I sent forth righteous thoughts toward those children to eliminate the evil behind them. At the same time, I started to clarify the truth to an elderly woman nearby. The elderly woman agreed with me. Not only did she quit the CCP, but she also asked me if I could help her husband quit, too. I told her that her husband had to agree to it first. By this time, those children surrounded us and wanted to take a look at my pamphlet. I told them to remember “Falun Dafa is good,” and their school work would become easier, they would get into a good college and have a nice family later on. Twelve people quit the CCP and its affiliated youth leagues at that time.

I never hide when I do the exercises. I do them outside with dignity. Once, a high school student saw me reading Zhuan Falun by the side of the road and said to me: “Grannie, I noticed you always read this book. What's good about this book?” I said, “You are a lucky young person. This book tells you the law of the universe. All lives in the universe are in this book. One's life becomes harmonious after reading this book. A student's talent will be awakened once he reads it, and he'll get into a good collage.” He said he had joined the Communist Youth League, and I helped him quit. A dozen students came over and quit, too. This is the power of dignity.

I often meet up with other practitioners to clarify the truth face to face in public places. Once, we went to a village and saw that most of the villagers were in the Mahjong room. Another practitioner said, “There are lots of people in the Mahjong room. Do you dare to go in?” I said, “Let's try.” A person looked at me and said, “What are you doing with such a big smile?” I said, “I smile because I come to do good things. Don't just play Mahjong, come and listen to the truth of the universe. Enjoy your game later and read these pamphlets when you have time. This information has to do with your future. Remember, 'Truthfulness-Compassion-Forbearance is good,' and you will have a good future.” We gave out pamphlets, and six people quit the CCP. Only one table refused our pamphlets.

On our way back, the other practitioner and I shared our thoughts. I said that if we had not eliminated our attachment to fear, those lives would have lost their chance of being saved. Later, we saw an elderly woman. We gave her a lucky charm and told her to recite “Falun Dafa is good” so that she could have a healthy body and her children would not have to worry about her. She said her legs hurt and she could not walk. I told her not to worry about her legs and just say “Falun Dafa is good.” She repeated it after me. I started to leave, but she wanted me to say it with her again, so she followed me for quite some distance. I asked her, “Didn't you say you could not walk?” She thought it was strange that she was suddenly able to walk. That night, I had a very nice dream. There were golden fruits dangling on tress all over the mountain. I told my husband that Master was encouraging me.

There is an elderly man in our area who used to practice Falun Gong. After the persecution began, he compromised with the CCP and stopped cultivation. I felt that this was very unfortunate. I gave him a copy of Zhuan Falun and encouraged him to start cultivating again. When he opened the book and saw Master's photo, his tears fell. After he started to cultivate again, he still had obstacles. He was afraid to clarify the truth to people face to face and asked me to go with him. We went to a Mahjong center, and I clarified the truth to people. People from three tables quit the CCP. Another time, when we were outside a hair salon, a man said with hatred, “Why do you have such a big smile?” I said, “I've come to tell you good news. I've come to tell you that 'Falun Dafa is good' to protect your future.” An elderly woman next to us said, “Don't mind him, he doesn't know how to talk.”

One time, a person at a Mahjong table said to me: “Don't say that the CCP is not so powerful anymore. They have guns and canons. Are you Falun Gong practitioners going to rebel?” I said, “So what if they have guns and canons? We are cultivating the Dafa of the universe. Buddhas and Bodhisattvas can control lighting and thunder. Who is afraid of guns and canons? None of the guilty ones will escape!” Another person joined in and said to me: “Granny, don't let him bother you. He doesn't know how to talk.” Fellow practitioners would all stand far away and watch me talk. I did not feel nervous at all.

Another time, we went to a village to give out pamphlets. Suddenly a woman jumped out and shouted: “You Falun Gong are bold! You even bring pamphlets to my home in broad daylight.” I thought about going home after this, but decided not to. I turned around and said to her: “I did not steal or ask anything from you. I came here for your safety. People nowadays have low morals and experience many disasters. Falun Gong is here to save people. You will be safe after you read the pamphlet. Why do you shout like this?” I started to talk about quitting the CCP, and six people agreed to quit. I thought: “It is good that I did not leave. Master is encouraging me to save people.” After I clarified the truth and persuaded people to quit the CCP, my heart felt calmer when I studied the Fa at home. No wonder Master told us to do the three things. They are like three parts of a machine; they need to be synchronized well, or else it would be like a train going off the rails.

I don't know how to talk about national trends when I tell people to quit the CCP; instead, I use down-to-earth conversation. One time, I clarified the truth to the Party head of a production group and told him about quitting the CCP. He agreed with what I said and took a copy of the Nine Commentaries on the Communist Party. His wife then came out, took away the Nine Commentaries from his hand and put it on top of the outside wall, while mumbling something not too nice. I said, “Your husband has a better understanding than you. That's why he is an official and not you. This book is very good for you. If you read it, it will keep you safe and happy.” The husband took the book down from the wall and put it in his car. He said he wanted to talk to me more but had a meeting to attend.

My husband and I put our whole hearts into clarifying the truth. There are production groups within ten kilometers from us, and we have pretty much covered all of them. Eight of the nine production group heads have quit the CCP.

Clarifying the truth to policemen

I study the Fa outside because the light is better. Once, a policeman gave me a hard tap and said, “Why are you still reading this?” I said that if he read the book and took in the content, he wouldn't want to put it down either. He pretended that he wanted to take a look in order to take my book away. I said, “In your current

state, you just need to say 'Falun Dafa is good.' Remember that, and you will have a good future. If you want to learn later, I will support you." He walked away.

One time, I was talking about quitting the CCP to a snack vendor. I asked, "Have you heard of quitting the CCP?" He said he had not. I asked, "Have you joined the Communist Party's Youth League?" He said he had. I said, "Let me help you quit it." As I was talking, a policeman passed by and stared at me. I kept on talking to the snack vendor. I told him that quitting the CCP is for his own safety, as Dafa is saving people. The policeman eventually left. I understood that as long as I am righteous, the evil will not affect me.

Another time, I stood next to a public telephone and gave truth-clarifying materials to whoever used the phone. One person made a phone call, and I offered him the pamphlet. He said, "Do you know what I do? I can arrest you right now." I said, "You are being unreasonable. Why would you arrest me? I did not tell you to do bad things. I told you to remember 'Truthfulness-Compassion-Forbearance is good, 'Falun Dafa is good,' to protect your safety and future. I am doing a good thing, so why would you arrest me? Don't you know the difference between good and bad?" In the end, he took the pamphlet and left.

On another occasion, a police car parked in front of me while I was reading. I offered the policeman a chair and let him sit next to me. I clarified the truth to him. He said he was on his way to arrest someone (not a Falun Gong practitioner). I told him that he should only arrest bad people, not Falun Gong practitioners. I also told him that Dafa is the Fa of universe, and only by harmonizing with the Fa of the universe can one have a good future. He agreed with everything I said. I told him to repeat what I had told him to his family and colleagues. He nodded in agreement.

During the 2008 Olympics, policemen from the town police station and the city police department came to my house with handcuffs. They took the truth-clarifying pamphlets and put them on the table. I said, "You are here to listen to the truth," and asked my husband to pour them tea. I showed them the content of the pamphlets and said, "You do your Olympics and don't bother us. We Falun Gong practitioners are all good people. My husband found 14, 800 yuan on the

street while he was in town in 2003. He waited there for two hours to return the money to its owner. Is there anyone like him in your evil Communist Party? Others called him a stupid old man and said that he should have taken the money and left, but he said, 'I practice Falun Gong; I have to think of others. The person who had this much money on him must have been on his way to do some important business.' The owner of the money said to him, 'I'll take 10,000 yuan back, you keep the rest.' My husband replied, 'That's not necessary,' and returned all the money.”

I continued, “Can you do that? If everyone in our country practiced Falun Gong, it would be a much better world and we would always have favorable weather. You see Falun Gong as the enemy, but that's why there are so many disasters in this country. You should stop arresting Falun Gong practitioners, and instead protect them. It would be good for all of you.”

I then showed them Dafa books and said, “You take a look. Is there a single word in there that's against the Communist Party? It's all about teaching people to be good. Why do you insist on arresting Falun Gong practitioners? What's your logic?” They listened in silence; none of them said a word. In our living room, we have three paintings of gods. In the middle is Master's photo. As the policemen were leaving, they faced the paintings, put their hands together in heshi and said, “Sorry, sorry.”

The next day, policemen from our town police station came again. I said, “Is it because I have not clarified the truth to you completely and you want to listen again?” I told them that because they had arrested many practitioners and torn down banners, they obtained a lot of karma. I advised them to agree with Truthfulness-Compassion-Forbearance and to stop doing bad deeds. I also said that they needed to remember “Falun Dafa is good,” to ensure their families' safety. They agreed. After that, police never came to my home again.

Cultivation is not easy. One thought that's not righteous will cause problems. The evil has to be eliminated, and the wrong mentality and fear need to be eliminated. I share with other practitioners often. Every Dafa disciple needs to do his/her share well; this is assisting Master.

Note: (1) Charms - In China, practitioners sometimes clarify the truth by giving people something small to wear or cherish, bearing a few words reminding them of the goodness of Dafa.

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Make the Effort to Save People All Around Us

BY A PRACTITIONER FROM JILIN PROVINCE, CHINA

The new director in my previous company happily agreed to withdraw from the CCP and thanked me again and again. When saying our goodbyes he said: “How learned you are!” He had more knowledge and life experience than me. He was the top leader but he admired me because I have studied and understood the highest science in the universe. Dafa is not a worldly knowledge.

-the Author

Greetings Master!

Greetings Fellow Practitioners!

Fa-rectification is moving so much faster. It feels like last year's Fahui has just finished and here we are at the start of this year's Fahui. In the past year, practitioners have treasured the time more and spent every minute to save sentient beings so that the old forces would not destroy them. At the same time practitioners have cultivated themselves more diligently. I'd like to share with you my experiences of cultivating this year and how by doing the three things and encouraging each other to improve together, we can walk the path well that Master has meticulously arranged for us.

1. Focus on Studying the Fa Well

I worked in an office and had limited free time. If I slacked off the old forces would easily steal even more time from me. Before I knew it a day would pass where I did nothing in cultivation. So I tried my best to make life simple. We came

to this world and stay here only temporarily. We use this environment to cultivate and help Master to rectify the Fa. So we shouldn't be attached to anything in the human world. I would try to finish the necessary work and then I would sit and study the Fa. This way I could have sufficient time to do the three things.

Every day I study Zhuan Falun as well as Master's Fa articles. I study the articles and lectures one by one and I have read them countless times. Every time Master's new article was published, I would read it several times before hand-writing it in my notebook. Whenever I had ten or twenty minutes I would read them again. It's crucial that we focus deeply when we study the Fa.

I studied the Fa with legs crossed to show my respect for the Fa and Master. At the beginning of my cultivation I couldn't sit with legs crossed for too long before taking them down. As I improved and studied the Fa with a deeper concentration, finally I could read one lecture in full lotus. I found I was more focused when studying the Fa if I sat with legs crossed. I tried to read slowly when I studied to immerse myself in the Fa. I studied the Fa word by word and measured my behavior according to the Fa. I even knew what the punctuation was. I also read Minghui Weekly and finished it by Sunday each week. I also read the Minghui Weekly focused and with legs crossed. Every word was the path that practitioners had walked and was the essence of practitioners' enlightenment shared with us selflessly. So I read them with respect and they encouraged me so much. I found it very effective. I see many of my shortcomings that I was not aware of after reading practitioners' sharing.

2. Try to Save People Around Me

Most of my family members, colleagues and friends have withdrawn from the CCP. A few still haven't. Some of them quit the CCP but didn't quite know the truth.

Master said in “20th Anniversary Fa Teaching,”

“The reality is, in the end, if anything that has been saved or re-formed is not what I want or does not reach my standard, it will have been for naught since it will have to be destroyed.”

If we want to save people, we have to really save them. So I would spend time explaining

the facts about Falun Gong and the unlawful persecution of such good people. Chinese people have been frightened by the many calamities and man-made disasters, so when I clarified the facts to them they felt my sincerity and kindness and they chose to quit the CCP. Yet some still didn't quite know what Falun Gong is nor could they really see the true nature of the CCP. This year when I clarified the truth to them, I didn't urge them to quit the CCP first. Instead I clarified the basic truth to them and told them why heaven will eliminate the CCP. When they understood, they naturally chose to withdraw from the CCP.

I also spent more time clarifying the truth to people who were close to me, like my boss. I had concern in my heart as I've been in this organization a few years and didn't know whether he would accept the truth or report me to the police. I hadn't let go of the attachment of protecting myself and because I didn't quite agree with him in some respects I was reluctant to clarify the facts to him. I knew I was wrong but I was not able to start up any kind of conversation with him. As soon as I finished work, I'd leave immediately. A new practitioner in my company encouraged me to look inwards and I found the attachment of not wanting to overcome it in my heart and that's why I ignored him. I decided to let go of my attachment and as soon as I let it go, I realized it was really my problem as my boss changed his attitude towards me as well. He put me in a supervisory position, making it easier for me to talk to him. One day when I was studying the Fa, I suddenly realized that I no longer had any concern in my heart and I was his hope to be saved so I must save him. This thought came into my mind but went away quickly. Soon Master gave me an opportunity. One day he talked to me and I had a strong thought to clarify the truth to him. I mentioned Falun Gong to him with ease and dissolved his misunderstanding about Falun Gong due to the CCP's lies. He smiled and agreed to withdraw from the CCP. I was so glad for him.

Another colleague I believed was also hard to deal with. All our colleagues thought that he was the most capable person in our organization. He never listened to anyone and always gave opinions and had strong views. Several years ago before I clarified the truth to my colleagues, they had misunderstandings about Fa-

lun Gong owing to the CCP propaganda. He was the one who had been deceived the most. So I didn't clarify the truth to him. He was among the few that I hadn't clarified the truth to. I decided I would leave nobody out. Whoever was my colleague must have a predestined relationship with me. No matter how he behaved now, his knowing side must be eager to learn the truth. I shouldn't select people according to my notions or my taste. Partiality was not compassion. He must be given an opportunity to hear the truth. One afternoon he and I were in a room together. This was a rare opportunity and I knew Master arranged it. I was sending forth righteous thoughts and soon I had the talking points. Our conversation went smoothly. He was no longer the person he used to be. He didn't argue with me and kept nodding his head all the time and listened attentively. He said he had received text messages about Falun Gong. He agreed to withdraw from the CCP at the end of our conversation. Indeed Master had arranged everything for me. As long as we always remember our mission – to save sentient beings – Master will open up our wisdom and arrange everything for us.

3. Returning to My Previous Company to Save Sentient Beings in My Hometown

I was illegally sentenced to three years in prison and lost my job. I had to look for a new job after I was released. In previous years I worked away from my hometown. I was very busy saving sentient beings but my heart turned to help saving beings in my hometown. People in my hometown would all have a predestined relationship with me. I, however, hadn't clarified the truth to them. I had been arrested several times since Dafa's persecution began in 1999. I went to work in other towns after I came back to Dafa again. I didn't have the opportunity to clarify the truth to them, thus didn't fulfill my responsibility to them.

At the beginning of this year, a family member who wasn't a practitioner called me and asked if I wanted to come back to my previous workplace. She asked what law had they been able to fire me with? The call reminded me that I'd been unlawfully persecuted when I was fired. It was illegal. How come I acknowledged it? I realized that I should go back to save people in my hometown. Talking about my job was a good reason for me to see them. So I went back to my previous company to visit the new director, whom I hadn't met.

We talked in a friendly way, and with Master's help, he asked me if I was still practicing Falun Gong. I told him that Falun Gong is indeed very good and I would not give it up, and I told him why and how it is good. I talked about the effective results Falun Gong has on curing diseases and keeping fit and also about how Dafa practitioners cultivate themselves and try to be good people according to the principles of Truth-Compassion-Forbearance. I also said that Dafa practitioners consider others first and are selfless. Only Dafa practitioners can disregard their own self-interest for the benefit of other people. In such severe persecution, Dafa practitioners still think of other people. I asked him where else could he find such selfless people in this world. I told him the story of Jesus being crucified on the cross and compared the persecution of Jesus and his disciples with the CCP's persecution of Falun Gong practitioners. I explained the Tiananmen immolation hoax to him. He came to understand why the CCP persecutes Falun Gong. Then I told him that Falun Gong is a Buddha's Fa and it cultivates Buddhahood. I told him of the old saying that “you will accumulate great virtue if you feed a monk”.

Thousands upon thousands of practitioners like me had lost their jobs. Some even were beaten into disability while others died as a result of persecution. What crimes the CCP has committed! The CCP has committed heinous crimes and heaven will destroy the CCP. I explained to him the principle of “Good will be rewarded and evil will be punished.” The CCP has done so many bad deeds that Heaven will punish it.

I briefly explained the political campaigns the CCP had staged since it came to power and how many people had died as a result of its persecution. Dafa practitioners are benevolent. In spite of the risks of being arrested and losing everything, they step forward to clarify the truth to people and let them know that Heaven is going to eliminate the CCP and people who withdraw from the CCP will be safe. It is the ultimate compassion. He kept nodding his head. I said to him that since there were only two of us here, I hoped he'd withdraw from the CCP. It was pretty safe. He happily agreed and thanked me again and again. He saw me off downstairs and said: “How learned you are!” He had more knowledge and life experience than me. He was the top leader in the company but he admired me because I

have learned the high level science of the universal Fa. The Buddha Fa is not a worldly science.

All of my wisdom comes from the Fa. Before I practiced Falun Gong, I was very shy and didn't talk much to my peers, let alone to my boss. On that same day I went to one of my colleagues' home and clarified the truth to her whole family.

I will continue walking on this path.

4. Letting Go of Myself and Breaking Through Humanness

Recently I realized what selfishness is. If we cannot let go of our perceived selves, we will not break through our humanness and forever stay in the human realm. Even if we have done a lot of Dafa work, we still end up in vain if we cannot let go of ourselves because it is still only human beings doing Dafa work. I realized this Fa principle after a sharing with some practitioners and know how to let go of myself now.

In this special historic period when the universe is being renewed, the old forces have made a series of arrangements to get rid of beings that they think are unqualified or not worthy of remaining so as to protect themselves. The old forces do this for their own sake.

Master has come to this world with the ultimate truth to save beings in the universe. To harmonize what Master wants is the most benevolent action. Master requires us to become beings who always consider others first and are selfless. So whatever we do, we must think of others first. We must cultivate ourselves and become beings that can sacrifice our selves for the interests of other beings. Until then we are not worthy of entering into the future. For example when we send forth righteous thoughts, if our purpose is to protect ourselves from being persecuted or to rescue our practitioners from being persecuted, to a certain degree, we are still being selfish and unknowingly agree with the understanding of the old forces. When sending forth righteous thoughts, if our thoughts are to eliminate those factors around sentient beings that are arranged to interfere with the Fa rectification so as to not commit crimes against Dafa, they will then be saved, as we are on a higher understanding and showing a deeper compassion. When validating

the Fa, if our purpose is for other beings, we will succeed in doing everything because we comply with the Fa principles; thus the old forces dare not interfere with.

I had a hidden show-off mentality in whatever I did. Sometimes it was hidden in a very sneaky way. Other people might not notice it but I knew it. Whenever I had completed something, I always spoke about it. Sometimes I tried not to mention it but in my heart I still wanted to show it off. But as soon as I showed off, I would feel regret immediately. Sometimes I managed to not show it but my show-off mentality was still there. Now I've realized that if I did something successfully, it was because I complied with the Fa principles and it was a manifestation of the Fa power in this human world. What could I do without the Fa and without Master's Fa power strengthening me? For example, my experience-sharing article was published on the Minghui website. This was not because of my capability. My sharing was just my understanding of the Fa at my level and was to validate the Fa, to help improve along with fellow practitioners, to suppress the evil and to help Master in the Fa rectification period. I am only a tiny particle of the universe. When I didn't have any thought of myself, my show-off mentality and complacency didn't even exist.

Another attachment I had was when other people pointed out my shortcomings, I felt unconvinced in my heart or immediately argued with them, or explained to them the situation, or pointed out other people's attachments to attack them instead. These were all signs of not letting go of self. One day a practitioner asked me if I was jealous. I replied "No" immediately without thinking. I denied it before I'd even started to look within. This was self-protection to avoid my attachment being exposed. When I cooled down and looked within, I found that indeed I did have jealousy. I'd almost missed out on that opportunity to improve myself. In these situations I should realize that this practitioner did this for my benefit and I should thank her. I should accept her words and look within carefully.

If every practitioner pays attention to letting go of self, we won't have any conflicts or hold onto our own opinions. This emits the manifestation of selflessness. Being selfless is in line with the Fa, so the old forces would not dare to persecute us and the persecution would end then. So let's do our share of whatever we should do so as to end the persecution sooner.

Please point out anything inappropriate.

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Saving Sentient Beings with Compassion While Rescuing Fellow Practitioners

BY YILIAN IN HEILONGJIANG PROVINCE, CHINA

We didn't think the half-a-year rescue time was too long. It felt like an instant. We could see how precious time was for saving sentient beings! Using the rescue efforts as an opening, we approach relevant agencies to clarify the truth and expose the evil on a large scale.

-the Author

Greetings, compassionate and magnificent Master! Greetings, fellow practitioners!

Whenever I look back at my 13 difficult years of cultivation and recall episodes on my journey of assisting Master in the Fa-rectification, words cannot capture the magnificence of Master and the magic of cultivation. As a Fa-rectification Dafa disciple, I am extremely honored. My heart is filled with steadfast faith in Master and Dafa.

Since the first day of the evil Party's persecution, I have stepped out of my home and clarified the truth face-to-face. I share my joy of obtaining the Fa and the personal experience of the beauty of the Fa with predestined people and people who deserve salvation. During the worst days of the evil persecution, I wasn't confused by the lies and illusions. Righteous thoughts and righteous actions have enabled me to walk the difficult 4,700-some days and nights with pride and dignity.

I would like to summarize my cultivation experience of rescuing fellow practitioners who had been illegally arrested and incarcerated by the Chinese Communist Party (CCP). We carried out different roles to clarify the truth in person and complement one another as one body.

Rescuing Fellow Practitioners Must Be Undertaken on a Righteous Path

Rescuing fellow practitioners needs to be done to save sentient beings. It is also negating the evil old forces' arrangements. Rescuing fellow practitioners is not for them to avoid persecution so that they can lead an ordinary person's life. It is for them to break away from the demon's dungeon, assimilate to the one-body in assisting Master in the Fa-rectification, and save more sentient beings.

We need to cultivate ourselves well during the process. Elevation of xinxing will protect the one-body from gaps and help us take a righteous approach.

In the early spring of 2011, the prisons in my city persecuted steadfast Dafa disciples severely. In half a month, three were killed, and several others were near death. The families of those near death received urgent notices from the prisons that they should come and process the paperwork for medical parole immediately.

Practitioner A's blood pressure was 240/160. He could die at any time. With the support of our one-body's righteous thoughts, his mother and I went to the prison and embarked on a six-month-long rescue effort.

Medical parole is a disguised form of persecution. The key to our saving sentient beings is that we have to walk our paths righteously. We shouldn't cooperate with the evil. There is nothing wrong or criminal about cultivating Truth-Compassion-Forbearance. Falun Gong practitioners are not criminals. Why do we need to take medical parole? Cultivators don't have ordinary diseases—why should we be paroled on medical grounds? The true purpose of our group actions is to utilize the rescue opportunities to clarify the truth and save sentient beings, as well as to disintegrate the evil elements by sending righteous thoughts near the prisons.

As Long As We Are Righteous, We Ward Off the Evil

The prisons are very evil. It was still very cold in March in northeastern China. In addition to the seasonal cold, the evil elements pressed down from other dimensions, making the cold all the more freezing and penetrating. Practitioner A's mother, over 70 years old, and I helped each other. We arrived at the heavily guarded prison in gusty wind and swirling snowflakes.

At that time, all the officers there were tightly controlled by the evil. Their frightened eyes revealed malice. The terror came from the evil elements in other dimensions. We had difficulty breathing. Despite the pressure, we found the captain of the ward and asked him to sign and guarantee that we were taking our family member home in order to save his life. The prison would be solely liable for anything that happened to our family member.

The captain said I was mistaken. The family was to come and process a medical parole. But with the support of one-body's righteous thoughts, we didn't cooperate.

To help sentient beings avoid committing crimes, truth-clarification is the only hope for their salvation.

“Clarifying the truth during the gigantic changes has already become the major way of saving all beings and the world's people, so in doing this, the wisdom that Dafa has given you and the enormous capability that the Fa has provided you with are manifesting.” (“Teaching the Fa at the 2003 Atlanta Fa Conference”)

The captain, his deputy, and the instructor all reacted very negatively. The captain rushed up to me, flustered and exasperated. He grabbed my shoulders with both hands and lifted me up: “What are you here for? I think you are a Falun Gong [practitioner]!”

I didn't directly respond. I waved my right arm and said, “Let me go. Is this some kind of a joke? I'm older than you. You need to show respect.” Dafa disciples shouldn't be weak and gullible. We carry the dignity, weight, and compassion of the Fa. I did this to keep him from committing crimes against Dafa disciples. It was showing great compassion for him. He was contained. He let go of me and left.

Soon three big men emerged. One had a pronounced scar on his face. I didn't pay too much attention. I just thought that they were waiting for their turn to hear the truth. After we clarified the truth to the female typist and a policeman, it was about their turn. The three were afraid and hurried downstairs.

That same day, another practitioner's relatives from out-of-town were beaten severely by plainclothes police. The male relative was beaten to the floor and carried to the Public Security Bureau in the suburb. The female relative's clothes were in tatters.

I recalled the three big guys. They came for us. Yet with Master's protection and the support of Dafa disciples' righteous thoughts, we were able to dissolve the danger.

“The evil's persecution simply cannot touch students who really have strong righteous thoughts. When the evil's persecution was at its worst, such students didn't give the evil any gaps to capitalize on. Those that truly had strong righteous thoughts could withstand [the persecution].” (“Fa Teaching Given at the Fa Conference Marking the Tenth Anniversary of the Minghui Website's Founding”)

Truth-clarification is the Master Key

We didn't think the six months rescue time was too long. It felt like an instant. We could see how precious time was for saving sentient beings! Using our rescue efforts as an opening, we approach relevant agencies to clarify the truth and expose the evil on a large scale.

We clarified the truth to people in our community, as well as people in the courts, public security bureaus, detention centers, and anyone we came across. We had our cultivation stories. When people thanked us after they learned the truth, we had the attachment of zealotry. When things didn't go our way, our attachment of self-validation and show-off mentality were revealed. When we encountered setbacks, we had a sense of loss and self-blame. Whenever we realized these attachments, we rectified them with the Fa. So we didn't bring trouble to the one-body cooperation or saving sentient beings.

Through truth-clarification, a police officer voluntarily went to the city Public Security Bureau, the 610 Office, and the subdivision of the Public Security Bureau to request the unconditional release of Dafa disciples. He even gave his own personal guarantee: “These Falun Gong practitioners are all good people. They don't do anything bad or have any bad track records. I can guarantee that.”

We made many trips to the prison. The environment there changed tremendously because of our compassionate truth clarification. Before, the 610 Office member in charge of persecuting Falun Gong practitioners demanded that all Falun Gong practitioners' relatives badmouth Master and Dafa on family visitation days. Whoever refused couldn't see their family members.

After he learned the truth, he spoke to the head of the prison, “Aren't Falun Gong practitioners also people? I'm treating all family members the same way. I give them the green light.” Ever since then, he has treated Dafa disciples and their family members nicely. He didn't give us a hard time.

Once, I wanted to visit a fellow practitioner to learn about the persecution cases there so I could expose the evil. I wasn't a direct family member, and I didn't have my ID with me. However, hearing the truth inspired the officer's kindness. He gave me a special approval to meet with the fellow practitioner. I obtained first-hand information. This was unprecedented at the time.

Every time we were at the prison, we placed truth-clarification as our first priority. We treated all police officers equally, no matter which office they belonged to. In the beginning, they were quite hostile. We didn't back off. Dafa disciples' mission is saving people. This means clarifying the truth to them.

Later, the officers treated us like family members or friends. They would stand up and give us their seats and offer us tea. We didn't cooperate with the requirements of the prison. They agreed to unconditionally release the practitioner. We didn't have to go through any procedures or pay any fees.

There are only two paths for Dafa disciples. One is the arrangement of the old forces. This means the ruin of sentient beings. It is the path of destruction. The other path is Master's arrangement—clarifying the truth and saving sentient beings. This path takes no fixed form. It is smooth and free of impediments.

Attachments Were Behind Grievances

Several months passed. This might feel very long for some. But it was only an instant. A lot of projects in my city needed one-body cooperation and sending righteous thoughts near different places. Sometimes we didn't have enough practitioners supporting those who sent forth righteous thoughts in close proximity to places where Dafa practitioners were imprisoned. This caused a lot of pressure for practitioners in the front lines working with prisons, brainwashing centers, and public security bureaus. This was a focal point of the evil's persecution in other dimensions.

Some practitioners were holding back the one-body efforts. When fellow practitioners were arrested, they worked on “back door” access to bribe the police for releases. They were not saving sentient beings but ruining them. They were supporting the evil directly by giving them money and energy. It was cooperating with the evil to persecute Dafa disciples. It was the opposite of Dafa and played the role of damaging our overall group efforts.

Practitioner A's mother had been under extreme mental pressure. We cooperated well and persisted. She said purely, “He is my son in the human world. However, I am cooperating on the Fa. I'm rescuing my fellow practitioner.”

But cultivators still have human attachments. After several months, Practitioner A wasn't released. His mother felt powerless and at a loss. Those students not in favor of working toward a righteous rescue visited her and said, “What rescue? It is of no use. Don't try that. Simply spend some money for your son's release. That's easy.”

Driven by sentimentality, the practitioner's mother started paying bribes even though she knew it was not on the Fa. This caused gaps in our group cooperation

Everything occurs for saving sentient beings. If our standpoint is correct and we look inward, everything can transform into good.

I had a strong attachment to validating myself and carried quite a few evil CCP mentalities. I had complaints about the practitioner's mother's behavior. This prevented the group's righteous thoughts from reaching me.

In order to weaken my righteous thoughts, the evil interfered with me. Several times I reached my limit when visiting the prison. My legs were so heavy. My tolerance and patience were also challenged. I forgot about Master and righteous thoughts. I simply wanted to have a good cry. I forgot about looking inward. I wanted the coordinator to share with the practitioner's mother. I wanted to quit.

After I calmed down through Fa study, I realized that everything was targeting my attachments. All fellow practitioners were so busy. Why didn't I consider them? Once I experienced a little bit of pain, I wanted to quit and put the burden on someone else's shoulders. Was I acting as a disciple of Master?

Moreover, once we all looked inward, there would be no tribulations or difficulties that we couldn't overcome. Ordinary people's approach of arbitration wouldn't work for us. The more arbitration or talks, the more troubles and the more severe the attachments. When I found my attachment, I was so relieved! I was incredibly relaxed.

I also thought of Master's Fa:

“With any project or any task, if you decide not to do it, then don't do it; and if you do decide to do it, then you definitely have to do it well and carry it through to the end. If you do otherwise, how shall the time you wasted go down in the annals of history? Whatever is not brought to completion amounts to a failure.” (“Fa Teaching Given at the 2010 New York Fa Conference”)

Once I let go of my human attachment, my capacity expanded. I visited the practitioner's mother and shared with her my shortcomings during cooperation. We closed our gaps and were in harmony again. She also looked inward. She shared a lot. She regretted that she was affected by sentimentality. She knew it wasn't right, but still tried to spend money to get her son's release. This detour happened because she wasn't clear on the Fa.

We are all cultivators. If we make mistakes, we simply start anew and continue our journey. With Master's support, after six months of rescue efforts, Practitioner A came back to the one-body of assisting Master in rectifying the Fa with pride and dignity. He is now completing his historical mission of saving sentient beings.

During the rescue efforts, we persevered in clarifying the truth to all relevant people. On the final day, the person in charge of medical reimbursement wanted the family to pay the 1,000 yuan in medical expenses. Through truth-clarification, we pointed out that there were no official medical invoices and declined to pay. The person agreed. Thus, Dafa resources didn't suffer any losses.

This evil prison has not yet closed down. It continues to persecute Dafa disciples. We need to cooperate even better, and dissolve the prison, brainwashing centers, and the evil Political and Legal Committee.

I heshi to Master: thank you, Master!

Thank you, fellow practitioners.

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