



# 9th China Fahui on Minghui.org



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# I Am Willing to Hold Sentient Beings in the Palm of My Hand

BY YI RAN FROM MAINLAND CHINA

*Excerpt: When I started drafting letters to these officials, I further understood the compassion of cultivators. Every sentence I wrote read like a face-to-face conversation. I wrote with my heart and evaluated every sentence and word with kindness. I avoided extreme language or anything that might trigger negativity from people. The letter not only flowed well but also read as a heart-to-heart sharing.*

Greetings Master!

Greetings fellow practitioners!

At this time of the Mainland China Dafa Disciples online Fahui, I would like to share my experiences of saving sentient beings. Please kindly point out anything that is inappropriate.

## **Have a Compassionate State-of-Mind**

The brutal persecution of Dafa has blinded many people and caused them to oppose Dafa. It caused many officials in the public sector of Mainland China to commit crimes against Dafa. If Dafa disciples don't save them, they face very tragic endings. In a dream, I have seen long lines of officials choked to death one by one by the red demon. I have also seen policemen kneeling down in front of me and begging me to save them.

In case after case in which evil policemen torture Dafa disciples, I learn that Dafa disciples have been beaten to death, beaten to disability, subjected to sexual abuse or driven to insanity after being sent to mental hospitals. Not a single Dafa



disciple, be they several-month-old babies or over 70 years old, has been spared from this utterly inhumane persecution. I often break into tears or become angry when I read such articles. How can I save them?

We all know we should discipline ourselves to cultivate our xinxing according to the standards of Dafa. So I forced myself to forbear my anger and sorrow. Once I couldn't forbear it and memorized Master's Fa. The principles of the Fa dissolved my anger and hatred. The Fa's power is boundless. In this way, once, twice, three times, the boundless power of the Fa disintegrated my sorrow, grief and resentment little by little. Gradually, I could calm down. Gradually, the compassion of a Dafa cultivator became dominant.

I was able to adjust my perspective. I realized that those people who abducted and tortured Dafa disciples, those who sentenced Dafa disciples to illegal terms, they were the most miserable people! When this calamity is at its end, when the time of retribution comes, where can they go? The long history of mankind has already proven this: those who persecute people of righteous faith will have to face tragic endings. When the sin is too great, their future generations will even have to suffer. From this perspective, whose life is better and whose is worse? My heart was filled with sympathy and pity towards officials in the public sector. I wanted to wake them up so they could avoid sharing the same tragic fate as the evil Chinese communist party (CCP).

## **Waking People Up in the Maze**

When I started drafting letters to these officials, I further understood the compassion of cultivators. Every sentence I wrote read like a face-to-face conversation. I wrote with my heart and evaluated every sentence and word with kindness. I avoided extreme language or anything that might trigger negativity from people. The letter not only flowed well but also read as a heart-to-heart sharing. Practitioners told me that these letters were soul-stirring.

As for the target recipients of the letter, initially I worked from the Minghui website's persecution news of my province and some other provinces as well. Once I knew an abduction took place, I immediately printed out relevant news reports,

and then wrote letters and persecution news to people who had participated in the case. Later, I thought I should mail large amounts of truth-clarification materials to the public officials to cleanse the poisons the CCP instilled in them. Then, I could truly wake them up.

The tedious work started. I searched online for information every day. In the beginning, I didn't have much experience. The network cards' download speed was slow. It took me a lot of time to simply select articles online. Often I stayed up past 1 a.m. Later I installed broadband and changed to a new laptop. My Internet speed was faster and I also accumulated some experience.

In a month, I organized over 40 commentary articles on the Minghui web site. I was confident that the content of my letter was rich and convincing. Then, from information published on the Minghui web site, I categorized public security officials in my province. I timed my letters to them and made sure that each of them would receive at least 10 letters. In order not to repeat letter contents or waste truth-clarification materials, I recorded the contents of each letter. The contents also followed a sequence: persecution tactics, the evilness of the persecution, international condemnation, warnings of retribution, and so on.

As for the specific truth-clarification materials, I selected them based on the ranks and estimated ages of the recipients. As for the length of the articles, I adopted a reasonable length but didn't waste paper. I put maximum weight allowed in a letter but didn't exceed it. With a pure state-of-mind, I took care of every detail such as editing, layout, printing, folding and addressing the envelope.

For example, I double checked the printed materials page by page. If I saw an smudged print or content tilted on the paper, I would print out a new page. When I folded the materials, I would clean my hands first. I made sure that folding wouldn't occur on words to ensure the beautiful presentation. When I addressed envelopes, I made sure that my handwriting was clean and clear. When I sealed envelopes, I made sure not to get glue on the materials. Then, I would examine whether the envelope was completely sealed and smoothed out the entire envelope with my hands. At this point, I weighed the letter in my hand and felt that it was truly very precious!



When I mailed the letters, I often mailed to a mix of local and other places. I made sure the contents were rich but orderly. Sometimes I mailed out the letters from my local area, sometimes from other areas. As long as the letters were based on time-sensitive reports from Minghui, I would ensure timely mailing, rain or shine. I often traveled to nearby cities or towns for this. Once an abduction took place, the participants would receive truth-clarification letters mailed to them from different areas. They were often shocked.

Based on my rough estimate, fellow practitioners and I mailed out about 10,000 truth-clarification letters during a period of two years. 10,000 letters flew to cities, towns and mountain areas to wake up the public security officials blinded by the CCP's lies. Of course, fruitful results took significant sacrifices. During the two years, I never went to sleep before midnight, and often stayed up until 1 or 2 a.m. When we needed to produce a large quantity of letters in a short time, fellow practitioners would come to my aid.

I often thought: Isn't it returning good for evil when we send truth-clarification letters with compassion to those who persecute us? Other than Dafa disciples, who else can do this?

In order to send these truth-clarification letters on a large scale, I learned to make voice calls from my mobile phone and send group text messages. During the process, I often met with challenges with my perseverance and will. Once I saw a Minghui report about severe persecution in an area, I immediately downloaded the article and produced several text messages from the article. Then, I searched for mobile numbers in that area, including public security officials and other government agencies. Then I organized the numbers into groups. Each group had scores of mobile numbers. This was to meet the limit for group text messages.

It wasn't that easy to compose text messages. The CCP uses its "golden shield" software to filter text message contents. If the text message contained "Dafa Disciple," "Falun Dafa," or "Dafa is good," the text message would be blocked. Therefore, if we would like to tell a story or write a message clearly, we had to overcome quite a few obstacles. We also had to think back and forth a lot when composing a text message.

I often sent such text messages from other areas to avoid the CCP's tracking and positioning. Many times, I walked a long way in the chilly wind and snow; however, not a single text message got past the censor. A computer was necessary to edit group text messages. Therefore, I had to travel back home in the wind and snow. After I edited the message, I went out again to test sending them. If the sending wasn't successful, I had to return home to edit the message again. So I edited and tested the text messages again and again.

Sometimes, in order to expose the evil in a timely manner, I had to walk in the dark and freezing cold of around -40°C. After I returned home, I saw that the snow on my face had turned to ice.

### **Hardship When Composing MMS**

One day, a fellow practitioner from another areas showed me his MMS (multi-media messaging service). He thought I would praise him. However, I saw that the MMS was 19 pages long, so I made a random comment: "This is too long. Will ordinary people read this?" He was surprised, but didn't say anything.

Later that night, he emailed me and asked me to compose an MMS. He even emailed me the MMS editor. I then regretted my comment. I didn't even know how to send an MMS, let alone compose one! I said to Master in my heart that I knew I was wrong, that I wouldn't dare make random comments without thinking them through first, and asked Master to help me out of this dilemma. Unexpectedly, I woke up the next morning and recalled sending MMS in my dream for the entire night. In my dream, many said that my MMS was very good. Some replied to my MMS to thank me.

I thought this was encouragement from Master. Therefore, I started to learn how to compose MMS from published articles. Within a day, I learned how to do it. Later, I became more and more proficient. I then sent commentary articles from the Minghui website as MMS. Some people, including policemen, did reply to me to thank me.

As soon as I learned about a persecution case, I composed an MMS based on the Minghui website. I then sent out the MMS on the same night to expose the



evil as quickly as I could. Then I would make follow-up MMS and MMS deliveries. I often obtained feedback from my efforts.

My truth-clarification MMS followed persecution cases everywhere. Especially for public security officials, I followed up my letters with MMS containing appropriate pictures. The impact was quite good.

When I sent group MMS, in order to avoid the telecommunications blockade in China, I had to organize different mobile numbers into different groups. In this way, I had to put different mobile numbers into different folders. Staring at lots of numbers for a long time may hurt the eyes or make one dizzy. This was the most difficult part of making MMS.

Picture selection was also an important step. A good picture may enhance the overall impact and convincing power of the MMS. Especially if the MMS was about the beauty of Dafa, we must select pictures with bright colors. I obtained such feedback: someone saw my MMS and said: “Look how talented Falun Gong practitioners are!” I knew it was because I did it with my heart. I treated the work as saving people, not just a project. When my xinxing met the requirement of the Fa, the magic of Dafa manifested.

I tested my MMS on my mobile phone. I reviewed the overall impact, including layout, connections between paragraphs, and the strength of my words. I double checked every MMS five to six times until I was completely happy with it. Usually my MMS contained no typos.

I would review carefully my modifications to ensure the rigor, expressiveness and impact of truth-clarification had been improved. I treated every sentence, word and character with care. After some time, I arrived at a reasonably good approach of truth-clarification.

Every MMS had to be concise with clear themes and be attractive to readers. If we squeezed a lot of content into one letter, it might become confusing. Readers might not know what viewpoint we wanted to convey. Therefore, my MMS is usually concise. As long as it would help save sentient beings, I didn't mind more work or more money spent on testing MMS – it was all worthwhile.

During the year in which I composed MMS, I was able to rectify myself a lot. My xinxing was tempered. I cherished more the opportunity to save sentient beings. I composed many MMS focusing on local persecution cases. When I did that, I encountered the biggest resistance in my cultivation.

Whenever I composed a local MMS, the evil would interfere with me via my emotions. My mom and younger sister would be dying all of a sudden. Several times, I couldn't let go of my attachment. I cried so hard. However, I knew that this was the evil interference due to its fear of local MMS, so I didn't give up. I persevered in making MMS. Once I finished, all interference retreated. And, the feedback on the MMS was very good.

Fellow practitioners described their observation that along with our group cooperation and expansion of our xinxing, we saw sunshine wherever our truth-clarification MMS went – good people thanked us, and bad people withered.

### **Tempering the Will and Persevering**

I often faced challenges of perseverance. On cold days, my hands would hurt due to the freezing cold after sending out one message. My legs hurt as if they were being bitten. Should I send out truth-clarification text messages? The answer would always be positive.

Although sometimes my body couldn't recover for many hours, I didn't feel bitter. Once I had a high fever. My whole body was in pain. Red dots emerged on my skin, even my eyelids. I woke up from the pain. I wasn't in a good mood and wanted to sleep for two days. However, once I thought about the danger the public security officials faced, I immediately got up and left home to carry out my usual text messaging/MMS tasks.

The test of tolerance often manifested in conflicts with ordinary people. One day before last Christmas, I sent group messages to local people. One person cursed me. I sent him truth-clarification text messages. When I left home to send him the messages, my position was tracked by public security vehicles. I was almost arrested. Luckily, with Master's protection, I realized the danger in time and



avoided the persecution. I thought: the cold weather wasn't even such an issue. The key was that danger lurked everywhere. Saving people was so hard!

The next morning, I took the truth-clarification letters I made overnight to other areas. I sent out short messages again when I was waiting for my bus. I received again the curses from that person. He wouldn't read my responses. He cursed more and more. I planned to send text messages on the bus, but I was hurt by his curses.

I thought: I skipped my breakfast. I had no water. I was cold and hungry on the bus. I make truth-clarification letters by staying up late every night. Yet sentient beings treat us this way?! I felt so sad and dreary... I had never felt so before. I couldn't calm myself down and didn't send more messages.

After I got off the bus, my whole body was thoroughly frozen. My face, hands, legs and entire body were in pain. I dragged myself to walk faster in order to return home sooner after mailing those letters.

However, the heater on the bus when returning home was out of order. Sitting on the bus was like sitting in a freezer. I was shivering. Then I found that my seat was taken by others. I had even more grievance. I almost cried: "Master, I don't have a seat!" Once I thought this, two students stood up and gave their seats to me. At this time, the person was still cursing me with his text messages.

I was sad. I thought: "I was almost persecuted for sending text messages to you yesterday. I am still messaging you today in such cold weather. Where is your conscience?" At this time, the bus started broadcasting beautiful music. It was one of my favorites. My eyes were filled with tears.

"I once had a lot of hobbies. Now I don't have time for my hobbies, but spend all my time on truth-clarification. In such cold weather, I spend money to suffer outdoors. No one appreciates it. My hands and legs are frozen. My face is hurting due to the cold. And, I'm being cursed. What have today's people become? If I don't care about their problems and don't come out to mail truth-clarification letters, I can sit at home and watch TV, listen to music while drinking tea, or go clothes shopping." I complained a lot.

Just when I was depressed, suddenly warm air blew on my feet. People in the bus said: “Hey, the heater is working!” The passenger next to me said: “See that? The only warm air ventilation window is beneath your feet. Who else in the entire bus is more fortunate than you?” His words reminded me. I remembered Master’s protection. Master used the passenger’s mouth to encourage me.

Yes! As a Dafa disciple, how can grievances and hardship dent my faith in saving sentient beings? I resumed sending text messages. This time, the transmission speed was exceptionally fast. Not a single message was blocked. I encouraged myself to have more patience for truth-clarification. After I returned home, I saw my face had frostbite. It was very obvious. I realized that it was time for me to relinquish my attachment to “face.” I sent righteous thoughts to specifically target this attachment. Later I followed up with the person with more letters, pictures and text messages. He stopped cursing me.

One day, the Minghui website reported the abduction of dozens of practitioners by the evil police in Rongcheng City, Shandong Province. Many more practitioners were forced to become homeless. All of a sudden, there was an atmosphere of paranoia.

On the same night, I composed the details of this persecution case in an MMS and sent it to over 1,000 public security officials. I called for kind people to help search and collect personal information of evil policemen and their family members in order to deter the evil with more impact.

Once a policeman cursed me for 3 days with mobile message replies and threatened that he would take action if I didn’t stop messaging him. I ignored him. Not only did I continue, but I also sent MMS with the song “awakening” – “To Public Security Officers.” I heard his reaction. He cursed and jumped up and down and shattered some ceramics such as cups. Then he threatened me again via text messages. This time I remained unaffected; I wanted to be a qualified disciple of Master.

Two days later, I communicated to his knowing side: “I will give you one last opportunity. If I don't owe you anything, you have to stop cursing me. Otherwise



your sin will be huge.” Then I transmitted the character “save” via telepathy and MMS'd him a picture of a parade in Hong Kong. He indeed stopped cursing.

### **Follow Them to Save**

I would also like to share my experience of following sentient beings in a city to save them. One day, I sent an MMS regarding Bo Xilai to over 1,000 public security officials in a city. Even before I finished sending the MMS, I received messages and phone calls in reply. I then replied with voice calls. Some listened to the entire voice recording.

I targeted my MMS to the head of the brainwashing center in the city and his family members. I asked him to voluntarily dissolve the brainwashing classes. I wrote truth-clarification letters to expose his stories of “transforming” local Falun Gong practitioners. I mailed the letters from multiple cities to his two daughters who had already joined the workforce. Later in my dream, he cried and begged me to let him go. He told me that his family members all disliked him. He didn't want to “transform” anyone any more.

The 610 Office director of the city cursed me once I sent him an MMS. I immediately replied with another MMS. He stopped cursing. An evil policeman in this city had participated in the persecution for many years. Based on the Minghui web site news, I composed over 20 versions of truth-clarification letters about his crimes and mailed the letters to many people in his locale from six cities. I heard from fellow practitioners that when he saw Falun Gong practitioners, he would lower his head and try to avoid them.

The head of the 610 Office in the management bureau of the city had been following the CCP in persecuting Dafa. Lately he claimed that he would send a practitioner to the brainwashing class. Per practitioners' suggestion, I composed an MMS to expose his bad deeds. Local practitioners then sent the MMS to over 6,400 ordinary people, including people in the public security system.

The management bureau's enterprise was very big and famous in the area. Soon the community was stirred up. People sneered at him. His bad deeds of per-

secuting Dafa disciples were widespread. I then followed him with voice calls. I found out that he didn't dare to answer phone calls at home. I then called him at work. He had to answer phone calls at work, but hung up after a few words. It was very obvious that bad people had lost bluster.

Now when I write my experiences, I feel that it is no big deal, as if I'm telling someone else's stories. However, at that time, it was one test after another. Such tests were countless. Only because I cultivated in the Fa could I have such will power.

This year, on Master's birthday, I studied the Fa and sent righteous thoughts first, then sent MMS with a pure mind. It was raining all day long but I persevered in the rain. In half a day's time, I sent MMS to over 1,000 public security officers. Afterwards, my clothes were all wet. It was a little bit cold; however, my body felt so light as if I were flying!

## **The Awakening of People and Their Salvation**

I often mailed truth-clarification letters to the director of the 610 Office. After some time, he told me that in order to stay away from the evil, he had resigned. He thanked me for my letters. I realized the good impact of truth-clarification letters. I continued to mail such letters to the new 610 Office director.

One day, a person called this new director and reported a Falun Gong practitioner distributing materials. He responded: "Falun Gong materials are everywhere. How can we deal with them?" The person calling then stopped reporting on practitioners.

Another person took truth-clarification materials to the public security bureau. The police asked him: "Where are your materials from? What does the person who distributed these materials look like? If you cannot tell us the information, then maybe you practice Falun Gong. Let's go search your home first." The person knew that the police were giving him a hard time. He immediately said: "I'm wrong. I will not pay attention to this anymore."



Once, two local practitioners were taken to the public security bureau. The policemen said that they had received a lot of truth-clarification letters and knew what Falun Gong was. They sent the two practitioners home on the same day. It seemed that those truth-clarification letters were truly effective.

Half a year ago, a local middle school hung up slanderous materials in the hallway. A practitioner was under pressure because he refused to sign a flyer that slandered Dafa. Fellow practitioners and I made over 100 truth-clarification letters and mailed them from different cities. This practitioner also shared with his principal cases of retribution. After some time, the principal and teachers in this middle school talked about the kindness of Falun Gong practitioners and voluntarily removed those slanderous propaganda materials.

One morning, I was on a train heading to another area. I suddenly remembered that a practitioner in a neighboring city would be put on trial soon, so I sent two messages “wipe your eyes” and “be a good officer” to public security officers in that city. I hoped to wake them up so they would stop persecuting good people. I used two mobile phones and sent the message to 70 people.

Later that day, I learned very encouraging news: during the time of my sending text messages, the court appeared quite unusual. As if they had received orders from above, dozens of officers read the text message on their cell phones at the same time. Then they looked at each other with shock and embarrassment.

Fellow practitioners’ family members didn’t know what was going on but observed quietly. At this time, the presiding judge adjourned the case suddenly and said he would pick another date for the trial. When everyone was leaving, the judge told practitioners’ family members that he didn’t want to “sentence” this case; he hoped that the practitioners could be released through bribery. This was very encouraging for me: I thank Master’s support that I sent the text message to the court when the illegal trial was occurring. At the same time, I believed there were still good people in public security. They didn’t want to be ordered by the CCP to commit bad deeds.

During this Chinese New Year, I sent text messages and MMS to people at the provincial party committee in my area. Once I sent them an MMS with a picture

of Hong Kong practitioners' spreading the Fa. A person from the public security Bureau sent me a blank reply.

I thought he might know the truth, but didn't dare to say anything due to the pressure. Therefore, I replied to him: "This calamity that persecutes good people is about to end. The truth will be known to the world. During the battle between good and evil, good people will definitely see the time when evil meets retribution! Falun Gong practitioners sincerely hope that all kind people will be happy and safe!" The person then turned off his mobile phone. I knew that he truly understood the message.

For some time, I made an MMS based on "The Shameful Ending of Persecutors," a commentary on the Minghui website. I sent the MMS to many public security officers in Shandong Province. Then I gathered retribution cases in Shandong Province and sent them over via MMS, following up with voice calls.

A policewoman in Rongcheng City asked her husband to answer the phone calls. Her husband answered but put the call on speakerphone. I heard the woman say: "Hear it? It's Falun Gong. We are in very big trouble. Those people did too much, now Falun Gong is seeking us." The couple murmured to each other and didn't want to hang up even after the voice call recording finished playing. I heard the kindness of this family, so I sent over an MMS a "blessing for the year of the dragon."

One day, I thought about several evil policewomen who had tortured me in a labor camp. I sent them an MMS "warnings from the Wang Lijun incident." To my surprise, the most notorious policewoman, Wang, replied to me and asked me who I was. Her question triggered my memory of her torturing many practitioners.

I asked myself: "Do you hate her? If the disaster comes, if I see her trapped in a fire, will I lend her a hand?" Once I thought of this, my compassion as a Dafa disciple emerged. I adjusted my state-of-mind and composed a truth-clarification letter just for her. At that moment, the resentment I harbored towards her for a few years disappeared completely. What was left was only the worry and sympathy



for a life that had committed too many crimes. On the night of writing the truth-clarification letter to her, she cried in front me in my dream.

I sent the MMS about Wang Lijun to over 1,000 people in the political and legal affairs committee and public security systems. The impact of the MMS exceeded my expectations. I received replies. The most surprising one was from the head of public security in the capital of our province.

I edited targeted messages and replied to him. I told him why he should quit the CCP and why we ask people to say “Falun Dafa is good.” I told him: “Falun Gong is Buddha Fa cultivation. No matter who has persecuted disciples of the Buddha Fa, he has committed an enormous sin. However, the Buddha Fa is boundless. The five Chinese characters ‘Falun Dafa Hao’ carry the power of the Buddha Fa and can reduce karma for people. Therefore, those who regret what they have done and would like to start anew should persist in saying ‘Falun Dafa Hao.’”

After I sent the MMS and returned home, I saw Master’s words,

“The things you are doing can shock and frighten the evil today, can greatly reduce the evil and restrain it, can terrify the evil and prevent it from having the strength to carry on with the persecution, and can ultimately force this evil persecution to do nothing but end. That’s what Dafa disciples are doing in this time before the Fa rectifies the human world, and it is magnificent.”  
 (“Teaching the Fa at the 2004 International Fa Conference in New York”)

I was very inspired. At that moment, I wanted to say: “As a Dafa disciple who follows Master’s requirement to save sentient beings, I am willing to hold sentient beings in the palm of my hand!”

I would like to end this article with a song that often moved me to tears - “Sit by My Side” – to express my thoughts of assisting Master rectifying the Fa:

“Sit by my side  
Closing your eyes  
Together in silence  
We call for  
The end of torturing

The end of killing  
The end of the persecution  
Compassion grows in our hearts  
Together in silence  
Our wishes can make a difference”

Thank you, Master! Thank you, fellow practitioners! Heshi.

*Online version*

*Original Chinese version*





# I Am a Messenger from Heaven

BY A DAFA DISCIPLE IN LIAONING PROVINCE, CHINA

*Excerpt: Whenever the 610 Office threatened to send me to a brainwashing center, my first step was to look inward. I found many attachments. More importantly, I realized my truth-clarification had not been sufficient. I said to the secretary of the community political and legal committee: “I am definitely not going to attend any brainwashing classes. I will speak to the director in person tomorrow morning.”*

Greetings revered Master!

Greetings fellow practitioners!

The 9th China Fahui on Minghui.org is open for article submissions. I'm very grateful for Master's compassionate salvation. Let's all attend this holy grand event together.

I have summarized parts of my cultivation process to report to revered Master and share with fellow practitioners. Please kindly point out anything that does not comply with the principles of the Fa.

## **“Falun Dafa Is Good! How Can I Not Practice It?”**

In the spring of 2011, a new 610 Office director took office. I knew I had a responsibility again. In October 2004, after I came home from detention, the evil Chinese communist party (CCP) continued its persecution. It suspended my pension. I also experienced frequent harassment and surveillance. I knew the 610 Office was behind all this.

In order to fundamentally disintegrate the persecution, in addition to extended Fa-study and sending forth righteous thoughts, I made up my mind to clarify the truth to the 610 Office and the political and legal committee face-to-face.

I clarified the truth to the secretary of the political and legal committee and the 610 Office director. This new director was the third one since I came home.

The first director sent me to a notorious province-level brainwashing center in the spring of 2005. Within an hour, I disintegrated the persecution with my righteous thoughts. They drove me home.

At the end of the year, when they couldn't reach the "transformation" quota, I visited them to claim my pension. The 610 Office director asked me if I would go and stay a few days at the brainwashing class. He knew I wouldn't "transform." I solemnly refused and said: "You shouldn't send anyone to brainwashing classes. Otherwise, you will create a lot of karma."

Of course, clarifying the truth to the 610 Office may mean persecution. Sometimes I went to there and the director wasn't in. I then visited other offices in the political and legal committee and clarified the truth to them. I told them about the beauty of Dafa and to not to get involved in persecuting Dafa disciples. I told them the principles of retribution.

After a few times, the director got to know about it. Once he saw me, he yelled: "In the future if I'm not in, just go home. Don't go to other offices. This is the political and legal committee. It is not your home. You cannot enter any room as you please. You open any door you want and promote Falun Dafa! This is a law enforcement unit, not a place to promote your practice."

I sent righteous thoughts and said to him: "Secretary, you don't give me my pension. Every time I come, I have to spend 2 Chinese Yuan. I don't even have enough money for my meals. Therefore, if I cannot find you, I will go to other offices to ask for your whereabouts so I can meet you after you return. They know I practice Falun Gong. They ask me if I still practice it. I say: 'Falun Dafa is good! How can I not practice it?'"



## **“You Can Ask My Master for Help”**

In November 2010, the second 610 Office director commanded the secretary of community political and legal committee to talk to me: “Prepare to attend a transformation class. The food and meals will be covered.” During my conversation with the secretary of the community political and legal committee, the 610 Office director called her again: “Transformation classes are so good. Tell her she must go!”

Whenever the 610 Office threatened to send me to a brainwashing center, my first step was to look inward. I found many attachments. More importantly, I realized my truth-clarification had not been sufficient. I said to the secretary of the community political and legal committee: “I am definitely not going to attend any brainwashing classes. I will speak to the director in person tomorrow morning.”

After I went home, I received a call from the 610 Office director at about 5 p.m. He demanded again my attendance at the class. I told him: “It is my problem that my compassion is not strong enough. I will visit you tomorrow morning.”

The next morning, I was ready to leave for the 610 Office. When I burned incense to Master, an idea popped into my mind: “If the 610 Office is prepared for my visit, won’t I be going into a trap?” I had fully clarified the truth to the secretary of the community political and legal committee. So I called her and asked: “Are they ready to send me to brainwashing classes today?” She said: “I don’t know the arrangements of the 610 Office. However, if you suspect that it’s the case, you don’t have to go.” Therefore, I didn’t visit the 610 Office that day.

In the afternoon, I shared with other practitioners. They said: “You shouldn’t go alone. Tell us when you plan to go. We can go with you and send righteous thoughts for you outside of the 610 Office.” I thought: “We are all so busy saving sentient beings. I have troubles because I haven’t cultivated well. Now I’m even adding my trouble to fellow practitioners. I shouldn’t. I should clarify the truth with pride and dignity and save this person by dissolving the evil behind that is controlling him to commit sins against Dafa. I have Master. I have the Fa. What is there to be afraid of?”

I studied the Fa more and sent righteous thoughts more. I asked Master for his support. Two days later, I walked into the 610 Office with strong righteous thoughts and compassion.

It was a surprise for the 610 Office director. When he saw me, he paused. Then, he started walking out of his office fast while greeting me. I knew he was going to call the national security team. I thought of Master's words: "All of this is your goodness (shan) made manifest, and it is what evil fears most, as those who attack goodness are bound to be evil." ("Rationality" from Essentials for Further Advancement II)

So I said to him kindly: "Are you busy? Are you leaving?" He was at the door. He had already opened the door of his office. He suddenly turned around and faltered: "I, I am free." I said: "If you are busy, I can wait for you here." He said: "No, I'm fine." I questioned: "I saw you were getting out of the door. Do you have any urgent matter to take care of?" He said: "I wanted to go to the restroom. But now I'm OK." As he spoke, he opened his office door wide. I knew that he was afraid that I would clarify the truth to him. When his door was open, other officers could hear our conversation. This brought inconvenience to my truth-clarification.

I made up my mind: "No matter what, I must save you today. You shouldn't commit crimes against Dafa disciples." I asked Master for help: "Master, please give me wisdom so I can clarify the truth well with rationality and so I can be free of persecution and he can understand the truth." At this time, he called his deputy in. We started our conversation.

First, he said that he wanted to send me to the classes because I belonged to the "most stubborn" type. Then, he accused me of talking about Falun Gong everywhere I went when serving my sentence outside of prison.

I told him my reason of not going to brainwashing classes. He changed from "you must go" to "I will stay at the center for half a month" to "one week" to "three days" to "just a quick visit for check-up." I refused to cooperate. In the end, he said: "Actually, I asked you to go. I thought this would be the best case. Because you could leave on your own (with righteous thoughts); others might not make it."



I said: “You shouldn’t send anyone there. Once you do it, you will create huge karma.” I then told him some true retribution stories.

At night, I tossed in bed and couldn’t go to sleep. I looked inward as to what I hadn’t done well during the day. I realized that the 610 Office director had some kindness left. He asked me to go to the brainwashing class because he knew that I could make it out but others might not. However, it was almost the end of the year and he hadn’t reached his quota yet. Maybe his supervisors would exert pressure on him. Maybe... Thinking of this, I sat up and sent righteous thoughts. I asked for Master’s support, for I would go to save him the next day.

I entered his office at 8 a.m. the next day. He was reading a newspaper. He saw me and asked: “Why are you here again?” I said: “I couldn’t go to sleep last night. I saw that you had a kind heart. You don’t want Dafa disciples to be persecuted. I don’t want to see you create karma. Therefore, I have come to tell you a solution. It would help you avoid your supervisor’s criticism and creating karma.”

He said: “What is it?” I said: “You can ask my Master for help. You don’t have to call him Master. You can call him Master Li or teacher Li. My Master will help you.” He became serious: “What did you just say? I didn’t hear you. Repeat it.” At this time, I felt a little bit uncertain but repeated my words. He picked up his cell phone on the table and said: “I am calling the national security team now! They will arrest you.”

I calmed down. I thought: “You don’t get to call the shots. My Master decides everything.” I said to him: “I have come to help you because I saw your dilemma. How can you arrest me? You won’t.” He put down his cell phone and said: “Go! Go right now!”

After the New Year, he transferred to another position. We spoke once on the phone. I told him: “You already know how to treat us. I hope you will do a good job at your new position.”

## **The 610 Office Director Said: I Won't Send You to Classes during My Term**

After the third director took office, I was busy and didn't get a chance to visit him immediately.

I said to Master: "With righteous thoughts, I will deter the evil from using the new director to persecute me." I told the secretary of the community political and legal committee: "Please say hello to the new 610 Office director for me. I will visit him once I have a spare moment. Please also pass my request. Every 610 Office director has tried to send me to province-level brainwashing classes. Now that he has taken office, please don't plan to send me to brainwashing classes. I won't go." The secretary said: "OK. I will relay your words."

A month later, I saw the secretary. She told me that she had passed on my words. The new director said that he wouldn't send me during his term.

In the spring, I went to the 610 Office to claim my pension again. Several secretaries at the political and legal committee were having a meeting. I went into the office and saw all new people. I thought: this is a good truth-clarification opportunity.

I asked: "Who is the director?" Someone asked: "Are you a petitioner?" I said: "No. I am a Falun Gong practitioner." She said: "Then you must have stopped practicing. What is your business?" I said: "If I had stopped, I would not have come here. I'm still practicing."

Another person joined our conversation: "This is the political and legal committee. You dare to say you are still practicing?" I said: "What is the political and legal committee? Isn't it an agency for the CCP to connect to the general public? Isn't it a place to sort out injustice for people? Falun Gong is my faith. Doesn't the constitution guarantee freedom of belief?"

Another person found the 610 Office director for me. The director asked me to go to his office and took his deputy with him. Starting from my pension issue, I talked about the CCP's persecution. I talked about the wide spread and beauty of Dafa and true retribution stories. Often they would cut me off and ask questions. I



responded with righteous thoughts and compassion. Sometimes they nodded as if they agreed with my point of view.

After I returned home, I looked inward and thought about what I had not done well. Then, I remembered some of the evil questions the deputy had asked me. I only thought about saving them compassionately but forgot the dignity of Dafa. I had to go back and talk to them again. I went again the next day.

I learned that they were “studying” Falun Gong cases in a conference room. I sent righteous thoughts silently in another office: “Dafa disciples follow the arrangements of our Master. Nobody else can make any decisions.”

The 610 Office director came and asked me to go to his office. I said: “After I returned home, I thought about your deputy's questions. Those were disguised interrogations. Do you still want to persecute me? Do you still plan to send me to brainwashing classes? You have promised me that you won't send me to brainwashing classes during your term.”

He said: “Don't call it brainwashing classes. They are transformation classes.” I said: “I call them brainwashing classes. I practice Falun Gong and am trying to be even better than a good person according to the standards of Truth-Compassion-Forbearance. What do you want to transform me into? Those who have transformed are confused by brainwashing!”

He said: “Well, I went to the transformation classes to have a meeting. I saw the food they served there was really good. “I made a joke and said, “The food here is so good.” He then said, “I should send so-and-so (he meant me) here in a few days.” I told him solemnly: “I definitely won't go to any brainwashing classes. Other Dafa disciples won't go either.” I asked him not to do such things. He said: “You won't go to brainwashing classes. I know.”

## **I Am a Messenger from Heaven**

After I came home from detention, the CCP wouldn't give me my pension. In order to disintegrate this persecution, I visited many departments but hadn't resolved it. In the end, I said to the political and legal committee and the 610 Office:

“If you don’t pay me my pension, I don’t have income. I will write down my story. I will post it everywhere I go. Wherever I beg for food, I will let people know Falun Gong practitioners are good people. People will give me money as soon as they know I have been persecuted because of my practice.” So they gave me a “low-income subsidy.”

I of course didn’t want it. The secretary of the community political and legal committee told me: “You have to be able to cover your bus fees even if you go petition.” The low-income payment cards were managed by the neighborhood comprehensive management office. I had to get my payment from there every month.

In the beginning, I agreed because I wanted to clarify the truth and save people at the management office. For a few times, I thought I was cooperating with the evil CCP. I still wanted to get my pension back. People at the neighborhood comprehensive management office would then complain to me of their difficulties. I didn’t persist because we had become good friends after our monthly dealings.

Last October, the secretary of the community political and legal committee had to study for half a year at the CCP school. Her position was temporarily filled by a replacement. I asked Master for help to save the new secretary and take my pension back.

I talked to the interim secretary. During our conversation, I told her about the beauty of Dafa and the principles of retribution. She often said that she was only a temp and that important matters would all have to wait for the old secretary to handle. During the whole process, I asked for Master’s help. Later, she said that she had to get her supervisor’s approval. I asked her which one. She said I could talk to a deputy secretary at the neighborhood comprehensive management office. When I went to find him, I was told that he was out of the office.

On March 8 this year, I went to the neighborhood comprehensive management office again. They were on holiday because of the “March 8 International Women’s Day” and forgot about my issue. There was only a new guard on duty. He didn’t know my issue. He was going to call around and ask. At this moment, the deputy secretary walked in.



I thanked Master! Master arranged the environment for saving sentient beings and led him to me. I introduced myself and started clarifying the truth based on my pension issue.

In the beginning, he said to me angrily: “What is this place? The police will come with a phone call of mine.” I asked Master for help and responded with wisdom: “I haven’t been able to see you for the past several visits. Today I have met you and felt an instant connection. What I have said are all facts. Don’t you agree that the persecution is a fact? Don’t you agree that retributions are facts?”

I then shared with him some corruption stories. He joined the conversation. In the end, he said: “It was wrong that we held your pension card. Today I will pay your pension with my own money. Then I will be responsible for contacting and communicating with the leaders to return your pension card to you.”

Then he called one of the leaders. He was told that the 610 Office demanded the holding back of the pension card. He then said: “Then you ask the political and legal committee to manage this directly. It is not right that we hold others’ pension cards. In addition, we don’t have time to deal with this kind of stuff. Today the recipient has come. She doesn’t have money to live. I have paid her with my own money.”

He hung up and asked for my phone number. He asked me to visit again upon receiving his phone call to take my pension card back. I shook hands with him, thanking him for helping a Dafa disciple and choosing a good future for himself.

Half a month later, I got his phone call. I went to the neighborhood comprehensive management office. This time, they were all there, even the interim secretary of the community political and legal committee.

I knew that this was the last time. Sentient beings wanted me to clarify the truth to them for the last time. This was another compassionate arrangement of Master.

When we went through the steps, I clarified the truth to them. The deputy secretary commented: “You are so brave! You dare to say anything. We all call you ‘Sister Jiang’ or ‘Liu Hulan.’”

I said: “I am not sister Jiang or Liu Hulan. They are the products of the CCP. I am a messenger from heaven.”

After we finished the procedures, I stood up and shook hands with them one by one. With sincerity and compassion, I said to them: “From now on, there’s no need for me to come. We will not be able to see each other so often anymore. However, what I have been telling you – Falun Dafa is good – please remember it. It is our predestined relationship for us to know each other. If I didn’t tell you the truth, when the disaster comes, I would have let you down. Remember what I have told you. You will have a great future!”

I burst into tears as I was writing this. Compassionate Master has given me the rationality, wisdom and kind heart for saving sentient beings. I will carry on according to Master’s arrangements: remove my attachments, cultivate myself well, save sentient beings, do the three things well, and return with Master at the time of consummation.

[Online version](#)

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# Cultivation Stories from a Blacksmith and His Wife

ORAL REPORT FROM CHINA  
TRANSCRIBED BY A FELLOW PRACTITIONER

Greetings, Master! Greetings, fellow practitioners!

I'm a blacksmith. I want to share a few of my wife's and my cultivation stories.

I was born in 1933. I have lived through many movements of the Chinese Communist Party (CCP). Since I'm illiterate, they didn't impact me very much and I've just continued to do my work. The CCP's various movements didn't target me since I was born into a family that had to beg for food. I opened up a blacksmith shop at my home after I retired, because my son was laid off.

I started practicing Falun Dafa in 1996. I heard a recording of Master's lectures at a practice site. I knew what he said was good. I had been listening to Master's lectures for just a few days when I had an accident. I was burnishing an object, kneeling with one knee on the ground, when somehow the grinding wheel fell off. The grinding wheel is as big as a pot lid and spins at a speed of 2,500 rotations per minute. These kinds of accidents often occurred when I worked in a factory and it was common for people to get hurt. The way it usually happens is the grinding wheel hits an object and flies into the air, leaving a hole in the roof where it exits. But this time the grinding wheel fell on my kneecap and then spun outside. It is much faster than cutting with a knife and left a gaping wound, exposing the bone. My family was really frightened. They quickly gathered around me and wanted to take me to the hospital. I said, "Don't worry, Master is watching over me." My son

wouldn't listen to me. I'm famous for my stubborn disposition. He was afraid, but my wife understood. She said, "We won't go because he's unwilling to."

I wasn't sure what to do. I stretched out my leg since it was my knee that was injured. The flesh around the wound was squished together. I touched my knee when I woke up in the middle of the night. It felt cool. I knew that Master was taking care of me. In just a few days it was completely healed.

My wife had a bad temper. When she worked in a factory, the workshop director said something that he shouldn't have. She told others that what he said didn't count. She grabbed him by the collar and forced him to swallow his phlegm. She controlled her temper better after she practiced Falun Dafa. I remember one time Mr. Erdan's mother dumped the dirty liquid that remained after cleaning out her wok into the sewer in front of our house. It was summertime. There were a lot of flies and the sewer really stank. My wife politely said, "Please don't do this in the future." Mr. Erdan's mother swore at my wife and said that my wife was picking a fight with her. Many people did what she did; why did my wife only pick on her? My wife just laughed and went inside. Mr. Erdan's mother ran after her, pointed her finger, and continued to curse at her. My wife stayed calm. In the past, given her fiery disposition, who would have dared to offend her? Her bad temper disappeared after she began practicing Falun Gong. She pulled up a chair for the lady and respectfully said, "Please calm down. What I said was wrong. If you are still upset, sit down and you can curse at me." Mr. Erdan's mother indeed sat down and cursed at her for a long time. Eventually she got bored and left.

I'm a blacksmith and have a strong personality. I am able to confront any opponent. I realized after practicing cultivation that I needed to consider others first and treat them compassionately. But I'm not the least uncertain when it comes to handling evil people. Once, several officers from the local police station came to my home to search it and confiscate property. I was in bed at that time resting and was angry at them for bothering me. I said, "What are you doing? We practice Falun Gong and are good people. What's the matter?" I roared at them and sat up. I said, "Put down those things that you're planning to take. What were you thinking?" Several of the officers were frightened and trembled as they stood there. One of them said, "Calm down. We are doing this on orders from above. Don't



take it out on us.” I said, “That's nonsense. Put those things down. I'm a good person and I won't allow you to do this. Do you want to know why? Don't you think it's wrong to treat a person this way who lives by Truthfulness-Compassion-Forbearance?” They mumbled and dawdled and then said, “Don't blame us. We won't come again.”

My wife is even better than me. Our daughter, who is also a practitioner, was illegally sentenced to a forced labor camp for a few years and the local police station wouldn't give her a certificate of residence registration when she returned. As soon as my wife found out she said, “They're persecuting us.” She went to the police station to find the director. He thought that we were afraid of him. My wife asked him why they wouldn't give our daughter the certificate of residence registration. He said it was because of orders from above. My wife immediately went outside the station and started yelling, “We practice Falun Gong. The police station is taking advantage of us. Our whole family practices Falun Gong. Everyone judge for themselves: Is Truthfulness-Compassion-Forbearance good or bad? Our daughter was sent to a forced labor camp for several years because she told the truth about Falun Gong and the persecution. She's home now and they won't give her a certificate of residence registration. They are browbeating us. The police station is interfering with us. This is the fault of Jiang Zemin.” My wife was amazing and everyone came over to listen to her.

After hearing what she said, the director of the police station quickly pulled her into the courtyard. He said to her, “Don't yell. I'll give your daughter a residence certificate. Is anything else wrong?” My wife said, “Why did you say that? Didn't you push me into a corner? Didn't I need to yell? Don't worry. We do not want the certificate now. Watch me, I will go around and yell everywhere. Look at me, do you think I wouldn't dare to yell at you at the police department?” The director apologized. The only thing he didn't do was to kneel before my wife. He went into the courtyard and shouted at his officers to quickly give her the registration certificate.

We have been clearheaded while clarifying the truth and have paid attention to safety. We post our truth clarification materials and send forth righteous thoughts.

When we take out our pedicab, one person sends righteous thoughts while the other person pedals and pays attention to security.

A few years ago when dwellings were being demolished and people were being relocated, we looked everywhere to find a place to rent. A friend showed us a factory that had been sold and was now used as a residence. Dozens of families were living in the factory. All of them had been laid off. The bathroom was filthy. It hadn't been cleaned in many years and there was excrement and urine everywhere. There wasn't a clean place where one could stand. The outside was grubby as well. No wonder the factory had been sold! Eating was a real problem. Who had the heart to clean it? The courtyard was covered with weeds.

My wife and I cleaned the bathroom. It took us quite a few days. Everyone watched us. They realized that we were dependable people. We planted a vegetable plot in a wasteland. We ate what we needed and shared the rest. We became very close to our neighbors. They stopped by whenever they were free. We clarified the truth and there wasn't anyone who didn't believe us. They all said that we were good people. They could tell from our actions that Falun Gong is good.

My wife and I developed many supernormal abilities after we began practicing, particularly my wife. When she needed vegetables cut, she drifted by the cutting board. When she needed to stir-fry, she drifted by the kitchen range. It was really amazing.

Master, our fellow practitioners helped us to write this because we are illiterate. There are many things that we weren't able to say to Master. Our whole family sends greetings to Master!

[Online version](#)

[Original Chinese version](#)





# Letting Go of Qing to Save Sentient Beings

BY XIAN YU, A DAFA DISCIPLE IN CHINA

*When my grandson was two years old, my daughter-in-law insisted that she wanted to work full-time, and she planned to have my husband and I take care of our grandson. I said to her with compassion and seriousness, "I am a cultivator. I have to place validating the Fa and saving sentient beings first. I will not give up stepping forward to clarify the facts. I have to have half a day at my disposal."*

*--From the author*

I'm a 59-year-old female Dafa disciple in southern China. I obtained the Fa in 1997. After having gone through more than a decade of ups and downs on the path of cultivation, many fellow practitioners have now become elderly, and many female practitioners face a common challenge: taking care of grandchildren. In our area, some practitioners who have experienced severe persecution and have steadfastly made it through are bothered by the test of affection among family members: from being unable to step forward, and only studying the Fa and doing the exercises at home, to gradually failing to persist in studying the Fa and doing the exercises. Some individual practitioners who have a serious attachment to the affection among family members even went so far as to go to temples to seek “spunk” water for their children and grandchildren, and ask Taoist priests to chant incantations to ensure the peace of their children and grandchildren, and other things which have seriously betrayed the principles of Dafa cultivation. As a result, some elderly practitioners could not do the three things well, some developed serious symptoms of sickness karma, and some have even had their lives taken away by the old forces.

Here I'd like to talk about how I broke through the test of the affection for family and walk righteously and steadfastly on the path of Fa-rectification.

## **I. Be Clear about Fa Principles and Melt Every One of My Thoughts Into the Fa**

Many elderly female fellow practitioners have lower education levels; some are stuck at home all year long being housewives, and the center of their lives are taking care of all sorts of family affairs. In the maze of the human world, they are prone to be affected and troubled by affection among family members. Thus, studying the Fa well is their foundation, and also the key.

Master has repeatedly reminded us to study the Fa well. Master said in Zhuan Falun,

“Cultivation practice must take place through tribulations so as to test whether you can part with and care less about different kinds of human sentimentality and desires. If you are attached to these things, you will not succeed in cultivation.” (Lecture Four)

“If you are free from this sentimentality, nobody can affect you. An everyday person’s mind will be unable to sway you. What takes over in its place is benevolence, which is something more noble.” (Lecture Four)

“In the course of samsara, you have had mothers who were human and non-human, and there are too many of them to be numbered. It is also countless how many sons and daughters you have had throughout your different lifetimes. Who is your mother? Who is your son or daughter? No one knows it after one passes away. You must still pay for what you owe others. Human beings live in delusion and just cannot give up these things.” (Lecture Six)

Master also told us,

“Those who are attached to affection for family will definitely be burned, entangled, and tormented by it. Pulled by the threads of affection and plagued



by them throughout their lives, they will find it too late to regret at the end of their lives.” (“Cultivators' Avoidances,” Essentials For Further Advancement)

We cultivate without leaving the secular world and in the method of a Great Way Without Form, thus whether we are diligent or not all depends on our one thought. Either our heart is on the Fa, and we let go of everything, and strive forward diligently; or we are deluded in the mundane world, and are burdened and controlled by the affection for family, and we will be mixed up with everyday people and in the end bitterly miss the opportunity to cultivate.

## **II. Relinquish Attachment to Affection for the Family, Place Top Priority on Validating the Fa and Saving Sentient Beings**

I understand, being a Fa-rectification Period Dafa Disciple, I should keep up with Master's process of Fa-rectification, I can't be limited to being a good person among everyday people, and thereafter be confined to personal cultivation; instead, I should place top priority on validating the Fa and saving sentient beings. Thus, I will be able to see through all kinds of false images, and drive out interference from all aspects.

In recent years I have lived with my children and grandchildren. Our family of six is crowded into a house about 70 square meters. I often sleep with my 6-year-old granddaughter on the upper berth of a bunk bed. My grandson and granddaughter play around and make a lot noise. They indeed disturb my cultivation environment for studying the Fa and doing the exercises.

When my grandson was one year old, my daughter-in-law wanted my husband and I to take care of him, while she intended to work full-time at her good friend's place. I refused her request, and told her that I must have a half-day at my disposal (I have been going out to pass out truth clarification materials face-to-face, and encourage people to quit the Chinese Communist Party and its affiliated organizations.) As a result, my daughter-in-law cried and shouted, and argued endlessly. Due to a variety of household chores, the grievances between my daughter-in-law and I piled up. With her endless arguing, I developed the attachments of impatience and resentment. I understand from the Fa principles that Fa-rectification re-

quires me to insist on cultivation principles, and not to slack off in doing well the three things. I should also look within at all times, and balance well the relationships in all aspects. I continuously recited Master's article "What is Forbearance (Ren)" (Essentials For Further Advancement), rectified myself in the Fa, got rid of my unkind and bad thoughts, maintained a compassionate state of mind, and told my daughter-in-law in a peaceful tone: My husband, your son's grandfather, is not in good health, and needs to have a stress-free life. It takes the three of us to look after the child, we are all too tired to endure. If you completely leave your son to us, the elderly grandparents, it even more won't work, will it? It will be a strain for us to take good care of the child, and we two elderly people will have burned ourselves out. After listening to my compassionate explanation, my daughter-in-law stopped making trouble.

When my grandson was two years old, my daughter-in-law again insisted on going back to work full time. I proposed to send my grandson to kindergarten. She argued that he was too young for kindergarten. I suggested that she hire someone for child care for half of the day every day. She opposed this on the grounds that it was too costly. I told her that I would cover the child care cost, and it would not cost her a penny. She still refused, citing that she could not trust others taking care of her son. I understood that it was the old forces making use of her, using the affection for the family to interfere with the important tasks of my assisting Master in rectifying the Fa and saving sentient beings. I sent forth righteous thoughts to eliminate the dark minions and rotten demons that manipulated her behind the scenes. I then said to her with compassion and seriousness, "I am a cultivator. I have to place validating the Fa and saving sentient beings first. I will not give up stepping forward to clarify the facts. I have to have half a day of free time." At the same time, I talked to her about how Dafa practitioners around the world have been carrying out the important task of clarifying the truth and saving sentient beings. In the end, my husband agreed to take care of our grandson in the morning, and I just had to take care of him while he took a nap in the afternoon. As a result, every morning, I continued to go out to clarify the facts face to face, to persuade people to withdraw from the CCP and its affiliates, and fulfill the responsibilities of a Fa-rectification period Dafa disciple.



One day when my son came home from work, he had an unpleasant look on his face and said to me, "What trouble have you made outside again? Even the leaders of my factory have received reports." I immediately told him, "No, that was not the case." He continued with displeasure, "You still deny it! Leaders at my workplace called me. I am ruined! I may lose my job! What's the entire family to do? Can your retirement salary support the entire family?" I realized that my son was driven by fear, had become irrational, and kept whining and ranting and saying bad things. My husband and daughter-in-law also started yelling at me. It felt like the sky was about to fall. I calmed down my heart, knowing it was all arranged by the old forces, it was all interference, and illusion. When my son realized coercion would not work, he tried a soft approach. He said, "You just take a break at home for a couple of days. Don't go out. I beg you to not go out this one time." I had been quietly saying in my heart, "I will deny all arrangements by the old forces and walk down the path arranged by Master" At the same time, I calmly said to my husband, "It could be that the workplace had received some instructions to make an inquiry to family members, which is just a formality." My husband regained his composure. He made a phone call to the workplace leaders. It was indeed as I expected. All my family member's complaints and grudges were gone. The next morning, I left home with truth clarification materials again and hit the road to save sentient beings.

Master told us in Zhuan Falun,

"Those who develop supernormal abilities are usually at both ends: Children do not have attachments, and neither do elderly people—especially elderly women. They can easily develop and preserve this capability."

I enlightened that for elderly women, we are not attached to or pursuing fame, fortune, or sexual desire. However, we tend to be attached to the affection among family members. We are especially prone to be interfered with or driven by the affection for grandchildren. I wrote down my experiences to share with fellow practitioners in similar situations. Please kindly point out anything that is not in compliance with Fa principles.

Thank you, our great Master of benevolent compassion!

Thank you fellow practitioners inside and outside China!

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# Cultivating Myself While Doing Coordination Work

BY WU MING, A PRACTITIONER IN LIAONING PROVINCE

I began to practice Falun Dafa in late 1996. I had many understandings through these years of cultivation, validating the Fa, and doing coordination work. Here are some of my experiences.

## **Beginning to cultivate**

Before I began to practice Falun Dafa, my husband used to gamble a lot. Due to the debts he incurred, he was often afraid of returning home during the New Year to avoid his debtors. We fought with each other a lot and I almost had a mental collapse. One friend saw my suffering and recommended Falun Dafa to me. I read it, liked it very much and wished to have a copy. But it was difficult to find Master's books. I carried my three-year-old child on my back and traveled to one town after another, hoping to find a copy in a bookstore. In the end, one store had two copies and I bought both of them. Surprisingly, although my child often had fevers, he was fine this time even though I traveled more than 50 kilometers on a winter day including walking for long distances in the cold.

After reading Falun Gong, I was clear in my heart that this was what I had been looking for. Since then, I learned to forbear when encountering tribulations. After seeing that I became more tolerant, my husband also supported me. His good deed was soon rewarded and he found a decent job.

## **Persecution leads to a broken family**

When Jiang's regime started to persecute Falun Dafa in July 1999, my husband and other family members listened to the regime's lies, became afraid and asked me to quit. I told them Dafa was good and that nothing could stop me from practicing.

I went to Beijing three times to appeal and, as a result, I was detained three times. I was also sent to brainwashing centers twice and a forced labor camp once. During my detention, my husband had affairs with other women and even fathered an illegitimate child. When I was released, he would not allow me to enter my own home since he had already begun living with the other woman in my house.

The CCP's persecution thus destroyed my family. My father was very upset upon seeing this and he became sick. He passed away several months later. I had no choice but to go to another city with my child. One practitioner found a rental place for me and I began to work there to make a living.

## **Clarifying the truth**

Later, a practitioner and I went to distribute truth-clarification materials to one village after another in the evening. One evening, when we were about to leave, it became cloudy and windy since a heavy storm was coming. I asked the other practitioner if we should cancel the trip. She said we could not delay saving people. After we continued walking for two or three kilometers, a heavy rain started. When we were half-way through, I looked up and saw the rain had stopped, and the sky was clear with stars. That night, I had a dream that the clouds in the sky had rolled up like curtains revealing the blue sky.

One night when we went out to distribute materials, a person was standing next to his gate. I did not see him and put the materials next to his feet. He yelled and asked what I was doing. I calmed down and said I was distributing truth-



clarification materials. I told him the facts of Falun Dafa and asked him to quit the CCP as well as its affiliated organizations. He said he did not join any of them. In the end, I told him to remember “Falun Dafa is good” and “Truthfulness-Compassion-Forbearance is good.” He nodded and agreed.

Another time when we were distributing materials, we received a text message saying a massive arrest had been planned by the police. We were thus advised to stay away from home. One practitioner disagreed and suggested we should continue. We continued distributing materials and nothing happened. It was almost 2:00 a.m. when we returned home.

Not long after the 2008 New Year, police arrested many practitioners and the local materials sites were destroyed. One practitioner suggested that I take on running a material site, but I did not know how to do it. I tried, but could not download Minghui Weekly. When I sat down to take a break, I fell asleep. I dreamed that someone came in and told me to click a certain file on the computer. I woke up and clicked the file as instructed, it was Minghui Weekly. In this way, I learned how to download files.

### **Cultivating myself while doing coordination work**

As I interacted with more and more practitioners, I gradually took on the coordination work. When a practitioner came to visit us in late 2009, he shared his experiences of clarifying the truth while visiting people during the holiday season. It seemed to work well, but none of us had tried it in our region. Fellow practitioners suggested that the three of us give it a try while the others studied the Fa and sent forth righteous thoughts for us.

Going out that day was like entering a battlefield. Master encouraged me and I was able to see that the gong of fellow practitioners had lined up in the form of a lotus flower and had cleaned up the area we planned to go in other dimensions.

It went well and the next day more than 30 people quit the CCP or its affiliated organizations. As I called on other coordinators to discuss how to do this better, something started to change. Another practitioner who had not done coordination

work for five years decided he would coordinate this. This was unexpected and I was not happy with it.

In “Teaching the Fa at the 2002 Fa Conference in Philadelphia, U.S.A.”, Master said,

“Dafa disciples, in your cultivation in the ordinary human world you all have understood something clearly that's based on the Fa's principles, namely, not to be attached to the "gain and loss" of ordinary people. So when things related to validating the Fa are involved, there too you shouldn't insist on voicing "my ideas" or on having things done "my way." It's not like only then can you establish mighty virtue in the cosmos. If you've got a good idea, well, you came up with it, you're being responsible to the Fa, and it's not important whether your idea is adopted or whether your approach is used. If another person's idea can achieve the same effect and you aren't attached to your own idea and instead you go along with his, then whether you've shared your approach or not, Gods will all see this and think, "Look, he isn't attached, and he's able to be so tolerant and broadminded." What do Gods look at? Isn't this what they look at? When you're attached to emphasizing your things you are too caught up in it and the Gods watching above can't stand it. Even though you keep claiming it's for the good of Dafa, and that "my approach is good" and can reach such and such goal--and maybe that really is the case--still, we shouldn't have attachments that are too much like ordinary people. If you can really do that, all the Gods will say, "This person is truly remarkable." It's not like Gods see that your idea worked and then they raise your level. Instead, they only raise your level when they see that your understanding of it has improved. This is a truth in the Righteous Fa. If you're thinking, "I'll have XYZ happen to me if I've gained such and such amount of merit," well, yes, that's how it works for an ordinary person, and it might be what's looked at as far as certain facets of the cosmos's Fa-truths go or in a particular situation. But true improvements come from letting go, not from gaining.”

As I had more understandings from the Fa, I told other practitioners that I would fully support the new coordinator. As I said these words, I saw that sentient beings in other dimensions were saved and they thanked Master. By the end of



that year, thousands of people were saved through our efforts. From this I also saw the capability of that practitioner since things could not have been done as well had I led the coordination effort.

Cultivation is a process of letting go of human notions and being assimilated to the Fa. When doing coordination work, it is important for us to let go of ourselves and be considerate for the group as one body. It does not matter how “correct” we think we are. We need to fully support other practitioners and avoid any loopholes. In “Fa Teaching Given at the Fa Conference Marking the Tenth Anniversary of the Minghui Website’s Founding”, Master said, “...just by being problem-free you have dealt the evil its greatest blow.”

There were no major persecution cases in our area in the past several years. After practitioners were illegally arrested by police when distributing truth-clarification materials, we were able to notify all practitioners in a short time. Some went to the police requesting their release and some supported by sending forth righteous thoughts. The one-body work appeared as a large shield in another dimension and arrested practitioners were soon released.

### **My concluding statement**

Throughout these years of cultivation and coordinating to save people, I deeply understood that the power comes from us and comes from our joint effort as one body. I will be more diligent and fulfill my mission. I also want to express my gratitude towards Master.

*Online version*

*Original Chinese version*



# My Experience of Cultivating Alone

BY A DAFA DISCIPLE IN XINJIANG AUTONOMOUS REGION

*That year I found Minghui by chance, and my wandering heart was completely cleansed upon reading the Minghui articles. I understood that I needed to participate in Fa-rectification period cultivation and to do the three things required of Dafa disciples.*

*--From the author*

Greetings compassionate Master! Greetings fellow practitioners!

When I was in middle school, I learned Falun Gong exercises from a classmate. I usually had no trouble crossing my legs on top of each other, but strangely my legs hurt badly when I tried Falun Gong meditation, and the longest I could sit with my legs double-crossed was about 8-9 minutes. My classmate also lent me the book Zhuan Falun, but then he had to take it back. I had barely skimmed through it once. Even though I had no clue what Zhuan Falun was about, I decided to give Falun Gong a try and set for myself a goal to meditate for 10 minutes in one sitting. About three weeks later, for the first time I was able to cross my legs for 15 minutes. The moment I passed the 15-minute mark, I felt something entering my body, and I immediately became incredibly comfortable. I was a bit scared, since I didn't know what had happened to me. The next morning I started to vomit and have diarrhea. The symptoms went away just as fast as they came. I was completely fine by the afternoon. This happened in the summer of 1993. Even before I had a clear idea of what Falun Gong was, Master had already installed a Falun in me and adjusted my body. My eyes still become teary whenever I think of this.



After the persecution of Falun Gong began in July 1999, I lost the environment to practice the exercises and study the Fa with fellow practitioners. I gradually gave up my cultivation, and in the years that followed I was preoccupied with finding work and making a living. Before I knew it, it was already 2008. That year I found Minghui by chance, and my wandering heart was completely cleansed upon reading the Minghui articles. I understood that I needed to participate in Fa-rectification period cultivation and to do the three things required of Dafa disciples. Since that turning point, I began my “lone” cultivation, still without an environment to share with fellow practitioners.

## **1. My family environment is a cultivation opportunity**

### **My father**

One day, when I saw my father writing an article praising a deceased Chinese Communist Party (CCP) leader and the evil party, I said to him without thinking, “Dad, the Communist Party is an evil cult.” His emotional reaction shocked me, but I managed to keep my cool. He cursed at me for about half an hour, and I didn’t talk back. In the days that followed, whenever I opened my mouth to talk, I was met with counter arguments and swearing from him. I felt extremely upset. Only later did I realize that as a practitioner I should have looked within whenever I faced conflicts.

The first time I was able to experience the wonder of looking within was after an emotional fight. I sat on my bed with my legs crossed after a quarrel with my father and realized that in my heart I still harbored hatred and a fighting mentality. The moment I dug out those attachments, I felt something spinning on the top of my head, which lasted for quite a while. When I heard my father’s voice again, it no longer bothered me. I knew that Master helped me resolve this conflict after seeing that I identified my omissions.

Before the Chinese New Year holiday this year, I suddenly felt uncomfortable with a stuffy and runny nose. Sending forth righteous thoughts didn’t seem to help

at all. On the eve of the Chinese New Year, my father had decorated our house with Chinese paper cut-outs, couplets and lanterns, which all bore the name and logo of our family health insurance company.

I wanted to remove the paper cut-outs taped to the window, but was stopped by my father. Realizing that he was badly controlled by the evil, I decided to wait a few days. However, my sickness symptoms became worse and worse, and the mucus kept running down my nose even during my Fa-study, exercise and sending forth righteous thoughts. Finally, I even had great difficulty breathing. I couldn't figure out why, but somehow had a vague feeling that my condition had something to do with the decorations. One week later during sending forth righteous thoughts, I suddenly saw a penguin-like figure about my size standing on my right. Since I cultivate with my celestial eye closed, I knew it was compassionate Master who showed me the nature of my interference and reminded me to pay attention.

Two days later I made up my mind to remove all of the decorations my father had put up in our house, no matter how he might react. I first took down the lantern in the living room and then removed the paper-cuts on the window the next day. My father was extremely mad, but I just ignored him and kept studying the Fa. On the afternoon of the Lantern Festival, I ripped the couplets and another paper cut-out as well. My symptoms miraculously disappeared the next day. It was obvious that the evil had hidden itself in those things. Later when I went to clean our old residence, I burned all of the old books written by the evil Communist Party's head leaders and other members.

A veteran and former politics teacher, my father was very proud of himself and filled with CCP's ideology. When I played a Shen Yun Performing Arts DVD for him, he shed tears but didn't say anything. When I pointed out the farce behind the staged Tiananmen Self-Immolation incident, he argued that any ruling party would have to utilize political tactics in order to survive. When I told him that no law in China had made Falun Dafa illegal, and that many practitioners were illegally arrested, he said that only bad people would be jailed. When I asked him to listen to the Nine Commentaries on the Communist Party, he argued that the book was part of a certain group's plot to take over mainland China. When I tuned in to Minghui radio's "Divinely Inspired Culture," he dismissed it as supersti-



tion. When I mentioned democracy, he claimed that it was capitalist countries' conspiracy. When I brought up the corruption running rampant in Chinese society, he didn't feel that was anything unusual. When I talked about my belief, he asked why I didn't go to the mountains to cultivate.

One day when my father again claimed that there were no Buddhas, Daos or Gods, I asked him: "Dad, didn't you tell me one morning in 2009 that you saw with your own eyes that a golden, shiny Buddha flew inside from the window? I remember you said the Buddha lingered in one corner of our living room for more than 10 minutes." He was at a loss for words.

### **My older brother**

My older brother has epilepsy and appeared extremely evil during one period of time. He would utter swear words at the mention of Master and Dafa and rip apart any truth-clarification materials in his sight. I knew that there were many rotten demons controlling him. It was probably because of my cultivation that those low-level beings came to interfere with him. Whenever this happened, even his face appeared deformed.

At first I felt helpless since my brother just wouldn't listen to me. I also developed very bad thoughts about him. Such thoughts would pop up and keep flashing in my mind whenever I practiced the exercises. My brother would then appear even more evil the next day. This situation lasted for nearly two months. One day I suddenly felt strong fear and wanted to give up cultivation. Then I came across one Minghui article in which the author talked about overcoming a similar experience by memorizing the Fa. When I followed suit, however, Fa memorization didn't seem to have any effect on diminishing my evil thoughts.

One day the evil thoughts again plagued me. I said to Master in my heart: "Master, if your disciple can't get rid of these evil thoughts, please completely destroy me. Please never allow me to do any evil things." I also began to recite the Fa from memory during the entire exercise practice for the whole next month. Then one day as I did the exercises, I suddenly felt something was removed from my head, and my mind immediately became empty. I knew that the evil thoughts to-

ward my brother were eliminated. My brother then began to act less evil. I realized that Master shouldered my pain and enabled me to pass the test.

While my brother and I were chatting one night after dinner, he said, “This person has done so many bad things, yet you still attempt to redress his injustice.” I immediately realized my problem. I answered: “I’m not interested in that person at all. I only brought up his name to show you the evil party’s thinking when it comes to dealing with its people.” He seemed to get what I meant. As he read more news online, he came to see that the Communist Party was indeed very evil.

Last year the local community launched a so-called “promise card” signature drive, which was a campaign intended to force practitioners to promise not to practice Falun Gong. When the community people came to my home, I was a bit nervous. I said to them, “I’m not going to participate in the signature drive and sign my name.” Then I quickly shut the door. However, they knocked on the door again. This time my brother rushed to open it. He questioned them: “Who are you guys? Show me your IDs! I don’t even believe in the Communist Party. The CCP is an evil cult. I’d say you guys should focus your energy on finding jobs for us!” The next thing I heard was footsteps downstairs. My brother had driven the community people away! I was very happy and thought, “Master, my brother is also safeguarding the Fa!”

After this year’s Bo Xilai and Wang Lijun incidents, my brother surfed online to find more about what happened. One day he showed me an article that seemed to frame Falun Gong for what had transpired. I said to him: “Why do you still believe the rumors when you know they’re lies? I am right here in front of you. You should see clearly what Falun Gong is really about after all these years. If I can’t make you believe that Falun Gong is good in three years, I’ll try for the fourth year. If I’m still not successful, I’ll just keep going until you change your mind about Falun Gong.” After this conversation, I never heard him say anything bad about Dafa.

After I dozed off during Fa study for a few days, in order to break through this, I decided to read Dafa books aloud. I read two lectures of Zhuan Falun in the morning and one more in the afternoon. I was surprised to find that my brother



didn't have any bad reactions after I finished reading the whole book aloud. In the past he had cursed at me whenever he heard me read Dafa books. By now I've read Zhuan Falun aloud four times in his presence, and he has never said anything. Moreover, his facial appearance returned to normal recently, and so did his tone of voice. There is not much evil controlling him anymore.

For the record, my father and brother never touched the Dafa books I put on my bedside table, no matter how evil they had behaved at times. So it was clear to me that whatever they did was to target my xinxing. Thanks to them, I was able to identify my hatred, heart to seek revenge, jealousy and many other attachments over the years. At the beginning, I tolerated my father and brother because I figured there must be some omissions for me to remove. Then I came to see that they had actually sacrificed tremendously for my xinxing improvement. As such, my tolerance of them transformed more into compassion toward them. As I kept improving my xinxing, layers upon layers of Dafa principles also revealed themselves to me. I knew deeply that it was Master's enormous suffering and meticulous arrangements for me that helped me balance everything and enabled me to come this far.

Master said,

“In Buddha Law cultivation you have to boldly and vigorously forge ahead.”  
(Zhuan Falun)

I'll strive diligently to assist Master in Fa-rectification and will do the three things well in order to be worthy of Master's grace.

## **2. Helping my former classmate return to cultivation**

The classmate who first introduced me to Dafa had stopped cultivating for a long time. I always wanted to help him return to the path of cultivation. The first time I called him to set up a meeting, I felt nauseated and sweaty, and my vision was blurred. I kept sending forth righteous thoughts and fully recovered two days later, just in time for our meeting. I learned that he had gotten married and had a child. Though we chatted, I had a strong feeling that there was an invisible wall separating us.

This year after Master published “20th Anniversary Fa Teaching,” I wanted to see my old classmate again. How to create an opportunity? I stood in front of Master’s portrait and said in my heart: “Master, I want to see so-and-so. Please help me.” I kept thinking this for several days straight, and then that weekend I received a phone call from my classmate, saying he wanted to meet with me. I was extremely happy and knew that compassionate Master had answered my wish.

When I saw him, he told me that his wife had brought their child to visit her parents, and he had received a call from his workplace giving him a day off while he was on his way to work. I knew clearly that it was Master’s arrangement. My classmate kept chitchatting, and I kept thinking of how to change the topic. After asking for Master’s strengthening, I suddenly got an idea. I interrupted him and said: “I have something important to tell you. Do you want to listen or not?” He tried to avoid answering my question, but I pressed on: “I really want to tell you something, but you have to make your choice. Do you want to listen or not? Is this such a hard decision?” I saw him suddenly breathing hard and unable to say a word. After a while he began to talk again, but in a lower voice. It was obvious that the evil behind him got much weaker.

I stopped him one more time: “You’ve come from a very high level to this filthy word. With such great inborn quality and such solemn responsibility, how can you get lost in the human world? In order to obtain this Fa, you left a god’s realm and glory.” As I said this, my eyes slowly filled with tears. His tears ran down his face, and he kept wiping them off. I knew that Master had targeted the deepest part of his being using my mouth. I also felt the power of compassion myself. That day we talked for a long time. Before we parted ways, he promised to study the Fa and read Minghui.

Two weeks later he came to me again. This time there was no invisible barrier between us. It was obvious that our last conversation had played a role in disintegrating the evil interference. Though we didn’t talk long this time, the effect was very good. I hope he can return to Dafa soon and fulfill his vow.

For these few years I have been cultivating all by myself, while doing the three things required of Dafa disciples. But I have to admit that I’ve done poorly in face-



to-face truth clarification. I've only been able to persuade a few people to withdraw from the Communist Party and its affiliated organizations. I still have various attachments to remove, including being obsessed with political changes in the human world. There are still things with the evil party's marks in my home. There are many areas where I need to do better.

Please point out anything inappropriate.

Thank you, Master! Thank you, fellow practitioners!

*Online version*

*Original Chinese version*



# Becoming More Diligent in Dafa Cultivation

BY ZIJING, A FALUN DAFA PRACTITIONER  
IN SHANDONG PROVINCE, CHINA

*I know I haven't been very diligent in my cultivation for the last several years, especially after I entered graduate school. My learning and living environment was very comfortable, and I seized that opportunity to pursue an easy life. I slept late and spent a lot of time shopping online and off, playing games, and chatting. When my mother pointed out my improper state, I used the lame argument that the students in the dormitory were all like that. I euphemistically called it “conforming to everyday people.” My conforming to everyday people status thus amplified my attachments of a mind of lust, seeking profit, comfort, and so on. I basically was not in a good cultivation state. When I found my problem and knew I had really stumbled, what was I to do?*

— From the author

Greetings, Compassionate Great Master!

Greetings, Mainland China and fellow practitioners around the world!

I began Dafa cultivation with my mother in 1998 when I was 11 years old. Under Master's compassionate care, I have grown into a young Dafa disciple. During the course of more than ten years of cultivation, I experienced ups and downs, yet they were very precious. During this period, I submitted a few articles to several Fa conferences, but I will not repeat them here. I want to share some of my cultivation progress since the beginning of this year.



## **My Attachments and Slacking Off in Cultivation Caused a Huge Loop-hole – Believing in Master and the Fa Enabled Me to Survive a Life and Death Tribulation**

One night in February of this year while I was doing the second exercise, I suddenly had chest pains, along with temporary hearing loss. I then could not balance myself and fell down. With that kind of pain along with my fear, I really felt like I was going to die. I realized right away that this was a tribulation to take my life. I immediately sent forth righteous thoughts to negate the evil persecution and asked for Master's blessing. This serious sickness karma lasted for an hour and then gradually subsided. I sent forth righteous thoughts without stopping and I told myself, "I am a Dafa disciple and only what Master says counts." I also asked for Master's blessing. That night my mother helped me to send forth righteous thoughts for a long time to completely negate and disintegrate the evil persecution of me. By the next morning I was back to normal.

In this unexpected situation, my first thought was that I was a practitioner. I immediately sent forth righteous thoughts to negate and disintegrate the evil. With my steadfast belief in Teacher and the Fa, the old forces were unable to destroy me in this surprise attack. They changed their strategy and used long-term sickness karma to interfere with me in an attempt to wear down my cultivation willpower. I began having sickness karma for extended periods, and I experienced daily tribulations where I often felt abnormal discomfort in my heart. I had chest and back pains, accompanied by breathing difficulties and dizziness. For several nights, I didn't sleep well. Even when I did fall asleep, I was awakened frequently with heart palpitations.

"Looking inward is the fundamental difference between Dafa disciples and everyday people." ("A Letter to Shandong Dafa Assistance Center" from Essentials For Further Advancement) Under the extreme limitations of my physical and mental condition, I began looking within for my problems. I actually knew I hadn't practiced diligently for the past several years, especially since I entered graduate school. My learning and living environment was very relaxed and I had yielded to pursuing a comfortable life. I slept late every day, and I spent lots of time shopping online and off, playing games, chatting, etc. When my mother pointed out my im-

proper state, I lamely argued that other students living in the dorms were doing the same. I euphemistically called it “conforming to everyday people.” My attachments of playing, lust, personal gain, and seeking comfort were amplified through this long term preoccupation. The time I spent on seeking fun things greatly exceeded the time I spent on studying the Fa, and I couldn't concentrate when I studied it. Some days I only read one or two pages, or not at all. I let slip sending righteous thoughts. I was inevitably out of sync with Dafa and I was basically separated from my cultivation state. My lack of diligence in cultivating provided artificial nourishment to the demons that had spread unchecked in my field, and provided the old forces with grounds to persecute me. At this time, I had deep discussions with my mother and found many of my attachments, loopholes, and shortcomings. I was awakened.

I had found my problem, but my stumbling was huge. What was I to do? Master said,

“Don't worry, and this includes some of those who've stumbled. Just hurry up and get up.” (“Explaining the Fa During the 2003 Lantern Festival at the U.S. West Fa Conference”)

Knowing my loopholes and attachments, I was determined to mend my ways. However, when I really wanted to get rid of those attachments and corrupt ideas, I found that they had become extremely stubborn. It was like the attachment of browsing on the Internet shopping for clothes. At first if I did not want to browse the Internet, I would feel irritated and unwell. If I didn't have enough resolve, I would be sucked in and want to look further. I would keep reading the website for half an hour or even an hour. Then that would make me fall into a trap set by the evil. I later gradually realized that the evil used my attachments to make me involuntarily give in. Isn't doing things involuntarily the same as being unable to control yourself? Isn't it when your own main consciousness cannot control yourself, your attachments dominate you? I realized that if this trend continued, it could become very serious! I was determined that regardless of how irritated I was, I would not visit the clothing website. I persisted for some time and my attachment became less and less. I now basically have gotten rid of this attachment.



During the tribulation of sickness karma, I became aware of many of my strong human mindsets such as fear, having a grudge, being demanding, etc. Being fearful was the worst of all. Since starting cultivation, although I had the symptoms of sickness karma from time to time, as long as I had a firm grasp of a clear mind, it would be over, and it had never been so huge that it touched upon the test of a life and death situation. Thus, when I experienced the tribulations this time, I thoroughly exposed my fear of death. When I suffered to the extreme, death appeared in my subconscious more than once, especially when it first manifested. I was so afraid of death during that time. I was frightened even when I heard my mother's phone conversation with her friend, mentioning, "She died so young." After I calmed down, I realized that this was due to my fear of death. I understood that it was a good opportunity to cultivate away this mindset. So whenever fear appeared, I forced myself to face the fear. I told myself that I was a Dafa disciple and I had nothing to fear. At the same time I firmly denied the evil and disintegrated it. Sometimes when I could no longer suppress my fear, I would repeatedly recite Master's poem,

“Should you have fear,  
it will seize upon you  
If thoughts are righteous,  
evil will collapse  
The cultivator’s mind  
is loaded with Fa  
Send righteous thoughts,  
and rotten demons explode  
Gods walk the earth,  
validating the Fa”

(“What’s to Fear?” from Hong Yin II)

After I persisted for over a month, the fear greatly weakened and it no longer had any effect on me.

Through the tribulations of sickness karma, I really felt that I had made some progress in my mindset and enlightenment quality. Through this painful lesson, I had an unprecedented clarity and recognition of the essence of life: I am a Dafa disciple and my life is with the Fa. The only meaning and purpose of my existence is to cultivate, to help Master rectify the Fa, and to save sentient beings. All the things in ordinary human society were just the elements I needed to complete my mission. They had no real significance and, ultimately, would be abandoned. Also, when I was in the worst pain, I had a thought from deep in my heart: I only listened to Master as to whether I needed to endure or whether it was persecution imposed upon me from outside. If I owed something to those who had persecuted me, I would just obey Master's arrangements to give back whatever I owed. We are now in the Fa-rectification period, and if I had any previous agreements with the old forces that did not agree with Fa-rectification, they were all null and void. If I did not do well and thus was interfered with by external factors, I would remedy myself and firmly reject the so-called arrangements of tests. In short, only what Master said counted. My existence was only to assist Master to rectify the Fa and to save sentient beings, and I asked for nothing else. I also realized that I indeed hadn't done enough in clarifying the truth for the last several years. Since my survival was at stake, I had to take real responsibility for Dafa, sentient beings, and myself.

Master saw that I wanted to save sentient beings, and he opened my wisdom. One day while I was doing the exercises, I suddenly thought I could provide others with the means to overcome the Chinese Communist Party's (CCP) Internet firewall so that people could access the truth about Falun Gong. I condensed the directions into a few words on a small strip of paper. The following day I went to school to print out many copies of the small strips and bought some envelopes. I then went to the supermarkets and parking lots to distribute them. I also made some truth-clarifying materials on small self-sticking papers and pasted them on buses, bus stops, fences, parks, handrails, bulletin boards, etc. The result was good.

When I read the Minghui website, I learned about many elderly practitioners who had been using cell phones to clarify the truth. I asked a fellow practitioner to help me buy a cell phone for that purpose. Every time I went out, I would bring



the truth-clarifying papers, self-sticking notes, and the cell phone with me to clarify the truth.

On one occasion, my mother and I went to a village to post truth-clarifying materials. We pasted them on telephone poles and on the wall along the main road as we walked. After returning home, while we were sending forth righteous thoughts, I saw the following: Along the main road to the village we took, there were people standing on both sides of the road separated by a few meters. They wore strange black clothing with a high hat. Each person held a glass, while I stood in the middle of the road. They seemed to be celebrating for me. I found it very strange, because my celestial eye hadn't opened. I had never seen such a clear picture. After finishing sending forth righteous thoughts, I told my mother what I had seen. Mother was very encouraged and said that it was a celebration and thanks from the sentient beings who had been saved. Master was encouraging us!

### **Eliminating the Attachment of Emotion for Family Members through Tribulations**

When the CCP started the persecution of Falun Dafa in 1999, my father began to oppose my mother practicing Dafa instead of supporting her as in the past. He often fought with my mother and me and tried to force us to give up our practice. Besides my mother being imprisoned by the Chinese Communist Party twice, many aspects of life involving money and honor made my father hostile toward Dafa. He thought that my mother's cultivation was harmful to the family. All those years, mother and I persisted in clarifying the truth to him from various angles, using direct and indirect ways. We made it clear to him that our family suffered from unwarranted persecution because of the unjustifiable persecution. We strove to do our best in all aspects of life to show the goodness of Dafa. However, Father blindly listened to the evil Party propaganda and focused on the loss of his perceived interests and thus had hatred towards Dafa and mother. Over the years, he had burned the Nine Commentaries on the Communist Party, torn up Dafa books, and smashed Dafa pictures. He even went to the forced labor camp to ask them to not release my mother, saying something like: "She hasn't changed

and needs to be imprisoned a few more days.” This year I have made it absolutely clear to him that I was also cultivating in Dafa, and he became even more hostile towards Dafa and us.

About one month ago, Father suddenly burst into the bedroom mother and I shared and picked up a picture frame with Master's photo in it and smashed it. He took out the picture from the frame and shredded and then burned it. At the time, Mother was in the kitchen cooking and did not have time to come help. I tried to stop him and tried to get the photo back but without success. Mother and I were almost on the brink of collapse. This time Mother did not maintain her xinxing and immediately asked for a divorce. I was also in a rage and immediately went along with Mother. I also said that I would live with her. Seeing this situation, my father had no room for maneuvering and immediately agreed. However, this time mother still couldn't let go of her feelings for Father and was choked with tears. My anger was still lingering and I immediately drafted a divorce agreement. Finally, Father left the house angrily.

After Father left, Mother and I gradually calmed down. We sat side by side and shared our thoughts: Was what we had done like Dafa practitioners? Teacher said,

“Nothing happens in cultivation without a reason. When incorrect states and bad human conduct surface among us, those things have come to target human attachments. We don't acknowledge the old forces' arrangements, but, when we fail to do well they will exploit our gaps. So, perhaps it was that a particular place needed to be targeted in that manner, and that was why an incident happened.” “For a cultivator, looking within is a magical tool.”

(“Fa Teaching at the 2009 Washington DC International Fa Conference”)

When mother and I calmed down, we both looked inward to find our own attachments. I found I had a strong affection for my family, as well as fear, resentment, and combativeness. With so many human notions, how could the old forces not exploit my loopholes? Mother also was aware of her feelings for Father, as well as the serious human mindset of being controlling and competitiveness. In reality, she had strong feelings for him. All these years, the two of us practitioners were un-



able to mend the bad thoughts and concepts of an ordinary person. Fa-rectification is coming to an end and yet we still were unable to extricate ourselves from the family hardships. And in the final analysis, what we had done was really bad. Because our sentiment for Father was so deep, the old forces were able to manipulate him to manufacture tribulations as “tests,” which led to his committing crimes against Dafa again and again all these years. Father's sinful conduct was grave and he could face a tragic end.

However, we were only focusing on his negative side and thus resented him, were disappointed in him, had no idea how to help him, and considered him incorrigible. We hardly realized we were the root cause of his committing crimes against Dafa! When Mother and I came to realize it, we felt ashamed and remorseful for being in a poor cultivation state. There had to be a reason why Father and two Dafa disciples had a predestined relationship in this life. There are countless sentient beings behind him waiting for salvation! When Fa-rectification comes to an end and the truth becomes known, how will we face him and the sentient beings he represents? Aware of this, Mother and I started sending forth righteous thoughts continuously to clear up sentiment, fear, and hate in our own fields and thoroughly clear our family practice environment to not allow any external factors to interfere with or persecute us. We also cleaned up our own minds and the bad factors controlling Father, to prevent the old forces from using our loopholes as an excuse to persecute and destroy sentient beings. Mother and I felt our own awareness of the Fa principles and had an increasingly clearer understanding of the Fa. We no longer were dragged down by our emotions and sad. Instead, we felt our compassion expanding. With help from fellow practitioners, we recognized the reason why Dafa practitioners should not divorce and thus set aside the attachment of divorce, and focused instead on sending forth righteous thoughts to negate and clear up the evil.

In subsequent communications with my father, Mother and I apologized to him for Mother raising the idea of divorce and me going along with it. But Mother insisted that she did not agree that he could destroy the picture. Mother and I again made known our determination to cultivate in Dafa. As the evil could

not do anything else, Father never mentioned this incident after he came home. This crisis was thus resolved.

The lesson of this family tribulation is exceedingly grievous. Our loopholes allowed the evil to take advantage of us and brought serious losses to Master and Dafa, and committed monstrous crimes to sentient beings. Afterwards, we knelt in front of Master's photo and sincerely repented our mistakes, promising to try harder to cultivate ourselves well, save those sentient beings, and mend our family cultivation environment in order to make up for the mistake.

During 14 years of trials and hardships in my cultivation, I am well aware of my gross inadequacies in cultivation, and I am far behind those fellow practitioners who cultivate diligently. I do not entirely deserve to be called a “Fa-rectification period Dafa disciple,” a title that Master has bestowed upon us. I am grateful for our compassionate Master not giving up on me. Master, I will never be able to know how much you have cared for and endured for me along the way! I will cultivate diligently and do the three things well to thoroughly assimilate to the Fa and to harmonize what you want us to do, to be worthy of your compassionate salvation of sentient beings and be worthy of my vow in coming to this world.

My understanding is limited. Please kindly advise if there is any incorrect understanding.

Thank you, Master! Thank you, fellow practitioners!

*Original Chinese version*





# The Once Lost Young Man Comes Back

BY A PRACTITIONER FROM JIAMUSI

I am 26 years old. When I was 13, because my mother practiced Dafa, I entered cultivation under Master's arrangement. After the persecution began in July 1999, I didn't keep up with my Fa study or the exercises. In 2005, I was terrified by my mother's arrest for clarifying the truth to people and stopped cultivating entirely. In the blink of an eye, I was now 26. After I stopped practicing, I dove into the big vat of ordinary human society, forgetting who I was and why I had descended to this earth.

In June 2012, my third aunt started cultivating in Dafa again after studying Master's recent lecture, "20th Anniversary Fa Teaching." Within one month, I was stunned by how diligent she was in her cultivation. She had a long history of smoking cigarettes, but she managed to quit altogether on that very day she took up cultivation again. If she were an ordinary person, it would have been impossible for her to quit smoking so easily. From that, I could see Master's mighty virtue and the Fa's supernatural power. This suddenly made me think of what Master said in Zhuan Falun:

"When one's Buddha-nature emerges, it will shake 'the world of ten directions.' Whoever sees it will come to give a hand and help this person out unconditionally."

As long as we truly want to cultivate in Dafa, Master is always there for us.

Although I was stunned by the changes I saw in my aunt, because of various barriers made by the old forces, I didn't come back to Dafa at that time. I was still very attached to ordinary people's interests such as “eating, drinking, playing, and having fun.” Two months after my aunt picked up cultivation again, another incident really got my attention.

Because I was not diligent in my cultivation and didn't maintain my *xinxing* well, I started a huge argument with my cousin (my third aunt's son). We hurt each other very badly. Viewed from an ordinary perspective, I was the one who was wrong. After the incident, I went to find my aunt to admit that I was at fault. I know that if she weren't a cultivator she would have given us a hard time. When I saw her, she didn't even mention the conflict between me and my cousin. I knew that I had to bear the consequence and that I was the cause of the problem. When I opened my mouth to tell her what had happened, she said to me kindly, “The old forces are trying to create gaps for you and your cousin, because you are 'one body' who can study the Fa together. Don't be fooled by the old forces.” I was so amazed, thinking, “What has changed her so much and so quickly? The answer was obvious. It was Dafa!” Only Dafa can fundamentally change a person.

During my conversations with my aunt, she always used the standard of the Fa to gauge what happened between us. I felt like I was already her fellow practitioner, sharing our understandings of the Fa. Gradually, I was awakening the “true self” inside me. I could feel my true self was very anxious, saying to me, “Don't you see, this is the power of Dafa? The time is ripe. It is time for you to return to your real home. Seize the opportunity, and hurry up!” I felt as though, from the bottom of my heart, I really wanted to cultivate again and return to my real



home. I interrupted her and told her what I had just seen and said, “I want to start cultivation.” My aunt smiled.

From that day on, I sincerely wanted to embark on the road of cultivation. After work, I would find my aunt and mother to study the Fa with them. When I finished studying the Fa with them, I felt like I had enlightened to a lot of Fa principles. Master has hinted to me to get rid of my attachments. The Fa gave me all the answers to the questions that used to puzzle me so much. More interestingly, I found that during the process of reading the Fa, the Fa was transformed into images, like a movie being played in front of me. This made it easier for me to understand the Fa. My gratitude toward Master instantly sprang from the bottom of my heart. Thank you, Master, for giving me everything and for not giving up on me! How compassionate Master is!

One day when I was not very diligent in my cultivation, I experienced a symptom as if I had a fever. Because I didn't follow the standard of a true practitioner, I went to the doctor, got a shot, and took some medicine. But my temperature didn't drop a bit. I was in so much pain that I buried my head in the pillow and felt that I was in a trance. I started to feel like I was in another dimension. My body was sucked into the mud and started to sink. The feeling of being closed in by the soil was very real, and I felt like I was being suffocated by the mud. I desperately struggled in an attempt to get out, but no one was there to help me. By then the mud had entered my nose. I was so desperate that I was about to let go of my life. Then, suddenly, I experienced an unprecedented serenity. I moved my body and put my legs into the full lotus position and conjoined my hands, thinking: “Although I am not diligent in my cultivation, I am Master Li Hongzhi's disciple. Even if I am dying, I must die like a dignified practitioner.” I didn't think I was going to make it. However, at that very critical moment, I was suddenly surrounded by a round, glittering protective ball. All the mud around me burst outward. I then made every effort I could to climb up to the shore. I was surrounded by a white glare when I saw someone with his back facing me wearing a white cassock. He

slowly turned his head, looked at me with a smile, and gently nodded. I looked carefully and saw that it was Master. Suddenly, I woke up with my body drenched in sweat, but I felt very relaxed. I looked at my watch—an hour and a half had passed. Instantly, my heart was filled with boundless gratitude to Master that words are short of describing.

It's been two months since I started to practice cultivation again. Because I work in the service industry, I have many chances to deal with all kinds of people from all industries and different walks of life. Thus, I have many opportunities to raise my xinxing. Providing service to people is a great time to upgrade myself. I know that, when dealing with customers, I must use the standard of the Fa to gauge my actions and thoughts. After I started to cultivate again, I discovered that the way I used to deal with my customers reflected a lot of deeply-rooted attachments that I must relinquish. For example, I used to lie to my customers. (In fact, whether or not I lied to them doesn't affect my work.) However, if I use the standard of the Fa to measure my behavior, “lying” doesn't meet the standard of “Truthfulness.” Another thing was that sometimes I lied to my customers in order to entice them into spending more money. This exposed my attachment to material gains. One day, I had a customer who was very happy with the food that we served him. Two hours later, he came back drunk and started yelling at me, saying that he had lost two cartons of cigarettes in the restaurant. I was very calm, realizing that the chance to upgrade myself had come. I patiently explained to him that I didn't see any cigarettes where he had been sitting, but he got even more angry. Because the customer was drunk, my father came out to reason with him, but he thought my father was yelling at him and threatened to fight with him. Then he got even more furious and started insulting my father. I wasn't moved by him at all. I asked other customers in the restaurant to step outside and continued to tell him patiently that we didn't find his cigarettes in the restaurant. All of a sudden the customer returned to his senses and started to apologize for his actions. I knew I had passed the test and came to understand that, as long as a practitioner's energy field is strong, all abnormalities will be rectified.



We must use “Compassion” to conduct ourselves and “Forbearance” when we are confronted with different situations. I thank Master for making me aware. At present, when my mind is slightly deviated from the Fa, the skin under my right eye starts to shake. As soon as I rectify myself according to the principles of the Fa, it stops shaking. Thank you, Master, for looking after me. I promise I will strive diligently and rigorously in my cultivation and return home with you!

Not long ago, I went to find my aunt and mother to share my cultivation experiences with them. My mother told me that I need to study the Fa and practice the exercises more often so that I can save more sentient beings. She told me a story: “There was a practitioner whose celestial eye was open and saw the 'King of the Phoenixes' cultivating in the human world with us. He unfortunately ended his life by following the path arranged by the old forces. Subsequently, his colossal firmament and dazzling feathers withered.” After I heard the story, my forehead started to swell very badly. Then I saw someone that resembled me appear (this wasn't the first time that it had happened). I suddenly came to realize that he was my Assistant Spirit. He was very anxious, with tears all over his face. I felt a burst of sadness and wanted to cry. I couldn't describe how sad I was. He was looking at me, crying. Then, his hand reached into my body and took out a small ball that had a lot of stuff around it. He pointed to the ball and said to me, “If you don't cultivate well, then you won't see me and I will probably cease to exist. If you are not diligent in your cultivation and don't conduct yourself according to the standard of Dafa, then you are nourishing this ball, which is full of human attachments, and eventually the ball will occupy your entire body. Then you will end up like the 'King of the Phoenixes.' You and I will cease to be. Your universe will no longer exist.” The tears were rolling down his face after he finished. It took me a long time to calm myself down from the excruciating pain. Occasionally, my Assistant Spirit would push me: “It's time. Hurry up, study the Fa!” When I made a mistake, he would scold me. I thank him so much for helping me strive forward in my cultivation. I will strive forward diligently in my cultivation, meet the standard of the Fa, and return home with my Assistant Spirit.

After I finished writing this sharing, I had a dream that night. I dreamed about a person that looked exactly like me who died. After I got up, I felt very light. I enlightened that the fake “me,” the one that is full of karma and human attachments, had died.

Through writing this sharing, I also realize that writing is indeed a process of upgrading myself. I hope that more younger practitioners who are like me will write their experience sharing articles and expose whatever attachments they have, because the process of exposing them is when they are disintegrated. Let's truly cultivate ourselves well and return to our beautiful home with Master.

*Original Chinese version*





# Rescuing Fellow Practitioners with Righteous Thoughts and Actions

BY XINHUA, A DAFA DISCIPLE FROM HEBEI PROVINCE

In July 2008, during the Beijing Olympics, many Dafa disciples from our county were illegally arrested, including my two sisters and a nephew.

## 1. Resisting Arrest with Righteous Thoughts

At that time, Master's "Fa Teaching at the 2008 New York Conference" had just been published. I read it ten times at one go. Master said:

"Today, this gangster regime and the entire government, including its foreign embassies, exist solely for the sake of Falun Gong. This gigantic apparatus accompanies you and casts you in vivid relief--isn't that terrific, something unheard of! They no longer bother with pretending and are pulling out all of their thuggish, underhanded tactics as they go about doing malicious things. It looks like quite an intimidating show that they put on, but I would say that that's their last flurry of activity before they perish. (Applause) Just keep watching and you will see that that's how the drama plays out. This period of history was arranged for Dafa disciples to save sentient beings, so why haven't you taken the lead role?"

One afternoon, someone from the resident's committee came to see me, requesting that I write statements promising to give up practicing Falun Dafa. I refused to comply.

One night, when I returned home from a group Fa-study, someone warned me out of good intentions. "You better hide, as the authorities are going to take action tonight. They might arrest you." My husband is not a practitioner but he is very righteous. He told me: "You did not do anything bad so there's nothing to be afraid of. You go into the house and I will wait for them at the door. No one will dare to touch you."

With my husband's support, I felt much calmer. I placed my Dafa books in front of Master's portrait, sat in the full lotus position, palms upright and started to send righteous thoughts. At 12:15 a.m., my husband had just come into the house and shut the door when someone knocked. My husband opened the door and a group of police officers barged into the house, making a ruckus. They shouted for me to come out. My husband said: "It is illegal for you to break into private property in the middle of the night." An officer replied: "We just want to take a look inside the house and then we'll be gone." They went into the room I was in, made a circle and left as if they did not see anything.

I only learned the next day that on that night, they arrested and took my elder sister to the detention center. Immediately afterwards, they came to my house.

The next day, in the afternoon, I asked my second sister and the wife of my nephew to come along with me to demand the release of my eldest sister. I encouraged them. Master is beside us. After sending righteous thoughts, we left for the detention center. Just then, a group of officers walked straight up to us. One of them



called me: “You are so and so. Open the door to your house. We want to conduct a search.” With that, six to seven police officers gathered around.

For a moment, I was scared. Then instinctively, I shouted loudly: “Help, there are thieves!” Many neighbors came out of their houses to the courtyard and some of them reprimanded the police officers.

I told the police that before I practiced Falun Gong, I suffered from all kinds of illnesses such as tuberculosis and high blood pressure. After practicing Falun Gong, I became healthy and my family became harmonious. I then went on to tell them about the spread of Dafa throughout the world, how the Tiananmen Square Self-immolation incident was staged and other facts about Falun Gong.

One officer said: “We have no choice, trying to make living. Just let us go in and have a look.” Another officer said fiercely: “Don't waste any more time. The chief called and instructed us to pry open the door if she refuses to open it.” I said severely: “I dare you to do so. Everyone knows the deeds you have done. There was someone in your office who persecuted Falun Gong practitioners many times and refused to repent for his deeds. He subsequently died. I'm sure you've heard of it.” Some of the officers squatted down, head lowered and did not say a word.

This stalemate lasted till past 5 p.m. When my husband came home from work and saw the scene, he said anxiously: “No matter who you are, my wife has not done anything wrong in practicing Falun Gong. There's no way any of you can touch my wife.” The police kept pleading with us: “Just open the door and let us into the house. We just want to take a look and then we will leave.” My husband looked at me. “Let's just let them into the house to take a look.” I sent righteous thoughts silently. They went in, made a circle and came out, saying: “We did not touch anything in the house.” I replied: “You must remember that Falun Dafa is good! Truthfulness-Compassion-Forbearance is good! Treat Dafa with kindness

and you will be blessed.” They nodded and left. I thus passed two consecutive tests. This strengthened my faith in Master and the Fa.

## **2. Going to the Police Station and Town Government to Ask for the Release of My Sister and Confiscated Belongings**

After discussing with my other sister, we decided to go to the police station to ask for the release of our sister. As we walked into the police station, two officers who had come to my house the day before saw us and tried to run away. I smiled and went up to them saying: “Why are you running away?” They replied: “Have you come here to tell us the truth? We could feel Falun spinning above our heads and it's made us dizzy.” I said: “That's a good thing. Why don't you renounce the CCP [Chinese Communist Party] using a pseudonym?” They agreed, saying: “Whatever you say.”

While looking for the police station head, I took the opportunity to go to every office to clarify the truth. When I saw the police chief, I asked: “What crime has my sister committed that you had to arrest her? I also heard that you appropriated personal items confiscated from other practitioners.” I continued: “They took my nephew's bicycle, the 500 yuan in cash he had on him, my elder sister's two laptops, my third sister's desk computer and other belongings.” The police chief answered: “Let me look into it. If it is true, I will return the items.”

The next morning, we went to the police station again. The deputy head received us. He told my nephew's wife to go to his office and retrieve the 500 yuan in cash they had confiscated. Immediately, I saw Dafa books and Master's portrait amongst the confiscated items. Without hesitation, I took Master's portrait and put it into my bag. Unexpectedly, they did not see what I did. Later on, when I went back to the station again, I retrieved two music discs and a Dafa book. The chief



said: “You have to see the town head about the bicycle and computers. I have no authority in regards to the release of your sister.”

We went to the town government. Visitors going into and out of the office had to be registered and their bags examined. I sent righteous thoughts forbidding them from checking my bag. I found the town head, and I got my nephew's bicycle. At that time, I saw a portrait of Master and a copy of Zhuan Falun in the office. I took Zhuan Falun and the town head saw what I did. He grabbed my hand and said fiercely: “Are you a Falun Gong practitioner?” I smiled and replied: “Isn't one free to believe in what one chooses?” He said: “Yes.” My heart was in pain when I thought of Master's portrait left in the town head's office and I could not protect it. I resolved to get the portrait back. Every time I went to the office, I would clarify the truth to the town head. In order to rescue my two elder sisters and nephew, I went to the government office twice a day.

Once, the town head threatened to arrest me if I continued to tell him about Falun Gong. I answered calmly: “If your family members were unjustly arrested, would you stand aside and do nothing? My family members practice Falun Gong and strive to be good people in all aspects. However, these practitioners were arrested, sent to forced labor, sentenced to jail and some of them had their organs harvested while alive. The government and hospitals even sold these harvested organs at exorbitant prices for a profit.” He was shocked to hear my words and asked many questions. I answered them one by one. In the end, he expressed his willingness to help me.

### **3. Going to the 610 Office to Demand Fellow Practitioners' Release**

I left the town government office and began to look for the county 610 Office. The daughter of an arrested practitioner came along with me. Along the way, we recited Master's poem “The Fa Rectifies the Cosmos” from Hong Yin II:

“Compassion can harmonize Heaven and Earth, ushering in spring  
Righteous thoughts can save the people in this world”

Upon reaching the main entrance to the county party committee office, I said to the guards: “Three of my family members were arrested for practicing Falun Gong. My elder sister's blood pressure is very high and she is not in good health. We came to ask for her release.” One of the guards asked: “Do you know the head of the 610 Office?” I said no. He said: “You look at my expression before you act. When his car arrives, you follow it.” Afterwards, this guard also renounced his membership in the Chinese Communist Party.

We saw the 610 Office head and asked for the release of the arrested practitioners. He threatened me several times: “If you come again, I will arrest you.” Not intimidated by his severe attitude, which I felt was only a show, I proceeded to tell him the facts about the persecution. I told him: “So long as you don't release them, I will come and see you every day until you let them go.” Thus, every day I kept going to and fro, from the government office, police station and 610 Office. Everywhere I went, I clarified the truth.

Subsequently, when I went to the 610 Office, and the head saw me, he hid from me. I sent righteous thoughts. I got his office number from the guard and called him. The person who answered the phone said he wasn't in, telling me to come back another day. I answered: “My elder sister is being held in custody and she is very ill. If they still refuse to release her and she dies, will you take responsibility?” He quickly said: “Come to the office then.” When I went to the office, I told him: “My elder sister's right kidney was removed and in 1995, her left kidney deteriorated. After practicing Falun Gong, she regained her health. She is known to be a good person. Please release her as soon as possible.” He listened and recorded my



words, then said he would pass what I said on to his supervisor as soon as he could.

After that, I went in and out of the police station, government office and county party committee freely. Once, I went to the 610 Office to ask for my sister's release again. Maybe the head sensed that I was coming. He suddenly opened the door and I walked in. I began to clarify the truth to the officers inside. The 610 Office head pounded his desk and threatened to throw me out if I continued to talk. I sent righteous thoughts to eliminate the evil controlling him in other dimensions. I smiled and said: "Three of my family members are detained by you and yet I have not gotten upset. Why are you upset?" He took up his phone and shouted to the guard: "In the future, don't let this practitioner in again. If you let her in, I will punish you."

At that time, the practitioners in my area were either arrested or not at home. I shared my understandings with fellow practitioners and encouraged them to have faith in Master and Dafa, step out and rescue the detained practitioners. I also encouraged practitioners' family members to go and ask for the release of their loved ones in an open and dignified manner. We exposed the truth of the persecution, posting notices on every major road and small streets in one night. We even put brochures into the desk drawers of the police station.

#### **4. Demanding Practitioners' Release at the Detention Center**

Every day, I went to the detention center to ask for practitioners to be released, clarify the truth and send righteous thoughts. However they kept refusing my request to see my family. Once, I stopped the head of the detention center in his car and asked to see my family. I also told him to remember "Falun Dafa is good." He said: "Falun Dafa is good" then and even said: "Next time, don't ask to see them. Instead request that they be released."

Every time I studied the Fa or sent forth righteous thoughts, I would call out practitioners names and ask that we assimilate to Dafa together, eliminating the evil. In order to encourage detained practitioners, I went to the main entrance of the detention center and shouted the names of practitioners. The guards rushed out frantically and surrounded me. They threatened to arrest me. I clarified the truth to them calmly: “If your family members were wronged and arrested, how would you feel? I want my loved ones to be released as soon as possible.” Later on when I did this again, they were not as angry as before.

Practitioners detained inside also did well. They persuaded those that they encountered to renounce the party and even smuggled out a name list of those who had quit the party. Later, all the detained practitioners were sent to the brainwashing center except for my eldest sister.

On the day the brainwashing class was set up, I went to see the town head. He told me: “I didn't want to do that, but I had no choice. I know why you are so anxious to find these practitioners. You are afraid that their organs will be harvested while they are alive, isn't that right?” I said: “I don't want you to torture my loved ones, I don't want them to be sent to labor camps and their organs harvested. I also don't want you to be tried in court in the future.”

Subsequently when I went to see them again, the town head and police officers treated me very politely. Once, the town head said: “I think you are very righteous.” I answered: “You see that in me because our Master is righteous. Dafa is righteous.”

Once I happened to encounter the wife of the head police officer who had led the other officers to my house before. I helped her whole family to renounce the



party. His wife held her hands in a heshi gesture and thanked me. When I saw her the next time, she told me: “My husband chose early retirement after learning the truth about the persecution. He said he does not want to do such bad deeds anymore.”

## **5. Going to the Brainwashing Center to Clarify the Truth and Rescue Fellow Practitioners**

Since the persecution began, the county Legal and Law Committee, 610 Office and police department had organized no less than 10 brainwashing classes to persecute Falun Gong practitioners. Agents in the brainwashing class forbid practitioners from doing the exercises, sending righteous thoughts or seeing anyone from outside. They tortured practitioners, including beating and kicking them as well as making them stand for long periods of time.

This time, on the first day of the brainwashing class, I went to the place where the class was held. There was a sign outside “Military base, unauthorized personnel cannot enter.” I saw that the door was open and walked straight in. I saw fellow practitioners and a group of assistants. The assistants asked me how I managed to come in. I told them I pushed the door open and came in. One of them said to me fiercely: “We just moved here and you've already discovered where we are.” I sent righteous thoughts to eliminate the evil behind him. I told fellow practitioners that their family members outside miss them and hope that they will be released soon.

When I returned to the brainwashing center they had locked the main entrance. I went to the back door and clarified the truth to them as well as sent righteous thoughts from the other side of the fence. Several dozen assistants gathered around to hear what I had to say.

Thus, because practitioners outside sent righteous thoughts and exposed the persecution on the Internet in a timely way, very soon, the brainwashing class was closed and practitioners were sent back. Regretfully, some of them were sent to forced labor. My eldest sister was not released and was detained at the detention center.

## **6. Master Gave Me Courage to Open the Door to the Detention Center with Righteous Thoughts**

Several days later, the police department called and asked me to bring my family home. I called a taxi and went to the detention center, sending righteous thoughts along the way. My eldest sister and I packed up her things. Just as I stepped out of the door, the deputy head hung a lock on the door and shut my eldest sister back inside. He told her to write a statement promising to give up practicing Falun Gong or else she would not be allowed to go home.

I could feel Master granting me tremendous power then and I shouted in a commanding voice: “What are you doing? Open the door for me and let her go!” They were shocked. I stepped forward, ripped off the lock, threw it to the ground, grabbed my eldest sister and walked out. The detention center head laughed, saying: “Open the door and let them go.” Thus I brought my sister home from the detention center.

It was two months of battle between good and evil. Through Master's compassion, I came through with righteous thoughts and actions.

*Original Chinese version*



