

Clearwisdom Review

An Update on Falun Dafa Worldwide

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Information Regarding the Persecution-Caused Death of Ms. Li Wenxia from the Tanggu District, Tianjin City

(Clearwisdom.net) Falun Gong practitioner Ms. Li Wenxia was arrested in 2000 and taken to the Tanggu Detention Center. She was incarcerated for nine months and was near death at her release, emaciated and barely breathing. She could not see clearly, and her hearing was bad. She had difficulty speaking, and her voice sounded like a kitten's. Even though she had been so grossly abused, agents from the Chinese Communist Party still continually harassed and threatened her. Li Wenxia thus lived in great fear and could not recover properly. She finally died in December 2006.



Ms. Li Wenxia prior to the persecution



Photo of Ms. Li three years after being persecuted (taken at the end of 2003)

At the end of 2003, we visited Ms. Li in her home. She lived at Nanyao Village, Hujayuan Street, in the Tanggu District in Tianjin City. Although she had been incarcerated in 2000 and it was three years since she was released, we were still shocked to see the terrible shape she was in.

She was all skin and bones. She sat in a wheelchair and could speak only very slowly. We talked in detail with her about the persecution she experienced at the Tanggu Detention Center. Her captors there had often beat her on the head. They kicked her in the stomach. From then on she was unable to eat properly and often vomited whatever she ate.

Ms. Li was made to eat and sleep on a cement floor that was used for inmates to wash, only less than two meters square (about 22 square foot). The floor was frequently covered with more than two inches of water. She could not sleep at all and sat on a pair of shoes to avoid sitting directly in the water. After the guards found this out, they hit her on the head and threw away her shoes. When she was too exhausted to stay awake, she could only sleep sitting in the water.

After Li Wenxia was released, although she was confined to a wheelchair, the authorities still came to harass her and demand whether she still practiced Falun Gong.

Introduction to Falun Dafa

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



About Clearwisdom

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

Practicing Falun Gong Let Me Say Goodbye to Insomnia

(Clearwisdom.net) When I came to the United States from China four years ago, I had difficulty adjusting to the new language and culture. I suffered from insomnia as a result of the added pressure from school and work. At its worst, I could only sleep four or five hours a week. On average, I got an hour of sleep per night. I became anxious every night when bedtime came. I tried hard to sleep but could never fall asleep. This insomnia tormented me, and each day felt like a year. I went to many hospitals for treatment but to no avail. I took different sleeping pills and exercised more, but nothing worked. I almost lost the confidence to continue living.

My friends were concerned about me. They urged me to try Falun Gong. I had doubts at first, so I only did the exercises. My condition didn't improve after two weeks. Experienced practitioners cared a lot about me, telling me to sincerely cultivate. They told me to genuinely try to understand the principles of "Truthfulness, Compassion, Forbearance," the characteristic of the universe. They urged me to read *Zhuan Falun* and other Dafa books more. So I watched the video recording of Master Li's lectures and read Dafa books online every day. In the morning I practiced the exercises at the local practice site.

After six months of cultivation practice, I finally said goodbye to insomnia. Now I sleep peacefully for about six hours every night. I stopped all the medications I was taking. Furthermore, my energy level and mood have all improved. I personally experienced the goodness of Falun Dafa and am determined to continue with my cultivation practice.

People in San Francisco Condemn the Persecution of Falun Gong during Chinese New Year Parade

(Clearwisdom.net) The San Francisco 2008 Chinese New Year Parade was held on February 23. Under the apparent influence of the Chinese Communist Party (CCP), the parade hosting organization – the Chinese Chamber of Commerce – once again barred Falun Gong practitioners from participating. The local police department, however, designated an area for the practitioners to display information which explained the facts about the persecution in China. Many parade spectators, after learning about the situation, expressed their support.



Falun Gong demonstration area during the San Francisco New Year Parade

Regarding the fact that the Chinese Chamber of Commerce once again barred Falun Gong from participating in the parade, Sherry Zhang, a local Falun Gong spokesperson, said that this case is closely tied to the persecution in China. "Unfortunately, the Chinese Consulate in San Francisco not only bars practitioners from the parade but also conducts activities against Falun Gong," said Zhang.

One spectator, after learning that the Chinese Chamber of Commerce refused to let practitioners participate in the parade, said that no one has the right to bar any group because of its beliefs or religious affiliation.