

Falun Chi Kung - Li Hongzhi

Falun Fong's Way of Practice: Falun Gong is a special cultivation way of the Buddha School. It shows great originality, which is different from the other cultivation ways of the school. Being a great cultivation law of high hierarchy, it was a special intensified cultivation way requiring its practitioners should have extremely high Xinxing or be well grounded in all virtues; therefore, it was difficult to popularize in the past. In order to help more practitioners improve themselves and have a better understanding of our cultivation system, and also to meet the demands of numerous devoted practitioners, I have designed a set of cultivation exercises suitable for popularization. Though rearranged, the cultivation way is much superior to other cultivation ways in terms of what it offers and the level on which it is practiced. Practitioners of Falun Gong cannot only rapidly strengthen energy potency and paranormal capabilities, but also evolve an incomparably powerful Falun in a very short period of time. When formed, it keeps revolving automatically in the lower abdomen all the time, absorbing and evolving the ethereal energy incessantly, which is then transformed into cultivation energy in Benti (the True Being) of the practitioner, so as to attain the goal of "the law refining practitioners". Falun Gong is composed of five sets of exercises, including Buddha Showing the Thousand Hands, Falun Standing Stance, Penetrating the Two Cosmic Extremes, Falun Heavenly Circulation and Way of Strengthening Supernormal Powers.

1. Fozhan Qianshou Fa (Buddha showing the Thousand Hands)

The Buddha showing the Thousand Hands exercise is intended to stretch and open up all channels of the body. It helps the beginners acquire qi in a short time and enables veteran practitioners to improve themselves rapidly. As this exercise requires all the channels of the body to be opened up all at once, practitioners can start off at quite a high level. A Great Way of cultivation is, as a rule, simple and easy to practice. Though the movements of this exercise are simple, they condition, all that is to be evolved by the entire cultivation exercise. When doing the exercise, the practitioner feels his body warm and sense the existence of a very strong energy field. This is because all the channels of the body are being widened and unblocked. This exercise aims at unblocking all the channels and enabling the Chi in the body and under the skin to circulate unimpeded so as to absorb a great amount of energy from the cosmos. In this way, the practitioner can quickly enter the state of being surrounded by the qigong energy field. As a basic and intensifying exercise of Falun Kung, this exercise is usually done before the other sets of the exercises.

Preparation:

Keep the body relaxed but not floppy, with feet shoulder-width apart. Stand naturally. Bend both legs slightly. Curve knees and hips a little bit. Draw the lower jaw slightly in and raise the tongue tip against the hard palate. Slit the teeth a little. Close the lips and eyes slightly. Assume a peaceful and serene countenance. In the practice you feel big and tall.

Liangshou Jieyin (Conjoin the Hands)

Raise both hands with palms facing upward. Let the two thumb tips touch slightly and the rest 4 fingers join each other. Put the left hand on the right for male or the right hand on the left for female, then place them in front of the lower abdomen. Keep the upper arms slightly outwards and suspend the elbows slightly to form hollows under the armpits.

Mile Shenyao (Maitreya straightening his Back)

Let's begin with the posture of Jieyin (conjoining hands). While raising the conjoined hands, straighten both legs up gradually. After lifting the two hands to the front of the head, separate them and turn both palms upward gradually. Keep the palms facing upward over the head, with fingers of one hand pointing to those of the other, leaving a distance of 20-25 cm between them. At the same time, keep the head propped up and both feet firm down on the ground. Straighten up the whole body for about 2-3 seconds. Raise up the base of both palms as high as possible. Then relax the whole body abruptly, letting the knees and hips restore to the state of being slightly curved.

Rulai Guanding (Tathagata filling Energy into the top of the Head)

Follow the above posture. Turn both palms outward to both sides, simultaneously forming a shape of "funnel" of 140 degrees. Straighten the wrists and move the hands downward. Keep the two palms facing the chest with a distance of 10 cm between the palm and the body. Move both hands down to the lower abdomen.

Shuangshou Heshi (Press the Hands together to form a Hollow)

After the hands are lowered to the lower abdomen, raise them to the front of the chest. While putting the hands together, keep fingers and the bases of the palms pressed to each other tightly, while leaving the inside of the palms hollow. Suspend both elbows with the two forearms forming a straight line (Use the "lotus palm", except in Heshi and Jieyin).

Zhangzhi Qiankun (Hands pointing to the Heaven)

Let's start with the posture of Heshi. Take the two hands 2-3 cm apart. Turn both hands simultaneously, with the left hand for male (the right hand for female) turning to the chest and right hand outward, forming a "line" with the left hand over the right. After that stretch the left forearm obliquely to the upper left, with the palm facing downward and the hand at the head level. Keep the right hand in front of the chest with the palm facing upward. When the left hand has reached the position, stretch the whole body, gradually keep the head propped up and the two feet firm down on the ground. Stretch the left hand upward pointing to the upper left. Move the right hand in front of the chest outward together with the upper arm. Stretch out for about 2-3 seconds then relax the whole body abruptly. Pull back the left hand to the front of the chest and Heshi. Now turn the palm with the right hand over the left for male (the left hand over the right for female). Let the right hand repeat the movements of the left hand, i.e. stretch out the right forearm in the upper right direction with the palm facing downward and the hand as high as the head. Keep the left hand in front of the chest with the palm facing upward. After the stretching, relax the whole body abruptly. Take the hand back and Heshi.

Jinhou Fenshen (Golden Monkey splitting its Body)

Let's start with the posture of Heshi. Extend hands sideways, forming a horizontal line at the shoulder level. Straighten the whole body gradually. Draw the head upward. Keep the two feet firm down on the ground. Stretch out the two hands for 2-3 seconds. Relax the whole body promptly and Heshi.

Shuanglong Xiahai (Two Dragons entering into the Sea)

Again let's begin with the posture of Heshi. Take the hands apart and stretch them straight downward obliquely in front of the body. When the arms are parallel to each other and stretch straight, let them form an angle of about 30 degrees with the legs respectively. Straighten the whole body, draw the head up and keep two feet firm down on the ground. Keep the hands stretching for about 2-3 seconds. Relax the whole body instantly. Draw back the two hands and Heshi.

Pusa Fulian (Bodhisattva placing Hands on Lotuses)

Start with the posture of Heshi. Stretch the hands down to the left and right sides of the body respectively. Stretch them downward obliquely along both sides of the body. Stretch out the two arms at an angle of about 30 degrees with the legs. Straighten up the whole body gradually with the fingertips stretching downward forcefully. Relax the whole body abruptly. Put the two hands together in front of the chest.

Luohan Beishan (Arhat carrying the Mountain On Back)

Let's begin again with the posture of Heshi. Take the hands apart and move them with the palms turned to face backward. As the two hands reach behind the two sides of the body, hook the wrists behind the body forming an angle of 45 degrees. Straighten up the whole body gradually. After the two hands have reached the required position, draw the head up and keep the two feet firm down on the ground. Keep the body upright, and stretch the hands for about 2-3 seconds. Relax the whole body at once. Draw back the hands and Heshi.

Jingang Paishan (Vajra Toppling The Mountain)

Let's continue with the above posture Heshi. Take the hands apart and push them to the front, with fingers pointing upward. Keep two arms at the shoulder level. After straightening up the arms, draw the head up and keep the feet firm down on the ground. Keep the body upright, and the hands stretched out for 2-3 seconds. Relax the whole body at once. Put the two hands together in front of the chest.

Diekou Xiaofu (Overlap the Hands before the Lower Abdomen)

Start with Heshi: Move both hands downward slowly and turn the palms to face the lower abdomen. Overlap the hands after they have reached the location of the lower abdomen. Keep the left hand inside for male (right palm inside for female), one palm facing the back of the other hand. Keep a distance of 3 cm between the two hands and between the inner hand and the lower abdomen. Stay in the position for 90-120 seconds, and then end with Liangshou Jieyin.

2. Falun Zhuangfa (Falun Standing Stance Exercise)

Falun Zhuangfa (Falun Standing Stance) is the second set of the exercises of Falun Gong. It is a tranquil standing exercise composed of four wheel-embracing movements. The movements are monotonous, and each movement lasts for quite a long time. Beginners may feel the two arms heavy and sore at the initial stage, but find the whole body relaxed after the practice and feel no fatigue like what one feels after physical labor. Practitioners can feel Falun rotating between the two arms with the increase in the frequency and length of practice. **Frequent practice of the Falun Standing Stance will help open the energy passages of the whole body and enhance one's energy potency. The Falun Standing Stance is a comprehensive cultivation exercise intended to attain wisdom, upgrade the level of cultivation and strengthen supernormal powers.** The movements are simple, but much can be achieved from the exercise. In practicing, do it naturally. Be conscious of what you are doing. Do not wobble, though it is normal to move slightly. Like the other exercises of Falun Gong, the end of this exercise does not mean the end of practice because Falun never stops rotating. The duration of each movement may differ from person to person; however, the longer it lasts, the better.

Preparation:

Stand naturally with feet shoulder-width apart. Keep the whole body relaxed but not slackened. Bend the legs slightly. Keep the knees and hips loose and the lower jaw slightly drawn in. Raise the tongue tip against the hard palate, with the teeth slit a little. Chose the lips and the eyes gently.

Touqian Baolun (Holding the Wheel before the Head)

Begin with Jieyin by raising both hands slowly from the above position, separate the two hands. After moving the two hands to the front of the head, keep the palms opposite to the face and at the eyebrow level. Get the fingertips of one hand to point at those of the other with a distance of 15 cm. Form a circle with the two arms and relax the whole body.

Fuqian Baolun (Hold the Wheel before the Abdomen)

Move both hands downward slowly from the above position to the lower abdomen, and keep a distance about 10 cm between the two hands. Suspend the two elbows to make both armpits hollow. Keep the palms facing upward and the finger of one hand pointing at those of the other. Form a circle with the arms.

Touding Baolun (Hold the Wheel over the Head)

Keep the above posture unchanged. Raise the bands slowly over the head. Make the gesture of embracing the wheel with the fingers of one hand pointing to those of the other. Turn the palms to face downward. Keep a distance of 20-30 cm between the fingertips of both hands. Form a circle with the arms. Keep the shoulders, arms and wrists relaxed.

Liangce Baolun (Hold the Wheel on both Sides)

Move the bands downward slowly from the above position to both sides of head. Keep the two palms facing the two ears, the forearms upright and the shoulders relaxed. Don't put the hands too close to the ears.

Diekou Xiaofu (Overlap the Hands before the Lower Abdomen)

Move the two hands down slowly from the above position to the lower abdomen. Overlap the two hands and wind up the exercise with Liangshou Jieyin.

3. Guantong Liangji Fa (Penetrating the Two Cosmic Extremes)

This exercise is intended to mix and exchange the Chi from both the cosmos and the human body. A great amount of Chi is expelled from the body and taken in from the cosmos. In a very short time the practitioner can expel the pathogenic and black Chi from his body and take in a great deal of Chi from the cosmos so as to purify his body and make it soon reach the state of a "Pure-White Body". Besides, the exercise can help the practitioner "open the top of his head" and unblock the passages under his feet. Before doing the exercise, imagine yourself to be two empty barrels, gigantic and incomparably tall. With the upward movement of hands, the Chi inside the body rushes directly out of the

top of the head to the zenith of the cosmos, while, with the downward movement of hands, it goes out through the soles of the feet to the nadir. With the movements of hands, the qi returns to the body from both the zenith and nadir of the cosmos and then emits out in the opposite direction. Move the hands up and down alternatively 9 times. At the ninth stroke, keep the left hand (right hand for female) up to wait for the arrival of the other hand. Then move both hands downward, bringing the Chi to nadir and then back to zenith through the body. Take the Chi back after moving the hands up and down for 9 times. Turn the Falun clockwise at the lower abdomen four times in order to spin the Chi outside into the body. Then conjoin the hands to end the exercise but not the practice.

Preparation:

Stand naturally with the feet shoulder-width apart. Keep the whole body relaxed but not slackened. Bend both legs slightly. Loosen the knees and hips, with the lower jaw slightly drawn in. Raise the tongue tip against the hard palate, with the teeth slit a little. Close the lips and eyes gently. Assume a peaceful and serene countenance. Shuangshou Jieyin (Conjoin the hands) and Heshi (put them together) in front of the chest.

Danshou Chongguan (Single Hand Stroking)

Start with the above position Heshi. Move one hand up and the other hand down following the operation of Ching (the energy mechanism) outside the body. With the movements of hands the qi in the body goes up and down continuously. Lift the left hand upward first for male or the right hand for female. As the left hand or right hand for female is raised above the head from the side, the right hand (left hand for female) is lowered slowly. Keep the two hands moving in this way alternatively. Both palms face inward and are 10 cm away from the body. In doing the exercise, keep the whole body relaxed. One up-and-down movement of the hand is one time. Do this nine times.

Shuangshou Chongguan (Double Hands Stroking)

At the ninth single-hand stroke, i.e. when the left hand (right hand for female) is up, raise the other hand so that both hands are up. Then move both hands downward simultaneously with the palms facing the body 10 cm apart. Moving both hands up and down once is one time. Do this 9 times.

Shuangshou Tuidong Falun (Turning Falun with Two Hands)

After completing the two-hand stroking exercise, move both hands downward along the head and the chest until they reach the location of the lower abdomen. Now turn Falun at the lower abdomen, with the left hand inside for male and the right hand inside for female. Keep a distance of 3 cm between the two hands as well as between the hand and the lower abdomen. Turn Falun clockwise 4 rounds to spin the energy outside into the body. While turning the Falun, keep the movements of the two hands within the area of the lower abdomen.

4. Falun Zhoutian Fa (Falun Heavenly Circulation)

Falun Heavenly Circulation Exercise enables energy in the human body to circulate over a large area. Instead of going through only one or several channels, the energy circulates from the whole Yin side of the body to the Yang side over and over again. This exercise is much superior to the general methods of promoting energy circulation in the channels or the great and small heavenly circulations. It is an intermediate exercise of Falun Gong. On the basis of the previous three sets of exercises, this one is intended to open up all the energy passages of the whole body (including the great heavenly circuit), so that energy will pass through the whole body gradually from top to bottom. The outstanding feature of this exercise is that the rotation of Falun is used to rectify all the abnormal conditions of the human body so that its small cosmos will return to its original state and energy will pass unimpeded through the whole body. When reaching this state, the practitioner will have reached very high level cultivation of Shi Jian Fa (the In-Triple-World-Law). Those well grounded in all virtues can begin their cultivation of the Great Law. At this time their energy potency and supernatural powers will grow enormously. In doing this exercise, move the hands in accordance with Ching (the energy mechanism). Each movement is unhurried, slow and natural.

Preparation:

Stand naturally with feet shoulder-width apart. Keep whole body relaxed but not slackened. Bend both legs slightly. Loosen the knees and hips with the lower jaw slightly drawn in. Raise the tongue tip against the hard palate with the teeth slit a little. Close the lips and eyes gently. Assume a peaceful and serene countenance. Shuangshou Jieyin (Conjoin the hands) and then Heshi (put them together) in front of the chest. Separate the two hands. Move them downward to the lower abdomen with the two palms facing the body. Keep a distance of about 10 cm between the hands and the body. After the hands have passed along the lower abdomen, stretch them further downward along the inner side of the two legs. Then bend forward and squat down. When the fingertips are close to the ground, move the hands in a circle from the front of each foot to the outside of the heel. Then bend the two wrists slightly and pull the hands up along the backside of the legs. Straighten up the waist while lifting the hands up. In doing the exercise, don't let the two hands touch any part of the body; otherwise the energy on both hands will be absorbed into body. When the hands cannot to up further, clench them into hollow fists, then move the hands forward through the armpits. Cross the two arms in front of the chest; (which arm is in the upper position is determined by one's habit, irrespective of sex) Open the hollow fists, place the two hands over the shoulders (with a gap). Move the hands along the outer side of the arms to the wrists. Then turn the hands to face each other and keep a distance of 3-4 cm between them, i.e. with the outer thumb pointing upward and inner thumb downward. Now form a "straight line" with the hands and the forearms. Rotate them in opposite directions as holding a ball in the palms, moving the outside hand inside and inside hand outside. Then push the two hands along the inner side of the arms and forearms while raising the arm over the head and to the back of it. Then move the hands further to the backbone separate the two hands, with fingers pointing downward, to take the energy on the back over. Then move both hands in parallel from over the head to the front of the chest. Thus a heavenly circulation is completed. The movements are repeated 9 times. After completing the exercise, move the two hands to the lower abdomen along the chest.

5. Shentong Jiachi Fa (Way Of Strengthening Supernormal Powers)

The exercise of strengthening Supernormal Powers in Falun Gong is a tranquil cultivation way for multiple purposes. It is intended to strengthen one's supernormal powers (including paranormal capabilities and energy potency) by turning the Falun with Buddhas' hand gestures. The exercise was originally a secret cultivation method above intermediate level. In order to satisfy the demands of practitioners with a considerable foundation, I am specially making public this cultivation way so that those lucky practitioners can learn it. This exercise is required to practice sitting cross-legged. The double-leg crossing is always preferred, though the single-leg crossing is also acceptable at the beginning. In the process of practice Chi flows rapidly and there is a large energy field surrounding the body. Hands move according to Ching (the energy mechanism) provided by the master. When strengthening supernatural powers, keep the mind empty, with the sub-consciousness slightly centered in the two palms. The palm center thus feels hot, heavy and numb as if holding a weight. However, you should not look for such sensations intentionally, but let everything go naturally. The time for cross-legged sitting depends on each cultivator's achievement. To do it the longer is better. The longer one sits, the greater his strength will be, and the faster he will achieve cultivation energy. When doing the tranquil exercise, do not think, but keep your mind empty of all thoughts. In this way, you will gradually become tranquil, going from the state of dynamic practice into the state of Ding. But your main consciousness must know that you are doing the practice.

Lingshou Jieyin (Conjoin the Hands)

Sit cross-legged. Keep the whole body relaxed, but not slackened, the waist erect and the neck upright. Draw in the lower jaw slightly. Raise the tongue tip against the hard palate, with the teeth slit a little. Close the lips and the eyes slightly. Be compassionate and assume a peaceful and serene countenance. Jieyin at lower abdomen, enter gradually.

Shouyin Zhiyi (Hand Gesture One)

Let's begin with the conjoined hands. Raise the hands slowly. Turn both palms upward before the head gradually. By the time when the palms are completely turned over, the two hands will have reached the up most positions. Then separate the hands, draw an arc over the head, and move them sideways until they reach the front side of the head. Put both hands down slowly, keep the two elbows against body as close as possible. Turn both palms upward with the fingertips pointing forward. While straightening the two wrists, move them across in front of the chest with the left hand for male or the right hand for female on the outer side. After the two hands pass across and form "a straight line", turn the wrist of the outer hand first outward and then sideward while turning the palm upward, draw a semi-circle with the fingertips pointing backward. The gesture is made with considerable force. After the inner hand passing across, turn the palm gradually downward until the arm becomes straight. Then turn the hand upward, with the hand and arm forming an angle of 30 degrees to the body.

Shouyin Zhier (Hand Gesture Two)

Continue with the above posture. Move the left hand (the upper hand) along the inner side and move the right hand upward with the palm turning inward. The hand movements involve the exchange of the left hand and the right hand as hand gesture one does, but the hand position is opposite.

Shouyin Zhisan (Hand Gesture Three)

Keep the right wrist for male (the left wrist for female) straight, with the palm facing the body. After crossing the hands in front of the chest, turn the right palm downward and stretch the arm obliquely downward until the hand is over the shank in front of the body. Straighten the arm. Turn the left palm for male (the right palm for female) inward and move it upward. After passing across, the palm is turned over, and moved to the front of the left shoulder for male (the right shoulder for female). When the hand reaches the position, turn the palm upward with the fingertips pointing forward.

Shouyin Zhisi (Hand Gesture Four)

Exchange the hand gesture, with the left hand for male (the right hand for female) inside and the right hand for male (the left hand for female) outside. The hand movements involve the exchange of the opposite. The movements of the above four hand gestures are coherent and continuous without interruption.

Jiachi Qiuzhuang Shentong (Strengthening Supernormal Powers of Ball Shape)

Follow the Hand Gesture Four. Keep the upper hand inside and the lower hand outside. Turn the right palm for male (the left palm for female) over to the chest. Raise the left hand for male (the right hand for female). When the two forearms are before the chest, form a straight line. Draw the hands asunder to both sides while turning the palms downward. When the two hands are above the outsides of the knees, keep them at the waist level with the forearms and the wrist parallel to the ground and the two arms relaxed. This posture delivers the energy in the body to the hands to be enhanced there, forming the supernormal powers of a ball shape. During the process, both palms will feel hot, heavy and numb, as holding a weight. Don't seek for such sensations intentionally, but let everything go naturally. The longer you practice, the better. Keep practicing it as long as you can.

Jiachi Zhuzhuang Shentong (Strengthening Supernormal Powers of Pillar Shape)

Continue with the above movements. Turn the right hand for male (the left hand for female) upward while moving it toward the lower abdomen. When the hand is in the right position, place it at the lower abdomen with the palm facing upward. At the same time, raise the left hand for male (the right hand for female) toward the jaw, with the palm facing downward. Keep the hand at the jaw level, and the forearm and the hand straight. Now the two palms are facing each other. Keep the Ding posture. This is the posture for strengthening supernormal powers of pillar shape, such as the Palm Thunder, etc. Stay at it as long as you can. Then draw a semi-circle with the upper hand from the front to the lower abdomen, at the same time, lift the lower hand to the jaw and turn the palm downward. Keep the arm level with the shoulder and the two palms facing each other. This is another posture for strengthening supernormal powers of pillar shape, but it is in an opposite direction. Stay at it as long as you can.

Jingong Xiulian (Tranquil Cultivation)

Follow the above movement. Draw a semi-circle from the front to the lower abdomen with the upper hand. Lingshou Jieyin (Conjoin the 2 hands) and enter into the state of tranquil cultivation. Stay in Ding and the longer doing it is better.

Finishing Gesture

Shuangshou Heshi (Put the two hands together) in front of the chest, come out of the Ding, and pull the legs apart.