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Falun Dafa

Lecture in Sydney

Li Hongzhi

I don't need to introduce myself since you all know me. I am Li Hongzhi. I have been thinking about meeting everyone. However, due to various reasons, there has not been such an opportunity. This time I have come especially to meet with everyone, because I know that in the past there were not as many people in Australia who knew of this Dafa (great way) as today. In addition, many of those who were learning did not pay attention to the study of the Fa (principles and law) and their understanding was also relatively shallow. I feel that now when everyone understands what I have taught I should come and meet everyone. It is because much of what you want to know has already been written in the books. I am the kind of person with such a habit that I like people to ask me things that they do not understand in cultivation practice. As for those who still do not even know what this Fa is all about and ask me about it, I would ... how shall I put it? Even talking about it at a superficial level will not make it easier for you to understand it all at once. If you can read my books, study the Fa, and have some understanding, you may then come and ask me something meaningful for your improvement, and I think that only then will it be beneficial to you, whether in your study or in your cultivation practice. I think that the opportunity is ripe today. Therefore, I am here.

I know that some of you present here have not yet started learning it. Some are still practicing the exercises only without paying attention to the study of the Fa. Some are doing relatively better. Why do I require that everyone must study the Fa? It is because there is such a correlation. Everyone knows that in China, Qigong has already been widely promoted in ordinary human society for over twenty years, and it reached its peak towards the middle and late phase of the "Great Cultural Revolution". However, no one has ever talked about what Qigong is all about, nor has anyone talked about some supernormal capabilities that arise from Qigong practice as well as certain phenomena that cannot be explained by modern science. Then, for what purpose did Qigong come out in the first place? Even fewer people know that. Historically, there had never been Qigong. Why has it appeared today, being spread in society as a cultivation practice? Why is it this way? Very few people know the answer. Of course, at the beginning of Qigong's popularization in China, many very good Qigong masters came out to the public, and they only knew that the purpose of doing it was to benefit people's health. It was just such a simple thought and understanding.

Although Qigong has been spread for quite a long period of time, several decades already, no one knows its real implications. Therefore, I have written in the book, Zhuan Falun, everything about certain phenomena in the Qigong community, why Qigong is spread in ordinary human society, and what the ultimate goal of Qigong is. Therefore, this book is a systematic work that enables one to practice cultivation. Through reading it repeatedly, many people feel that there is something unique about the book: no matter how many times you have read this book, you always seem to feel a sense of freshness, and no matter how many times you have read it, you always attain a different understanding from the same sentence, and no matter how many times you have read it, you always feel that there is still a great deal of content in it that is yet to be found. Why is it this way, then? It is because that I have systematically compiled many things that are considered heavenly secrets within this book, such as that people are able to practice cultivation, how cultivation should be practiced, and the characteristics of this universe, etc. For a practitioner, it can enable him to complete his cultivation practice successfully. Because no one has ever done such a thing in the past, when reading this book, many people find that a lot of the contents are heavenly secrets. Some of them are the secrets within secrets, which mankind has never been allowed to know. I have disclosed in the book things that the human race could never possibly know. Of course, I am doing so for a purpose. If one casually reveals the heavenly secrets, does such things irresponsibly and unveils such very high-level principles at will as ordinary theories to ordinary people, he is then indeed disclosing the heavenly secrets or doing a bad deed. As a result, he is bound to face retribution.

I have reasons for doing this. For one thing, on a superficial level, I have found that a lot of people have realized, through so many years of Qigong practice, that Qigong has very profound implications. They also know that it can enable one to reach a very high realm through cultivation practice and, it can even enable one to successfully complete his cultivation. However, they feel frustrated as they cannot find such a genuine cultivation way. And ordinary Qigong systems are for healing illnesses and keeping good health rather than cultivation practice. So, many people have gone to temples to become lay Buddhists and worship monks as masters. Having said this, I will note here that Buddha Sakyamuni said that his Dharma could not save people in the Dharma-ending Period. This was what Buddha Sakyamuni said. This situation was the consequence of many causes. Therefore, for many people, no matter how they practice cultivation, whether in temples or through Qigong, they still feel that they have not gained anything or improved, nor have they made any real progress. I have seen that people have such a wish to improve, but are in distress since they cannot find a way to do so. I feel that people are suffering. Accordingly, I would like to genuinely bring those who want to attain the Fa to higher levels. This is one principal reason.

However, once an orthodox Fa is made public, it will require that the human mind and moral values return to higher levels, and people are required to be good. Thus, the requirements for practitioners must surpass the average moral standards for ordinary people. Consequently, it will also benefit human society. Although many people, after reading this book, may not be able to genuinely practice cultivation, they will nonetheless understand the principles of human conduct. They may become better people afterwards. Though they may not be able to practice cultivation, still they will become better people. Then, they will benefit society. It is bound to be this way once an orthodox Fa is made public. In fact, orthodox religions that have appeared in history in the world such as Christianity, Catholicism, Buddhism, Taoism, and including Judaism, could all enable the human heart to turn to goodness while, in the meantime, enabling those who genuinely wanted to move up in cultivation practice to attain the Fa and complete their cultivation practice. They would also enable those who were not able to succeed in cultivation for the time being to become better people in ordinary human society and would create opportunities for them to practice cultivation again in the future. This is the way it will be.

Though we are not a religion, I am teaching things at the higher levels of Qigong, it is therefore not the ordinary Qigong. To put it plainly, Qigong is not something created by ordinary people. What is this Qigong then? Qigong is cultivation practice, but it is something at the lowest level of cultivation practice, including Taichi boxing. Everyone knows that Taichi boxing is very good, and it has been widely spread throughout China since the 1950s. It was made public by Zhang Sanfeng of the Ming Dynasty. However, only the techniques and movements have been passed on while the Fa of mind cultivation was not made public. In other words, he did not leave to man the Fa that could guide cultivation practice and would show people how to make progress at each level. Therefore, Taichi boxing can only be limited to such a realm of healing illnesses and keeping good health and it is unable to practice cultivation towards higher levels. Although it is something very good, its Fa of mind cultivation was not passed on. At that time, the Fa of mind cultivation did exist, but it was not preserved, and it was not left for later generations. Yet, this Fa that we are teaching today is systematically doing such a thing.

Of course, we have quite a few new practitioners here, some of whom may find what I am talking about very profound upon hearing it. It is known that all religions tell people to be good so that they can go to heaven. As for Buddhism, the Paradise of Ultimate Bliss, of course, is also a paradise in heaven. Historically, enlightened beings and sages all spoke of how to be a good person and that only by reaching the standard of a higher realm can one go to heaven. However, none of them explained the principles behind it. This is because that all such great enlightened beings appeared about two thousand

years ago, whether it was Jesus, Buddha Sakyamuni or Lao Zi, etc. People at that time were not the same as people today. At that time they were more simple-minded and kinder. Their thoughts were not as complicated. Because the mentality of the people at that time was different from that of today, the Fa they taught then could work at that time, and what they taught could fully enable one to complete cultivation. With the passage of time, the human mind today is becoming increasingly complicated, and the ways of thinking have also changed. Accordingly, people nowadays cannot comprehend what these great enlightened beings taught in the past. Therefore, when people read these scriptures now, they feel unable to understand the true meaning. Although I am teaching the Fa today in the form of Qigong, people all know that I am in fact teaching the Buddha Fa. Some may wonder, “Isn’t your teaching of the Buddha Fa unlike the way Buddha Sakyamuni spoke?” If I used Buddha Sakyamuni’s words to teach it, nobody today would understand it. Buddha Sakyamuni’s language was the language of mankind at that time, so the people at that time could understand it. Then, in teaching the Buddha Fa today, I have to use modern language to speak to everyone, and only then will you be able to understand it. Some may still question, “but what you teach is not the same as the scriptures from Buddhism.” Did Buddha Sakyamuni teach the Fa taught by the six primeval Buddhas? If Maitreya came down to the world, would he repeat what Buddha Sakyamuni said? All enlightened beings that provide salvation teach the Fa that they have become enlightened to and make it public to save people.

In this book, I have written many things on cultivation practice. One begins cultivation practice as an ordinary person, and there will be Fa to guide your cultivation practice until you complete your cultivation. I have truly done something that no one ever did in the past by teaching a greater fundamental Dafa (great law) of the universe. Such things cannot be found even if you check out all the books at home or abroad, from the past or today. The principles that I have taught are the characteristics of the universe and the essence of the Buddha Fa, which are truthfully expressed through my language. Many people think after reading the book, and some people ask, “How much scholarly knowledge does Teacher Li have? He seems to have included in the book a wide range of knowledge, from ancient times up to today, both domestic and abroad, such as astronomy, geography, history, chemistry, physics, astrophysics, high-energy physics, and philosophy.” People think that the teacher’s scholarly knowledge is very extensive and profound. In fact, to compare with others in terms of ordinary human knowledge, I feel rather inadequate. However, as for these theories, you may have either read all the books in the world or studied all the subjects on earth, you still cannot acquire them. You may have learned all the scholarly knowledge in the world, you are still an ordinary person. This is because you are just a person at this human level and remain an ordinary person, except that you have mastered a little bit more ordinary human knowledge. Whereas, the principles that I have taught and what I have said are not things at this ordinary human level. They are beyond this ordinary human level. Therefore, its principles do not come from ordinary human knowledge. The Fa encompasses all the knowledge from the universe to ordinary human society.

I have expressed all the principles of the Fa from the lowest level to the highest level of the universe in a very plain and simple language of the ordinary people and through Qigong, the lowest form of cultivation practice. After reading the book for the first time, you will find that it is teaching people the principles of how to be a good person. If you read it again, you will find that what it states are not the principles of ordinary people, but it is a book beyond ordinary human knowledge. If you can read it a third time, you will find that it is a book of heaven. If you continue to read it, you will love it so much that you simply cannot let it go of your hands. In China, there are people who are still reading it after reading it over a hundred times. They just cannot put it down as there is so much implied meaning in it. The more they read it, the more there is to read. The more they read it, the more they get out of it. Why is that? Although I have disclosed many heavenly secrets, a non-practitioner cannot see them on the surface. Only when you read the book constantly as a practitioner, can you find the implied meanings in

it. This is because one is constantly making progress during the course of cultivation practice. Why did you feel at the beginning that this book was telling the principles of how to be a good person? Why wouldn't you feel the same way after reading it for the second time? Why has your understanding increased? It is because if one wants to practice cultivation, he must first of all start from the baseline of ordinary people. He will gradually improve his Xinxing (mind-nature, moral quality) and reach a higher standard. When you have reached the standard of the first level, there must be Fa of that level to guide your cultivation practice. When you have reached the second level, you will need the corresponding Fa at the second level to guide your cultivation practice in that realm. As you are constantly making progress, this Fa will still be able to guide your cultivation practice accordingly within that realm. That is to say that regardless of which level your cultivation reaches you will still need the Fa of that level to guide your cultivation practice so that you may complete cultivation in the end. I have inserted all these things throughout this book. Thus, as long as you want to genuinely practice cultivation, you will be able to see such things, which will be able to guide you to move up in cultivation practice. The implied meanings in this book are rather profound. Even if you read it ten thousand times, it will still guide your cultivation practice until you complete your cultivation.

Speaking of completing cultivation, it is known that Jesus said, "You can go to heaven if you have faith in me." It is said in Buddhism, "If one cultivates Buddhahood, he may go to the Paradise of Ultimate Bliss." Of course, they all put it very simply and did not stress that only through the actual cultivation practice can one go there. However, religion is also cultivation practice in essence. It is just that whether it was Buddha Sakyamuni or Jesus, they all saw the same fact, as the saying goes in the community of cultivators "Cultivation depends upon the individual himself, and the transformation of Gong is up to the master." Ordinary people did not know this either. Ordinary people think, "By doing the exercise, I will be able to attain a certain amount of Gong." This is a joke in our view, and it is absolutely impossible. Of course, if you want to practice cultivation, the master would need to be genuinely responsible to you and would install many of these energy mechanisms in your body. He would also plant many things like seeds in your body. Only then, will you be able to succeed in your cultivation practice. In addition, during the course of cultivation practice, the master must look after you, protect you, eliminate your karma, and help with the transformation of your Gong. Only then will you be able to move up in cultivation practice. Religions do not talk about cultivation practice. Why is that? Jesus knew, "If you have faith in me you will be able to move up in your cultivation practice." Nowadays, one cannot practice cultivation in religions simply because of his inability to understand the real meaning of what he said. Many people think, "I believe in Jesus, and I will be able to go to heaven upon death." Please think about it. We want to go to heaven, but how do we get there? You carry an ordinary person's mind with various sentimentalities and desires, your various attachments, the competitive mentality, as well as the show-off mentality. There are just too many such bad attachments of ordinary people. If you were allowed to be there with Buddhas, you might compete with Buddhas or start a fight because your ordinary human mind has not been given up. If you find a Bodhisattva so beautiful, you may develop some evil thoughts. Can this be allowed? Of course it won't be allowed. Thus, you will have to give up these attachments and the filth as well as bad thoughts in ordinary human society. Only then can you ascend to such a realm. One is able to go there by cultivation or by faith. However, following confessions, one should not repeat the mistake. In this way, one will become better and better. Only after reaching the standard of a deity, can one go to heaven. This is in fact cultivation practice.

Some people say, "If I believe in Jesus, I will be able to go to heaven." I say that you won't. Why not? It is because people nowadays do not understand the true meaning of what Jesus said. Jesus is at the level of Tathagata and also an enlightened being in the realm of Buddha. Ordinary people cannot understand the implications of what he said. Only when you constantly practice cultivation by following

his method, can you gradually comprehend the implications of what he said. For instance, Jesus said, "If you have faith in me, you will be able to go to heaven." In fact, you must follow the principles that he taught you to be a good person. Only then do you genuinely have faith in him and can you go to heaven. Otherwise, why did he say that much?! While making confessions, you may find yourself doing it well and in the right mood. However, once you step outside the door of the church, you continue to behave at your own will and may become even worse than an ordinary person. How can you go to heaven? Your mind has not been elevated at all. As Jesus put it, "If you have faith in me, you can go to heaven." That means if you have faith in him, you must follow what he said, that is genuine faith, isn't it? This principle is also true in other religions.

What Buddha Sakyamuni said was later compiled and written down as scriptures. Still later, people began to regard how much one reads the scriptures and how much Buddhist knowledge one masters as cultivation practice. In fact, there were no scriptures at all when Buddha Sakyamuni was around. The scriptures were only systematically compiled five hundreds years later, and they had already departed from what Buddha Sakyamuni had said during his time. However, at that time people were only expected to know so much, and knowing too much would be improper. So, what happened was inevitable. In his later years, Buddha Sakyamuni finally said, "I have not taught any Fa in my lifetime." Buddha Sakyamuni said this because he indeed did not teach the Fa of this universe, nor did he mention the manifestation of this characteristic of Zhen-Shan-Ren in ordinary human society or at his level of Tathagata. He indeed did not teach it! What was it that Buddha Tathagata taught then? What he taught was what he had been enlightened to during the cultivation practice in his previous lifetimes, some situations of cultivation practice in his previous reincarnations, cultivation practice stories as well as his understanding of some specific manifestation of the Fa. As the scriptures were sorted out on and off, they are not systematic either. Then, why did people later on regard what Buddha Sakyamuni said as the Buddha Fa? On the one hand, this is the human understanding. On the other hand, it is because Sakyamuni is a Buddha. Accordingly, what he said bears the Buddha nature. Teachings bearing the Buddha nature will thus be a layer of the Buddha principles to mankind, which is then regarded as the Buddha Fa. However, he indeed did not systematically teach the principles of cultivation practice, the characteristic of the universe, nor did he explain why one could ascend to higher levels, etc. Indeed, he did not make it public! Therefore, I said that I have done something nobody did in the past, and I have opened a big door. I have done something even greater. That is, I have made public all the principles of cultivation practice as well as the elements for completing cultivation. In addition, I have talked about it very systematically. This is why the gods at very high levels have said, "You have left man a ladder to heaven-- Zhuan Falun."

I am not saying here how I am in comparison with Buddha Sakyamuni. I do not have such an attachment. I am not in the ordinary human sentimentality and do not have an attachment to fame and interest in the world. Since I am making these things public, I will be responsible to you and state such a principle clearly to you. I do not want anything from you, nor will I ask for a penny from you. I am only teaching you to turn to goodness. Someone asked me, "Teacher, you have taught us so many things and have given us so much. What do you want?" I said, "I do not want anything. I have just come to save you. I just want your heart to be good and want you to be able to move up." It's because we have found that, for a person, being human is not the purpose. People today are all lost in the false reality of ordinary human society and think that they have to be this way as human beings. In particular, the moral values of the human society are now declining very badly. Everyone is drifting downward in this flooding current, and society as a whole is declining. Then, no one is aware that he is declining downhill. Some people think that they are good people when they consider themselves a little bit better than others. In fact, you are sizing yourselves up against this declined standard, and you are only a little bit better than others amidst all the badness. If you are able to practice cultivation and return to this

original realm of human society, you will find even from not too high a level that today's people and the human society rather frightening! It is truly terrifying! You will find that mankind today are indeed full of all the ten sins.

The great enlightened beings, may they be Buddhas, Taoists, or gods, no longer consider today's people as human beings. This statement may seem to be a bit absolute. Of course, there are still good people. However, what they are referring to is mankind as a whole and on a large scale. It is indeed like this. In the past, when one went to a temple or a church to make a confession, he would feel that Jesus or a being in heaven was indeed listening to him talking. In addition, there would be such a responding echo in his mind as though answering his questions. Yet, people today will not have such a feeling, and those who worship Buddhas cannot see the presence of Buddhas either. Why is that? It is because people in human society have become less and less enlightened, and people in human society have become increasingly corrupted. Then, gods will no longer take care of them. Because modern people have quite a great deal of karma and are becoming less and less enlightened, when facing retribution after they have done something wrong, they would take it as a mere coincidence. I have seen that although human moral values are declining very badly, yet people are all declining with this flooding current without being aware of it. Some people still have their Buddha nature and their original nature. Through my teaching over these years, there are many people who have raised their level through cultivation practice and the level of their cultivation practice is very high. Some people have become enlightened, some are in gradual enlightenment, and some are already practising cultivation within Fruit Status. I feel very happy that I have not done such a thing in vain. I have been responsible to mankind and to society. I have not disclosed the heavenly secrets for nothing and I am enabling people to ascend through cultivation practice.

The issue that I have just mentioned is to say that the purpose of a human life is not to be a human being. Many people probably still do not quite understand what it means. They think that human beings should just live this way. Yes, when you were born from your mother's womb, everyone was the same and could not see the existence of other dimensions. Then, you would not believe them either. In addition, people nowadays believe too much in modern science while modern science is in itself incomplete and imperfect. The extent of its understanding of this universe is very shallow or it is something of very low level in other words. Then, when people believe in it excessively, it will make mankind face the greatest danger: namely, the human morality will be thoroughly destroyed. Accordingly, the paradises up there no longer regard people without moral values as human beings! Because it is not only human beings who have the external human form, ghosts, monkeys, and apes all exist with brains and four limbs. The reason that man is called man is because he must have the human moral codes to live in the world with the standard of human morality as well as the human way of existence. Without these, gods will not regard people as human beings. However, people all think how they should live better and how they should develop. Nevertheless, human society is controlled by higher lives, and mankind can never reach the realm of Buddha through technology. Otherwise, star wars would indeed break out! Therefore, the human technology that bears the competitive mentality, jealousy, various kinds of sentimentality and desires is just not allowed to reach a higher standard.

More than seventy percent of the human brain cannot be used, and modern medicine has also recognized this point. Why is it? Human wisdom is repressed. Why do Buddhas have great wisdom and great supernatural powers then? Why are they able to know everything? And have great wisdom and intelligence? It is because of this principle that I have just explained. Some people say that this book of mine encompasses a very wide range of scientific knowledge! Does the teacher have a lot of scholarly knowledge or has he attended many colleges? I have not. Why is it then? The difference between myself and everyone else is that my mind is completely opened up while yours is not. Because in this world,

whether it is philosophy, astronomy, physics, chemistry, or human history, etc., people may consider them very complicated. They are actually very simple and it is just that little bit of stuff of mankind at the lowest level within the scope of the Buddha Fa. They are all of one same principle and brought about by the characteristic of the universe as well as by the existing form of matter at this level. It is just this little bit. Yet, human wisdom is already unable to accommodate it because the human brain is sealed and cannot accommodate it. What can be done about it? To learn more things, but one's brain is unable to take them. Then, you will have to study physics, and you study chemistry, and you study astronomy, and you study high-energy physics, and you study philosophy, and you study history. You will study this and you will study that. Yet, even for knowledge in one such subject, one is unable to grasp all of it in one's lifetime. Therefore, human knowledge is very pitiful.

As I have just mentioned that, no matter how much knowledge you have learned, you still remain an ordinary person even if you are a professor or a supervisor in a university or however well-known you are. This is because your knowledge has not gone beyond this level of ordinary people. In addition, this empirical science of modern man is imperfect. For instance, this modern science cannot prove the existence of gods, nor can it verify the existence of other dimensions. It cannot see the lives and the existing forms of matter in other dimensions. It does not know that there is the manifestation from the matter of virtue on the human body. Nor does it know that there is the manifestation from the matter of karma around the human body either. People all believe in modern science and yet, modern science is unable to verify such things. What's more, whenever virtues, kindness, sins, or other things beyond science are mentioned, they are considered superstitions. In essence, isn't it waving the stick of modern science to strike at the most fundamental nature of our mankind -- the human morality? Isn't it so? Because it does not recognize, nor is it able to verify the existence of De (virtue), it will claim that it is superstitious. If human moral values are indeed wiped out, man will lose the constraints from the Fa of mind and the moral codes. People may dare to do anything and dare to commit any wrong doing, which will make the human moral values decline constantly. This is the role played by the weakest side of science.

I have explained that an accomplished scientist will not carry the stubborn understanding like many of those who substitute rationality for sentimentality, nailing modern science within a fixed frame and believing that anything beyond empirical science is not science. Think about it. For things that man has not yet recognized, but when they are recognized by us with scientific methods, isn't it science? It has also become science. Man is continually improving himself and re-understanding himself. Therefore, science can develop and genuinely understand the universe in the end. The way modern empirical science develops now is very clumsy and slow. It is really like a blind person groping an elephant. It cannot recognize the existing form of matter in the entire universe and cannot recognize the existence of the characteristics of the universe. Accordingly, if it touches a bit of something, it will take it as the whole. It has only touched the leg of the elephant and claims, "Oh, science is like this. This is the science that really understands life and matter." It cannot see what this entire elephant is like. Thus, it cannot understand that the universe is made of countless and different time-spaces, nor can it understand other dimensions and the existence of other forms of lives as well as matter. As a result, these will all be called superstitions by those simple-minded and stubborn people. This is the most critical reason why our human morality is declining. Many people will then wave the stick of science to strike at the most ancient and the most fundamental virtue of man. It is really dangerous! If people do not have De, gods will no longer consider them human beings. If heaven no longer sees people as human beings, they will be eliminated and start all over again.

Some people think, "Our mankind is progressive, and it is already quite magnificent to have evolved to this day from apes!" However, let me tell you that historically, during prehistoric times, a hundred

thousand years ago or even much, much earlier than that, up to over a hundred million years ago, highly advanced civilizations had always existed on this planet, only that they were destroyed in different time periods. Why were they destroyed? It was because they developed very fast materially and technologically while their morality could not keep pace or was destroyed. They were then no longer allowed to continue to exist and were destroyed. To put it with the understanding of modern science, the motion of matter follows the law. When its motion reaches a certain form, it will inevitably take on another form. For instance, during its motion in this universe, the earth may have been impaired when being hit by some planets. Regardless of what reasons there may be, scientists have now indeed discovered that there have been numerous remains of ancient civilizations on our planet. In addition, such remains of civilizations are quite remote from the present time. Some are from several hundred thousand years ago, several million years ago, or even from tens of million years ago. The civilizations that existed and the remains left in each time period were all different, and they were not things from the same time period. Therefore, some scientists are pondering over this issue. Some scientists have already proposed such a theory and said, "There were prehistoric civilizations as well as prehistoric cultures." This is what scientists have said. Our community of cultivators can see it more clearly that prior to this human civilization of ours, there were indeed many human civilizations. Because their moral values became corrupted, later, such civilizations no longer existed. Of course, this is what we have seen. From the destroyed ancient Greek culture, we can see remains of the human corruption and degeneration of that time.

Some people claim, "Our human race evolved from apes." In fact, let me tell you that man did not evolve from apes at all. Darwin proposed a theory, which says, "Man has evolved from apes." When he made public this theory at that time, he brought it out with great trepidation. His theory is full of loopholes and is incomplete, and yet, it has been accepted by people to this day. Please think about it. The evolutionary process that he proposed of apes evolving to man, a process of tens of millions of years, cannot be found. There isn't one. Why weren't there such people between apes and human beings? Not just human beings, but other things as well. None of the evolved animals that he referred to had the transitional process. In addition, why are the species that exist on the continent of Australia different from the species that exist on other continents? He could explain none of these. Nevertheless this theory of evolution with all its loopholes has been accepted by human beings. This is indeed strange!

In fact, man did not evolve from apes at all in our view, only that there are different species existing in each time period. The continental plates on the earth planet inhabited by mankind are shifting and changing. Geologists call the continents of Asia, Europe, America, North America, and South America the continental plates. The continental plates changed from time to time, and the civilizations on them would sink to the bottom of the waters. Then, another continent would perhaps surface in another ocean, and such changes are continually taking place. Now, people have also discovered huge ancient buildings and the existence of past civilizations under the Pacific Ocean, the Atlantic Ocean, the Indian Ocean, as well as many other oceans. However, upon examination, they are all found to be things that existed several hundred thousand years or several million years ago, or even earlier than that. At least, our present mankind knows that the continental plates have not changed in the past several hundred thousand years. When did they sink to the bottom of the waters then? They definitely sunk very early, several hundred thousand years ago or even earlier than that. Therefore, when different continental plates changed, the species on them were also different. They did not come from evolution. There were similarities, but they were not of the same species. Absolutely not!

Of course, I'm teaching the Buddha Fa, which is different from the theories of ordinary people. Ours is a higher understanding that truly understands mankind. I am telling everyone that man did not evolve

from apes, but was born in the universe. It is known that there is a Taoist theory of Taichi in China. This Taichi theory talks about the two Chi of Yin and Yang. Before there were the two Chi of Yin and Yang, it was the state of Chaos, which was called Wuji (without extremes). It then gave birth to Taichi, and there were the two Chi of Yin and Yang. Taichi then gave birth to all matter and species. This is the Taoist theory. I have found it very reasonable scientifically. In fact, I have discovered a situation. Of course, I am not the only one who has discovered that the enormous matter in the universe is able to create lives in its motion. Although we cannot see this matter, it is not necessarily non-existent. Take air for example, the human eyes cannot see it. Does it not exist? It exists. Is there matter more microscopic than air? There is plenty. As for matter that is even more microscopic than that microscopic matter, there is still plenty more. How can these enormous substances exist in such a way? In fact, they are all the existence of life. All matter has life, except that it is not expressed in our dimension of ordinary people, and you are unable to see the existence of its life. In a moment I shall talk about why it is so. All matter has life. This enormous matter produces lives while in motion. Most of such lives are formless at even higher levels. A minority of them is in human form, or in animal form, or in the shape of matter, or in the shape of plants.

Why is there this human level? There was no such human level in the beginning. The lives created by the motion of this matter in the universe are all assimilated to the characteristics of the universe. Namely, they are assimilated to the principles of the Fa in the universe, assimilated to Zhen-Shan-Ren, as they are in fact created from Zhen-Shan-Ren. Then, when the number of such lives created in high-level dimensions increases, their living environment becomes complicated, and they form their social survival framework, just like in our human society, human beings have their social framework as to how they would survive. Then, when they have their social modes, these lives will gradually change and become complicated. Some will develop selfish thoughts and deviate from the requirements that the characteristics of the universe maintain for lives at that level. Then, they are no longer able to stay in that realm and, they can only fall to a lower level. Then, when they become even worse at the lower level, they have to drop further down again. In this way, such lives are continually becoming worse during the endless ages of history and will gradually drop downward, dimension by dimension, until they fall to this dimension of mankind. Consequently, they lead a low life, reproducing and raising their descendants by low means.

However, there was no such human dimension in the beginning. Then, these enlightened beings and high-level lives wanted to create another dimension for mankind, a most illusory dimension, to see if man could keep this little bit of his nature and if he could still come back. Therefore, such a dimension was created. At that time, they just wanted to give mankind and lives one last opportunity and did not consider too many issues. However, they found later that this dimension is very unique because all beings in this dimension cannot see other dimensions, nor can they see the lives in other dimensions. Whereas, lives in other dimensions of the universe can all see scenes in other dimensions. For a life in any other dimension, its body can fly in space and float here and there. A life from any other dimension can make its body large or small. Now scientists believe that human thoughts are of matter, something like electronic waves. Of course, you will acknowledge that electronic waves are of matter. However, it is found to be not so simple in other dimensions. Human thought can produce what you imagine, and what you think of can become reality. Because people do not have energy, it will dissolve soon after it is created. However, for the great enlightened beings, heavenly people, and high-level lives that have energy, the things they think of will then really exist. Thus, if you want something, it will be created while you are thinking. Therefore, it was said in the past, "For Buddhas, they can have whatever they want and enjoy great freedom." Those lives all exist in this way. However, when mankind was pushed to this dimension, he is turned into such a way of existence.

Everyone comes from his mother's womb and feels not too bad. Some people do very well in business, some rank very high in office, some people live very comfortably and consider themselves better than others. In fact, you are also very miserable! It is because you do not know how you lived before. For instance, it is said in religions, "Living is suffering." Why is it? When you came out from your mother's womb, you had this physical body made of molecules. In other dimensions, one does not have this layer of a body composed of molecules, and his most surface body is made of atoms. The surface matter made of molecules constitutes this dimension, including the human flesh body, which is also made of such molecules. With a body made of this layer of matter, you had this flesh body as soon as you were born and you were given such a pair of eyes made of molecules so you cannot see other dimensions. Therefore, you are all in a maze. Then, you cannot see the truth of the universe while being in the maze. Wouldn't you say that the way you live is like watching the sky while sitting on the bottom of a well. This way of life itself is quite pitiful? In addition, after you had this body, your body is afraid of pain and cannot stand cold, heat or thirst. It cannot endure the tiredness from walking either. Anyway, it has brought you much discomfort as well as much suffering. Moreover, there is the existence of birth, aging, illness, and death. You often become sick. You think that you live very comfortably. In fact, in that suffering you only seem to be a little bit better off than others with slightly less suffering. And then, you feel that you are very comfortable. Man just exists like that. It is living in such an environment that man gradually loses his original human nature, increasingly disbelieving the existence of gods. With the inadequacy of empirical science, man has also lost the human moral values and slid down to the most dangerous situation.

However, human society also has a big advantage: because a person suffers, he is able to practice cultivation. Why is a Buddha always a Buddha in that realm of Buddhahood? Why can't he ascend even higher? Why can't a Bodhisattva become a Buddha through cultivation? Because they cannot find a place to suffer a little bit even if they want to. He could practice cultivation precisely because he is able to consolidate his Buddha nature in a maze. If there is no maze for him over there and he is able to see everything, then cultivation does not count because one can see everything. Therefore, cultivation and enlightenment come first. Seeing comes later. Some people say, "If I see it, I will practice cultivation. If I do not see it, I will not practice cultivation." If everyone were allowed to see it, ordinary human society would no longer be human society, but a society of gods. With one hundred percent and no one left out, everyone would practice cultivation. Those people with all kinds of unforgivable sins and people with worse character would all want to practice cultivation. Do you think that it is still a human society? It is precisely because man has become corrupt that he has fallen into this environment. If you want to return where you came from, you must have the following two factors. One is suffering. The other is enlightenment. With regard to enlightenment, Jesus talked about faith while enlightenment is required in the East. If you have lost these things, you will not be able to practice cultivation. However, why is it that people normally find it very difficult during the course of cultivation? Actually, cultivation practice is not difficult. The difficulty lies in the inability to let go of ordinary human mind. Man has never been told what the Buddha Fa is in history. People had all regarded what Buddha Sakyamuni said as the systematic Buddha Fa. Please think about it. This enormous universe is quite complete and rather wise. Buddha Sakyamuni only mentioned a small portion of the Buddha principles. Besides, Buddha Sakyamuni did not disclose to man everything he knew either. He only taught people what they should know. Therefore, the Dharma left for human society now is only a tiny, tiny bit of the Buddha Fa. I mentioned earlier that the things that I have left to human society are many, and I have done something that no one did in the past. The language I used in this book "Zhuan Falun" is not standard because using modern standardized language cannot encompass higher levels and greater content. Thus, I wrote it in colloquial style.

I have said so much. Since there seems to be plenty of time today, I would like to say some more to

everyone. However, some people sitting here may not be able to accept it if I say something too profound. For instance, some people have not studied it at all and come to listen to me as they feel that it is very good. Some people may want to gain something or come to see what I will demonstrate. They come with various mentalities. If I were to do demonstrations here for you today, you would laugh as though you were watching magic or watching tricks. You would not take the Fa and me seriously. It is also not allowed to do so in teaching the Buddha Fa. I am only teaching you this Buddha Fa, and it is up to you whether you believe it or not. However, its power is quite enormous. I have put what I want to give to human beings and the things that will enable them to practice cultivation all in the volume of the Fa. As long as you watch my videotapes, listen to my audiotapes, or read this book that I wrote, you will experience it. As long as you read it, your body will be purified and you will be able to reach the state that is free of illness. As long as you practice cultivation, you will be able to see things that ordinary people cannot see. As long as you practice cultivation, you will experience things that ordinary people cannot experience. The realm will become higher and higher and more and more wonderful. It is all in that book. However, if you do not practice cultivation, you will not see it. If you say that I want to see it all after reading it once, that is impossible! You can only see things within this realm of yours and within your capability of understanding. For more wonderful things, as long as you move up in cultivation and as long as you continually study it in depth, practice cultivation in depth, and read it in depth, you will then be able to experience it, see it, and know it.

If I talk about something too profound, many people may not understand it. As I intended, I have not systematically taught the Fa for two years already because the Fa that I gave to man has already been left in its entirety. I did not even have people record my lectures. Why is it? Many people are seeking novelty. What else has the teacher said or talked about? They are going after such things instead of practicing cultivation steadily. What I gave man for cultivation practice is Zhuan Falun, and this book is the systematic Fa. The other things that I have said are merely interpreting Zhuan Falun and they are all supplementary. If recordings are made and passed around in society, it will create interference for those genuine practitioners. The book Zhuan Falun is systematic from the lower level to the higher level, and what I am talking about now are only directed at the people present here.

I would also like to emphasize another point: that is, our practitioners are required to follow one cultivation practice only. I am telling everyone that the statement of taking the best of every school is a saying of ordinary people. It is not in the language of the community of cultivators. In learning skills, learning from whoever has good skills is not a problem. However, from the perspective of higher dimensions, the principles of mankind are reversed. What mankind considers good may not be good. It is entirely the other way round. You see that it is daytime on our side, but it is dark on the other side. What you consider correct may not be correct. Why is it? I will tell everyone a simple principle. Everyone knows that it is not good when people suffer or you will not feel comfortable and good if someone bullies you. I am telling everyone that it is a good thing when one suffers a little pain and experiences a little hardship! You see what I am telling you is indeed different. Why? It is because this principle is totally reversed when viewed from a high-level dimension. They believe that being a human being is not an aim for man. If you suffer a little hardship in human society and repay the karma you owe from your previous lifetimes, you will be able to return to a higher dimension. You may even return to the place where your life was created, the most wonderful place. Even if you are unable to move up, you will also have fewer tribulations in the next lifetime because your karma has diminished.

However, if you do not repay the karma that you owe, you will not be able to go to a high-level paradise. It is just like the principle that I talk about. If this bottle is filled with dirty things, no matter how tightly you screw the lid, “Dong”, it will immediately sink when it is thrown into the water. If you pour out a little bit of the dirty things inside, it will float up a little bit. If you pour out a bit more, the

bottle will float up a bit more. The more it is poured out, after you put the lid on, the more you will find that you will not be able to push it down even if you press it, and it will float up by itself. It is just like our human beings practicing cultivation. Throughout your lifetimes, which is to say, during each of your lives, each of your lifetimes, you might have all bullied someone, deceived someone, or harmed someone or killed someone, etc. Perhaps, you did something even worse. Then, you will have to repay such karma that you owed. There is a principle in this universe, which is called: No loss, no gain. To gain, you must lose. What is owed must be repaid. If it is not repaid in this lifetime, it will be done in the next lifetime. It is definitely this way. When a person suffers now, he will consider it an accident, and think that others are not being fair to him or others are not being good. I am telling you that none of these are accidental, and they are all caused by the karma you owed in the past. If you do not have karma, as you walk on the street, everyone will smile when they see you. People you do not know will all offer to serve you, and you will be just too comfortable! However, such a person will definitely not be living in the human dimension, and he should have returned to heaven. Human beings are just the way they are. Because people have karma, they will never be able to move up in cultivation if their thoughts are not purified. It is the same principle as I mentioned earlier.

It is not a bad thing for people to suffer a little bit and to have a little tribulation. By facing a little tribulation, you will repay the karma. You will really go to a wonderful place and never again suffer hardship. No matter how happily you live in the human society, with millions of dollars at home, or however high your rank is in office, it will be just for a few decades and will soon be over. Please think about your reincarnation. You come with nothing on your body and you leave with nothing on your body. What can you take with you? You cannot take anything with you. Who do you leave things to? You think that you have left them to your descendants. However, next time when you are born again, they will not know who you are. If you go to work for them or sweep the floor for them, they may not be kind to you nor may they pay you an extra penny. It is truly this way! Man simply can't see it.

Here we are talking about the essential principles of human life. Particularly for our practitioners, think about it, when we suffer pains, when others bully you, when others cause you trouble, or when you lose some material interest, in my view it may not necessarily be a bad thing. Because there is a principle in this universe that those who do not lose do not gain; in order to gain, one must lose. There is also another characteristic that if you gain, but do not lose, it will force you to lose. This is a characteristic of the universe. Every substance in the vast universe is a life. Every substance is made up of Zhen, Shan, Ren (truthfulness, compassion, forbearance). Therefore, for any object such as a rock, iron and steel, air, any man-made product or substance, their microscopic components are all matter made of this characteristic of Zhen-Shan-Ren. This vast universe is composed of Zhen-Shan-Ren, which balances everything in the universe. When someone hits another person, swears at someone, bullies someone, or causes pain to another person, he feels very happy for he is the gaining party. An ordinary person tells him, "You are really something! Great!" He has not lost anything. However, I think that he has lost quite a lot. Why is that? When he does something bad, he is the party that has gained. He has bullied another person, which counts as having gained. Then, he must lose something. Because what the other person got was pain and suffering, this other person has indeed lost happiness. Consequently, this other person should gain something. How does he gain? If you punch him or say a scolding word to him, an equal amount of white matter proportional to how badly you scolded him or punched him will fly away from the area surrounding your body. This matter is called De (virtue). It will land on the other party, on the body of the other person. Then again, the other party is also a human being, and he may not understand this principle. "You punched me." He is furious. When he gets angry, he is in fact pushing back this De. When he punches back at the person or swears at him, he is tossing this De back again. They get even with each other, and nobody has got anything. The principles of the Fa in the universe are fair.

If, as a practitioner, he can let it go in his mind: You hit me, you swear at me, my heart is very calm and I will not take it seriously because I am a practitioner. You are an ordinary person and I cannot be the same as you are. Think about it, hasn't this person's moral standards already risen and surpassed those of ordinary people? When someone hits him, isn't this person giving him De? And this matter of De can be transformed into Gong (cultivation energy). Where does your Gong come from? I am telling everyone that it comes right from the transformation of De, plus some matter collected from the universe in addition to your De. Only then can your Gong be transformed. If you do not have this De, you will not be able to develop this Gong in cultivation. Thus, when he hits you, he gives his De to you. You have got more De, so you can reach an even higher level through cultivation practice. Isn't it such a principle? Isn't what you have gained much greater than the compensation that this ordinary person gets for creating this suffering for you? So, as he is hitting you or scolding you, creating some trouble for you, you will bear pain and suffering as a result. Amidst the suffering, the karma that your body carries, the dark matter owed from previous lifetimes called karma will also be transformed into De. It will also give a comparable portion of De. As an ordinary person, think about it, everyone. You get two for one. He has created a little bit of suffering for you, but you have gained double compensation.

However, as a practitioner, one will gain four things. While bearing all of this, you did not stoop to his level and your heart was very calm. You did not hit back or swear back. When your heart is very calm, think about it, hasn't your Xinxing made progress in cultivation? If he does not create this trouble for you and he does not create pain and suffering for you, how can you practice cultivation? It is absolutely impossible for you to move up in cultivation and reach a level as high as you want by sitting there comfortably, drinking tea while watching TV. It is precisely in this complicated environment amidst trials and tribulations that you can improve your mind and reach high standards as well as high realms. So, your Xinxing was not like his. Then, hasn't your Xinxing been improved in cultivation? You have gained three for one! Then, as a practitioner, don't you want to raise your level to complete cultivation as soon as possible? Since your Xinxing has moved up in cultivation, isn't your Gong also improved? Definitely! There is such a principle, which says: "The level of Gong is as high as the level of Xinxing." It is absolutely impossible to claim that a person's Xinxing is only this high, but his Gong keeps increasing. This kind of thing does not exist, and it is absolutely impossible. One may think, "Some practitioners' Xinxing is not even as good as mine and why do they have Gong?" They may not be as good as you in this aspect, but they may be better than you in other aspects. Because in cultivation practice, one gets rid of attachments one by one, some of the attachments that have not been discarded will make him look like that he is still an ordinary person. However, the attachments that have been removed are gone, so of course they will not show. As a practitioner, when you bear pain and suffering, you get four for one. To joke about it, where can you find such a good deal?

"Someone hits me or swears at me." The person is extremely furious and quite resentful in his heart, or "Someone has taken advantage of me and made money from me." It becomes simply unbearable for this person! People take such things very seriously and cannot lose even a tiny bit of self-interest. Think about it. How pathetically this person lives! When he gains a bit of an advantage, he feels happy from the bottom of his heart just for that tiny bit of an advantage. This is what people are like nowadays. They do not know what they have really lost, and this is most terrifying! Why is this De so precious? Everyone knows that elderly people in the East all say that only by having De can there be good fortune. This good fortune includes several aspects: being a high-ranking official, making a lot of money, owning houses, having land and happiness etc. They are all traded with that De. It follows along one's life. When a person passes away, it follows his Yuanshen (the main spirit). When you are born again, it will still follow your reincarnation. Not only De, the black matter, or the karma I just mentioned, also follows one's life. These two substances always accompany a person. Elderly people in the past would

say, “Doing a bad deed will lead to retribution”. Who punishes you? Who keeps a record of that account of yours? How can there be someone to take care of these things for you? However, this De is on your body, and it is firmly stuck to you. The next lifetime all depends on this De. With a lot of karma, this life of yours will have a lot of suffering, a lot of illness, and a lot of adversity. With a lot of De, this life of yours will have a lot of money, a lot of good fortune, and a high-ranking position. They all result from such a thing. Then, as a practitioner, this De is even more precious as it can be transformed into Gong. It is just such a principle.

Modern science is unable to see this point because it cannot break through this dimension. What kind of dimensional form does our human race live in? I am telling everyone that this dimensional layer where mankind lives is between two kinds of particles. As for particles, those of us who have studied physics know that molecules, atoms, nuclei, quarks, and neutrinos are each a layer of particles. They are physical elements that constitute larger particles. Which layer of particles does mankind exist in? The largest things that we see with human eyes are planets, and the smallest things that we can see under the microscope are molecules. In fact, our mankind just exists in this dimensional layer between the planets and the molecules. We may find it very vast, very extensive, and incomparably big. I say that modern science is not advanced. No matter how far a spacecraft can fly, it cannot fly beyond this physical dimension of ours. However developed a computer is, it cannot match the human brain. Now the human brain is still a mystery. Therefore, the science of mankind is still very shallow.

Try to imagine it, everyone. Our human race lives in between these two kinds of particles of planets and molecules. Molecules are made up of atoms, then what is the dimension between atoms and molecules like? Modern scientists can only understand an atom as a point, one of its small structures. In fact, the place where atoms exist is also a plane, and the physical dimension formed by such a plane is also quite huge. It is only that what you have discovered is a point. Within this plane then, how big is this dimension? Our standard for measuring distances is always based upon the perspective of mankind’s own modern science to judge everything. You must jump out of the framework and the concepts of empirical science. In order for you to enter that dimension, you must comply with the forms of that dimension, and only then can you enter it. The distance from an atom to a molecule, as science understands it, is approximately two million atoms lined up, and only then can an atom reach a molecule. That is to say that this distance that it can understand is already quite vast. You cannot understand it from the standpoint of this present empirical scientific model of mankind. Then, please try to think about it for a moment. Isn’t it a dimensional layer in between from an atom to its nuclei? How great then is the dimensional distance between the nuclei and a quark? What about between a quark and a neutrino? Of course, the current science of mankind can only understand as far as neutrinos. Man cannot see them except for detecting them with apparatus to know their mode of existence. In fact, it is not known how far away they are from the original source of matter!

What I am talking about is the simplest form of dimensional existence. All physical substances of our mankind, including all substances that you cannot see in the air as well as those substances that we can see such as iron, cement, animals, plants, matter, and the human body, are composed of molecules. Mankind just exists on this plane of molecules, just like a 3-D painting. You live on this plane and you cannot escape it. Mankind’s science is also limited within this one dimension which it cannot even break through. Yet, people still claim how developed science is and disregard all other theories. Mankind’s technology cannot reach a higher understanding of the universe. If it were really able to break through this dimensional layer, it would see the mode of existence of life and the mode of existence of matter in other dimensions, as well as the structures in them made by time and space. However, our practitioners can see it. Only Buddhas are the greatest scientists.

When I talked about opening Tianmu (the third eye), I mentioned this issue. One can avoid using eyes to see things and look through this Tianmu of ours, namely between the two eyebrows, or from the Shangen as the Taoist School calls it. At the root of your nose, a passageway is opened directly to your Pineal Body. It is called the Pineal Body in medical science. Practitioners in the Taoist School call it the Niwan Palace, which refers to the same thing. However, in the front part of this Pineal Body, medical scientists have already found it equipped with all the component structures of a human eye. Modern medical scientists find it very strange. Why is there an eye inside? They consider it a vestigial eye, and they still explain these things with the theory of evolution. In fact, it just exists this way, and it is not at all degenerated. When one avoids the flesh eyes, of course, when these flesh eyes have been cultivated, the flesh eyes can also penetrate and also have this kind of supernormal capability. The Buddha Fa is boundless. Generally, when one avoids the eyes, avoids the eyes that are made up of molecules to look, one will be able to penetrate this dimension and see scenes in other dimensions. It is just such a principle. Therefore, practitioners can see things that ordinary people cannot see. Of course, some ordinary people occasionally have vaguely seen some unexplainable phenomena in their lifetimes. For instance, they may have seen a person pass before their eyes and disappear instantly, or they may have seen something or heard some sounds. That is probably the situation whereby they have actually vaguely seen or heard something in another dimension. Because one's Tianmu is not sealed too tightly or his ears are not sealed too tightly, every once in a while he is able to hear the sounds of other dimensions or see some phenomena of other dimensions.

I've just spoken of this dimension in which mankind lives. Actually, this planet that our human race inhabits is neither the largest particle nor the largest substance. Beyond the planets there are still larger substances! Therefore, Buddha Sakyamuni's eyes could already see quite microscopic matter in the extremely microscopic microcosm and could see quite enormous, macro matter in the macrocosm. However, at the end Buddha Sakyamuni could not see how big this universe ultimately is. Therefore, he made a statement, "It is big enough without exterior, and it is small enough without interior." How huge this universe is! Please think about how complex it is. It is unlike what mankind knows. Even for this dimension of ours, this form, it is quite complex! Besides this dimensional form, there is also a dimensional form that exists vertically, and within this vertical dimension there are also many unitary paradises. It is very complex. The unitary worlds that I am talking about refer to paradises, etc. Each dimension has different time-spaces. Do you think that the time in the dimension composed of atoms, can be the same as that in our dimension over here, which is made up of molecules? Its concept of space and its distance is also different from ours, and everything becomes different. Why do the extraterrestrial UFOs come and go from nowhere and fly so fast? They are traveling in other dimensions; it is just so simple. If man tries to understand the unexplained phenomena in the universe from his own current scientific perspective or uses this method to study cultivation practice or religions, he will never get it in his research. He has to change his way of thinking, and he must understand it from another perspective. In the history of man, science is not only today's so-called empirical science that was discovered or invented by the Europeans. This is not the only path; there are other paths as well. For those ancient civilizations that have been discovered on earth and once existed in history, their courses of development all took different paths in understanding life, matter, and the universe. The ancient science of China also took another path. The Chinese culture, although the levels it involved were very high, yet because the people's morality was no longer good, it had also been suppressed. Therefore, it was not passed down, and this lowest form of science from the West was left to man instead. Thus, it is rather inadequate.

I said earlier that man was not created in this physical dimension of ours and talked about the purpose of being a human being. If man continues to decline, he will face elimination, a thorough elimination, which is called, "extinction of body and soul." It is very frightening! Therefore, Buddhas

want to save man precisely from facing such a helpless situation and to save you to heavens away from the suffering of mankind. That is truly and fundamentally solving the issue of human suffering. The starting point of people nowadays for believing in Buddhas is entirely different from that of people in antiquity who believed in Buddhas. In the past, people who believed in Buddhas worshipped Buddhas, cultivated Buddhahood, respected Buddhas, and did not have any other motives. People nowadays believe in Buddhas in order to ask for something from Buddhas. However, to Buddhas, this mind of pursuit is the dirtiest and the filthiest mind. Therefore, think about it, everyone. Buddhas are to save you, and yet, you pray for comfort and happiness among ordinary people. If you were really allowed to be blissfully happy and to live in great comfort among ordinary people, you really would not want to become a Buddha. You would be a Buddha right now. How can this be possible? Instead of your repaying the karma owed from lifetime after lifetime and the bad deeds that you have done, you only seek happiness. How can that be attained by pursuit? You have only one choice: to practice cultivation and only then can you eliminate the karma that you owe. Suppose that you do not wish to become a Buddha, you must be a good person, do more good deeds, and do fewer wicked deeds. Only then can you be happy in the future, and the life of your genuine self can be extended. However, it is possible that after your brain is cleansed at the time of reincarnation, you may be reincarnated into a bad environment, drifting with its tide to the brink of destruction.

Just now I mentioned that Buddha Sakyamuni said that this universe was big enough without exterior and small enough without interior. Perhaps some people still do not quite understand this statement. What did Buddha Sakyamuni actually see? He spoke of the theory of three thousand great worlds. Buddha Sakyamuni said that not only people living in other dimensions were like us with the same human physical bodies, but also there were three thousand such worlds that are like our human society. Within this Milky Way there are three thousand such planets. In addition, he also made another statement and said, "A grain of sand contains three thousand worlds." He said that within a grain of sand there were three thousand such dimensions like the one inhabited by our mankind. But, as for the size ratios for the people there, you cannot use the understanding and concepts of modern science to understand them as they exist in another mode of time and space.

Some people may find what I just said strange and incomprehensible. Try to think about it, everyone. The earth is orbiting with great regularity. Then, what difference is there between when electrons revolve around the nuclei and when the earth revolves around the sun? They are of the same pattern. If you could magnify an electron to the size of the earth and take a look at it, you'll see if there is life on it? What kind of matter is there on it? Buddha Sakyamuni said, "It is small enough without interior." To what extent did he see? In the microcosm of matter, he could already see something very microscopic. He said that in a grain of sand there were three thousand great worlds. Inside a tiny grain of sand there are three thousand great worlds. Then, try to think for a moment, everyone. If what Buddha Sakyamuni said is true, within that grain of sand, in that world, aren't there also rivers, streams, lakes, and seas? Then, on the sides of those rivers, streams, lakes, and seas, isn't there also sand? Then, within that grain of sand, aren't there also three thousand great worlds? Then, in the sand within that grain of sand, aren't there still three thousand great worlds? Exploring it further, Buddha Sakyamuni discovered that it was endless. Therefore, he made a statement and said, "It is small enough without interior." He did not see what the most original source of matter was. Of course, we talked about this most original source of matter in the past, so I shall not talk more about it here. If I say something too profound and too deep, people may not understand it, especially when many people do not quite understand the Chinese language, so I will not talk too much about things on this topic. I think that I will just say this much first. Now, you may raise some questions concerning cultivation practice and the study of the Fa, and I will answer them for you.

Question: We have read “Zhuan Falun” Book 1 and Book II, in which I have found a sentence not easy to comprehend, because I was once a disciple in Tantrism. An issue there seems to suggest that the levels of Bodhisattvas and Tathagatas are presently experiencing a catastrophe?

Master: This is a very high level question. Only when you have reached a higher level through cultivation practice, will you be able to see it and understand it. Of course, I can only give you a simple and general answer. The fact that this Fa at the human level is no longer effectual is because the morality of human society has altogether declined. The moral values in people’s hearts have been corrupted. When there is no righteous mind, it means that the Fa is no longer effectual. When the Fa is no longer effectual in human society, mankind will decline. If this Fa became ineffectual not from this society of mankind, but from a very high-level dimension, then it evinced a deviation, and the physical lives will fall downwards. They are not good anymore, so they fall downwards. In that case, if it evinces problems on a large scale, it is no longer just an issue of mankind. For instance, the Dafa comes all the way down. If it deviates a little bit from above, below that, everything will have changed beyond recognition. It is just like shooting a gun. If your aim is off the target by just a little bit when the bullet goes out, you do not know where it will hit. Why does such a great change occur down below? The change in human society has been quite frightening! People would stop at nothing in doing evil things such as drug abuse and drug dealing. A lot of people have done many bad deeds. Things such as organized crime, homosexuality, and promiscuous sex, etc., none are the standards of being human. How do Buddhas look at these issues? Your government permits them. Laws permit them. Still, it is only the approval by mankind itself. The principles of heaven do not permit them! In the past, beautiful and good things were the objects of pursuit for mankind. Now, you take a look at the toys that are being sold, the paintings that are painted, they are all randomly and casually slapped together and smeared, and this is artistry. What is it? No one can say it for sure. All human concepts are changing in the opposite direction. A pile of trash laid out there would become a master sculptor’s work. The entire societal phenomenon is like this. As for the toys in stores, even excrement has been made in the form of toys to be sold. In the past, a doll had to be made very pretty so that people would be willing to buy it. Now, skulls, evil-looking characters, goblins, devils, ghosts, and monsters have all been made into toys, and they are sold quite fast. People with no kind thoughts are willing to buy them. What issue does this elucidate? People’s values are declining very badly! In the past, singers would have beautiful voices and were graduates of music schools. The physique and bearing should be as elegant as possible since music is supposed to give people a sense of beauty. Nowadays, there are people, hard to tell whether they are men or women, with long hair, who when screaming hysterically “Ah!” would become singing stars with the help of TV promotion. Everything is being corrupted, and everything of mankind is declining. There are also a lot of phenomena that are extremely terrifying! If you do not practice cultivation, you will not notice them. Man’s understanding of religions has also become different, and he treats them as politics. Some people are insulting Buddhas as soon as they open their mouths. There is even the so-called “Buddha Jumps over the Wall” on restaurant menus. This is slandering Buddhas! What has happened to human society now? You do not know it if you do not practice cultivation. Once you practice cultivation, you will be shocked if you turn back and take a look! Think about it, everyone. This mankind has not corrupted to such an extent in isolation. It is because problems have occurred with this Fa in certain dimensions. It results from the deviation of a lot of substances and a lot of lives from the Fa. I can only tell you in such a way. If I talk about it too deeply, many people sitting here would not be able to comprehend it. I think that you will understand it when I put it this way.

Question: I was very embarrassed originally, but, if I do not grab this opportunity, I am indeed afraid that I will miss it. This is a question that many people could not answer. Today,

Teacher is here, and this opportunity is too precious. It is that I was doing the sitting meditation according to the Tantric way one day around 12:00 midnight several years ago. I practiced Tantrism in the past. However, I was spinning like a plane propeller. It was so fast that I cannot describe it, and I levitated in this way. I rose up this high and came out from the top of my head. There was a little bit of a sharp pain while coming out from the top of my head. When I continued to rise up higher in pain, I was very frightened. I thought that maybe my soul had left, and I could not see my body. The following day, a strange phenomenon occurred. I was sitting in the room in broad daylight when I saw a silver aureole and silver light. Then, they disappeared five minutes later. On the third day, I saw a Falun. What was going on?

Master: Although you practiced Tantrism in the past, it did not have an effect. Why were you able to see a Falun? It was because we were already taking care of you prior to your cultivation. It is very easy for a practitioner to levitate, which scientists nowadays cannot explain. In fact, when all the channels of a person's body have all been completely opened up, he will be able to levitate. Even if he does not levitate, while walking he will also feel light and airy. Be it hiking or going upstairs, he will not feel tired. This is when the channels are opened up, and it will be this way. As for one's Yuanshen coming out, some people's Yuanshen can easily leave their bodies while other people's Yuanshen cannot come out as easily. After it left your body, the Falun brought in motion your body that levitated. Thus, it spun very fast. As for your not daring to go up that high, it is just because at the time you only had energy of that height. The first time you encounter this kind of thing, you will be frightened. Everyone would. In fact, there are many practitioners of our Falun Dafa who have levitated. It is quite normal. Once a practitioner begins cultivation practice, he will start to open his channels. Then, as soon as one's Great Heavenly Circuit is opened, he is then able to levitate.

I have made it known, but I would still like to advise everyone that no one should have this kind of thought, "How great it would be if I could levitate!" Once you have the idea of pursuit, even if you can levitate, you will not levitate. It is because cultivation practice requires non-action, emptiness, and intentional cultivation without the intention of attainment. One should have the intention of practicing cultivation without the intention of attaining Gong. Everyone should maintain such a state to practice cultivation. If one always thinks about becoming a Buddha all day, that is a strong attachment. One will never make it if this attachment is not given up. Therefore, cultivation practice is to remove human attachments. Among ordinary people, anything that you are attached to is an attachment. Speaking of pursuing this or pursuing that, the more you pursue it, the less you will have it. Only when you give up this attachment will you have it. Everyone should make sure to remember this principle. Among ordinary people, if you want to attain something, you may pursue it, study it, and attain it after making the effort. However, for things beyond ordinary people, only by giving it up, can you attain it. What is it called? It is called, "natural attainment without pursuit."

You have mentioned the issue of fear. In fact, there is nothing to be afraid of. If you levitate, you just levitate. You were scared because no one told you about it at that time and there was no master amongst ordinary people to teach you. Levitation is a very normal phenomenon, which is controlled by one's mind. If you say, "I want to come down," you will come down as soon as you think about it. You can levitate again if you want it. When you become increasingly scared, it is also an attachment, and you would fall down easily. Thus, make sure that you never get scared. In the past, there was a person who became an Arhat through cultivation, and he fell down as soon as he became delighted. Why? Delight, the human delight, is also a manifestation of sentimentality as well as an attachment. As a person who has succeeded in cultivation, he is not moved if you swear at him or say something unpleasant about him. He is not moved either if you say something good about him. He does not take it to heart if you say something bad about him. Therefore, once he was delighted, he fell down. It is not very easy either to

become an Arhat through cultivation. In the end, this person again continued to practice cultivation! A few years later, he reached the level of an Arhat again. He thought to himself this time, “I should not be delighted. If I become delighted, I will fall down again.” Then, he became afraid of being delighted in his mind. However, once he became scared, he fell down again because such a fear is also an attachment. Cultivation of Buddhahood is a very serious issue, not a joke! Therefore, everyone must pay attention to this matter.

Before you continue to ask questions, I shall mention another issue, which is we must stick to one cultivation way in our practice. I know that many people sitting here studied Tantrism in the past. A lot of people believe in Buddhism, and many people believe in Christianity or Catholicism. I hold that one must stick to one cultivation way only! Why should one stick to one practice? This is an absolute truth! This is a principal reason why people nowadays cannot succeed in cultivation in the Dharma-ending period. It is caused by a couple of reasons: being unable to understand the Fa, and the other is mixing up cultivation practices. Mixing up cultivation practices is a main reason. Once you practice this way, you should not practice others. Why do I tell you this? It is because the statement of “taking the best of every school” is what ordinary people would say, and this is a principle for pursuing the skills and techniques among ordinary people. However, the principle in cultivation practice requires sticking to one practice. In Buddhism it is called sticking with only one way of cultivation practice. If you say that you will follow both the Buddha School and the Taoist School, you will accomplish nothing. No one will give you Gong because “cultivation practice depends on the individual while the transformation of Gong is up to the master.” Please think about it. Can one become a Buddha by simply doing Qigong exercise? Can one become a Buddha by simply chanting the Tantric incantations plus some mind activities and a few hand movements? The human mind will is nothing but a wish. What really makes things happen is the master! Some people may think, “Since they all belong to the Buddha School, isn’t it good to practice both Buddhism and Tantrism, as well as Qigong of the Buddha school?” That is a human understanding, and gods do not think so. Think about it, everyone. How did Buddha Tathagata or Buddha Amitabha succeed in cultivation? It was according to their own ways of cultivation practice that they completed cultivation. It was also in accordance with their own transformational forms that their Gong completed the formation of their paradises and succeeded in cultivating them. Everything that they have was brought about by the elements of their own cultivation ways during the course of their cultivation practice.

Buddha Sakyamuni’s way of completing cultivation is called “Precept (morality), Samadhi (meditation), Wisdom.” One must cultivate four types of deep meditation as well as eight forms of concentration, etc. and follow his cultivation way. In practicing this way of cultivation, your Gong also has to be the Gong cultivated by Buddha Sakyamuni. Only then can you go to his place through cultivation practice. If you want to practice Tantrism, you must follow the requirements of “Body, Speech, Mind” in Tantrism, and only then can you go to the paradise under the care of Tathagata Dari via cultivation. If you practice everything, you will not get anything. If you practice the Pure-Land School and chant Buddha Amitabha, but also turn around to study the theories of Zen Buddhism, by the same token you will not attain anything. A person has just one body. Everyone knows that it is not an easy thing to transform one’s body into a Buddha’s figure or a Buddha’s body, and you cannot do it yourself. It has to be done by a Buddha. It is an extraordinarily complicated thing to transform your body into a Buddha’s body, and it is more complicated than the most precise instrument of mankind. He will install in your body a system called an energy mechanism. In addition, he will put in place many seeds that can develop various Buddha’s divine powers and plant them in the Dantian area (lower abdomen). All of these are things belonging to his school of cultivation so that you can practice cultivation in his school and go to his Buddha paradise through your cultivation. If you do not focus on one school, with only one body, how can you be cultivated into one individual for two Buddha’s

paradises? How can you succeed in cultivating two of you? When Buddhas see that you are like this, none of them will give you anything, and they think that your Xinxing is not good. To put it plainly, what you are doing is human being attempting to mess up the Buddha Fa. How hard and how difficult it is for a Tathagata Buddha to succeed in cultivating a Tathagata Buddha! For a Tathagata Buddha to complete the cultivation of a Tathagata Buddha, how much suffering he has to endure before he succeeds in cultivating a Buddha Tathagata! As an ordinary person, if you want to change his stuff or mess up his stuff by mixing two things together and messing up what two Buddhas have enlightened to, is this not undermining the Buddha Fa?! This is how serious it is! However, monks and mankind nowadays are damaging the Buddha Fa, and yet they do not even know it. Of course, if you do not know it, we cannot blame it all on you. However, although it is not all your fault, still, nothing will be given to you. A person will not be allowed to casually mess up the Buddha Fa. For two schools of the Buddha Fa, the Fa of two Tathagata Buddhas, to be messed up by you, that is absolutely impossible! Therefore, as long as you mix up cultivation, it will be impossible for you to attain anything. This is not to say that it is all right if you only practise ways of the Buddha School and not those from the Taoist School. If you practice Zen Buddhism, Tantrism, the Pure Land Sect, Hua-Yan Cultivation Way, and Tian-Tai Cultivation Way of the Buddha School, you are still messing things up. That is called being reckless, and you will not get anything. Indeed, you will not attain anything, so you must hold on to one way in cultivation, and only then can you complete cultivation.

What I am saying here is a principle. It is not to say that you have to study this Falun Dafa of Li Hongzhi. Like Buddha Sakyamuni's Buddhism, our Falun Dafa once saved people on a large scale in human society during a prehistoric time. In this period of human civilization, it has never done so. Since the appearance of mankind this time, this is the first time that we have brought it out again, and it could also be the last time that it is made public and taught to man. However, it is something that will never become defective. Of course, we have the Falun Paradise, and those disciples who complete cultivation can go to the Falun Paradise. However, it is not to say that you have to practice cultivation in my Fa. You may practice cultivation in any kind of Fa. As long as it is an orthodox Fa or if you are able to gain the genuine teaching of that school and you think that you can complete cultivation in that school, go ahead and cultivate in it. But, I advise you to stick to one school.

I am also telling everyone that a Buddha cannot directly come to save you with his real Buddha's appearance, displaying great divine powers. If a Buddha sits here and teaches you the Fa, that is not saving people. That is called undermining the Fa. Seeing a real Buddha here, those with all kinds of unforgivable sins would also come to learn it, and there will be no need for enlightenment. Who would not learn it? The entire mankind would learn it. Wouldn't it be this way? Therefore, only a master that is reincarnated among ordinary people can teach it and can save people. There is an issue of enlightenment in this. It is up to you to believe it or not. But, you may weigh up the Fa yourself. Anyway, out of responsibility to you, I am disclosing such a principle. I am telling you this because you want to practice cultivation. Otherwise, I would be as good as not being responsible to you. Now that you have such an opportunity and affinity to sit here, I would tell you about it. Nowadays, it is very difficult to succeed in cultivation in any school, and nobody cares about it anymore. The key point is that cultivation practices are all messed up. Of course, if you think that you can handle it properly by yourself, you may practice cultivation on your own. If you think that you can complete cultivation successfully, then it is fine for you to practice cultivation in any school. This is just the way it is. Because Buddhas mean well for the mankind, therefore, I will tell everyone that if you want to practice cultivation, you should stick to one school. You should neither practice movements from other schools, nor read the teachings of other schools. You should not think about things of those other schools in your mind, not even a mind intent. This is because in practicing Gong many things rely on the mindwill. Once your mindwill occurs, it becomes a pursuit. If you go after something, it will come. Then, the Gong in your body will be messed

up, and the Falun will become deformed and will lose its effectiveness. Your cultivation will be in vain.

I am telling everyone that this Falun is simply too precious. Even though I have given it to you, before I started to pass it on, those who had cultivated the Tao for a thousand years to get it could not attain it. Upon attaining it, a person can be said to have already completed half of his cultivation, and his Gong will be automatically transformed by the Falun. As long as you cultivate your heart, Gong will grow and be upgraded. It is a higher life. That means, it is even higher than your life. I have given it to you, because you want to practice cultivation, which manifests the Buddha nature in you. With such a wish expressed, we would save you and have done it this way. What you have attained is very precious. Cultivation of Buddhahood is an extraordinarily serious matter. We shall also not let you mess it up and destroy it. If you are to have your cultivation mixed up with other things, we shall have to take it back and not let you destroy this life -- a higher life. Some people think, "When I studied other things, why didn't the Falun intervene since it has such mighty powers?" This is because there is another principle in the universe, that is you make your own decisions as to whatever you want. It is what you want yourself. You want something evil, then that evil thing is all pervasive. Even if you do not want it, it still tries to worm its way around! If you want it, it will come at once, and it will come in less than a second. Why didn't Falun intervene? It is because you wanted it. Thus, everyone must be really careful. Human cultivation practice is a very, very serious matter.

While I was teaching the practice in China, there were many people whose Tianmu was opened at relatively high levels. It is not easy either to practice cultivation with Tianmu opened. They see that big and tall deity, he looks big and tall because the life forms of other dimensions can become very large, and he is also dressed in yellow. People think that he has great supernatural capabilities. He may say to you, "I will take you as my disciple, and learn from me." If a person's attachment surfaces and immediately learns from him, this person will be ruined at once. Although he may look gigantic, still, he has not transcended the Three Realms. He is nothing, except that he is not in this dimension, and he can transform his body. Therefore, everyone must be sure to watch out for such things. There are also demons coming to interfere with you, "Come and learn from me, and I will teach you something." Some people, especially those who practice other Qigong, will easily develop some kind of spontaneous movements the moment they sit there and their hand movements seem to be very beautiful. Let me tell you that demons also know such things. You do not know who gives it to you. Therefore, as long as you follow it in practice, it will add things to your body, and your body will be messed up. I have seen some people who seem to study this or that practice, and their bodies are chaotic with all kinds of things. You will not be able to practice cultivation any more. We believe in predestined affinity. If you run into me, it is also your predestined affinity. If you really want to practice cultivation, we will thoroughly clean it up for you. We shall keep good things and remove bad things for you. Your body will be smoothed out and purified. Only upon reaching the state of Milk-White Body, can you really develop Gong and raise your level.

Question: You have many Fashen (a body made of Gong and Fa) who can guide people's cultivation practice. However, we are in Australia. Who will guide us? Who should be our teacher?

Master: He has raised a very important question here. It is known to all that it is a very serious issue for one to practice cultivation. Because one has karma lifetime after lifetime and did things that were not good in previous lifetimes, he will have enemies and creditors in other dimensions. If they find out that you are practicing cultivation, they will come to you for revenge. Then, a beginner in cultivation practice will face life-threatening danger. That's why I said that if you did not have a master, it would be completely impossible for you to succeed in cultivation, and it would be absolutely impossible to make

it. Only if there is a master to look after you and protect you, can you succeed in cultivation. Only by not allowing you to run into any major problems can you succeed in cultivation. In the past there were cultivation practitioners everywhere in the world, and there were relatively more of them in China. Many Taoist practitioners had disciples. Although you may find that Taoism, which appeared later on, had many disciples, the master only genuinely taught one person so that he could guarantee that the person would not have any problems. He could only look after one person because the Taoist School does not have the wish to offer salvation to all sentient beings.

Why can I teach and save so many people? In China, there are tens of millions of people studying it, not even including those overseas. Why hasn't anything happened to anyone? There are those sitting here, who have been hit by a car. The car was damaged and yet nothing indeed has happened to the person. The person was neither in pain nor frightened, and nowhere was he injured. Why did it happen this way? It was that those creditors had come to you to demand payment (of the debts you owe). However, we cannot let real danger happen to you, but the debts must be repaid. Without the protection of the master, he would have died instantly. How could he practice cultivation if he had died? I have numerous Fashen who look the same as me. They are in another dimension, so of course they can become large or small. They can become very large or very small. Their wisdom is completely opened with the same power of Fa like that of a Buddha. The main body is here with me, and they have the ability to do things independently. They will look after you, protect you, help you transform Gong, and do certain things. In fact, they are the embodiment of my wisdom. Therefore, I am able to safeguard you. Though I am not in Australia in person, Dafa has already been passed on to you, and you can take the Fa as the master.

Question: Can Fashen guide our cultivation practice and protect us?

Master: When a practitioner is about to run into troubles, my Fashen will dissolve such things for you and not let them occur. He may also drop you a hint. When you indeed cannot enlighten to it and yet, you are doing quite well in cultivation practice, he may appear before your eyes to tell you something or perhaps let you hear his voice. Because your cultivation level is not high enough, he will not let you see him, but he will let you know his voice. Most of the time he lets you see him in your sleep. This way, it is as if you are in a dream, and there is still enlightenment as to whether it is real or false. Therefore, people can see him mostly in dreams. If your ability of concentration is very good, you may also see him during the sitting meditation. However, if you always want to see me, it is also a kind of pursuit or attachment. Thus, you will not be allowed to see him either. When you do not think about it, as long as you practice cultivation, you will surely be able to see him in future.

Question: The master protects me, but my karma is so big. How can I be protected?

Master: This also brings up a very important issue. Because in today's human society, people have all reached this stage with karma built upon karma and their karma is already quite enormous. It is not only human beings who have such big karma, because a human life can be reincarnated and become an animal, a physical substance, a plant, a being of a high-level dimension, or a being of a low-level dimension. This is samsara (six paths of reincarnation), so everything can be reincarnated. People take both De and karma with them. People of modern times have a small portion of De and a lot of karma. Then, it appears that not only does man have karma, cement and soil have it as well. We all know that in China in the past, if a farmer cut his hand when working in the fields, he would grab a little bit of soil and apply it to the cut, and it would heal. Sprinkle a little bit of soil, and it would be healed. Now, do you dare to touch the soil? Even if you do not touch it you would get tetanus! There is karma everywhere. There is karma in matter, plants, animals and people. Karma is everywhere. Therefore,

looking from a high-level dimension, black waves are rolling in human society. Why are there epidemic diseases? Very serious epidemic diseases are those black waves, which are the mass of karma with very high density, rolling around. When they roll over to this place, there will appear epidemic diseases. Nowadays, the karma of mankind is so big. What should be done? Let me tell you as I mentioned earlier that if you want to practice cultivation, and to practice cultivation only after clearing the debts of a few lives that you owe, I'm afraid that the situation might be different as time passes and you may not be able to run into me either.

What should be done, then? The people in this universe are not meant to be human beings, but to practice cultivation to go back and to return to the place where you were created. One may say, "I am in ordinary human society, and I cannot give up the ordinary people's sentimentality. If I practice cultivation, what about my wife, sons, daughters, parents, and brothers? Then, I will be living without meaning." That is your understanding from your human point of view and a thought on the present basis. When you move up to a new basis and after raising your level, you will not think this way. When you are in another realm, you will not think this way. However, I will tell you a principle. Who are your real relatives? Here I am not interfering with your family relations. In samsara you are human this lifetime and an animal or a plant in the next lifetime. From one life to another, how many parents, wives, sons, daughters, sisters and brothers have you had in each lifetime? In your long journey of life, you are even unable to count them. Also, some are human and some are not human. Which ones are real? It is just that human beings are lost too deeply in the maze! Your real parents are in the place where the universe created you. That is where your parents are. This is because life has two kinds of origins: one is the life created from the motion of enormous matter; the other is the life with a form that is created from the motion of matter in the universe. In itself, it is like a person who is pregnant, giving birth to a life. For such lives, they will have parents. Therefore, your real parents are right now watching you over there, hoping that you will return; but instead of returning, you get lost here and still feel that your relatives are all here.

For human beings to be human is not the goal. The goal is to return to your original true self. Once a person has this thought of cultivating Buddhahood, though he does not have the opportunity of cultivation, still, he has seeded the benevolent fruit of cultivating Buddhahood. Why is it said this way? It is that for him to have this thought is just too precious! For a person in an environment as bitter as this and in an environment as confusing as this, he still has the heart to go back and the heart to cultivate Buddhahood and to be kind. Then, if you want to practice cultivation, everyone will help you and think of ways to give you the green light. When a person has such a thought, it will shake the world in ten directions. It is as glittering as gold and everyone will be able to see it. If this person wants to practice cultivation, it will be this way. With so much karma, what could be done? Then, measures have to be taken to eliminate the karma for you. Elimination of karma cannot be done unconditionally, nor can it all be eliminated for you. To what extent can others do it for you? I do not look at it. However, it is said in Buddhism that you cannot succeed in your cultivation in one lifetime, and that only after a few reincarnations can you succeed in your cultivation. Namely, you are unable to eliminate that much karma all at once. However, if you really want to practice cultivation, we will find a way to allow you to succeed in your cultivation in this lifetime and to complete it in this one lifetime. If you really are very old or your life is very short and there is not enough time left, you will carry the Falun into the end of your life span and be reincarnated. As soon as you are born, you will carry it to connect to the next predestined relationship.

For a person who practices cultivation in the orthodox Fa, I will eliminate his karma to the extent that he can practice cultivation and can endure it. Eliminating all of it is not permitted, and not repaying at all is not allowed either. Then, how to repay the portion that needs to be repaid? We shall place it in

your path of cultivation practice, and it is all your own karma placed at the different levels where your improvement is needed in cultivation practice. It will serve as trials or tribulations for improving your Xinxing. When you need to raise your level, you will run into some trouble or your body may feel pains somewhere. These are for your enlightenment. When this happens, it is a test whether you can treat yourself as a practitioner, whether you will treat these problems like an ordinary person, or whether you can detach yourself from them and take them lightly. When you take each trial or each tribulation as a good opportunity for improvement and let go of it, you will be able to pass the test. Some people find their tribulations very big in cultivation practice, but actually they are not. The bigger you find them, the bigger they will become and the smaller you will become. If you do not care and do not put them on your mind, with the master and the Fa here what is there to fear? As long as the green mountains remain, there is no fear of having no firewood to burn. Ignore them! Once you give them up, you will find that the tribulations have become smaller and you have become bigger. You will overcome them in one step, and the tribulations will become nothing. It is guaranteed to be this way. If one cannot overcome them, it is actually that he cannot give up the attachments or does not believe in the Fa. In most cases, it is because one cannot give up one or another attachment. His failure is all due to his inability to give up the attachments. Because he cannot back that one human step, he is not able to overcome them.

Question: I have a question. I have practiced Falun Dafa for a very long time already. I read Teacher's books and watch Teacher's video tapes as if feeling a hunger or quenching a thirst. However, there is one sentence that I do not understand. It is that Teacher made a statement, "Falun cannot be developed by your own practice. A Falun has to be installed by Teacher in person." Thus, I am thinking of going to China to ask Teacher to install a Falun for me. This is one question. The other is that if a person has a Falun, how can the person verify that he has a Falun? These are the two questions.

Master: Many people worry about one issue, that we want to study this Fa, but we have not attended your lectures or seen you in person. Are we going to have Falun as well? Some people also do not feel anything. Is the Teacher not taking care of us? This is a question that many people will have. In fact, I have already written it in the book that you will have Falun. Because I come precisely to offer salvation to all sentient beings, if I am not responsible to you, reading such things will all bring danger to you. Therefore, I must take care of you. If you genuinely practice cultivation and I don't look after you, it would be the same as harming people and putting them to death. Then, I would be punished, so I cannot do it this way. Now that I have done it, I will be responsible for you. Many people with very good inborn qualities can see that every word in this book is a Falun. Because dimensions are different, upon looking further into deeper dimensions, every word is my Fashen, who are all the image of a Buddha. Every component of each word is also an individual Buddha. Think about it, everyone. One Buddha's power is already very great. Why will your illnesses be healed when you pick up this book to read? Your eyesight is not good. While reading this book, why do you see the words becoming bigger and bigger and your eyes are no longer tired? Why is it that miraculous changes will occur when you read this book? It is because those words are made of Fa. They can do everything for you, and they can install Falun for you. I also have Fashen taking care of you, and they will do all of these things. Thus, you will still attain it without seeing me in person.

As for the feeling, some people may be sensitive and will feel the lower abdomen rotating. Not only is it rotating in one place, it is rotating everywhere, all over their bodies. Someone sitting here said something wrong and should be careful in future. A claim was made that our Falun Dafa practices nine Falun. Let me tell you that only one Falun is genuinely installed for you by me. This one Falun already has incomparable power and it can divide itself without a limit. In the initial stage of your cultivation

practice, in order to adjust your body it is unknown how many hundreds of Falun I installed outside your body, and they were rotating everywhere. Someone said that it rotated here or rotated there. Wow, the entire body was rotating, and it was rotating everywhere. This is because your body needed to be purified and assimilated. I was using the characteristic of our Gong to adjust you, so you would feel that there were Falun rotating everywhere, and they were so numerous that you could not even count them. You might have felt that there were nine Falun, so you said that there were nine Falun. I will use many external Falun to adjust your body. Some people are sensitive while some are not. Those who are not sensitive will not feel them while those who are sensitive will be able to feel them. However, no matter whether you can feel it or not, this all occurs in the initial stage. When those who can feel it become accustomed to it and when it becomes a part of your body, you will no longer have the feeling. Your heart is beating, do you know that it is beating usually? You will know it when you feel it with a hand. Your stomach is undulating. Do you know that it is undulating? Your blood is circulating. Do you know it? When it becomes a part of your body, you will not have the feeling, and you will not feel it. There are also times when there is no feeling at the beginning. In the early stages, there are quite a lot of people who do not feel anything. However, in future cultivation practice, you will have a great deal of feelings. As long as you practice cultivation, I will definitely take care of you.

The most obvious thing is that your body will be purified very quickly. Many people in Mainland China know that cultivation in Falun Dafa is simply too miraculous! Upon starting the practice, the illnesses will be gone. Why is that? Many people did not seek after healing illnesses. They think that the Dafa is good, so they practice it! Their illnesses were healed as a result. However, sometimes there are people for whom the effect is not very good. Why was it not good? If someone hears that practicing Falun Dafa can heal illnesses, so he comes to practice it with the purpose of healing illnesses. Then, his illnesses will not be healed. "Gain naturally without pursuit." Your wishing to heal illnesses is also a pursuit. Human bodies are meant to repay karma and should have illnesses. You should only have the heart for practicing cultivation and give up your attachment to healing illnesses. Only by not thinking of healing illnesses and ignoring such things, will you attain everything as long as you keep up the cultivation practice. If you have the attachment of healing illnesses, you will not attain anything. In the past, we have always forbidden the mentally ill and critically ill patients to enter the classes. That is to say, no matter how you ask such a critically ill patient to give up that attachment, he still will not be able to give it up. His life is almost over. Can he not think about his illness? He cannot fall asleep at night since all he thinks of is the illness. Thus, no matter how you ask him to give it up, he still cannot give it up. Sometimes, he says that he will give it up, but in his mind he still thinks about it very vigorously. Therefore, there is nothing we can do. Why can't we do anything? Because teaching the orthodox Fa to save people has its requirements, very strict requirements, otherwise we would be teaching an evil Fa. You must change this thought, and then we can help you. If you do not change your thought, we will not be able to do anything. By changing this thought, you are no longer an ordinary person. If you cannot change this thought, you will still be an ordinary person. The difference is right here. Therefore, it can only be that one gains naturally without pursuit. Some people came here without carrying any preconceived thoughts and found it very good, so they came to try it out. When they saw others practicing Qigong, they also came to practice it without a clear purpose. Nevertheless, they have all been healed. Of course, we do not require too much of people all at once. There is a process of understanding, which is permitted. But, do not come to practice cultivation with any attachment of pursuit.

Question: Teacher, I am very sorry. I want to ask three questions. The first question is that when I read Zhuan Falun, it says that the Qimen School (the Unconventional Cultivation Way) does not snap off the Gong you practice. Some practices, after your practice, just snap off eight tenths of it to substantiate that paradise. Then, will the Dafa that we are practicing also break it off?

Master: Because one is practicing cultivation among ordinary people, he must develop through cultivation everything that he needs to have as a Buddha in future. It is known to all that a Buddha can have whatever he wants and has great divine powers. His good fortune is unparalleled. Where does he get them? However much he suffers, however much good fortune he will have. Thus, the Gong that he cultivates has to reach quite a high level before he can succeed in cultivating a Buddha. In the past, this was mentioned only among very high-level people in our community of cultivators, and it was not mentioned among ordinary people in the past. A practitioner indeed needs to reach a very high level of cultivation practice before he can attain completion. Why is that? If you move up with Gong alone, you will not have whatever you want and you do not have any of the good fortune. That will not do. During the course of your cultivation practice, you will have to develop all of it through cultivation. The suffering you have endured throughout the entire course of cultivation practice is your mighty virtue. Suffering increases Gong, and upon improving Xinxing one will increase Gong. Therefore, after your cultivation practice has reached a very high level in future, eight tenths of the Gong will be broken off to complete the good fortune of your boundless Fruit Status and to enrich your own small paradise. That comes from your cultivation by bearing hardships. Even the Xinxing standard that you have cultivated will also be broken off to enrich the inside. That is your true fortune, and it all comes from your suffering. As for the remaining two tenths, that is your Fruit Status. Those who reach the standard of Bodhisattva will be Bodhisattvas. Those who reach the standard of Buddha, will be Buddhas. Those who reach the standard of Arhat will be Arhats. If you reach a higher realm, you will be a greater Buddha. Yet, the Qimen School cultivation way is relatively complicated, but one also needs to use his Gong to complete his good fortune and virtue.

Question: My second question is that, as our Xinxing level is not high enough, I get very angry in my heart when others swear at me or bully me. According to what Teacher said, when others hit you, swear at you, or bully you, they are all giving you De. But you should not be angry in your heart. Is it that if one gets angry the Gong will not grow?

Master: Because as a practitioner, when you get angry with an ordinary person you are already the same as an ordinary person. When you get angry, you are pushing it away, except that you have not pushed it back. You have not pushed it back, because you are the one who lost in the first place. As long as you approach it in the same way as he does, you will push it back. One may think that this guy has bullied me too much and has defrauded me of a lot of money. Still, I have to be happy and thank him. You beat me up, and I also have to bear the insult. Not only should I endure it, but I should also thank him. Won't other people say that you are being Ah Q (a self-deceiving character in a novel)? And being too weak? No. Think about it, everyone. If you do not have a Xinxing level as high as that, you would not be able to do it. That shows a practitioner's strong will. Can an ordinary person do it? If one does not have a will as strong as that, he will not be able to do it. That is not being timid and weak. Of course, you should be happy. Think about it, everyone. If he did not bully you, you would not have been able to gain an additional piece of De. If you get an extra piece of De, you will cultivate and develop another piece of Gong. When he bullied you, your own karma was also being eliminated! Can you become a Buddha while you are still carrying karma? You have to eliminate it completely. When he bullied you, he gave you De, and you also eliminated karma. You did not behave in the same way as he did, keeping a calm mind. Your Xinxing standard became higher. Xinxing has a yardstick above one's head. The yardstick above one's head is as high as the Gong level. Your Xinxing level is higher. Your Gong level is higher too. Your karma is transformed into De as well. He also gave you De. You have gained four for one. Shouldn't you thank him? You should really thank him from the bottom of your heart. Because as I just mentioned, the principles of good or bad held by human society are reversed. Upon reaching a higher level, one will find that the things people are attached to are all bad.

Question: The third question is the issue of killing as mentioned in the book. Killing a life is a very big sin. If a person commits suicide, does it count as a sin or not?

Master: It counts as a sin. Now, this human society is no longer good, and all kinds of strange and bizarre things have appeared. They talk about the so-called euthanasia and give injections to let people die. Everyone knows it. Why do they give an injection to let a person die? They think that he is suffering. However, we think that his suffering is eliminating karma. When he is reincarnated in the next life, he will have a light body without karma, and he will have a great fortune awaiting him. While he is amidst the pain and is eliminating karma, he is certainly not having an easy time. If you do not let him eliminate his karma and kill him, isn't that murder? If he is gone, carrying the karma, in the next life he will have to repay the karma. So, which would you say is right? Committing suicide has another sin. This is because a person's life is pre-arranged. You have disrupted the sequence of the god's entire layout. Through the obligations you carry out to society, between people there is this kind of interrelationship. If the person dies, won't this entire sequence disrupt the god's arrangement then? If you disrupt it, he will not let you go. Therefore, committing suicide is sinful.

Question: A Buddha does anything he wants. Doesn't a Buddha have a clean mind and little desire? Does he still enjoy himself?

Master: Some people say that a Buddha does not eat food, and that a Buddha does not have a human body. This statement sounds as if people all think that a Buddha is this way. Let me tell you that what a person says in the community of cultivators should not be understood with an ordinary human mind. A Buddha does not have a human body, which is to say that it does not have this dirty human body made up of matter of the molecular particle level. The coarsest particles of his body on the surface are atoms while his most microscopic particles are the more microscopic matter in the universe. The more microscopic his matter is, the greater his radioactive energy is. The Buddha's light shines everywhere. Some people say that a Buddha does not eat food. A Buddha does not eat human food. He eats the substances within his level. Also, he does not call it "food" as in human terms. Therefore, you will not be able to understand the meaning of the language in the Buddha's realm and cannot comprehend them. Human beings just have the human way of thinking.

Some ordinary people say that if one becomes a Buddha, how boring it would be. One will have nothing, sitting there like a piece of wood. Let me tell you that a Buddha is the king of Fa in his heavenly world. We call him a Tathagata as a way of referring to the embodiment of his Xinxing standard level. He is actually the king of Fa in that world of his. In that world, there are numerous beings under his management. Of course, it is not the management of our ordinary people with laws for reinforcement. He manages it completely with compassion and loving-kindness. Everyone meets the standard of that realm, and it is wonderful beyond compare. They do not have the sentimentality of ordinary people. But, they have compassion, a higher realm, and something purer. They have none of the things that ordinary people have. They have things that are correspondingly more wonderful in a higher realm. That is a higher life; there are even higher, even higher, and even higher lives. If it were all boring, one would be better off to die and end it all. It is more wonderful. Only by going to that world, can one know what happiness is. It is more wonderful, but if you do not give up these ordinary people's attachments and cannot remove them, you will not be able to attain it.

Question: Why doesn't the Qimen School break off the Gong?

Master: Who says that the Qimen School does not take down the Gong? Everyone has to complete

his Fruit Status with his cultivated Gong. The Qimen School does not have just one kind of cultivation. They have all kinds of practices that are very unique. During the course of cultivation practice, some of them would complete such a practice while still practicing cultivation, but the effort they put in is the same. They do not develop it here and thus do not need to break it off. As for those people who need to break it off, their Gong will develop rapidly. If one does not break it off and completes his good fortune and virtue while still practicing cultivation, he will develop it very slowly, but the effort is the same.

Question: Two questions. The first question is that when I began the sitting meditation the first day, I saw Master's Fashen sitting by my side, on the left. But, his clothes were black, and he had a smiling face. Later, I read what was said in a document. Because it was my first time to see him, today I would like to ask again why he was not the same color as on the TV tape.

Master: This is also because there is a contrast between different dimensions. For example, what color does a Taoist like? It is purple. Therefore, he talks about the purple Qi coming from the East and regards purple as the highest. The Buddha School likes yellow or golden yellow. But, they are of one color. It is purple in this dimension and golden in another dimension. Then, what is seen as black in our dimension is seen as white in another dimension. Seen over here it is whitish; over there it is quite dark. Here it is green; over there it is red. All colors have such different manifestation in different dimensions. Then, if you were only in that kind of state, what you saw would be that color. Everyone must be a little bit careful because the demons sometimes cause very severe interference. The majority of my Fashen are wearing the Buddha's robes with blue hair, the curly blue hair. It is very blue, bright jade blue. Sometimes, only under extremely special conditions, can one see my Fashen in such clothes that I am wearing. It is extremely, extremely special, and is very rarely seen. Thus, everyone should distinguish it well. If he is really me, you will feel very sure in your mind that he is me. If he is not me, you will draw a question mark in your mind.

Question: I have already been studying this Fa for two months. In these two months I felt that my illnesses of several decades have all disappeared because my purpose of studying Dafa is to eliminate my karma. I really lived extremely well in these two months without taking a bit of medicine. This is one point. The other one is that I would like to ask Master if what I saw during the sitting meditation was a Falun? I saw something spinning and spinning in a spiral form. However, its color also looked like the color of soil, the same as the color of clay. Its spinning on the whole was simply very wondrous. But, I was unable to see its internal structure.

Master: Because except for that symbol of Falun, its base color changes. Its color can change into different colors: red, orange, yellow, green, light blue, blue, purple, colorful or colorless. Therefore, Falun may not always be in this color. In addition, when Falun is adjusting your body, it rotates extraordinarily fast. It looks like an electric fan turbine or like a tornado spinning. Sometimes, it rotates very slowly, and one can see clearly its structure inside. When it is rotating very quickly, it is not easy to see. While adjusting one's body at the beginning, it knows itself when it should be fast or slow as well as how it should rotate. This does not matter and is all normal.

Question: Can we do the Big Lotus Flower hand sign?

Master: The Big Lotus Flower hand sign is a Ding Yin, which is a fixed sign. This is the Big Lotus Flower hand sign (making the hand sign). We do not need to do it during our practice. One does it when he requests Master to do the Kaiguang (the ritual of inviting a Buddha's Fashen to a Buddha's portrait or a statue for worship in human society) at home for a Buddha statue, a statue of Lao Zi in the Taoist School, that of the Primitive God of Heaven, or for other Buddha statues. The best thing to do is that you

hold that book of mine. Doesn't it have my photo? As though you were talking to me, you say, "Teacher, please do Kaiguang for me." Use your hand to do the Big Lotus Flower hand sign while cradling this book, and it will be done in three seconds. My Fashen will invite a Fashen of the god on that Buddha statue. If you do the Kaiguang for Buddha Amitabha, my Fashen will invite a Fashen of Buddha Amitabha onto this Buddha Statue, and this is called the genuine Kaiguang. Nowadays, monks who do not actually practice cultivation in their religion and, those many sham Qigong masters simply cannot do Kaiguang. They do not have the mighty virtue to invite a Buddha. It is a Buddha, not someone that would come no matter who sends for him. Of course, there are some people who would hold a mirror to the Buddha statue, and call it Kaiguang. There are also people who color the eyes of a Buddha statue with a bit of cinnabar ink and make the eyes very red, and they also call it Kaiguang. They are all messing things up.

Question: You just mentioned that man himself has fallen down here from different paradises or different levels. Then, naturally in principle, he should return to that paradise that he originally fell from. However, it seems that, at this human level, he does not know which paradise is the one he fell from. Then, while practicing cultivation, he may have chosen a different way just as he may have the affinity to study Falun Dafa.

Master: You still want to return to that paradise that you originally came from, the place where your life was created. The wish is good. Now, the first thing that you must resolve is how to return there, and how to return there through cultivation practice. This is most critical. There isn't any room for other choices, no room at all. It is not as though everything is laid out there with Buddhas sitting there so that whichever one you want will be given to you. As for your moving up in cultivation, if you can really reach a very high level through cultivation and can return to your original position, while being in that paradise, you can always visit your relatives in that paradise and stroll around and take a look. It does not matter as to which paradise you are in. It does not matter whether you live in Sydney or live in Brisbane.

Question: In the Southeast Asian region, there is something called the Heavenly Tao that is widely spread. What is it about?

Master: Let me tell everyone that now is the period of the Last Havoc. Buddha Sakyamuni mentioned that, in the Dharma-ending period, thousands of demons would come to the world. At the time when Buddha Sakyamuni was in this world, the demon said, "I am not able to undermine your Dharma now. When your Dharma enters the Dharma-ending period, I will send my disciples and followers to become professional practitioners in your temples. I will see what you can do about it!" At the time, Buddha Sakyamuni wept. Buddha Sakyamuni, of course, could not do anything about it. It has come to the end of the Dharma, so it becomes chaotic. In the Dharma-ending period as he mentioned, not just among people or just in temples, everywhere in the human society there are things that undermine human affairs, and there exist such people. Evil religions are everywhere! On the surface they also tell people to be good, but in their bones, they are not for this. They are either for fame or for money; otherwise, they are for a dark influence. They are all such things. Therefore, what things do you find them seeking? The Buddha Fa is made public to save people. If one uses it to make money, he will be guilty of the most heinous sin! Of course, a demon does not care about such things. He carries the banner of religion or carries the banner of telling people to be good in order to ruin mankind, ruin the human mind, and ruin the human Fa of the mind. This is most vicious! Therefore, I think, of course, there are some words I do not wish to say, as for the orthodox and the evil, you should be able to distinguish them, and you make the distinction yourself. I do not want to say who is evil or who is not evil.

However, I can only tell you that if one wants to come to the ordinary human society to save people, this is too big an undertaking. The gods in the entire universe must all nod in agreement. This is because it involves various aspects and involves all races in human society that correspond to those above. There are many issues involved. It is not something that anyone can do when driven on the spur of the moment. I know why Jesus was crucified on the cross. Why did Buddha Sakyamuni take the path of Nirvana? It is not easy to pass on the orthodox Fa. Then, nobody will bother it if an evil Fa is taught. It is not that nobody cares about it. It is just that when an orthodox Fa is being taught, there is usually a lot of evil Fa as well, it all depends on which door you enter. If it were all from one school or everything being taught was orthodox Fa and there was no evil Fa in the world as it had all been eliminated, it would be too easy for people to practice cultivation. How could this Fa be attained? Everyone would be practicing yours since there is only this one school of yours. How could disciples be tested as to if they have firm faith in your Fa? Therefore, usually when an orthodox Fa is being taught, evil Fa will also be taught, it all depends on which door people will enter. To assess your enlightenment quality, in the course of your cultivation practice there will always be people coming to you, "Come on, come with me to practice this one; Let us practice that one; Hey, I have been learning some good practice now, etc." They will drag you and test you, and these things are sure to happen. During the course of your cultivation practice, from the beginning to the end you will experience such kind of phenomenon to pull you out. Why don't we take care of these things? Fashen can take care of anything. Why don't they take care of it? This is because they are using the demons to test a person's heart to see if you are fundamentally faithful to this Fa. Cultivation of Buddhahood is such a serious matter that these kinds of things are inevitable.

Anyway, I have spoken about the good and the bad. It is even very difficult for the orthodox religions now to save people, not to mention the evil religions! There is someone who dresses up like a model to be promoted by others and is advertised everywhere to collect money. Yet, people all believe in her. People are very foolish! When people have not attained the Fa, they are easily fooled.

Question: What is thought karma about?

Master: Some people unknowingly form thoughts that are not good in their brains. We are practicing cultivation of the orthodox Fa. I am doing such a thing based upon the principle of being responsible to society, being responsible to mankind, and being responsible to individuals. Such a person also knows that it is good, but his mind will swear at me. Also, it tells him not to believe it and that this is all untrue. Why is it this way? Because apart from the karma existing in his own body, he also has thought karma. All matter is alive, and thought karma is also alive. If you want to practice cultivation, you will need to have your thought purified and to eliminate all these bad swearing thoughts, acquired notions, and various kinds of karma produced from one lifetime to another. Only then, can your original nature come out. Once you practice cultivation to eliminate them and want to eliminate these swearing thoughts and concepts, they will not want to let it happen. How can they let themselves die? They will reflect on your mind: that this is all untrue; swear at him and swear at people. The more you practice cultivation, the more they swear at people. Your mind will produce swear words and filthy language. In fact, let me tell you that they are not you. They are karma; they are thought karma. You must reject it. This cultivation way of ours is given to you to cultivate yourself. If your own mind consciousness is unclear and your mind is not firm, when the swear words come out, your own main consciousness will follow it. You will not practice anymore and will no longer be firm. Then, we will not be able to take care of you either. Because what we are saving is you, we will not save you anymore if you give up.

There have been many such instances in the past. In China, some people's thoughts reacted very intensely. It swore very frantically, and one could not reject it even though he tried. In the end, he said, "I have really let you down, Teacher! I even swear at you. This karma of mine is just too much. I simply should not live anymore and should take a knife to cut my throat." Of course, you should not try to make such an experiment on yourself. However, no matter how he tried to cut his throat, he could not slit it. He did not feel any pain, nor could he get it bled. He got so angry that he ran out to find an instructor and asked him, "My mind is always swearing at Teacher. What should I do about it?" Seeing him like this, the instructor started reading the Fa to him, and he felt very good. Later, he asked me about it, so I told him. In fact, it was your karma, not you, that was swearing. You should not bear any psychological burden because it was not you that were swearing at me, but the karma. However, your main consciousness must be clear, reject it, try your best to reject it, and do not let it swear. Reject it and repress it. In this way, my Fashen will know. Because he knows everything you do, he already knows it even before it swears. This is also a test, a test of whether your main consciousness is firm or not. If you become firm, after a period of time my Fashen will eliminate this karma for you. Because such thought karma directly interferes with your cultivation practice and directly affects your enlightenment quality, we will eliminate it. Everyone should remember this issue and must differentiate when such a problem occurs.

Question: I raise a question, which is related to the issue of practice as well as the relationship between the exercise and Xinxing. Is it that increasing the exercise can improve Xinxing?

Master: There is no direct relationship, but the exercise is also a key aspect of completing cultivation and is also very important. In this practice of ours, the Fa cultivates people. Though you are not doing the exercise, the Fa is cultivating you at all times whether you are sleeping, working, or having a meal. It constantly cultivates you twenty-four hours a day, thus, shortening the practicing time in your remaining years to allow you to complete cultivation as soon as possible. As I mention earlier, that to enable you to complete cultivation in this lifetime, it must be done this way. However, the movements of our practice are in essence rather different from other practices, in which they say if I practice I will increase Gong and if I don't practice, it will stop. Our practice is to reinforce all of the mechanisms I installed for you, both the internal and external mechanisms. You are actually strengthening these mechanisms when practising the movements. Why did I say that this hand is not in the form of Guanding (filling the top of the head with energy), and it is not giving off or letting out something, but it is moving with the palms facing the body? This is because when your hands move along the energy mechanisms, those that I installed outside your body, they carry a lot of energy during the practice and are strengthening the energy mechanisms. That is to say that you are in fact reinforcing the energy mechanisms. Folding two hands over the lower abdomen strengthens the energy mechanism in Dantian. When you stretch, you are reinforcing the mechanism of motion. Therefore, our practice is to strengthen the mechanisms, which will enable you to continue the long-term practice 24 hours a day non-stop. By this you are reinforcing them. Practicing Gong is a means of completing cultivation. However, it is not absolute, it is a supplementary means of completing cultivation. But, practicing Gong is also very crucial. The fact that things that are cultivated out of this school do not go wrong also bears a direct relationship with this system of yours and your movements. Because we also have things such as capabilities, things that transform and prolong lives and things that reinforce supernormal capabilities, etc., the exercise movements can play a certain role in this. Cultivation comes ahead of practice. Cultivation is in the first place while practice is in the secondary place. But, if you want to complete cultivation in this school, cultivation and practice are both indispensable.

Question: When I do the exercise, I cannot see any phenomenon except for the white light. If I want to see Teacher's portrait, I will see it. Is it an illusion?

Master: I will divide it into two questions to talk about it. Those whose Tianmu cannot see may have such an element of making breakthroughs towards a higher level. For one who has very good enlightenment quality and can cultivate towards a very high level, the more he is not allowed to see, the faster his cultivation will be. Because he is suffering and he is attaining enlightenment in a maze. Therefore, even though he suffers the same hardship, his progress is doubled. This is a different situation, and he is probably practicing cultivation towards higher levels.

The other one is that you said that you did not see anything. In fact, you have already seen it. While being inattentive, you saw the white light shining over the body. In addition, sometimes when you want to see something, you see it. You have in fact really seen it, but you take it as an illusion. Many people consider it an imagination when they are able to see something. Let me tell you that when the human eyes look at something, you have become accustomed to it and think that it is seen with your eyes. However, have you thought that what you see is the reflected image delivered to your brain through the optic nerves? It is a kind of observed object reflected from the brain while your eyes only act as the lens of a camera. They cannot analyze and reflect things themselves. The brain is reflecting the images. Since it is the brain that reflects the images, what we see through Tianmu and the human imagination of thought are all reflected on the brain. What you think is thought by your brain. What you see is also pictured in your brain. Then, one will consider it an imagination when he is able to see something. However, it is not the same because what you imagine will not be as vivid as that and it cannot move, it is a fixed picture. Instead, what you really see is in motion. When you become accustomed to these, just keep seeing slowly in this way. When you become slowly accustomed to it for a long time, you will gradually find that you really see it. In addition, you may be able to use it better.

In the past, when some people in the Taoist School trained their disciples, they particularly asked them to think in order to train their supernormal capabilities because they knew such a relationship. There is no apple before your eyes. Suppose that you are told that an apple is placed in front of your eyes and the master tells you what the apple looks like while in fact there is none. They would train you to smell its flavor and then ask you to feel as though seeing this apple or tell what it looks like. They would train a person in such a way. Because pictures are all formed in the brain, some people are unable to explain the issue clearly. Anyway, what you imagine does not move, only what you see is in motion.

Question: I had a dream one night and saw something very frightening. I did not think of you, and what I thought of was Tantrism. But, I am very faithfully practicing Falun Dafa. Isn't it that if anything happens to me one day I will be dead and my Yuanshen will also be discarded?

Master: It is because you did not read the book enough. Though you are cultivating Dafa now, the Tantrist stuff still remains in your mind. Therefore, you thought of Tantrism instead of Dafa in the dream. Some people asked me, "What should I do when my life is endangered?" I said that you would not run into things that had nothing to do with your cultivation practice, and that you were guaranteed not to run into them. For things that are related to your cultivation practice, you will run into them. If you should indeed lose your life today, it would indicate that there is no school of cultivation that takes care of you, and you have not practiced cultivation at all. As for religions, they believe in a life for a life and say that if one does not make his cultivation in one lifetime, he would continue his cultivation in the next lifetime after paying with his life. This is what they say. But, we do not talk about it here. What we say here is that you will not be allowed to have these problems. Those genuine practitioners of mine will be absolutely guaranteed not to run into any life-threatening danger.

Question: I was not aware at that time that it was a dream.

Master: You were practicing Tantrism at that time and were not really practicing cultivation. It just did not work. Thus, nobody took care of you. Someone said that he saw money on the ground in a dream and kept it for himself. In fact, these dreams were all tests for people to see whether their Xinxing was solid. A practitioner said that he could do very well during daytime, but not in dreams. This shows that deep in his mind it is still not solid, and he was tested in the dream to see whether he was solid or not. This is the reason why such things occur. One does not need to feel sad if he did not do well when it occurred. But once you become aware of its importance and resolve to do better, you will be fine in future.

Question: In China, Teacher Li installed Falun for all of those in the classes. Haven't you also installed Falun for us as I am listening to your class today? There is another question. Mentally retarded people are not accepted to practice cultivation. Is there any way for those with minor mental problems?

Master: Let me start with the first question. Because I have mentioned that each word in this book has my Fashen, every word is the image of my Fashen and every word is the image of a Buddha. I have numerous Fashen, which cannot be calculated by numbers. It is known to all that Buddha Sakyamuni said that Buddha Amitabha had two million Fashen. There are so many of my Fashen that they cannot be calculated by numbers, and they are numerous. No matter how many people there are, I can take care of all of them, and I can take care of the entire mankind. Of course, it only works for genuine practitioners. We do not take care of non-practitioners nor the societal affairs. Therefore, if you practice cultivation, the moment you have that thought, my Fashen will know it. There is another issue. You find this body of mine an ordinary human flesh body and just as big as this. However, in the next dimension, you will find my body much taller than I am. In each adjacent dimension, my body becomes taller and bigger one after another. The largest body of mine is so big that it cannot be described. There are many practitioners who happened to see my very big body in a glance. One said, "Teacher, I stand below your toes and cannot see the top of your toes." Therefore, I have such an enormous body, think about it, the entire earth is all here. I can take care of you no matter where you are. As for that Falun, do I have to install it in front of your eyes? I can install it all the same without being here with you. While I am not here with you, I am also here with you.

Your second question is about mental disorder. Whether it is minor or severe, we have all made it clear that: he is advised not to engage in our practice. This practice of ours is unlike other practices, and we aim to save the person himself. If we cannot save the person himself, we shall not give it to anyone else. Our Gong is only given to the person himself and only saves his Zhu Yuanshen (main consciousness) as well as his own self. There has never been such a thing in history. Historically, whether you practice Tantrism or other religions, they all save your Fu Yuanshen (paraconsciousness). This is a myth of thousands of ancient years, which I have disclosed. When this myth was unveiled at that time, the resistance was indeed quite enormous. But, when the world becomes better in the future, there will be many Buddhas coming to the world again to save people. It is not only I, they will also save one's Zhu Yuanshen then. I have changed this aspect and turned it around because saving one's Zhu Yuanshen has the direct benefit to the stability of social moral values of mankind. In saving Fu Yuanshen, the person himself cannot practice cultivation and is unable to practice cultivation. Even if one joins a religion, the society will remain the same and it does not have much effect upon society. Therefore, in saving one's Zhu Yuanshen, whether he practices cultivation or not, he will be a good person in society. This is in itself beneficial to society. A mentally retarded person does not have a clear consciousness himself, and we cannot save him. We save those with clear consciousness. If we give things to those who do not have clear consciousness, they will be taken away by others in the next day.

He may or may not practice it. What's more, he would be unable to observe our rule of sticking to one school only and not to practise this or that. Because cultivation of Buddhahood is a very serious issue, there is no way to save him if he cannot even follow that. Some people would make him learn it. However, if a problem occurs, you should take the personal responsibility yourself. If a problem occurs to him during the practice, he may then say that it is because of the practice of Falun Dafa. We do not teach those with mental illness at all, and this is for sure. Because he is an ordinary person, he will become ill and run into problems. The problem may take place while he is trying to do the practice at a practice site. His problem is not from the practice. It is that he should become ill when the time is due.

Question: People are all the same throughout mankind. Buddhism is widely spread in the East while Christianity in the West with differences as great as that. Buddhism is very weak in the West. Are they two systems?

Master: Why is Christianity in the West while Buddhism in the East? Why are the oriental religions or the Western religions not the same and have such great differences? In fact, Christianity is also within the Buddha School system, except that the differences in the human species, cultures and celestial cultures have caused the differences in the human appearance and in their ways of thinking. Namely, the characteristics of human standards are not the same, which lead to the differences in their ways of cultivation of Buddhahood and in their concepts and understanding of gods at higher levels. There is no difference in essence and they are all in the Buddha realm. Jesus is, in fact, at the level of Tathagata. But, because of differences in culture, in ideological concepts, and in appearance, he is not called a Buddha. The name of Buddha is used in the East. Of course, because of the differences and variations in appearance, people in Jesus' paradise all dress in white robes while people in a Buddha's paradise all dress in yellow robes. The hair is also different, and the greatest difference lies in the hair variations. One in the Taoist School wears his hair in a bun. An Arhat in the Buddha School is bald while a Bodhisattva wears the hairstyle like an ancient Chinese woman. Why is that? Because such ancient Chinese attire is the same as that of heavenly people. Actually, it is the same as what heavenly people wear in the paradise of heaven. It is also the same way in the West, and that's the way they dress in their heavenly paradise. People are just this way. Certainly, the fashion nowadays is all in new styles. In fact, the clothes worn by the contemporary people are the worst and ugliest.

Why is there no Buddhism in the world of the white people, and no Christianity in the world of the oriental people? Strictly speaking, there is not. I remember that Jehovah and Jesus all said in the Bible or books as such, "You should not go to the East." There are other things said, but I only remembered this sentence, "You should not go to the East," telling his disciples not to pass on the teaching in the East. His disciples did not listen to his words and followed the expeditionary forces to the East. A problem then occurred. The races in the world are not allowed to be mixed up. Now, the races are mixed up and it has brought about an extraordinarily serious problem. Once races are mixed up, one does not have a corresponding relationship with the higher levels, and he has lost the root. Mixed races have lost their roots, as if nobody in the paradise will take care of them. They belong to nowhere, and no places would accept them. Therefore, you find the place where the continents of Europe and Asia meet a desert in the past and a depopulated zone. When the transportation means were not advanced, it was difficult to pass through it. With the progress of modern means, all these are broken through. Thus, races have become increasingly mixed up, which can lead to serious consequences. Of course, I will not go into details. I'm just saying that the higher levels do not recognize such a human race.

The issue I just mentioned is that human races have a corresponding relationship to the higher levels. The white people at higher levels constitute a small portion, a very small portion of the universe in this world and in this universe. That is their paradise of heaven. However, there is an extraordinarily large

number of yellow people and Buddhas' paradises as well as Taoist paradises. They have almost filled up the entire universe. There are as many Tathagata Buddhas as the sand in the Ganges River, who are extremely plentiful and extraordinarily big. People with the appearance of the yellow people are particularly plentiful. Thus, races are corresponding with one another from the top to the bottom. Jesus said that you should not pass on the teaching in the East, which was meant to say that they do not belong to us. Jesus told people not to spread the teaching in the East. I have also found no oriental people in Jesus' paradise. It is very sad! People in modern times do not listen to the words of their Lord, and the oriental people do not listen to the Buddha's teaching either. Therefore, man has messed up these things. I have also found no white people in a Buddha's paradise in the past. However, why is it that what I'm teaching today is also passed on to Westerners? It is because what I'm teaching are the principles of the universe, the principles of the entire universe. All those white people who complete their cultivation in this Dafa of mine will be in the same appearance as people in Jesus' paradise when they succeed in cultivation in future, and their form of cultivation will also be the same as people there. They will be like that upon succeeding in cultivation. Yellow people will take on the physical form of the Buddha side upon completing cultivation. Thus, I can save people on both sides because the Fa that is taught is already enormous. Let me also tell you... that there has never been a door opened so widely, but there are reasons for it.

Question: Teacher, would you tell us what the interracial children are all about?

Master: The issue of the interracial children I have just mentioned has told mankind a heavenly secret, but it is not that we would do anything. I said that I have done something even greater in the sense that I can also save a person of mixed blood, but I can only save him in this period of time. Though oriental people and Westerners all live on earth, man does not know that there is something separating the East and the West. It is well known that oriental people believe in the so-called “nine”. They like the sound of it, which implies everlasting. “Eight” is pronounced as “fa”, implying making a fortune. These kinds of things can indeed have a little bit of effect in the East, such as geomantic omen telling or landscape analysis, etc. But when applied in the West, they appear to be ineffective and do not work. They do not work with the white people. Then again, the so-called astrology or some phenomena believed by the white people do not work with the oriental people either. Some people think that they work. That is because you think they work. In fact, they don't. Why is it then? It is because the white people's biosphere has its special physical matter formed in its own dimension while the oriental people's biosphere has the special matter made up with their life. Such things run through the makeup of one's life. Thus, the two sides are not the same. After races are mixed up, you will find one's child born to be an infant of mixed blood. However, there is a partition in the middle of this child's life. If it is separated, he will be physically and intellectually incomplete or a person with an incomplete body. Modern science also knows that it is getting worse one generation after another. It would be like this. Of course, if such a person wants to practice cultivation, I can help, and I can take care of it. It cannot be done to a non-practitioner.

Question: When I was bringing my hand up in the exercise, I found my hands becoming warm. I have not felt it this way in any practice. When I was doing the exercise, I felt as if I were a Bodhisattva, feeling that I was the only respected one. Is it right?

Master: When you do the exercise, you should not add any thought to it. In Tantric practice, one regards himself as a Buddha. He is not in essence. Has his flesh body changed? It has not changed. Who is it that will change in future upon succeeding in cultivation? It's his paraconsciousness. As I told you when I was teaching this Fa I save one's main consciousness. If your paraconsciousness succeeds in cultivation, you will still follow the six paths of reincarnation. When the two lives are separated, you

will not know anything. It is normal that your hands feel warm.

Question: Shouldn't a little mindwill be added to the cultivation practice in Falun Dafa?

Master: There should not be any mind activities. Any mindwill is an attachment.

Question: Two questions. One is the issue on the oriental people and Westerners as Teacher just mentioned. Suppose that many people were originally Orientals in the past, what could be done if they were born as Westerners?

Master: That does not matter. There are two situations. If such a person did not come with a purpose, he will change with this body, and we shall change this person. If he came with a purpose, it would be a different story and a different case.

Besides, let me tell everyone that you should also be careful with your approach in promoting this Fa. If one is interested in it and comes to study it, then you are also building up beneficence. It is also a matter of boundless beneficence. However, there is one point. If one does not want to learn it and you try to make him do it, dragging him here to learn it, I will say that it is not good. Because if he does not want to cultivate Buddhahood, a Buddha cannot do anything for him either. What one wants to attain or pursue is up to the person himself. You may tell him and offer a word of kind advice, but you cannot impose on him. I am telling everyone that we do not make anyone to come to learn it. In addition, our instructors or supervisors should not apply the administrative means in doing their work in future. Everyone is a practitioner. Therefore, one should convince people with the Fa. Everyone is studying the Fa. If an instructor does not do well or acts incorrectly, when a practitioner sees it, he will say that you have a Xinxing problem here or there. Thus, no one will follow his mistake. Why is it? Because everyone is studying the Fa, they all follow the requirements of the Fa instead of your own concepts. Of course, we also treat you in the same way. If you want to learn it, you learn it. If you do not want to learn it, you may leave. We will not harm anyone. If you say, "I do not want to learn it anymore," it is all right if you don't. If you want to learn it and to practice cultivation, we will be responsible to you and guarantee to do so. Although it is unstructured in form, yet the cultivation of Buddhahood is a very serious matter. We cannot therefore allow any deviations to occur to such an enormous and serious Fa. Historically, nothing as enormous as this has ever been taught to man. Now, you sit here and think that I have come naturally as if you have come because you heard someone mentioning it. Let me tell you that it is very likely that you have the predestined relationship. Probably such a predestined relationship was formed some time earlier. It is very rare that one has come without any cause or reason. I think that if you continue to ask questions, there may not be much left to ask. You can find all the answers to your questions in the Fa.

Question: It is just a question on sticking to one cultivation practice. I think that if some people study Falun Dafa, they may mix it up with other things they learn. There are also some other traditional techniques...

Master: Cultivation of Buddhahood is a serious issue. It is not to say that you cannot study Zhouyi (a prehistoric scripture for cultivation) or Bagua (a prehistoric scripture for cultivation). I think that the time for cultivation practice is limited. If you can use the time to gain a good understanding of this Falun, it will be really remarkable, as nothing else is as great as the Falun. Even the principles of Bagua and many technical things known by ordinary human society now have not reached beyond the Galaxy. This universe is so big that you do not know how big it is. Three thousand universes like this one of ours constitute a bigger universe, and three thousand such bigger universes make up an even bigger universe.

The gods and Buddhas within are simply too numerous to count. What about the Galaxy then? It is very small. For those who study Dafa, you think about it. Such an enormous Fa has been taught to you. I think that a practitioner does not need to waste his energy (on such things). But, if you are a student of such a subject, I hold nothing against it. Because it is the knowledge of ordinary people, you may go ahead and study it. If you say that it is your spare-time hobby, I think that you had better give up this attachment! I will be responsible for you, and the cultivation of Buddhahood is very serious. Then, you had better use your energy to study this Fa, from which you will benefit infinitely. It cannot be matched by any academic subject.

As for dealing with low beings and ghosts among ordinary people, I will say that you should really give it up, because those low beings are all ghosts. If you pursue such things, how far away it is from this Buddha Fa of ours! In addition, those are all evil things. They are ghosts. As for the issue of fortune telling, I have already talked about this matter in the book in detail. If one wants to practice cultivation, it will become a serious issue. When a person has energy, what he says can fixate a matter. Since ordinary people's affairs are changeable, it may not be the way as he sees it, and yet he perceives it like this. Once he tells (the way he sees it), it will happen the way he said. Then, he will have done a bad deed. As a practitioner, one should follow the requirement of a higher standard. If you conduct a bad deed, it will not be an ordinary matter. The reason I'm cleaning up your body is because I see that you want to practice cultivation. If you want to practice cultivation, you should give up such things and practice cultivation very cleanly and purely.

Question: I have a mental burden. Today, I have such a good predestined opportunity to study Falun Dafa. I read in Book II that if one does not complete his cultivation in this life, he can vow to continue his cultivation in the next lifetime. Yet, my genuine goal is to complete cultivation. However, what could be done since I am of old age now?

Master: A person of old age has such a problem. Although this practice of ours enables one to practice cultivation rapidly, will his limited lifetime be enough for his cultivation practice? Strictly speaking, it is sufficient for anyone and this applies to people of all ages. However, there is one point. Average people cannot conduct themselves well. Though you may say that you can handle yourself well, you still cannot do it in reality. Because your cultivation has not reached such a high realm and your mind has not reached a standard as high as that, you cannot handle yourself well. This practice of ours cultivates both mind and body. While practicing cultivation, your body will be changed to prolong your life. Cultivation of mind and body is that while practicing, one's life is prolonged. Strictly speaking, with your life being extended simultaneously in cultivation practice, it (time) is sufficient for people of all ages theoretically. However, there is one issue. All the prolonged lives must be used one hundred percent to practice cultivation, not for living among ordinary people. So if one is not aware that his life is borrowed time, he will not be able to handle himself well either, and cannot follow the requirement for a practitioner one hundred percent. Then, he will face the danger of passing away at any moment. This is the issue that faces people of old age.

However, if he has indeed failed to complete his cultivation and has not made enough effort, he can only have the following three options. One is to continue cultivation in the next life. My Fashen will look after him and even takes care of his reincarnation. The arrangement will be made so he will be born into a family where he can attain the Fa. Another one is that you do not want to practice cultivation anymore. As there is too much suffering in mankind, you will go to whatever level your cultivation reaches. If you have transcended the Three Realms, you will become a common member at that level of heaven beyond the Three Realms. If you have not transcended the Three Realms, you will be within the Three Realms and become a deity at that level of heaven. However, being within the Three Realms, one

will still come down for the six paths of reincarnation in five hundred or three hundred years, except that he will enjoy happiness out there for several hundred years. That's another option. The next option is that someone has indeed practiced cultivation very well, but he has not reached the standard, but because of his understanding of the Fa, or because he has made some special contributions, he may go to the Falun paradise to become a common member in the Falun paradise, which is also beyond the Three Realms, free from reincarnation. That is certainly very good. But such people are relatively few and the requirements are rather strict. However, he is neither a Buddha nor an Arhat, nor a Bodhisattva. He is just a common member in the Falun paradise. This is the way things are. In fact, you have attained the Fa, and your opportunity to cultivate Buddhahood is already seeded.

Question: I have a question. How is one's level told?

Master: I have made such a statement. I have said that when a wise man hears the Tao, he will follow it diligently. I was borrowing Lao Zi's words. When an average person hears the Tao, he will do it on and off. When a low person hears the Tao, he will laugh at it. What does it mean? "When a wise man hears the Tao" means that upon hearing something about cultivation practice, this person will practice it instantly, and he will have faith in it as well. Such a person is very rare. He will jump at the opportunity and keep up his cultivation until the end. This is a wise man. When a wise man hears the Tao, he will follow it diligently. When an average person hears the Tao, he does it on and off. What does it mean? It is when one sees that everyone comes to practice it, he will also follow it and find it quite good as well. He may forget it when he is busy or when he is bothered with troubles of ordinary people. Others are not studying it anyway. I may also stop. It doesn't matter if I study it or not. This is called "when an average person hears the Tao, he will practice it on and off." He may or may not succeed in cultivation. It all depends on the individual himself whether he can succeed in cultivation or not. When a low person hears the Tao, he will laugh at it. Upon hearing the Tao, such a low person will laugh loudly at it. What cultivation practice? It is all superstition, and he will not believe it. Of course, he will be unlikely to practice it. This is the way it is. As for how high one's cultivation can be, I think that it all depends on how much one's own heart can endure. When you step outside this door, you run into some trouble, you may not be able to tolerate it. While I am talking here, everyone finds it good. The energy carried from practicing the orthodox Fa is all benevolence and loving kindness. Therefore, everyone sitting here feels very pleasant and is willing to listen to me. In future you will also practice cultivation in this way. Practicing cultivation in the orthodox Fa is also this way. However, once you step outside this door, you may not be yourself anymore. Some attachments of ordinary people will also surface in your mind and will be very strong. You may forget about the cultivation practice. This won't do.

Question: Can you say a little more about the interracial children?

Master: I have already talked about such interracial children. I have only mentioned the phenomena in this Dharma-ending period. If you are an interracial child, it is, of course, neither your fault nor your parents' fault. Anyway, it is just such a chaotic situation brought about by mankind, in which such a phenomenon has appeared. The yellow people, the white people, and the black people have the corresponding races in heaven. Then, if one is not from his race or does not belong to his people, he will not take care of him. This is the truth, and it is not that I'm making up something here. What I am telling everyone are heavenly secrets. All interracial children were born in the Dharma-ending period. People are not to be blamed for it, because everyone is drifting in the tide, and nobody knows the truth. This is the way they have come through. If you want to practice cultivation, I can help. As for which paradise you will go to, we will need to look at your situation. I will assimilate more of whichever portion that is better preserved. Anyway, you should concentrate on your cultivation and should not concern yourself with these things. There is nothing to be afraid of now that you have attained the Fa. I did not mention

such things when I was teaching the Fa in the past. However, such a matter will be told to man sooner or later.

Question: Wouldn't it be good if mankind all becomes vegetarian?

Master: No. That is what you think. Heaven has set the standard for the human life. Only by living in such a way, can they be human beings. Surely, meat can provide the human body with more calories than vegetables. However, cultivation practice is different.

Question: Would you please tell us whether there is a specific standard for tranquillity when we practice the sitting meditation? Will it affect acquiring Ding if one's main consciousness keeps thinking of oneself in Dafa cultivation?

Master: The main consciousness and your acquiring Ding (a state of empty and yet conscious mind, concentration) are two different issues. It is impossible for one to acquire tranquillity at the beginning. Why can't one acquire tranquillity? It is because one has too many attachments. There is no worldly thing that you cannot think of such as your business, your studies, your job, the conflict between one and another, your child's illness, your unattended parents, etc. Each item weighs very heavily in your mind. Please think about it. How can you acquire tranquillity in your mind with all these? Once you sit there, they will surface themselves though you claim that you do not think about them. So no method will assure tranquillity. It is just like what is said in my book that although you may claim that you can acquire tranquillity by chanting the Buddha's name, or by looking at your heart, or by counting numbers, your mind still cannot acquire tranquillity. They are only means, but cannot play a decisive role. The only way is to gradually become indifferent to the attachments, the attachments of the ordinary people. When you treat them with indifference you will naturally be able to acquire tranquillity. When you are indeed able to acquire tranquillity, you are already in a very high realm. However, there is one point. Would one be like a monk who does not want anything nor has any material possessions once he practices cultivation in Falun Dafa? Not at all. We would conform maximally to the life of ordinary people in our cultivation practice. Because you are in the ordinary human society, you should not be special and should not be different from a normal person on the surface. Therefore, one should conform as much as possible to the life of ordinary people in cultivation practice. Those young people who should get married ought to be married. The practice does not affect what business you should do or what position you should hold. We are talking about one principle, which is that one will have his problems at every level of the ordinary human society. Let's leave out the religious formalities. The Taoist School cannot go beyond its Taichi while Buddhism cannot go further than its principles either. Therefore, we abandon what are said in religions. We are talking about the principles of the entire universe.

We have found that no matter which level you are from or what kind of things or work you do, you can all practice cultivation. Why is that? An ordinary worker for example, in order to provide himself with food and clothes, will have conflicts with people around him and with his work. Then, from such conflicts, he can learn how to be a good person. As for an average white-collar worker, namely an office worker, he can learn how to be a good person at his level. There are also scrambles over personal interests between one and another. In all aspects, one can learn how to be a good person in such conflicts. As for a boss, he can learn how to do business at his level and how to be a good person amongst the conflicts between boss and boss or between other people. He also has his conflicts. It is the same for a president. Being a president, he worries about and works for his country. Some things go smoothly while others don't. There are things accomplished with success and there are things that are not accomplished. There are also conflicts between one nation and another. Therefore, he has his things

to worry about. This is the way man lives. Therefore, in every realm, you cannot break away from the secular world, or people, or society. You will all have conflicts. In these conflicts, you learn how to be a good person. If you can become a good person, you will surpass ordinary people.

What we talk about is such a principle. It is not to remove something from you materially, but to remove that human attachment. However big your business may be, it will not affect your cultivation practice. If your business is big, more money will certainly be made. However, you would not view money as precious as your life in your mind or become very attached to petty profits. You are not like this. Your house may be built with gold, but you do not hold it to your heart and take it very lightly. This is the standard that is required for our practitioners. No matter how high your position ranks, you can still do good deeds for the people. This is the standard that we require a practitioner to follow. Isn't it so? We have reached beyond religions to talk about such an issue, and we talk about its essence. One can practice cultivation in any environment. However, there is one point. Practicing cultivation among ordinary people aims at tempering one's heart directly. Therefore, the reason that I said I would genuinely save you is because you genuinely improve yourself and truly endure this societal pressure. You are genuinely improving yourself. For this reason, such Gong should be given to you, and we would save you.

Paraconsciousness can attain Gong as well, but it is only your guard of Fa at all times. It can also succeed in cultivation and follow you. Although I have disclosed such a thing today, you still cannot understand its profoundness. Let me tell everyone that some people still talk about other cultivation ways such as how this practice is or how that practice is. You still cannot understand the meaning of what I just said! Historically, all cultivation ways have been saving your paraconsciousness instead of you, and they do not save you! I have unveiled a myth of a thousand ancient ages. I encountered a lot of difficulties in disclosing this matter. In the past, no matter how hard you practiced cultivation, you were still not saved. Who did you cultivate? You practiced cultivation for a lifetime and still had to follow the six paths of reincarnation. You would not know what you would be born into in the next life. Wouldn't you say that you were pitiful?! Why was it? In the past, neither religions nor other cultivation practices saved such main consciousness because they considered it too difficult to save the main consciousness, which was in such a big maze. I am saying it in this way, and everyone may think that they understand it. Once you step outside the door, you will continue to behave as usual. Facing the practical interest of ordinary people, one will again throw himself into it, scrambling over it with others. I guarantee that he would behave like this. Therefore, gods found it too difficult to save people. However, what I save is you. Your paraconsciousness also has the same name as you do. All come from the mother's womb simultaneously and all control this body except that you do not know his existence. What they saved was him. Though you found them talking to you, they were actually talking to him. Occasionally, you said something subconsciously. However, it was not your brain that was talking. There are many people who do the sitting meditation. Once they sit there, they will not know anything and will sit there for several hours. "Oh," the person may still be very happy when he is out of Ding, "See how well I practiced and I sat there for several hours in trance." It is too sad! Did you practice the Gong? Do you know it? The practice was all for others.

In the past, some Taoist practices told you to drink alcohol in order to anaesthetize your main consciousness so that the paraconsciousness could practice cultivation. Many Taoists drink alcohol, and they drink to anaesthetize themselves. They will lose consciousness and sleep deeply. The paraconsciousness would then be taken away for practice. Although I mentioned it like this, what I said is a myth of a thousand ancient ages. They had this way or that way because they found that man could not succeed in cultivation. Since someone completed his cultivation from your body, you were also regarded as having built up De and having suffered. After all, your youth was given to the religion.

What should be done? Perhaps, they were also good-hearted and let you be born into a paraconsciousness in the next life. It might well be this way. I find such a chance very slim. Then, they would ask you to practice cultivation, which also was very rare. However, some people would be rewarded with fortune. How was one rewarded with fortune? One would become a high-ranking official, make a big fortune, and do big business. His next life would be like this because his lifetime had after all built up De and fortune. I don't think anybody sitting here wants to be this way. Each time after I've talked about this issue, if somebody still tells me about how this or that practice is and what this or that religion is like, I would feel that his enlightenment quality is too low. Everyone can read the characteristic of our Falun Dafa, which is all written up there. People do not pay attention to it and dismiss it as a very ordinary statement. It is the regulation of the universe. It was like that in the past.

Perhaps when you walk out of this place, you may feel very comfortable physically. However, there is one point. Along with your cultivation practice, your body will feel uncomfortable again. Why is it? It is because you have karma from one lifetime after another, and it cannot be pushed out all at once. One would be dead right away if all the karma were pushed out all at once. Therefore, we shall gradually clean out such karma from the internal body. So, you will feel physically very uncomfortable after a period of time and you may wonder, "Is it an illness?" I am telling everyone that it is not an illness. But, it will appear to be extraordinarily painful. Some are very serious and appear to be very serious. However, some people know it and they become happy each time they feel unwell. They say that Teacher is taking care of me by removing my illnesses and eliminating my karma. Some people will become quite anxious if they do not feel physically uncomfortable or anything. "Teacher is not taking care of me, and why am I not eliminating karma?" But, some new practitioners will normally consider it an illness and take medicine whenever they feel unwell. They think that it is better if they practice cultivation and take medicine at the same time. Yet we have seen a principle that since hospitals cannot eliminate karma and doctors are not practitioners, they do not therefore have such mighty virtues. They are technicians among ordinary people, who can only remove pains on the surface and leave such illnesses for you in a deeper dimension. Taking medicine is to suppress them inside the body and is as good as accumulating them. One may not feel the pain on the surface, but it is deposited in the deeper level of the body. Performing a surgery is also the same. For instance, suppose that one has a tumour and has it removed. He has only cut off the matter on the surface while the genuine cause of illness is in another dimension, which has not been touched. Thus, such very serious illnesses of karma will recur. Some appear to be healed and will not have a relapse in this life. Then, they will come back again in the next life. Because they are suppressed in a deeper level, they will return sooner or later. One's karma will still have to be repaid, and it is just such a principle. What we have done here is to push out all your dirty things from the original source of your life. However, nobody does such a thing. Only if you practice cultivation, will we do such a thing for you. But, everyone must conduct your Xinxing well and shouldn't think, "Oh, I am sick again," when you feel unwell. If you think this way, then take medicine when your illness comes. We would not intervene, because cultivation practice depends on enlightenment quality, not on forceful regulations. We have not said that you should not take medicine when you are not feeling well. We have not.

Some people cannot treat themselves as practitioners. They only practice the exercise without studying the Fa and will do anything. Although you find them practicing the exercise, my Fashen will not take care of them. If they are not looked after, they are just ordinary people and will become ill. If we make a rule to forbid you to take medicine and you cannot conduct yourself according to the standard of a practitioner and remain an ordinary person, you will claim that Li Hongzhi does not allow you to take medicine when you become ill. Therefore, I do not say whether one should take medicine or not, and you should decide it yourself. It is in fact a test for you. If you cannot treat yourself as a practitioner, you will still have illnesses. It is just such a principle, and we have only mentioned its

principle. Therefore, I have told everyone that if you want to practice cultivation in the future, the physical discomfort you experience is very likely your karma being pushed out from your previous lives. I have found that some people had been born tens, or a hundred of times over. There were many illnesses in each lifetime, which will all need to be pushed out. Anyway, they will all have to be removed. More of them will be taken away from another dimension, and a portion must be removed for you. But, they cannot all be removed from another dimension because you have to be made to suffer a little. If one does not suffer, it means that a person does not pay for the bad things he has done. One day when you succeed in your cultivation and are put in the Buddha's position, you would feel rather uneasy to be there. Others would also wonder, "How does he move up here?" Is it right? Thus, you must endure a portion of the pain. Then, while enduring it, you will improve your enlightenment quality. Will you treat it as an illness? Or will you consider it eliminating karma for a practitioner?

(1996)

Glossary

Readers of this book are advised to read Master Li's book *Zhuan Falun* to obtain a more systematic and comprehensive understanding of the terms below.

Arhat	A Fruit Status in the Buddha School (the lowest level in the Beyond-Triple-World-Fa)
Asura	Malevolent spirits
Benti	One's physical body as well as the bodies in other dimensions
Bodhisattva	A Fruit Status in the Buddha School just above Arhat
Chu-Shi-Jian-Fa	Beyond-Triple-World-Fa; beyond-the-three-realm-Fa
Cibei	Benevolent compassion; grand mercy; universal love
Dafa	Great law; Great way;
Dan	Energy cluster; elixir
Dantian	The field of Dan located in the lower abdomen area
De	Virtue; white substance accumulated through suffering or by doing good deeds
Dharma	Buddha Sakyamuni's teachings in Buddhism
Ding	A state of empty and yet conscious mind; meditation in trance
Fa	Law; Principle; Way
Fa Hui	Dafa Conference; Experience Sharing Conference; Law Assembly
Fashen	A body made of Gong and Fa
Fowei	The status of a Buddha
Fu Yishi	Para-spirit; assistant spirit; para-consciousness
Fu Yuanshen	Para-spirit; assistant spirit
Futi	Possession of human body by animal or lower spirit
Gen Ji	Inborn Quality
Gong	1. Cultivation energy; 2. Practice method
Gongli	Energy potency
Gongneng	Supernormal capability; unique abilities
Gongshen	The body made of Gong
Gongzhu	Energy pole that grows above a practitioner's head
Guo wei	Fruit status; attainment status; a cultivator's level of attainment
Jing Jin	Diligent advance; earnest efforts
Jing Wen	Scripture; short articles by the master
Kai Gong	Opening of cultivation energy; full enlightenment
Kai Guang	The ritual of inviting a Fashen of a Buddha (or a Tao, or a God) to the statue or portrait of the Buddha for worship
Karma	The black substance produced by doing bad deeds
Lunyu	On the Buddha Fa; A Statement of Comments
Nirvana	The way to complete cultivation in Buddhism by leaving the physical body behind; death
Niwan Palace	A term in the Tao school referring to the Pineal Body

Precept	Rules to observe in cultivation practice in Buddhism; morality
Pu Du Zhong Sheng	Offer salvation to all sentient beings
Qi ji	Energy mechanism
Qigong	A modern term for traditional cultivation practice
Qing	Human feelings; affections and sentimentalities
Ren	Endurance; tolerance; forbearance
Samadhi	Meditation in trance
Samasara	The six paths of reincarnation; the six-fold transmigration;
Sarira	Relics of a monk after cremation
Shan	Compassion; kindness; benevolence; mercy
Shen	God(s); Immortal(s); Deity(ies);
Shen tong	Divine powers
Shi-Jian-Fa	In-Triple-World-Fa; within the three realms
Taichi	1. A cultivation practice in the Tao school; 2. The symbol of Yin and Yang
Tantrism	A secret cultivation way/school in Buddhism
Tao	1. The Way; the way of the universe; 2. A person who attains the Tao
Tathagata	A Fruit Status in the Buddha School above Bodhisattva
Tian Fa	Heavenly Fa/ Law; universal Fa/Law
Tianmu	The third eye; celestial eye
Wei de	Mighty virtue
Wu	Enlighten to; awaken to; conscious of; realize; understand; comprehend
Wu Xing	Enlightenment quality; awakening quality; ability of comprehension or understanding
Xinxing	Heart quality; mind-nature; moral value standard
Xiu Kou	The cultivation of speech
Xiu lian	Cultivation practice. Xiu – cultivation, self-improvement; Lian – practice, refinement through practice
Yi Nian	Mind-intent; mind-will; intention
Yinghai	The cultivated infant
Yuan Fen	Predestined relationship; predestined affinity; Karmic connection; causal relationship
Yuan Man	Completion of cultivation; perfection
Yuan Rong	Perfect and harmony; perfect and harmonize; well balanced
Zhen	Truth; Truthfulness
Zheng guo	Righteous fruit status
Zhong Sheng	All living beings, all sentient beings
Zhu Yishi	Main spirit; chief spirit; main consciousness
Zhu Yuanshen	Main spirit ; chief spirit

List of Falun Dafa Books

Zhuan Falun
Falun Gong
Explaining the Content of Falun Dafa
Falun Dafa Exposition
The Great Perfection Way of Falun Dafa
Falun Dafa (Essentials for Further Advancement)
Falun Dafa Lecture in Sydney
Falun Dafa Lectures in the United States
Falun Dafa Lecture in the First North American Falun Dafa Conference
Falun Dafa Lecture in the European Falun Dafa Conference
Falun Dafa Lecture in the Assistants Meeting in Changchun
Falun Dafa Lecture in the Singapore Falun Dafa Conference
Falun Dafa Lecture in the Swiss Falun Dafa Conference
Hong Yin

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