



HOUSE OF REPRESENTATIVES
WASHINGTON, D. C. 20515

ALBIO SIRES
EIGHTH DISTRICT
NEW JERSEY

May 10th. 2022

Dear Friends,

It is a great honor to join in the celebration of World Falun Dafa Day this Friday, May 13th, 2022.

This Chinese cultural practice followed by millions throughout the world continues to grow year after year. Falun Dafa (also known as Falun Gong) is an advanced self-cultivation practice of the Buddha School. The practice's most visible aspects are five slow and gentle exercises, including a sitting meditation. They are highly effective ways to improve health and energy. Those who practice Falun Dafa often find it to be life changing. Many enjoy dramatic health benefits as well as newfound energy, mental clarity, and stress relief. More importantly, many feel that in Falun Dafa they have found a deeply rewarding spiritual path.

Here in the Garden State, Falun Dafa has been well received, where it is regularly practiced in several settings such as parks, health clubs, senior centers, libraries, and private homes. Many have embraced the message of Falun Dafa.

We hope that you continue to promote the positive teachings of Falun Dafa within our communities.

Sincerely,

Albio Sires
Member of Congress