"Show that you are a good, a better person, that you are a human being." Bruno Gröning
FROM THE EDITOR

Dear Friends,

After Bruno Gröning became known in Herford in 1949, speculation about how he came by his abilities soon began. For instance, there was an astrologist who claimed to have told him shortly before the events in Herford that he carried the mark of Rasputin, which was how he supposedly began “healing.”

Truth be told, Bruno Gröning had already done similar things in Herford 20 years earlier. In 1949, a former neighbor said: “I've know Mr Gröning since 1928 back in Danzig, my home town. Even back then Mr Gröning was interested in spiritual things, and helping and healing people. I know of about 20 successful cases, I myself am among them. I can also verify that Mr Gröning helped children, for example with spinal paralysis, and some that couldn't hear or see. He was successful in all those cases.”

Another neighbor in Danzig wrote in an affidavit in 1955, “I had already experienced the healing power of Bruno Gröning during the years of living in his neighborhood in Gdansk-Langfuhr. I was relieved of pain many times.”

Bruno Gröning’s father, with whom he had a rather tense relationship, declared in another affidavit in 1949, “He had a quality that allowed him to heal people, to relieve illness and suffering. A vast number of thank you letters and affidavits deliver the proof that God gave him this ability. I myself had a severe burden; the doctors had given up on me. A short treatment by my son was enough to restore my complete health.”

It was never Bruno Gröning’s intention to become known or famous – he even spoke about how he had been dragged into the public eye. For him, it was all about using his abilities for the good of all mankind, whether this was privately in the Gdansk of the 1920s and 30s, or in the public spotlight of 1949. As he said, “This my one and only mission, not my profession, but my calling, to help my fellow man!”

Thomas Eich

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TITLE PHOTO
Nature pictures taken by Bruno Gröning Friends appear on the title page of each issue.

The cherry blossoms photo was taken by Sabine Rabe during the May Schooling Week in Bad Honnef.
**“The most beautiful hour of my life”**

58 YEARS AGO, BRUNO GRÖNING DIED IN PARIS

At the end of January 2017, Bruno Gröning Friends from all over Germany flocked to the Hessian Lahn-Dill District. Friends from abroad were also present.

In commemoration of the day that Bruno Gröning went home in January 26, 1959 they met in the Haiger Townhall and visited his grave in the Cemetery in Dillenburg.

After the war, Haiger was the first refuge in West Germany for Gröning who came from Gdansk. Shortly afterwards he moved to neighboring Dillenburg, where he was also buried in 1959.

**TO GO HOME TO THE GLORY OF GOD**

Provendently, Bruno Gröning indicated that his hour of death would be the most beautiful one of his life. Many of his friends were surprised when that day came. Among them was Grete Häusler (1922-2007). In 1950 she had experienced healing through him, and over the years she had become a close associate of his. When she learned of his death in Paris at the end of January 1959, it was a blow to her.

“It was so surprising that in that moment I had to work really hard in order to follow his teaching, which was to not take in any grief. Immediately I remembered something that had touched me so deeply; he once said in a lecture, beaming, "My most beautiful hour in this life on earth will be when I am allowed to go Home to the Father, Home into the glory of God." And so I had to be happy for him in that moment. I can't really grieve if he is happy.”

**“BE HAPPY FOR HER”**

When a few years earlier a woman from Austria whose sister had just died came to Bruno Gröning, he said, “Be happy for her that she is already allowed to be on the other side. It’s so much more beautiful there. Be happy for her.”

Another time he said, “The human being, like all creatures on this earth, walks his path through his life. It is not unknown in the animal kingdom: one year a caterpillar, the next a butterfly, and many other animals also transform themselves. It’s the same with people. For the future, for the rest of your life, I ask you to never, ever refer to any of your relatives as dead, when the body is dead.”

After Bruno Gröning had died, Grete Häusler remembered one of his visits to Paris. He was the guest of a widow, and suddenly he said, “Your husband is sitting there!” Then he explained that a deceased person will keep coming back to the family until his family members continue and finish what he had started.

Grete Häusler explained, “And so when Bruno Gröning went Home, we, the friends, knew he had started something: he had started setting up the divine Work in this world, his Circle of Friends, his Work. It must be continued by those left behind, and that’s us. It is not over; it continues!”

**IMPRESSIVE TESTIMONIES**

The Bruno Gröning friends who met at the end of January 2017 in the Haiger Townhall impressively confirmed this. A couple from Bavaria reported the healing of their five-year-old son, who had had a cyst on his throat which was to have been surgically removed. A gentleman from Siegen described his healing from a 35-year long addiction to alcohol. A woman from Freiburg was freed of chronic rhinitis. A man from Baden-Baden experienced the disappearance of an infection around a tooth implant. He was also supposed to have surgery. As the Bruno Gröning friends began their journey home that afternoon, many of them may have thought about the quote of Bruno Gröning printed above.

*The term “going Home” is rarely used in this context in this day and age, but it fits perfectly with the teaching of Bruno Gröning.

**When I am no longer on this earth as a human being anymore, meaning, when I have cast my body aside, then everyone will be able to experience help and healing from within themselves.”**

Bruno Gröning
Starting the New Year 2017 together
INTERNATIONAL SCHOOLING WEEK IN GESEKE, ZAGREB AND BLAUBEUREN

A particularly beautiful end to the year comes through the annual Schooling Weeks of the Bruno Gröning Circle of Friends, which have been taking place for decades. This year they were held from December 27 to January 1, not just in Geseke / North Rhine Westphalia, but also in Zagreb, as well as in Blaubeuren for the first time.

For many Bruno Gröning friends, attendance at such a week is a set part of their annual schedule. So it’s not surprising that the registrations come from all over the world, and that the number increases annually. Since 2011, Bruno Gröning Friends have been meeting not only in the traditional location in Geseke, but also in Zagreb, the capital of Croatia. This year a third additional schooling week was held for the first time in Blaubeuren, in the Alb-Donau area of eastern Baden-Württemberg.

Families in particular like to come to Geseke and Zagreb, because daily community hours for children and youth of different age groups are also held. Furthermore, a rich leisure program with activities such as sports, hiking, crafts, singing, and playing music creates a lot of variety. In Blaubeuren, existing friendships among the youth were deepened and new ones developed.

INTERNATIONAL EXCHANGE
Adult friends took advantage of the intermissions to share their experiences. Country, language and religion do not matter when friends are united through the teaching of Bruno Gröning.
Due to the simultaneous translation, all foreign language participants could listen to the conference contributions in their mother tongue. Live-stream technology also enabled many friends worldwide to participate in parts of the schooling week via their computer screens at home.

It was exciting for the friends in Geseke, Zagreb and Blaubeuren to...
learn more about one of the numerous life stations of Bruno Gröning on New Year’s Eve. Not only were beaming faces and touching reports transmitted from Geseke to Zagreb and Blaubeuren via a large screen, but thanks to the technical arrangements, the friends in Geseke could also see the friends in the other two schooling weeks. In this way, they could hear their experiences and feel connected in their hearts with them, even though they were separated by hundreds of kilometers.

The main theme of the schooling weeks was the personal reports of the Bruno Gröning Friends from different countries, among them Andreas E., from Germany. “Before I came to the Circle of Friends I always had long hair, dyed black. I was always dressed in black and didn’t see a purpose in my life. Bruno Gröning led me away from this dead-end path.”

Marco C., Slovenia, “By the time my mother told me about Bruno Gröning, I had already tried to commit suicide five times. I couldn’t feel my feelings anymore and was filled with rage. Now joy of life, love and happiness have returned to me.”

Mr. and Mrs. H., Israel, “In Israel we have Christians, Jews, and Muslims doing einstellen together to take in the Heilstrom, because we all have one thing in common: the love for our Earth.”

Fresh and open, one youth in Blaubeuren told of the guiding principle he had discovered for himself: “Be true to yourself and honor your feelings.”

Moving healing reports, among them ones about long term, chronic Crohn’s disease, tinnitus, back pain following a prolapsed disc, hay fever, allergies, food intolerance and addiction, touched the hearts of all participants and demonstrated once more that for God there is no incurable and no impossible.

**LOVE IN ALL FORMS**

A special topic of the week in Geseke was love in all forms and facets, be it rediscovered love for oneself, love for one’s spouse, love for our fellow human beings, or love and respect for creation, animals, plants, Mother Earth and native peoples.

The diverse music program offered fine - and in today’s fast paced day and age much too rare - moments of inner contemplation, and many consciously allowed the contributions of the friends and the Heilstrom to work within them.

The three schooling weeks concluded with many good wishes for the New Year.

At noon on New Year’s Day the Friends said good bye while already looking forward to meeting again at the end of the year.

* see explanations on page 15
Healing from pain in the right shoulder after torn tendon and operation

BRIGITTE HIRT (68)

Since around 1995, I noticed a pulling sensation in my upper arm. The pain increased with time. I could only lift my arm chest high. At the beginning I only felt pain when moving my arm, and I used pain tablets to get some relief.

About 2009 the pain became continual. It was affected neither by the weather nor by the seasons. It was especially bad at night, so that I could no longer lie on my right side. I finally went to see my family doctor, who prescribed pain tablets. As there was no improvement, he sent me to an orthopedist, who prescribed injections in my arm along with the analgesic tablets. I had x-rays and an MRI and was diagnosed with a torn tendon.

After an operation was performed in March 2014, I was sent for rehab and then had physiotherapy. After half a year I stopped all the therapy because the hoped for healing had not occurred. Because of the continued pain, I had further x-rays and was referred to a specialty clinic in Freiburg, which I refused to visit. At home I continued to do some of the exercises, but I still couldn’t wash my hair by myself or lift my right arm without the support of my left arm. My family helped me to lift anything heavy. I did all movements with my right arm laid against my chest and did everything I could with my left arm.

A flyer in my mailbox informed me about both documentary films and an information lecture about help and healing on the spiritual path through the teaching of Bruno Gröning that was taking place on April 22, 2015. I was uncertain whether I wanted to go to the lecture. But I kept looking at the flyer and in the end decided to go.

During the lecture I had so much pain in my arm, the same as before the operation, that I cried. The pain radiated all the way down to my hand. When I arrived home after the lecture, the pain had completely disappeared. The next morning, I reached up into the cabinet to get the breakfast dishes and did so with my right arm. As the last plate was on the table, I realized what had happened and thought, “What was that?” I repeated the arm movements several times – up and down. All the hindrances were gone. To test my arm function, I washed my windows that day. The following weekend I went to a falcon show with my family. This date had actually been planned four weeks earlier but had to be postponed. As I was putting on a glove my daughter-in-law commented, “You have to put the glove on your left hand!” I disagreed and said, “Let me be -- I’ll tell you all about it this evening.” I told the falconer that I might need to change arms after a while. However, I was able to catch and carry five falcons three times in a row, then an eagle owl weighing six and a half pounds, and an eagle weighing almost nine pounds, and hold it on my outstretched right arm.

This experience moved me to tears. Since then I have full movement of my right arm without any pain and with all my strength. I can hang curtains, wash my hair by myself, and reach up into the highest cupboards.

Medical commentary:
Ms. Hirt had a torn tendon in her right shoulder which was operated on and treated with physiotherapy, but all this brought no relief of the symptoms. She couldn’t raise her right arm above her chest and had severe pain, especially at night. During the information lecture about the teaching of Bruno Gröning she experienced a spontaneous healing for which, as a pain therapist, I have no explanation. It is clearly a case of healing on the spiritual path.

Dr. V., MD
50th Film Screening in Paris

DOCUMENARY FILM “THE PHENOMENON BRUNO GRÖNING”

On November 20, 2016 in Paris – the city in which Bruno Gröning experienced his last hours here on earth – the documentary film The Phenomenon Bruno Gröning was shown for the 50th time.

Bruno Gröning Friends had prepared something very special for this occasion. On Sunday, the entire day was devoted to honoring the humble Danzig man. In the morning an information lecture about help and healing on the spiritual path through the teaching of Bruno Gröning was offered, followed by the 50th screening of the documentary film in Paris.

INFORMATION LECTURE

The lecture was led by Bernard Grandpair, one of the two country leaders of France. The speakers encountered a room filled with a lot of interested people. Mr. Grandpair introduced the life and teaching of Bruno Gröning with quotes and impressive pictures. With great frankness he shared his own personal experiences, gathered over the years through applying the advice of Bruno Gröning, including the liberation of long term insomnia and kidney stones. He pointed out the importance of sharing experiences with other friends and taking in the Heilstrom together.

A young Bruno Gröning Friend from Paris reported during the lecture about her healing from scoliosis (a spinal deformity). The illness simply disappeared after she had put Bruno Gröning’s picture on the painful areas and had taken in the Heilstrom* – without any of the usual treatments such as wearing a corset, therapeutic exercises, or surgery.

ANNIVERSARY IN PARIS

At 1:15 pm, the 50th screening of the documentary film The Phenomenon Bruno Gröning began. All of the participants from the lecture were so interested that they stayed for the film screening. More viewers came, so that the room was completely full. One could feel great openness among the audience and an excited attention, right up until the end.

Even after the film had ended, the people remained in their seats, seemingly spellbound, as if they needed time to process what they had seen.

A few of them reported their personal feelings. One woman said that she had felt a strong energy, manifesting as warmth, while someone else experienced a kind of tingling. One lady said that she had been suffering with depression for years and had found the webpage of the Circle of Friends. For four hours she read the information on the homepage, until she felt a strong pain move through her body around midnight. Since then she has been feeling light and liberated.

Most of the viewers were interested to learn more about the teaching of Bruno Gröning and are now looking forward to future meetings of the Bruno Gröning Circle of Friends in Paris.

“The Phenomenon of Healing”

While this extraordinary documentary film has already been showing in the German speaking countries since March 2015, the French version wasn’t available until the end of 2016. The Bruno Gröning friends in France were full of expectation for this second documentary film, which is about the worldwide activities of the Circle of Friends.

Approximately 80 Friends from the surrounding communities came to the film premiere on December 18, 2016. In the film, eyewitnesses from Bruno Gröning’s time as well as today report about their healings through the teaching of Bruno Gröning. The viewers were very touched by the healings of such fatal diagnoses as end stage cancer and consequences of radiation exposure, as well as psychological burdens such as alcoholism, drug dependency, depression, and hatred.

The tireless efforts of Grete Häusler (1922 - 2007), founder of the Bruno Gröning Circle of Friends, the variety of activities, and the internationality and worldwide recognition filled everyone present with deep gratitude and enthusiasm. And because of that, many Bruno Gröning friends offered to help publicize the film screenings in and around Paris this year, so that other people would have the opportunity to get to know about the teaching of Bruno Gröning.

* see explanations on page 15
Dry dusty deserts, glittering ice, dense rainforests, white sandy beaches, big loud cities, empty hiking paths, luxurious villas, and poor huts. Latin America is home to many contrasting landscapes. Despite the differences in landscape, the majority of the countries are bound together through a common language — Spanish is the national language in almost all of these countries.

Many years ago, the teaching of Bruno Gröning spread across the Atlantic to the South American continent. Since then, Circle of Friends communities have also been established there. Every three weeks, friends meet to share their experiences and together take in what Bruno Gröning called the “Heilstrom”.

GREAT PROTECTION IN LIMA
Every day she asked Bruno Gröning especially for the protection of herself and her family.

One day her daughter asked to spend the night at the house of a friend. Just as she did every day, Mrs. Gonzales came home after her shift at work was over and went to bed at about 6 pm. Normally, she would fall into a deep sleep and sleep through until her alarm clock went off. On this day, however, she woke up at 9 pm with the urgent thought to call her daughter. Even though she was irritated, she called and said, “I trust you.”

Her daughter was just on her way to some other friends that she wanted to meet secretly. Because of the phone call, she changed her plans and went as originally planned to the home of a girl friend. The next morning, they found out that the friends whom the daughter was on her way to meet had been involved in a shooting and had all been killed. Mrs. Gonzales and her family thanked God from the bottom of their hearts for this great protection.

DEVELOPMENT OF CENTRAL AND SOUTH AMERICA
In the 1990s, the founder of the Bruno Gröning Circle of Friends, Grete Häusler (1922-2007), flew to South America and established the first communities there. Today there are communities found in almost every country on the continent. At their meetings, the Friends learn about the teaching of Bruno Gröning and share the experiences they have gained through putting the teaching into practice.

Just like Grete Häusler did for many years, Ursula Wöllzenmüller visits, supports, and mentors the South American Friends every year.

“I already loved the Spanish language and country as a child. I have wanted to go to Spain ever since I was small. Since I was too young to take Spanish classes in school, I found an elderly lady who was willing to teach me. I was in it wholeheartedly right from the beginning. Late at night, under my blankets, I would often listen to South American music on the radio. As a young woman, I finally fulfilled my dream and have been living in Spain for over 20 years. It was here that I first learned about the teaching of Bruno Gröning. That was at a time when my health was deteriorating. Frequently I thought, ‘I can’t do this anymore!’ I had to take medication regularly and would rather have jumped out of the window.
Despite frequent doctor’s visits, my condition did not improve. After familiarizing myself with Bruno Gröning’s teaching, I received a spontaneous healing and since then do einstellen regularly. It was only two or three years later that I realized I was healthy. Ever since then I have been doing well, and I am enthusiastic about life.”

**A BIG DEVELOPMENT TEAM**

In 2010, Mrs. Wöllzenmüller visited all the South American countries for the first time. Belonging to the list of countries she mentors are Mexico, the Central American nations, Brazil, Portugal, and Spain. She is supported in her task by many Bruno Gröning friends.

All countries in Central and South America are divided for organizational purposes into what are called “country groups”. The helpers mainly come from Europe, but locals help as well. For example, Venezuela is mentored by a friend who lives on the island of Curacao in the Caribbean.

“It is wonderful to see how the friends work together with love and joy. The most important thing for mentors is to help the friends fulfill the wishes from across the country that are brought to us — this has been very successful. The local Bruno Gröning friends can share the experiences and skills they learned from the teaching with their fellow countrymen. This is how the communities grow so quickly on their own.”

**HEALINGS AND HELP**

Just as in all the other continents on Earth, there are also healings in South and Central America. From slipped discs to hemias and rheumatism to allergies and depression, there are reports of Friends who have regained their health.

Particularly impressive are the descriptions of protection and help through einstellen* for life-threatening situations.

One woman was taken hostage on a bus and was able to remain completely calm. At that moment, she deliberately thought about the teaching of Bruno Gröning and took in the Heilstrom. Nothing was stolen from her, and she was completely unharmed. These and other good experiences are the driving force for the Bruno Gröning Friends who build the Circle of Friends in these countries. Both personal experiences and the success of other people are just wonderful, and they bring a lot of happy moments with them. This is the way that the teaching of Bruno Gröning is spread from heart to heart — from Mexico to the Tierra del Fuego.

* see explanations on Page 15

**Hiking Day in Mexico**

“I have been in the Bruno Gröning Circle of Friends all of my life and have had many beautiful experiences with the teaching. For the past few years I have been very interested in the Spanish language and South America. I have regular contact with some youth in South America and Mexico. In years past, a few South Americans participated in the hiking week for the Bruno Gröning Circle of Friends in Filzmoos, Austria. They soon all had the wish to go on a hike together in their home countries. The first to make this happen were the Friends from Mexico.

Last year, two young Mexican Friends and I organized a hiking day in the mountains near Mexico City. We planned for about 20 to 30 participants; in fact, 50 came. Together we could hike through the beautiful Desierto de los Leones (Desert of Lions) National Park, admire nature in all its greenery, and absorb a lot of energy.

“Afterwards we all agreed that we would like to relive this beautiful experience. Therefore, there will be a full hiking weekend in the summer of 2017.”

Marcel D.
Visiting the Mayan doctors in Mexico
THE TEACHING OF BRUNO GRÖNING AND THE COSMO VISION OF THE MAYA

Last summer’s edition of the Journal reported on the Bruno Gröning Circle of Friends and our contact with indigenous peoples, so we wanted to follow up on the visit of some Bruno Gröning Friends to the Maya in Mexico.

ANDREAS KRAFFT REPORTS

In March 2016, five other Bruno Gröning Friends and I traveled through southern Mexico. We wanted to visit the communities in the state of Chiapas near the Guatemalan border. It was a wonderful experience for me. The helpers in the Comitan community were all so strong and loving. It was also nice to meet some Friends from the Tuxtla Gutierrez community.

A special experience happened during the subsequent visit in San Cristobal de las Casas tp OMIECH (Organization de Medicos Indigenas del Estado de Chiapas), or the Organization of Indigenous Doctors in the State of Chiapas. There we were greeted by the management of the organization – a businessman, a doctor, a midwife, a pharmacist, an herbalist, the museum manager, and an administrator. They showed us around and explained to us how the Indian doctors of Tzotziles and Tzeltales treat and care for their patients.

Mayan medicine is based on the whole human being in relation to nature and the relationship among human beings. The most important part of the Mayan philosophy is the interaction of body, soul, and spirit in the development of sickness and health. A disease is the result of behavior which does not coincide with the rules of life.

The Cosmo vision (world view) of the Maya is a global image of belief in the love and the network of human beings throughout the cosmos. Bruno Gröning always emphasized the unity of human beings’ body, mind and soul, as well as the position of man between the spiritual forces of good and evil. For the Maya, the human being is also closely connected to various cosmic forces which have a strong influence on behavior and well-being. Every human is surrounded by light, with protective spiritual guides and angels, but is as much a part of the forces of the underworld. Most humans are no longer aware of the connection between the material world and the countless spiritual worlds in the cosmos. Today a lot of people see themselves only as physical and material beings. Their most important purpose in life consists mostly of concentrating on material things to ensure their personal well-being. This is the reason why many people have increasingly been exposed to negative spiritual energy. In accordance with this understanding, the Maya emphasize that the human being must be freed from a world-view of materialism and selfishness.

VISION OF PEACE

Just as Bruno Gröning speaks of the great turn-around, the Cosmo vision of the Maya emphasizes that we are in a time of transformation and reorganization of our belief systems. The new world view of the Maya is based on a vision of peace and love. Bruno Gröning saw it as his essential task to reconnect humanity with God by building the bridge between God and man. Likewise, the Mayan sages want to connect people with the divine source. Every human being carries the longing for divine love within themselves. The Maya believe the divine plan is being fulfilled in this day and age, and the prophesy which is part of the plan, the heralded return of man to his Creator, to God, and the participation is His newly established kingdom.

After we toured the OMIECH facilities and learned about the foundations of Mayan medicine, the Bruno Gröning...
friends could explain the teaching of Bruno Gröning and the Circle of Friends to the management team. What we experienced next, I will never forget. After about a 20-minute lecture on the life of Bruno Gröning, silence suddenly came over the room. Then the representatives for OMIECH conversed amongst themselves in their native Tzotzilen language. Even though we could not understand a word, we recognized from the tone that there were two different opinions being discussed. On one side, there were some people who were open to the teaching, and on the other, there was deeply-rooted distrust of any foreign teachings that come out of the “modern” world. We shared the following thoughts, which came to us about 10 minutes later, with our hosts: We respect and think highly of the traditions and healing methods of the Maya and do not want to impose a new treatment method on you. The teaching of Bruno Gröning is not an alternative to your beliefs and practices, but instead is about receiving strength and help and having the ability to maintain this power yourself. At this point they agreed with our proposal and together we took in the Heilstrom* for their work and their entire region. We were excited about what would happen during einstellen. It was overwhelming: men and women were crying and were so deeply moved in their hearts that they could not express it in words.

They invited us back to hold two information lectures for them a few weeks later. They suggested that we bring a sick person with us so that we could show them how we would heal him. Then we explained to them that neither Bruno Gröning nor we can heal in the classical sense, but that only God can heal. However, what we could offer was someone’s personal testimony about his healing. The OMIECH representatives quickly understood that it is not just about treatment—it is rather that the person recognizes himself and changes his behavior for the good by respecting and applying the laws of life and nature. Bruno Gröning called people to “return to nature!” in the conviction that nature is God. For the Maya, people receive positive energy through their connection to nature and the life forces of the four elements. The Mayan people carry on the respect and love of nature in their traditions. It is an essential and very important task for them to consciously connect their children with the essence of nature. All this allows them access to the spiritual worlds so that they can learn how to use these forces in the right way.

RETURN OF TOLERANCE

The Mayan priests assume that during this reorganization in the form of belief, there will be a return of tolerance among all religions and cultures. Bruno Gröning also said he came for all people, regardless of nationality, race, or religion. Similarly, the power and wisdom of the Mayan calendar is at the service of all peoples, religions and cultures. It is intended to reconnect different beliefs. The Cosmo vision of the Maya is based on a world view of peace, a common view shared by people of different beliefs and a common denominator across the Earth’s religious communities.

In one photo, there is a female state doctor from our community in Tuxtla and an Indian midwife who are standing arm in arm with huge smiles across their faces. When we were saying our goodbyes, some of the Maya absolutely wanted a photo of Bruno Gröning. Now, in San Cristobal de las Casas, a new community with many Mayan friends will be started. We thank God and Bruno Gröning for the way they lovingly guided everything and ask them for protection and help for our new friends.

* see explanations on Page 15
There are now Bruno Gröning Friends in more than 130 countries. In 2008, the countries were divided into seven world regions in order to provide the best possible mentoring and support for their friends. In this issue of the Journal, we introduce the leaders for the youth in World Region 7, Nicole C. and Bernd V.

More and more young people around the world are discovering Bruno Gröning’s teaching, and experiencing help and healing. There are youth communities in many countries where these young friends can meet with other young people and adults. They do einstellen together for the divine Hellstrom; they also sing and dance and, filled with the joy of life, take in the good.

The Beginning

Nicole C. came to the Bruno Gröning Circle of Friends as a child, because her mother was looking for help for her family. Her Polish friend had told her about the teaching of Bruno Gröning. Even back then, Nicole experienced many helps for herself, as well as for her family.

Thanks to her family, she speaks Polish as well as German. She had the desire to take up Slavic Studies and study Russian and Polish. As a student, she was asked if she wanted to help mentor the youth in Russia and in the former Russian speaking countries. She agreed immediately, as she felt a strong connection to those countries and the people there.

Following the creation of the world regions, Nicole took over mentoring the youth in World Region 7, which consists of the countries of Russia, White Russia, the Ukraine, Poland, Moldova, Georgia, Armenia, Estonia, Latvia, Lithuania, Mongolia, Kazakhstan, Uzbekistan, Kyrgyzstan and Tajikistan.

The Task

The main task consists of assisting the country mentors. There are regular meetings via the internet to discuss current matters, and to allow the helpers from the different countries to strengthen their connection with each another. In addition, meetings for the youth of World Region 7 are organized at conferences and youth weeks of the Bruno Gröning Circle of Friends. These Friends also value the connection to young friends in Germany, Austria and Switzerland.

“I think it is important for Bruno Gröning Friends all over the world to have youth communities, so that they can connect to each another,” says Nicole C. “It’s also important to work together with the adult communities, as the adult communities support the youth organizationally.

After all, most of the youth come to the Bruno Gröning Circle of Friends through their families.”

As soon as the youth feel the desire to meet to take in the Hellstrom together, special youth conferences and activities can be organized. In Moldova for example, a Youth Weekend has taken place annually for the past five years already.

The mentor for the youth of the world region comes to those meetings.

“While I was still studying, I went to many adult conferences to talk about the youth there,” says Nicole C. “I spent time in Russia, Kazakhstan, Moldavia, Georgia and Poland. Once I began working, I traveled less. Now I visit these countries about twice a year. Because of the steady growth of communities for the young friends, I am very grateful to be allowed to mentor the youth in World Region 7 with Bernd.”

A Wish Is Fulfilled

As a help seeker, Bernd V. found his way to the Bruno Gröning Circle of Friends by way of a flyer his mother had seen in a pharmacy. He could easily accept the teaching of the man from Gdansk, and he experienced help and healing in his own body (see The Journal, Winter 2013). He met Nicole C. and fell in love with her.

“I had felt for some time that I wanted to share a task with her in the Bruno Gröning Circle of Friends,” says Bernd. “It was good to support her in mentoring of the youth in World Region 7. I am so happy doing this.”

“For a long time I wished to share this task with someone else, preferably my future husband,” says Nicole C., with a laugh. “I didn’t think about it anymore and had forgotten about the wish, when it became a reality last year. I am so happy that Bernd came to me to support me.” Meanwhile, the two of them have happily gotten engaged.

During their youth, many questions and decisions arise for young people which can be of a determining nature for their future lives. “Through our friend Bruno Gröning, we have received a wonderful teaching which helps us to feel the right decisions in our heart during einstellen. We can bring this teaching closer to the youth in other countries and afford them opportunities to meet and to be connected to this divine work,” says

Nicole C.
Bernd, about the special nature of their task.

“For me it’s wonderful to look beyond my own world and to establish a connection to young people in other countries. This reminds me of the ring of which Bruno Gröning spoke, the ring that he is putting around the earth to keep it together.”

“When I visit other countries and see how the Friends there integrate the teaching into their lives, I experience it even more deeply within my own heart,” says Nicole C. “For me it is very touching to experience that the Heilstrom works everywhere and that people get the help – no matter their culture, their position in life, their circumstances or what kind of work they do. I have had very special experiences with the teaching of Bruno Gröning, and formed many heart connections.”

EXPERIENCING HELP
Nicole had one of those special experiences while studying in Krasnodar in Russia. “At that time there were no other Bruno Gröning Friends there, and we wanted to organize an Information Lecture. A young Bruno Gröning Friend in St. Petersburg knew about the lecture, and that I was all alone in Krasnodar,” Nicole reports. “She took time off for a week and traveled by train for more than 24 hours from St. Petersburg to Krasnodar to support me with the preparation and the distribution of flyers. That touched me deeply.

One particular experience that we shared was to organize housing for the Friends coming for the lecture. The housing arrangements fell through, and the day when the friends arrived, we didn’t know where to house them. The hotels were too expensive, and we couldn’t find private quarters.

While we waited for the Friends to arrive at the airport, I asked Bruno Gröning for help from the bottom of my heart. We didn’t tell the Friends about the situation, but followed our feeling to board the next bus, without knowing where we should go.

During the bus ride, we got ahold of a woman on the phone. She had a room available and gave us her address. It was incredible to realize that we were only one bus stop away from her house and that, all the while, we were on the right bus, going in the right direction. The Friends hadn’t noticed anything and thanked us for organizing things so well. What was remarkable was that from this accommodation it was only about 10 minutes on foot to the lecture venue. We couldn’t grasp what we had just experienced. This help really strengthened our belief a lot.”

A FINANCIAL HELP
in World Region 7 too, Bruno Gröning Friends experience help in many diverse life situations through putting the teaching into practice and doing einstellen*. Here’s an example of a young woman in Astana, the capital of Kazakhstan, with a financial matter. She had a strong wish to attend a conference of the Bruno Gröning Circle of Friends in Kokshetau, about 300 km (186 miles) away from the capital. She was only earning enough to cover her food and lodging. She did einstellen, asked Bruno Gröning for help, and followed her feeling. After the conference, her mother gave her the money for the return fare. Afterwards she found another job with very good opportunities for advancement and was eventually able to afford her own apartment, which had been a wish of hers for a long time.

* see explanations on Page 15

TRADITIONS
“A few years ago, we began to focus our attention on folk songs and folk dances in the various countries. In the beginning, many young people didn’t relate to their traditions. After some time singing and dancing together, the Friends reported that they had begun to love their country again. One friend from Moldova, for example, had even wanted to emigrate, and then once again felt the love and saw the beauty of her homeland after much singing and hiking.

“This report moved me a great deal,” says Nicole C. “When we are open to the culture of the other friend, we get to know them much better and develop a feeling for their country.”

“This is a great joy for everyone,” adds Bernd V.
A  After my first son was born in 1987, everything got worse because of carrying my child around: radiating pain in my hips, buttocks, thighs, and also my upper arms. The orthopedist prescribed shoe inserts which I only used for a short time because they hurt. Multiple subluxations in my thoracic spine hindered me from taking deep breaths and singing. The only thing that helped in that situation was chiropractic adjustments, which made it possible for me to work again.

X-rays of my cervical spine revealed an untreated whip-lash injury. I remembered a car accident I had suffered as a child.

Frequent treatments with infiltrations in the tense muscles along my spine and occasionally taking analgesic and anti-inflammatory tablets brought some relief for short periods. The constant pain lasted until my Introduction to the teaching of Bruno Gröning in February 2011.

I DIDN'T WANT AN OPERATION
Since the end of the 1990s, I also had pain in my left foot, especially at night. The joint at the base of my big toe was always red and had become deformed. X-rays confirmed the diagnosis of bunions on both sides, although I had no pain in the right foot. Therapy with salves, shoe inserts and wedges to correct a tipped pelvis and short leg not only didn't bring the hoped-for relief, but instead caused pain in my right knee and cramps in my right thigh. Further physiotherapy with underwater massage and mud packs didn't help, either. I avoided shoes with high heels and began to wear leather sneakers with padded soles. In 2007 I went to a seminar on foot therapy and learned exercises to strengthen the muscles of the feet; since then I have walked barefoot at home. But the pain and redness remained. I didn't want to have an operation.

YET ANOTHER MISHAP
In 2010, while working as a singer in a chorus, I tripped on the stage in the dark and hurt my left knee. I had to cancel a planned ski vacation, and my knee swelled up and was very painful when walking; I couldn't kneel, and going upstairs was impossible. To protect my left knee, I put all my weight onto my right leg, which increased the pain in my back and caused more cramps in my thigh muscles. I couldn't bend down to put my shoes on anymore. Until June 2010, I had more physiotherapy, which brought some improvement, as at least there were no more cramps in my thigh.

One day in summer I knelt down quickly, and this caused new pain, necessitating a doctor’s visit and physiotherapy and a knee bandage. I had an MRI and was advised to undergo immediate surgery, which I declined.

When I returned to Vienna, my doctor told me my hips were abnormally formed, causing an incorrect gait. I had therapy to correct my gait, but without the desired relief. The pain and swelling in my left knee remained until my Introduction in February 2011. This was my condition for the year before my Introduction to the teaching of Bruno Gröning.

A friend of mine had given me a flyer about help and healing on the spiritual path through the teaching of Bruno Gröning in spring, 2010. At first I wasn’t interested, but as my physical and mental condition had become intolerable, I went for an Introduction in February 2011. During the Introduction, I felt the Heilstrom in the palms of my hands.

I stayed for the community hour after the Introduction and pleaded with God for a sign. With that, I felt myself drawn up into an upright sitting position by
an invisible force. My neck cracked loudly three or four times where I had had pain before. Tears of gratitude rolled down my face and I thanked God. Since then I have become a person of faith.

At first, doing einstellen at home was difficult because my family rejected what I was doing. But I learned to take time to withdraw to do einstellen regularly, and I visited the community hours.

I SANG “TRUST AND HAVE FAITH”

I also went to conferences and began to help in the Circle of Friends, which in turn strengthened my faith. In April of 2011, when I was plagued by pain and doubt, I sang the song “Trust and have faith” out loud by myself until I found inner calm. After that the healings occurred.

The back and left knee pain occurred less often until May, 2011, when this all disappeared completely. I no longer needed physiotherapy. Since then I can do all my work, kneel and squat down in the garden, do household, and work professionally without any pain. I have no problems skiing or hiking in the mountains. After a short period of Regelungen in March of 2012, all the pain in my left knee has also disappeared. I enjoy my life, especially the fact that I can move around freely without pain.

After the Introduction to the teaching of Bruno Gröning, I still had pain in my left big toe. At a conference I heard someone speak about a healing from bunions and did einstellen and specifically asked to be freed of this burden. I often felt warmth in my foot when doing einstellen. With time the pain and redness diminished. Since the summer of 2014 I have been completely free of this burden. There is no more redness, and I am also pain-free at night. There is only a slight deformity of the joint left, which causes no more problems. It has stayed this way until today.

Medical commentary:
The type of back problems described here, which were also therapy-resistant, don’t usually disappear on their own; rather, they worsen with age. Therefore, there is a clear connection here between the absorption of the Heilstrom and the healing. Also, the disappearance of the deformity of the big toe joint and the chronic knee problems after the injury, which were severe enough to warrant the recommendation of surgery, is medically very unusual. Dr. W. E., MD

* see explanation below

EXPLANATIONS

HEILSTROM Bruno Gröning used this term to describe the spiritual energy which brings about healing. He also synonymously used the terms "healing wave" and "divine power".

EINSTELLEN One “tunes in” to the receive the Heilstrom, to absorb it into oneself.

REGELUNGEN A cleansing process is initiated in the body by the absorption of the healing power (Heilstrom) which cleanses the illness out of the body. Sometimes painful, Bruno Gröning called these experiences “Regelungen”, or “Divine Regulation”.

COMMUNITY Local groups of Bruno Gröning Friends are called “communities”. “Community hours” are held where Bruno Gröning’s teaching is explained, healings are reported, and the friends do einstellen together to absorb the Heilstrom.

SUCCESS REPORT Each healing is recorded, medically verified and, when possible, documented with the findings of initial and follow-up examinations. Cases of other kinds of help and success are also documented.

MWF The Medical Scientific Group is an association of people within the Bruno Gröning Circle of Friends, who are from the medical and other health care professions.
That which Moves the Heart

IS THE NAME OF THE NEW VOLUME OF
POETRY OF THE BRUNO GRÖNING CIRCLE
OF FRIENDS

Most words are like walnuts — they have a hard shell and a soft core. The hard shell represents the material world. It serves the practical things of everyday life.

When we go to the baker, we use words to tell him which bread we want. So language is a very useful tool in everyday life. Bruno Gröning said, “The word contains knowledge and ability.” Healings occurred back then, and still occur today, through the word — his word. Bruno Gröning masterfully cracked the hard shell of the words and provided people with access to the soft core. The soft core contains the “soul” of the word, just as each person houses a soul. This core contains the life-giving power which causes healings to happen.

Is it not said that everything was created by the Word?

Numerous success reports in the archive of the Bruno Gröning Circle of Friends verify the creative power of words. Yet when do we use words to provide space for the soul, to express emotions like gratitude, love, joy and compassion? We are often at a loss for words, because we have not learned how to do this. It is barely taught in school.

But what happens when —after a conference of the Bruno Gröning Circle of Friends — the heart is so full of love, gratitude and joy that we want to express it? For some friends, this is the perfect moment to write a poem. Poems are quite possibly the most artistic way to give the soul room to express the inexpressible. The poem is a precious gift from one human being to another.

INSPIRED POETS IN THE CIRCLE OF FRIENDS

In the Bruno Gröning Circle of Friends, some of the friends have emerged as sensitive and lyrical poets. Do you think that lawyers have only legal paragraphs in their heads? Then you haven’t yet met Rolf Reinhard. He is not the only one to have written heartfelt, refreshing, and moving poems; more than 20 friends have contributed their diverse and inspiring poems, so that now everyone can enjoy these beautiful creations of a spiritual nature.

The authors of these various verses have expressed their personal experiences with the teaching of Bruno Gröning in simple words. And so it is not surprising that the first of the nine chapters in this book is about Bruno Gröning, who has a special place in their lives as a friend and helper. Who else would have been able to touch the hearts of each person so intimately and subtly?

POEMS THAT ENCOURAGE

Many a poem also depicts the life of this unique man. Born in Gdansk, he experienced the connection to God — which so many people are yearning for, particularly these days — in a profoundly intimate way in nature. He was committed to the good, he believed in the good of all mankind, and he understood how to move people to the inner turnaround, back to a happy, healthy, fulfilled life.

These poems also illuminate many times in Bruno Gröning’s life which were not easy, so that readers can enjoy taking a positive view of their own lives again, becoming active and courageous.

Chapters such as “On the path to healing,” “Liberated, safe and guided,” and “Insights,” as well as “Good advice,” provide comfort and stimulate and allow us to imagine what we can make out of our lives.

Heart opening, and the chance for the reader to marvel at what is possible for those who open themselves to the good, can be found in the chapters “Sacred dialogs” and “Nature experiences”, as well as “The Turnaround and good resolutions.”

Even if one is oftentimes speechless, it is possible for words to express invisible things that touch the inner being. In this newly available book of poems, one poem or another can successfully bring this to the reader in a good and special way.
**That we know each other**

That we know each other, and may call each other ‘Friend,’ is a grace, which is God-given. We meet sometimes, and then hurry off again, wherever the path leads us.

That friendships form, when we see each other while helping in the work - we can be happy about this, refresh our connections, liven up, be reinvigorated!

The fact that we met each other, to create here together, our Friend made it happen. After spiritual awakening, in service, in doing and in making, we are united with him.

That we were allowed to feel it: He can always lead us – the intellect does not grasp it. To bow in humility, to what wants to be revealed, remains our only duty.

That we are still allowed to stay in this heavenly dance, surely has a meaning. In gratitude for all the gifts we still have one thing to ask: that it will continue!

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**People got up out of their wheelchairs**

**INTERVIEW WITH EYEWITNESS ANNA ANZENGRUBER**

An acquaintance, the sister of Mrs. Harward (The Harward family owned the Traberhof in Rosenheim), told me about Bruno Gröning and the healings happening there. I was interested enough to accept her invitation and drive to the Traberhof. I saw that many sick people had been taken there in ambulances or by farmers on their horse carts.

Bruno Gröning devoted himself to them during this time. He put balls made of silver foil in their hands. I was there when people got up from their wheelchairs and began walking around. It was very moving how they thanked God.

I went to the Traberhof three times. Each time I saw numerous new sick people standing there. It was a distressing scene every time, and it left me speechless.

At that time I did not have severe burdens, so that I myself didn’t think about healing. I talked with several people who were there. Some individuals expressed a strong belief in their own healing. I saw many kinds of ailments. Some had problems in their legs, another in their arm, there were blind people and numerous others with diverse physical burdens.

I also saw Bruno Gröning speaking to the people from the balcony, sometimes raising his hands. I can only repeat over and over again that I was very excited and deeply impressed with my experiences there. One really wished the best for those people, from the bottom of one’s heart. Hope, belief and success sat really close together. Often I could observe how, following a healing, people cheered, hugged each other joyfully, and cried. It was a unique experience.

Bruno Gröning was dressed very plainly and simply; however, one couldn’t get past the expression in his eyes. A God-connected man, that was the only way he could do what he did.

Bruno Gröning was an impressive man, the likes of which one doesn’t meet just any day, an outsider in a positive, pleasant way. The people looked up to him and trusted him. The appearance of Bruno Gröning – by way of his particular presence – left a deep impression. I would say he was the chosen one, an extraordinary phenomenon.

I can only keep saying how amazing the atmosphere was, completely overwhelming.

**FAITH MOVES MOUNTAINS**

I would like to add that we knew an elderly lady whom I called “Grandma.” This grandma could no longer hear the doorbell of her home. On my request, I received a silver foil ball from Bruno Gröning. I gave her this ball, after which her hearing improved so much that (to my great joy) she could hear her doorbell ring again.

I really have to say that my experiences at the Traberhof with Bruno Gröning helped me to know that faith can move mountains. The experience with Grandma proves that, because she had a rock-solid belief that she would receive Bruno Gröning’s help, and she did!
“I live so that mankind can go on living”

THE LIFE OF BRUNO GRÖNING – AUTOBIOGRAPHICALLY PART 3

Bruno Gröning never wrote an autobiography or an autobiographical work. But various recorded lectures, interviews, CV’s and written notes, exist in which he commented on various parts of his life. In 2004/2005, numerous corresponding statements were derived from these sources and grouped together for the new edition of the book ‘I live so that humankind can go on living’. Now we would like to give to you these autobiographical sketches in a somewhat more modest form as a series of articles. Commentaries will only be inserted where it is indispensable for understanding and for completion of the text. Before the description of his life begins, here are some quotes in order to obtain an understanding of Bruno Gröning:

WAR AND IMPRISONMENT

In an outline of his life written in 1956, Bruno Gröning wrote:

“In 1943, when I was 37 years old, I was called up to the army. There was friction, because of my views. For example, I was threatened with a court-martial because I had stated, ‘Whether you station me at the front or not, I won’t shoot anybody.’ Nevertheless, I did eventually end up at the front.

“In 1944 I was wounded in the right thigh by a grenade splinter. I was therefore sent to a military hospital in Germany, but before I had recovered I was sent back to the fighting on German soil against the Russians and was taken prisoner by the Russians in March 1945. In December 1945 I was released by the Russians and sent to West Germany.

“In the Russian POW camps, I stood up for my fellow prisoners in any way I could, and I was taken to the Russian commander three times for interrogation; on one occasion they threatened to shoot me. Amongst other things, I demanded that our German prisoners of war should be treated at least as well as cattle, because the treatment the prisoners received at that time was far worse than that of cattle. Here too I was repeatedly granted opportunities to bring help and relief to comrades who were in an apparently hopeless situation.”

WAR IS THE EVIL

In a lecture, he spoke in more detail about his captivity: “Do you know, dear friends, how great the distress and misery brought about on this Earth by the evil, by war, really are? Can you comprehend it, or do you have only a small, limited idea of how people have to suffer and starve today, and how nations have already become commodities, how people can no longer be housed, and how much has to be done to really help the person who has fallen into this misery, this danger? Now I will tell you something I have experienced here in Germany:

“It was for quite an extended time that they also put me into a uniform, and I was supposed to fight the enemy. I was also armed with a gun, with ammunition. They put me on a tank, and there were the two guns, a big one and the second, a machine gun. Yes, and I was supposed to kill the enemy. From the beginning I said frankly and honestly enough to what was then the German Reich’s leadership, or whatever they called themselves, ‘I will not kill anyone. I know my task, how I have to stand against the enemy, against evil. I will do that, but never injure anyone’s body.’ Of course there were difficulties, but I will not tell you about those now.

LIFE IS GOD

“And thus I also ended up in a Russian prisoner of war camp. There, too, I was necessary, although previously they had wanted to clear the path for me, so that I could go home early, because I had offered them my head, saying, ‘On this day and this hour the war will be over anyway. If it isn’t, then you can have my head.’ The Russian had carefully noted it. If it had not happened, they would have had my head. But I was allowed to do that, I was allowed to say that, in order to give that man something specific for his path.

Before this they had made every effort to ensure that, if I had acted unlawfully, that is, if, according to the constitution of an army, I had spoken and acted against it, and also against the Russian army, I was to be shot. Not to fear, friends! Just as life, just as God is determined, death and redemption are also determined here. And no one can take life away earlier. One cannot prolong life, what you call...
life, what you call our existence here; you cannot shorten it either. If you had known this, and if you know this today and cannot believe it yet, if you begin to believe so that you are convinced that you have a greater knowledge, you will be quite at ease when you say: "You cannot take my life, you cannot deny it to me, for God has determined it, for life is God Himself." The only question is how much life a person has in him.

WAITING FOR RELEASE

"That is one side. The other side: so I was there for a few months, although I was supposed to be set free – if it was correct that the war was over, I would be free. Papers, everything was prepared. I would have been free. I only asked the Russian the question, ‘And what are you going to do with the German privates? What are you going to do with my countrymen? Will you set them free? With me? Then we’re good.’ ‘No’, he said, ‘They are all coming to Russia.’ ‘Then I’m coming, too!’

And so I went with my comrades to Russia, not by foot; rather, we were packed into cattle trains. We were travelling for days and weeks. Don’t worry, I’m not going to report about everything here. I was there myself for almost nine months, came back home – that is also determined, and no human being can do anything about it, not even the Russians. Coincidentally, the day and hour that I was given my freedom were also correct.

HIS CAPTIVITY WAS NECESSARY

But now at home, and not to be idle. It was necessary that I was also in Russia, that I myself was in captivity, that I built up the people around me, rather than destroying them, my fellow men, who had to bear the same misery. Not only did I need to encourage them, but to give them so much courage, that is, so much power, as much as they could also receive over there. And believe me, friends, not only the prisoners did this, but there were also Russians there, even those who outwardly had to be against us and act against us, but afterwards they could not do this anymore. And thereby I cleared the path, so that our privates, as you say, our countrymen did not have to suffer so much, and, on the contrary, that they too sensed some freedom."

HE SPARED NO EFFORT

In an interview with the magazine, Das Neue Blatt in 1957, he elaborated on his efforts to help his comrades.

"After the collapse, when I was in a Russian prisoner of war camp with many soldiers, it was also my goal to help the poorest. It was a hard time, because we had nothing. But my comrades will confirm to you that I did not any spare any effort at the time to improve their lot, and ours.

So I not only managed to organize us to gather the shoots of young plants in the camp to make a tea with many active ingredients, but I also helped organize all opportunities – with and without the approval of the Russians – to use our practical skills to improve our conditions."

To be continued.
Bruno Gröning’s grave in Dillenburg

www.bruno-groening.org