"Become a master of Life!"
Bruno Gröning

CURRENT & NOTEWORTHY
Friendships in the Bruno Gröning Circle of Friends
Page 5

EXPERIENCES & REPORTS
Healing from chronic rhinitis and nasal spray addiction
Page 14

BACK THEN & TODAY
Report by eyewitness Hans Finner
Page 16
Dear Reader,

After Bruno Gröning became known in the spring of 1949, masses of people came to see him. Whether in Herford or at the Traberhof in Rosenheim, or Hamburg, Kiel, Heidelberg, or Munich – everywhere, wherever he was active, people were swarming to him – hundreds of them, thousands, sometimes even tens of thousands. He did everything to make sure that such mass gatherings did not happen, so that everything could take place in an orderly fashion. He contacted authorities, placed notifications in newspapers giving information on when and where his visits were planned; however, these plans for visiting various places did not work out – mostly due to the financial interests of his potential partners. So he gave free lectures in a number of places, which resulted in circles of friends and local communities. That is how his friends met and where he went to lecture from time to time. These communities provided the basis of his activities and the spreading of his word:

“You must know that you belong to one another. You should love those around you as yourself. That this happens is my wish and my command. When this happens, that people are united again, all will have the opportunity to receive help.”

His reminder to love one another is not new. It is the basis of all religions, but loving your fellow human being cannot be forced; it is not something that can be done with the intellect. How, then, is this to be achieved?

The key is closeness to God. Bruno Gröning said, “God is Love”. He wanted to take people closer to God again, enabling them to receive the divine power, the Heilstrom*, all that is good, all that God has ordained for them; not only health, but also the joy of living, happiness, and the love of God. By taking in the divine power, and with it all that is good, the divine begins to flow into Man – bringing health, joy, happiness and the feeling of love towards others. Love for others and the feeling of kinship to one another then develop of their own accord - it just happens. It is no longer a forced requirement; it becomes an innate heartfelt quality.

“*The human being is a creation of love. What was created by love can only live in love (Love is God)”

Bruno Gröning

Thomas Eich
Together in 2018
INTERNATIONAL SCHOOLING WEEKS IN GESKE, BLAUBEUREN AND MARIBOR

My 14-year old daughter said to me, “Mum, for New Year’s Eve, I don’t want to go anywhere else but Geseke.” She doesn’t know anything else, and also does not want to change.

Since her first steps, she has shared New Year’s Eve with thousands of Bruno Gröning Friends who come every year to Geseke-Eringerfeld. Among the annual attendees are many families with children, consciously celebrating the coming of the New Year. Once Geseke, always Geseke. But who knows whether this celebration is going to continue? What might she miss then? What would be the alternative? New Year parties with tremendously noisy music and dazzling fireworks which make nature and animals tremble – a short-lived “good time” to welcome the New Year. To shut out the awareness of such senseless superficiality, young people take to alcohol.

How different are the New Year celebrations in Geseke-Eringerfeld! Bruno Gröning Friends also gathered in Geseke, Maribor, and also in Blaubeuren, for five days. These Schooling Week celebrations enabled everyone to peacefully say their goodbyes to the old year, to reminisce, to release the burdens of day-to-day life, to hold fast to good memories, and to connect with Friends. Most of all, there was time to allow the divine power - the Heilstrom*, as Bruno Gröning called it – to manifest itself for supporting the New Year. This power is plentiful in such a large gathering of people of the same spiritual outlook, who wish to realize peace in their own hearts and their surroundings, peace - for their families, their neighbors, in the workplace, in their own country, in...
the whole world – including for nature, animals, and plants. Each one acts upon the intention to anchor brotherly love, serenity, patience, and responsible consciousness in oneself, and to release everything that is negative. Instead desiring money, fame, popularity, and power, they seek inner values. It is easier to do this together with Friends practicing the teaching of Bruno Gröning. What the world – that is, all people, regardless of religion, regardless of nation – needs so desperately, is this divine power.

On the evening of December 29, there was a presentation on the great religions and their similarities with the teaching of Bruno Gröning. And so my daughter sat in the assembly hall that night and listened attentively to this presentation.

Bruno Gröning declared, “I am not bringing you anything new.” Just as his teaching serves, so does every religion serve to take people nearer to the good, nearer to God; thereby to diminish suffering on earth, and in the end to remove it altogether. As it is well known that the human being is his own worst enemy, the objective of religions - whether Christianity, Islam, Judaism, Hinduism, Buddhism, etc. - is to strengthen inner values. The question raised that night was: “If what he brings is not new, then why, on top of all these many religions, a Bruno Gröning?”

Bruno Gröning answers: “Man, of his own accord, may be religious and pray as much as he likes, but he will still be attacked by evil and be pulled down.” Bruno Gröning makes sure that with the help of divine power and Heilstrom*, the connection with God is re-established, so that Man has the strength to remain on the good path, and to carry out that which his religion teaches, that which goes beyond ritual and festivities.

Bruno Gröning’s intuitive knowledge included all religions. This enabled him to delve into the wisdom of all the religions and quote passages from their texts. From Islam, for instance, he quoted: “Science is a tree, and action is its fruit.”

He frequently mentioned that medical knowledge alone is not enough to heal people. Along with this, he referenced intellectuals, medical doctors, and scientists, who ultimately could not help patients, and who blocked him from continuing his obviously successful healing activities, because he did not have the necessary qualifications.

Knowledge alone is not enough. We can read a whole library of books, but of what use is this if it just remains an intellectual pursuit? To a thirsty person, reading about the good properties and refreshing effect of water is not enough. He must drink it.

My daughter had never heard so much information about all the religions. She took it all in - not just with her mind, no - her soul was deeply touched by it. In fact it touched her so deeply, that she felt the Heilstrom* in an intensity not felt before. She experienced an indescribable feeling of bliss, which made it impossible for her to get off her seat at the end of the evening, even after the final piece of music had finished. There was a flowing and a tingling in her entire body, tears flowed. Totally amazed, she related to me what had happened to her. Can there be a greater gift for anyone – not only a young person – than to be permitted to feel God’s tremendous power of love in body and soul?

On New Year’s Eve, we watched live broadcasts from Blaubeuren, near Ulm in Germany and Maribor, Slovenia. Even there, the assembly halls were filled to the brim with Friends who wanted to participate in the opportunity gathering to celebrate the turn of the year. The choir sang songs which they had practiced throughout the week, short videos were shown of the activities that had taken place during the week, and best wishes for the New Year were received from many countries. For the highlight of the evening, just before midnight, we sang New Year songs; among them a prayer set to music, called “My Lord and My God,” by Brother Klaus (1417-1487), a Swiss mystic and recluse. This soul-stirring piece of music was practiced by all the thousand Friends in the hall – most of them untrained in music in the four voices, and it was overwhelming. Here are some of the words:

“My Lord and my God, take from me everything that distances me from You.

My Lord and my God, give me everything that brings me closer to You.

My Lord and my God, detach me from myself to give my all to You.”

Bruno Gröning put it so aptly? “To be connected to God is everything!”

* see explanations Page 15
“I do not say ‘friend’ just like that, no! I say it with conviction. And also become a really true, good, honest, loving, lovable friend of this Circle of Friends”. Bruno Gröning

"It is I, your friend" - Bruno Gröning spoke these simple words with loving conviction during his time on earth. But even today, after his passing from this world, numerous people experience him as their spiritual friend, on whom they can call in their thoughts to obtain advice and help. Through his teaching and mediation anyone today can obtain access to the regenerative and healing divine life force and be filled with it. Both the spiritual friendship with Bruno Gröning and also the bonds of friendship among the various Bruno Gröning Friends are sources of joy for many.

HOW IT ALL BEGAN

I remember my first Community Hour very well. With the words, “Dear Friends”, the Community Leader started his address. I was taken aback. “How can he say ‘dear friends’? He doesn’t even know me!” – went through my mind. Today, nearly thirty years later, I am grateful for the many precious moments of friendship shared with people of various nationalities and religions, in this Circle of Friends.

It all started with an innocent conversation in a youth camp in East Belgium. “Have you got a little time, I want to tell you something…” I had no idea to what extent this conversation would change my life. Peter and I were leaders in a youth organization. We respected one another, but were reserved. A month before this, a colleague told him something about Bruno Gröning. Since then, he had the recurring thought that he should tell me about it. Soon, I accompanied him to a Community Hour, and at the same time a friendship developed between us, which now has lasted three decades. Out of this friendship, something even more beautiful grew – our marriage – and our wonderful family with six children.

FRIENDSHIP WITHIN THE COUNTRY AND BEYOND THE BORDERS

From the start, we visited many Communities and Conferences of the Bruno Gröning Circle of Friends, also in Germany and in the neighboring Netherlands. We were always welcomed with open arms. Friendships developed quickly with those of similar age, but also with older people. Age and nationality were not important. After a while, more and more Communities* formed in our country, and later we took over the country leadership for Belgium. We found that friendship was, and is, the basis for all collective activities. Close friendships developed very quickly with Friends from the German, French and Dutch parts of our country, and this was quite a new experience for me.

I came from the German-speaking part of Belgium, and I remember very well that, as a child, when I took vacations with my parents by the Belgian seaside, I felt misunderstood by the other children, like a stranger, unwelcome in my own country. Learning foreign languages at school, especially French, was always accompanied by the fear of making mistakes and being laughed at. In the Bruno Gröning Circle of Friends, the wish to make contact with others, to pass on the teaching of Bruno Gröning, is of foremost importance. Speaking foreign languages, with or without making mistakes, has become a
joyful experience. We also observed that, at conferences within our country, the Friends of different language regions met happily, and with an open heart, even if they did not understand each other’s language.

THIS IS QUITE NATURAL – A LARGE, WORLD-WIDE CIRCLE OF FRIENDS

Also, our children appreciate being in this big Circle of Friends. When our youngest daughter was still a toddler, she met her friend Sarah in this way. That Sarah is two years older has never bothered them, not even today as adolescents. They like each other very much. Our eldest son has also found quite a few “very best friends” through the Bruno Gröning Circle of Friends.

I met my own best friend, Katja, more than twenty years ago at a Conference. Six hundred kilometers separated us but a conversation with her on the telephone is like a mini wellness-holiday. She always understands me and, should I have a heavy heart, finds the right words to build me up; and the other way around is probably also true. Doing einstellen together has already achieved a lot of good. This friendship cannot be paid for with money. By now, there are a few more close friends all over the globe. It is wonderful to meet so many Friends again at conferences, or in the hiking or family weeks, to take in the power together, to exchange news, and to just enjoy each other’s company, bathing in positive energy!

The father of a girlfriend of mine worked in a large international company. They had friends in the whole of Belgium and even in America! My father was a teacher, therefore he was not so involved globally. However, because of the Circle of Friends, we, and our children, now have friends everywhere in the world. Newly-joined Friends have no idea that they now have a total of 80,000 friends, spread on every continent on earth.

FRIENDSHIP BEYOND THE GRAVE...

I have experienced that friendship can last beyond the end of one’s human life. Here I am thinking of a dear Belgian Friend, who had often accompanied me to far away Communities and Conferences in and outside the country, and had helped me in various tasks. Even after her passing, I still feel connected to her in love and gratitude, and I often think of her. The same is the case where my friendship with Grete Häusler (1922-2007), the founder of the Bruno Gröning Circle of Friends, is concerned. I very much like thinking back to her words, when I asked her hesitantly on the phone, “Mrs. Häusler, do you have a few minutes?” - to which she replied, “For you, always!” She too comes to mind frequently, be it with a benign smile or a warning glance – and her presence feels very real.
FRIENDSHIP AMONG NATIONS
As country leaders for Belgium, we take part in international gatherings of Friends, and meetings via the internet. With many of these Friends, my husband and I have a special and simply comfortable friendship. To meet up at conferences, to look into smiling eyes, to shake hands and to pass on our most heartfelt good wishes, is what I call friendship among nations.

FRIENDSHIP FROM AUSTRIA TO VIETNAM
For a number of years, Herlinde Tiefenthaler from Austria, has supported Vietnamese Friends who are responsible for success reports in Hanoi. In March 2015, she travelled to this beautiful country and spent two weeks there. “I took part in the Spring Conferences of Hanoi and Saigon, and also went on a Community hike. While there, I met a 30-year-old young Friend. It was “love at first sight” – there was I with my pale skin and she with her beautiful tanscolored skin. My hair is brown and curly, with some grey, and hers is black and straight. I am short, she is tall; and I am nearly twice her age. There could not be more of a contrast, and yet we are connected in a wonderful friendship since that first meeting, despite not being able to converse in our mother tongues and having to speak in English. Before this, I had never been able to speak English in such a relaxed and natural way as with her. In those two weeks, a heartfelt relationship grew and we remained in contact. My emails start with “My dear daughter Nhung”, and her emails start with “My dear mama Herlinde”, and end with “your daughter Nhungh”. Sometimes we are on the telephone to each other, enjoying the sound of our voices. In the summer of 2016, Hong Nhung took part in an International Youth Week in Berlin. When I heard of this, I registered myself as well, despite no longer being so youthful. When we met again, we fell into each other’s arms with “my dear daughter Nhung” and “my dear mama”. It seemed as if no time had passed since our first meeting in Vietnam. A number of Friends, also Vietnamese, re-marked that my facial features were similar to Asian features. With a smile, I took this as a compliment.

* see explanations Page 15

You are welcome to write to us about your very special friendships in the Bruno Gröning Circle of Friends. The publisher’s email address can be found in the About Us.
Anytime and Anywhere
TECHNOLOGY IN THE BRUNO GRÖNING CIRCLE OF FRIENDS

Whether for sound, translation at conferences, hardware and software for the helpers’ tasks around the globe, or transmitting events with sound and image – up-to-date technology is needed more and more in order to spread the teaching of Bruno Gröning around the whole world and to all places. Michael Rausch, an Austrian, and Olaf Hulst from the Netherlands lead the technology for the Bruno Gröning Circle of Friends.

In the 1990’s Manfred Fortmann started development of technology in the Circle of Friends and was in charge of it single-handedly until his passing in 2015. During this time, the Circle of Friends had grown and the “Ring around the Earth”, envisaged by Bruno Gröning, had become a reality. Now there are Bruno Gröning Friends and Communities* all around the world. For Friends who live hundreds of miles away from any Community, internet technology is the only means by which they can stay in touch and take part in Community Hours. This way they can take up the Heilstrom* together with others and exchange insights and experiences.

Technology, with all its modalities, is a basic tool and requirement both within the Circle of Friends, in order to connect people with the teaching of Bruno Gröning and also externally, for presenting the documentaries, “Bruno Gröning the Ph-e-nomenon” and “The Phenomenon of Healing”. Over the years, the technology used in the Circle of Friends has become more and more multi-layered, and requires increasingly specialized knowledge. Therefore, it is quite understandable that, since 2015, there are two specialists in charge of it. Michael Rausch and Olaf Hulst were led to this task from different directions.

A BIG HELP
Although Michael Rausch had studied physics with the goal of teaching it; he was terrified of speaking in front of people. Faced with this situation, he would start trembling, breaking out in a sweat, and losing concentration. For five long years, this kept him from taking up his profession. Only when he became Community Leader and had to speak in front of people, did he notice that these fears had completely disappeared. Since 2004, Michael Rausch is now working in his chosen profession.

HEILSTROM EVEN AT THE CINEMA
Olaf Hulst came to the Circle of Friends in 2005. His mother had already received help and healing, but he himself was still skeptical for a while. On a holiday, he watched “Der Wunderapostel” Film and immediately felt a vibrating sensation in his legs. He became curious and a short while later agreed to an Introduction to the teaching of Bruno Gröning. During that Introduction, he felt an extreme heat and burning in the whole of his body. He stated, “I thought that the light would go out in a minute, and believed this must be the Heilstrom*. This lasted for three weeks, day and night, even at the movie theater. At the same time, I noticed that my hatred for women, caused by disappointments, had completely disappeared. Since 2004, Michael Rausch is now working in his chosen profession.

HE WANTED NOTHING TO DO WITH TECHNOLOGY
When Michael Rausch came to the Circle of Friends in 2002, he was convinced that technology was ruining the whole world. After working on an Alpine meadow in East Tyrol, he decided to sell off his last technical item, a camera – or second to last; he still wanted to keep his bicycle. Shortly after his Introduction, he had the thought that the value of technology very much depended on how and for what one used technology. In the Circle of Friends he got to know the various ways in which helpers used technology. They had to communicate with each other, and also pass on the teaching of Bruno Gröning to those who were interested in it. Bit by bit, he made a turnaround and developed a liking for technology. He started by being a photographer at Youth Conferences, and soon helped with the development of computer technology in Austria. Now his job is to keep abreast with leading-edge technology and to organize whatever may be necessary.

AREAS OF TECHNOLOGY
• photography
• sound – conference technology
• sound – recording of on-line meetings
• sound – synchronization of documentaries
• sound – chorus weekends
• film – conferences, success reports, and films portraying the Circle of Friends worldwide
• Ubuntu experts / scripts
• Ubuntu service technicians
• live transmissions of conferences via internet
• Infocenter
• mobile film screening
• film – burning to DVD
• translation equipment
• list of equipment for administration purposes
of experts, and a team of Ubuntu technicians, who support Friends worldwide, and who keep producing new programs. These programs help with the organization of the various tasks and supporting the helpers’ in their individual tasks.

SO THAT EVERYONE UNDERSTANDS EVERYTHING
Many Friends from other countries attend the many Conferences and events in the Bruno Gröning Circle of Friends, and need translation into their mother tongue. So that everyone can sit comfortably in the hall wherever they want to, the translation equipment is now wireless and transmits to mobile devices.

New helpers are being trained continuously, to enable them to install and service technical equipment. In the meantime, since Hungary organized their own technology conferences for schooling and supporting helpers, additional countries have been enabled to organize their own technology conferences for training and support. To connect all the technology helpers worldwide, there are also internet meetings every 6-weeks in which new developments are discussed, including challenges concerning various countries.

There are now many technology helpers from numerous nations, and getting to know one another gives them a wonderful feeling of friendship and support.

* see explanations Page 15

AN IMPORTANT NERVE CENTER
Since Friends live all around the world, a database is required which enables them to retrieve information at all times and in all the required languages. At this moment, work is in progress to update the Infocenter, which serves as a distribution center, connecting all Friends worldwide.

“UBUNTU SUITS US”
Helpers need usable computers and relevant software, especially in countries where financial means are inadequate and nobody can afford to keep buying licenses. Therefore, in 2006 the decision was made to install the cost-free Ubuntu system on all computers. The philosophy behind Ubuntu is on a par with the Circle of Friends, as it is based on unsalaried, voluntary work in order to support all the people in need. This system has many advantages. It is available in 100 languages, requires no virus protection, and the Libre Office program is included.

In the meantime, there is a group of experts, and a team of Ubuntu technicians, who support Friends worldwide, and who keep producing new programs. These programs help with the organization of the various tasks and supporting the helpers’ in their individual tasks.

SO THAT EVERYONE UNDERSTANDS EVERYTHING
Many Friends from other countries attend the many Conferences and events in the Bruno Gröning Circle of Friends, and need translation into their mother tongue. So that everyone can sit comfortably in the hall wherever they want to, the translation equipment is now wireless and transmits to mobile devices.

New helpers are being trained continuously, to enable them to install and service technical equipment. In the meantime, since Hungary organized their own technology conferences for schooling and supporting helpers, additional countries have been enabled to organize their own technology conferences for training and support. To connect all the technology helpers worldwide, there are also internet meetings every 6-weeks in which new developments are discussed, including challenges concerning various countries.

There are now many technology helpers from numerous nations, and getting to know one another gives them a wonderful feeling of friendship and support.

* see explanations Page 15

AN IMPORTANT NERVE CENTER
Since Friends live all around the world, a database is required which enables them to retrieve information at all times and in all the required languages. At this moment, work is in progress to update the Infocenter, which serves as a distribution center, connecting all Friends worldwide.

“UBUNTU SUITS US”
Helpers need usable computers and relevant software, especially in countries where financial means are inadequate and nobody can afford to keep buying licenses. Therefore, in 2006 the decision was made to install the cost-free Ubuntu system on all computers. The philosophy behind Ubuntu is on a par with the Circle of Friends, as it is based on unsalaried, voluntary work in order to support all the people in need. This system has many advantages. It is available in 100 languages, requires no virus protection, and the Libre Office program is included.

In the meantime, there is a group
More and more young people discover the teaching of Bruno Gröning, and experience help and healing. There are Youth Communities mostly in larger cities, but also some in smaller places, where they can meet other youth and adults, so that they can share their enthusiasm and relate experiences that occur on account of Bruno Gröning’s teaching. The most important activity is the einstellen* they do together.

WHAT HELPS TO MASTER EVERYDAY LIFE?
World Region 4 stretches from Austria to the Czech Republic, Slovakia, and Hungary, through the southern Slavic countries of Bulgaria, Slovenia, Serbia, Croatia, as well as Rumania, Cyprus, and Turkey. Further countries belonging to this region are Albania, Greece, Kosovo, Macedonia, and Montenegro.

Numerous young Bruno Gröning Friends meet, for instance, in Slovenia, in Croatia, in Rumania, in Bosnia-Herzegovina, in Bulgaria, or in one of the two Youth Communities in Serbia. If there is no Youth Community nearby, young people join adult Communities*, or an internet Community to do einstellen* together, as usually happens in the Czech Republic or in Hungary.

Especially popular is the Youth Conference in Croatia, to which young and old Bruno Gröning Friends travel from various countries. They often have to come a long way and have tiring journeys, but no journey is too tiresome or too long to keep them from receiving what is invisible and yet so helpful in daily life. A further activity, which reaches beyond borders and which always enables the young to take their fill of the divine power, is the Skiing Week near Maribor, Slovenia, and also the Youth Weekend near Sarajevo, Bosnia-Herzegovina.

THE JOY AND ENTHUSIASM OF YOUTH
When Linda H. was 16, she came for the first time with her older brother to the Youth Conference in Croatia. With enthusiastic anticipation she bombarded him with questions, such as, “What are the young people there like? What are they interested in? What experiences have they had with Bruno Gröning’s teaching?” Being from Germany, she did not speak the Croatian language but that did not hinder this lively teenager. “It was exciting to be at a conference in another country, and to have headphones to listen to translations of success stories from young Friends. The success stories meant a lot to me. Sometimes the Friends’ insights astonished me, or I rejoiced with them when family harmony was restored again. After all, everyone has a yearning for harmony and is happy when exams are passed successfully. In the following years, the youth conference in Zagreb kept pulling me, and so I just went there. These conferences made it especially possible for love to develop between the Friends, and that is the reason why I decided to become a mentor for the Southern Slavic countries.”

Tina and Andreas L., who were the mentors up until then, gladly handed over this task to this young woman and they themselves took over the youth movement worldwide. Linda H. is enthusiastic about the youth there: “The Friends are so nice and genuine!” The personal contact, the exchange with Friends in these countries, and her new role of leader of World Region 4, make her radiate with joy.

Petra B. from Croatia also has an important task as country leader for the Southern Slavic countries. She is an open-hearted and very valuable local helper and can also respond to the young Friends’ many questions, especially when they have already been acquainted with the teaching of Bruno Gröning. She has to arrange their regular internet meetings as well as preside over them, and send out invitations to all those interested, so that new Friends learn how to take in the good power and apply it in their lives.

Linda H. is very appreciative of the help from all the youth leaders. She declares, “This task is very, very important. By looking after the young people, whoever loves people and takes them into their heart makes it possible for the good energy to grow and blossom. This is happening in Hungary at this moment, where a Friend is organizing the development of Youth Communities. It is not possible to do this single-handedly. We cannot take it for granted that things go smoothly for every-one. Whoever has goodwill in his heart and passes this on, makes it possible for the good to flourish.”

CULTURES AND NATIONAL CUSTOMS
For Grete Häusler (1922 - 2007), the founder of the Bruno Gröning Circle of Friends, it was always very important...
to make young people aware of their own culture and their own roots. She introduced regional customs into the Youth Communities, where they sang country songs and performed folk dances. Today, this observance exists in Germany, Austria, and Switzerland, and around the globe; so it is reflected in World Region 4. Linda H. explains, “The beauty of my task is that it also makes it possible for me to get to know the different cultures in their uniqueness. Traditions are very important to the people there. They sing nearly everywhere, and many love dancing their own country’s dances. When we have a Youth Conference in Zagreb, many Friends wear their beautiful, traditional costumes. The red colors, the necklaces, and the beautiful scarves exude a pure joy for living. These national costumes are very interesting and totally different from, for instance, traditional German costumes. I also love joining in their dancing, as it is so full of vigor. It is empowering to get to know all this, and to learn to dance – this helps many people to forget brooding over problems.”

ADVENTURES
Through her new duties, Linda H. soon realized how important it is to know how to do einstellen in life; for instance: “I noticed that it is very important to ask Bruno Gröning for divine guidance to have ample time, and to make it possible to give time.” Reports from Friends of all countries are remarkable. Where else do you hear that so much help can be obtained as when you do einstellen* and when you follow the teaching of Bruno Gröning? A young friend from Bosnia was overjoyed when she related that she had been freed from her fear of spiders. Another Friend reported how she had loved painting as a child, but that she had been told on numerous occasions that she had no talent for it, that she should definitely do something else, which made her lose her interest in it and made her distrust her talent. Due to that, she stopped drawing. Only when she started einstellen*, could her love of drawing and painting come back. She is thankful that she has now found her inner peace again. She was also able happily to relate that she met her present husband in the Circle of Friends. They had married recently. He supports her in her pursuit of drawing and painting, and now she is fulfilling it with joy and love in her heart. “I was fascinated by this report, because it shows how two people can support each other, especially when both are on the spiritual path. The report of a Serbian Friend was also interesting. She had done einstellen* for her finances because her salary as a bank employee was not sufficient. While doing einstellen, the thought came to her to have a word with her superior in this respect. This then led to an unusually high raise in salary.”

Linda H. spoke pensively about the following: “Rumanian Friends came to this year’s schooling week in Maribor, Slovenia. They had to undertake a 24-hour trip by train and bus for this purpose. My own journey was considerably shorter and more comfortable. It brought home to me how fortunate I am to live in a land of plenty. I am well off, I can buy anything I want to, and it is not far for me to get to the next Bruno Gröning Conference.”

WITH HER WHOLE HEART
“Every country has its own history and past. In the Southern Slavic countries, war happened not so long ago and there is still a lot of rebuilding going on. In these countries, I was moved by the way people receive with heartfelt gratitude whatever einstellen* brings them. These people are really goodhearted.” Then Linda H. adds, “The Friends in World Region 4 have a heart of gold!”

* see explanations Page 15
SEREKUNDA, GAMBIA – Red earth, dusty roads – it is the dry season in West Africa. People walk alongside cars and trucks, and cyclists and motorcyclists zig-zag through spaces. With curiosity, the children by the roadside watch three European women. Yesterday they came past here, probably on the way to the bus. A few children come towards them without being shy. One of the women shows them the picture of a white man with dark hair. One of the children, maybe three years old, grabs the picture and kisses it joyfully.

The next day, the European ladies invite the children to come and hear more about this special man. One of the girls has dragged her little sister along. She has a high fever, but medication is too expensive and the parents do not know any more what to do. The children listen attentively and hear that the man’s name is Bruno Gröning, then they learn how to take in the power – and the child is freed from fever.

Dragica Cervek told us, “Mid-November 2017, the three of us flew to Gambia – one dear Friend came from Hungary; from Serbia, the leading medical doctor; and I, who come from Slovenia. Our aim was to pass on the teaching of Bruno Gröning to the people there. The Gambian children were special. They are so openhearted and keen to learn. We were to tell them all about Bruno Gröning. Their parents had observed us beforehand and had nothing against it. The children told them what they had heard, and within a very short while, so many interested people came that we had to hire an additional, adjacent room. That is where we held the first lecture about Bruno Gröning for the parents, and a second one at our place of accommodation. The room was completely full. There were over fifty children, sitting quite calmly, listening intently. When we had finished, they did not even want to get up. They wanted to hear some more. The grown-ups were also open and impressed with the teaching of Bruno Gröning. Almost all said they wanted to know more. So we improvised, with the help of a man who volunteered. He sat down and took notes of the contact details for all those interested. There was a long queue of people, all patiently awaiting their turn to give their details.

COMMUNICATION IS A KEY
Even before our trip, there was already a community in Gambia. Gambia is the smallest country of the African continent, approximately the size of Jamaica. Except for the 50-mile-long Atlantic coastline, it is completely surrounded by Senegal. They have a population of two million people.

Dragica Cervek is one of the major mentors of the Circle of Friends for West Africa. She explains, “When we fly to Africa, it is always important to us to be close to people. This is especially necessary when we visit a country for the first time, as it helps us to get to know the culture and way of living. Most Africans observe customs contrasting to our European customs. Due to that, it can easily happen that a person inadvertently hurts another, or is too brusque. In the end, however, everything has always turned out well again. With lenience on both sides, we fare well.”

PUTTING IT INTO PRACTICE
When planning, spreading the teaching of Bruno Gröning is of course the topmost priority. But putting it all into practice on our travels is also very important.

Before one of the lectures in Gambia, there was still a bit of time, and
Mrs. Cervek was all alone in her accommodation, when, from the corner of her eye, she saw something black moving about in the room. When she turned her head, she saw a black snake, more than two yards long, about three feet away from her on the floor. “I was aware of the fact that through einstellen I was protected by the divine power and so I remained quite calm. The snake rose up and showed her open hood – it was a cobra. Slowly I took two steps back and the snake continued to move towards the door. At that moment, a friend knocked, who wanted to help me with some preparations. I called out to him to step away from the door, which he did, and the snake moved outside. Horrified, he told me that this was one of the most venomous snakes of the country, and I felt – as often before– a tremendous gratitude for knowing all about Bruno Gröning and his teaching.”

UNEXPECTED HELP WITH THE PUBLICITY WORK

Lectures are being held in Africa just as in all the other countries of the world. However, awaiting the teams are enormously varied challenges.

At the beginning of December 2017, Mrs. Cervek, accompanied by her son, flew to Liberia to give lectures there as well. “The people of Liberia have experienced much suffering in the past, and were therefore very cautious when they met us. I hardly saw a smile on their faces, but rather fear in their eyes.

In a restaurant, we received spontaneous permission to give a lecture. In the course of our preparations, while putting up posters, a man came towards us, stopped our work and said that it was prohibited to put up posters. He said that he was a police man, accompanied us to our lodgings, and demanded to see our passports. Suddenly, an employee of a security firm appeared in the door and asked what was going on. He explained that the so-called police man was a thief, and he immediately informed his boss. She came and insisted that we explain exactly what had happened. She listened to us patiently, and in the end, her comment about the teaching of Bruno Gröning was, “This is a good thing”. Then she disappeared again. A short while later, five Liberians appeared in the doorway, having been instructed by her to help and protect us. Together we went through the streets and put up the posters publicizing the lecture. This publication caused much interest among the population. Some of them were so attracted by the picture of Bruno Gröning that they took the poster home.”

THE 25TH STREET …

The next day, the lecture was due to begin at 3 o’clock at a newly opened restaurant. A quarter of an hour before it started, one lady arrived; however, there were no other visitors. Mrs. Cervek was surprised, and waited.

Nevertheless, nearer 4 o’clock, some interested people came. It turned out that the address of the newly opened restaurant was the problem. It was in a street without a name. As the place had only 24 streets, the restaurant keeper simply gave the address as the 25th street. The residents did not know this, of course; therefore it took them a long time to find the venue. After this hurdle had been overcome, the lecture could finally start. For those who were keen to attend, patience paid off, for many felt the Heilstrom* of which Bruno Gröning spoke, and became eager to know more. One lady offered her house for regular Community Hour* meetings.

“People clearly felt what a lot of help they can receive here. At our departure, they stood in front of us and said, ‘Please come again soon!’ This is one of those moments in which I can thank God that I am allowed to help here. I am so grateful for this teaching and the chance to pass it on – especially in Africa. I love this continent and the people who live there.

On my return home to Slovenia, I received an email from a Liberian social worker, saying, “From a small book about Bruno Gröning, I have read out to many people, and afterwards taken in the divine power together with them. We could feel the Heilstrom*. Here are so many people who are interested in it – we are waiting for you!”

* see explanations Page 15
Because my nose was constantly blocked, about twenty years ago I started to use a nasal spray, as it helped me with breathing. Thirty years ago, I had a severe sinus infection, which was treated with radiotherapy, but which finally became chronic in the course of time. This was the reason why breathing through the nose became more and more difficult. As the mucous membranes of the nose got used to the spray and swelled up again, I had to use it more and more frequently. To start with, one bottle was sufficient for two weeks, but as time passed, I needed three to four bottles per week. In 2005, I underwent a health check, and my doctor diagnosed an inflammation of the frontal and maxillary sinuses. When I was asked whether I had noticed this, I replied, “No”, because due to using the spray I got enough air. I underwent an herbal therapy, but after three months, when the inflammation was still no better, I started using the spray again. I kept bottles of this spray everywhere, and always carried one with me. I ignored the pharmacist’s warning that it would lead to a dependency. By using it, I felt temporarily well. Numerous attempts to wean myself off failed. I changed chemists quite often, or rather sent my husband, so that I would not be confronted with the dependency warning. In this manner, I sprayed a lot of chemicals into my body, and spent a lot of money.

On the April 2, 2015, my husband and I drove to Holzminden to attend an information lecture on the subject of ‘Help and Healing on the Spiritual Path Through the Teaching of Bruno Gröning’, and so I had my Introduction to the teaching of Bruno Gröning.

BY THE NEXT MORNING MY NOSE WAS CLEAR
We attended two further information lectures at short intervals, in Paderborn and Hildesheim, where, among other things, they reported the healing of a woman who was addicted to drugs. The report in Hildesheim touched me deeply. I became aware that a twenty-year dependency on a nasal spray was also a kind of addiction. I thought that, if this person has been healed, then this should also be possible for me and my dependency on the nasal spray. The next morning, emphatically and with courage, I spoke in my mind with Bruno Gröning. I asked earnestly for help that I may be able to keep off the nasal spray. At lunchtime, my nasal membranes swelled up so much that I could no longer breathe properly and was in respiratory distress. On the internet, I had read that there could be severe withdrawal symptoms, with headaches and shortness of breath, lasting for 4 weeks. I did not want this, so every time I had difficulty breathing, I placed a Bruno Gröning picture on the base of my nose and did einstellen to receive the Heilstrom*, upon which I felt an improvement. If I removed the picture, the breathlessness returned after about half an hour, and this happened throughout the day. In the evening, when I aired the apartment, I could only breathe through the mouth. Then I did einstellen with determination, asking for a good night’s sleep, deep and without any disturbance. The next morning, I woke with a clear nose. I could hardly believe that I had been completely cured of this burden in the span of one day and one night. From then on, I have no longer needed a spray, and also never had a blocked nose again.

INSIGHT AFTER THE DOCUMENTARY FILM
Ten days later, we went to Paderborn to see the documentary movie “The Phenomenon of Bruno Gröning”. Although it was fairly hot in the room and all those present were in T-shirts, I started to shiver during the second half of the movie. The Regelungen* which followed came in the form of a fever, shivering, and severe headaches. I had to stay in bed. Every time I went to the toilet, there was a strong smell of chemicals. I realized that the reason for this was my addiction to the nasal spray. After three weeks, because I still did not feel well, I did einstellen together with our Community Leader to take in the Heilstrom*. To my surprise, I felt completely well the next day.

* see explanations Page 15

Medical Commentary: Mrs. Böker suffered for over twenty years from chronic nasal and sinus problems. This caused overuse of a nasal spray, which resulted in an addiction to it. It is an extremely unusual occurrence that Mrs. Böker was freed within one day of this nasal spray dependence, which finally led to a complete healing of this chronic inflammatory condition.
Healing of Primary Biliary Cirrhosis (Autoimmune Disease of the Liver)

ANITA MORITZ (62)

Since about the year 2010, I suffered from extreme fatigue. For five years, my working day had started at 5 o’clock in the morning, for seven days a week. Three times a month I had two days off, and once a year I had a three-week holiday.

I thought that this fatigue had something to do with my extreme workload. I went to see a specialist in Orthomolecular Medicine to have a blood test done.

The doctor found a liver dysfunction due to overload and recommended a visit to my GP. On March 3, I received the results of the blood analysis, and my liver values were far too high. On October 22, an ultrasound check was carried out and the fatty degeneration of the liver was clearly visible. The follow-up blood tests showed even higher liver values than before.

The diagnosis was biliary cirrhosis (late stage of chronic inflammation of the bile ducts in the liver). I felt very ill. I stayed at home for about nine months and was incapable of doing anything. My skin and the whites of my eyes began to show a yellow discoloration. I also continued to suffer from severe fatigue. The only thing I did was use nutritional supplements to de-tox the liver. I remained in touch with the specialist but refused all medication.

MY ENERGY LEVELS IMPROVING

In the period between January 2013 and June 2015, I did not attend Community Hours regularly, but I noticed that I felt a bit better after a Community Hour. At the same time, I did einstellen twice a day and mentally handed over my burden.

In a Community Hour on June 2015, I felt a flow of heat and cold throughout my body. After this Community Hour, the fatigue lessened constantly and my energy levels kept rising. I was able to move better and began a daily swim. Furthermore, I was again able to take up my favorite sport of trampoline jumping. I returned to work, at first only one day a week, slowly increasing my hours. A blood test, arranged by the specialist on March 2016, showed that my values were practically normal, and one could only see very slight fatty deposits on the updated ultrasound test.

Since June 2016, I have been working full-time again. I now feel reborn and I am happy and grateful.

Medical Commentary:

There is no treatment for biliary cirrhosis which leads to a cure. The fact that Mrs. Moritz is perfectly healthy again, after 5 years of severe fatigue and exhaustion, cannot be explained medically.

EXPLANATION

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.
I was healed and experienced God

REPORT BY EYEWITNESS HANS FINNER

As the owner of a grocery store, I was known throughout the area. From far away one could recognize the physical encumbrance that had resulted during the war from my stay in a Polish prison camp. Later (after the war), after eight weeks of unsuccessful treatment in the hospital in Bad Bramstedt, I was discharged with the diagnosis of ankylosing spondylitis (also known in Europe as Bechterew’s Disease).

That is probably one of the worst rheumatic diseases. I walked bent forward and supported by crutches. Not only was my spine affected, but all my limbs were stiffened and painful, day after day. In this situation, my wife and I happened to read an article in a magazine we sold in the store: "Gröning Cures Bechterew’s Disease". From then on, my wife didn’t leave me in peace; I was definitely to go to Bruno Gröning. So, Mr. Spatlowski drove me, together with Mr. Hamann, to Munich. At the editorial office of the magazine Illustrierte we were informed that Bruno Gröning was staying at the Traberhof in Rosenheim. After arriving there, we saw thousands of people who were also hoping to be healed, but no sign of Bruno Gröning.

I could even jump over a fence

I said “There is no point in staying here, let’s go back to Munich.” In the city we inquired about Bruno Gröning and found out where he lived. I left the house every morning and came back sometime in the evening. And then one evening we met him. But, you know, if one had been looking for Bruno Gröning for three or four days and then, suddenly, one is standing in front of him, then one is all churned up inside. He gave us a little silver ball that caused a tingling sensation throughout the body. I noticed that I was already feeling better. The next day we drove to the nearby Isar waterfall. There, I suddenly realized that all physical limitations had disappeared. I was even able to jump over a fence! At that time I was very moved to have experienced this. And none of us had to pay anything.

In Munich I met a child who had been completely paralyzed. I was shown photos taken before the healing. I went to him and asked, “When did you go to Gröning?” “I wasn’t there at all,” the child answered, “but my mother was given the picture of Bruno Gröning for me.” The child experienced the healing through the picture.

I also remember that our fellow passenger, Mr. Hamann, weighed over 320 pounds. He lost at least 40 pounds while we were with Gröning. Because of this, he wasn’t able to leave the toilet one night and was hardly able to sleep.

And the best thing is – the ankylosing spondylitis never came back

When I got home, my wife and I cried, we were so deeply moved. At that time, everybody in the village was talking about me. Actually, I only went to Gröning to do my wife a favor. After all, I had been a freethinker and wasn’t able to trust such hocus-pocus. But, due to my own healing and other experiences, I now was also able to believe. One first has to convince oneself of this; then one can support it and pass it on. And, best of all – the ankylosing spondylitis never came back!

Bruno Gröning’s work was based on faith. He had a special aura and a good eye. I had great respect for him. When I learned in 1959 that he had died, my heart went out to him. For me, Bruno Gröning was like a miracle healer. That authority and that power had been given to him by God. The experiences with Bruno Gröning have brought me closer to God.
Bruno Gröning never wrote an autobiography or an autobiographical work beyond the scope of a CV. But there are various lectures, papers, CVs and interviews in which he made reference to individual stages of his life. For this series of articles we have compiled some of these autobiographical accounts into a chronological sequence.

In June 18, 1949, Bruno Gröning had left Herford and traveled to northern Germany, having been invited by a Hamburg businessman. But even there, his work was prohibited. At the same time the Revue magazine planned to finance the medical investigations of the "Gröning phenomenon" and sent the psychologist, Prof. Gerd Heinz Fischer, with two journalists to Herford in order to examine the reports of healing.

THE PROFESSOR’S OFFER
In his written brief “Regarding the Heidelberg Retreat”, Bruno Gröning described what happened then:

“In June 1949 I was unjustifiably issued a written ban on healing by the government. This was unjustified because it was not I, but IT that healed. The words of explanation and counsel which I spoke to the crowd of those seeking help had such penetrating power that many of those present were healed – people who had already been declared incurably ill by the doctors. Many people noticed this. Even Professor Fischer, who was living in Marburg at the time (in connection with the Revue magazine), was so impressed that he investigated those who had already been healed and found that the healings had in fact happened. Thus, his interest continued to increase and on-the-spot inquiries followed in Herford; inquiries that also proved the success of the healings. I myself was not in Herford at the time, but in northern Germany. Professor Fischer had mobilized everything in Herford, so that I received the request in Northern Germany to come to Herford at once. A certain Professor Fischer and other gentlemen were waiting for me with the greatest of interest – they wanted to clear the path for me to work freely. I followed their request. In Herford, an interview with Professor Fischer took place, in which he promised me complete...”

“I was never an enemy of the doctors, and never will be.”
Bruno Gröning
“Basically, I hold the view the all illnesses can be healed, but not in all people, and there are several reasons for that.”

Bruno Gröning

support in collaboration with Professor Weizsacker at his clinic in Heidelberg. Not only did they want to do everything in their power to clear the way for me, the medical profession also had great interest in me, as well as in my work; for this reason, they wanted to establish a cooperative working relationship for the benefit of everyone involved. The gentlemen pointed out that they were so keenly interested because they were 100% convinced of my work, and, above all, because they believed that my work should be made available to all mankind. It was agreed that I should make myself available to those named for a period of 10 days in the Heidelberg clinic – this with the purpose of proving to the entire medical profession that healings through the person Gröning could be reviewed and advocated by physicians. A few days later, I learned that Revue magazine wanted to finance this whole venture. Before that, a log cabin near Frankfurt (Main) was made available to me, so that I would be able to prepare myself for my upcoming task.”

A SPECIAL GIFT

In 1950 in a lecture in Munich, Bruno Gröning reported the following:

“I didn’t get to see the patients who were clinically examined by these doctors, nor did I need or want to see them. I only asked these two doctors to have the people they planned to examine listed on a piece of paper and given a serial number. I didn’t want to know whom they invited there, nor whom they intended to examine. I just asked them to give me the serial number by phone. Upon receiving these numbers, I described the clinical picture of each person, as you have already read, and can still read today, in a number of brochures. I even recorded the clinical pictures on tape and let them speak for themselves.”

In an interview from 1954 for the Graz magazine, Man and Destiny, he continues:

“What I said was recorded on tape. I gave nine accurate diagnoses. These were compared with the diagnoses of the clinic. What I said matched theirs. In one case, however, the professor said, ‘It’s not correct.’ I answered, ‘But you are still expecting to receive the findings of the X-ray. You have to wait for those.’ It had to do with a matter concerning the head. The findings were soon issued, and I was right. In one case, the doctor gave me a medical report. I said, ‘That is number so and so.’ I don’t know any more what number it was, but it was correct. At that time the doctor said: ‘You are bewitched.’ - Yes, my friends, wonderful things happen! Even a street sweeper could do that, but not in accordance with
conventional medicine, but resulting from special gifts that people generally lack.”

“I FEEL TOTALLY HEALTHY”
In an interview with the magazine, Man and Destiny, he also relates the following story:

“The doctors asked me how I do it. I said that is difficult for me to answer, because I don’t really need any medical tools or instruments to heal, I do it quite differently. There simply is something in me that I can transfer to others. For example, I was with a crowd of people who were ill. I gave them instructions on how to sit. I looked at the first four people a little longer. When I arrived at the fifth, I went back to the first person and asked her, ‘And how are you feeling now?’ For suddenly I felt a special contact to her: the power flowed over. I received the answer: ‘Oh God, I feel totally healthy!’ This woman had been unsuccessfully treated by doctors for a long time; she never had said to a doctor: ‘I feel healthy.’ And actually, I didn’t do anything. I now described what was in the body of this woman, gave a diagnosis, so to speak. The professor slammed his fist on the table and exclaimed, ‘There must be some other source; someone must have told you something.’ There is a source, namely, one of which science knows nothing and of which it doesn’t want to know. No one had told me anything about this woman whom I had seen for the first time.”

“I believe that present-day science should take a great interest in my being, if only because my work gives a stimulus to research for the task of tomorrow. Was not it always the case that man’s rational mind criticized and even ridiculed the "new" until the quintessence prevailed and the truth became reality?”
Bruno Gröning

GOOD RESULTS
Bruno Gröning continues in his written brief Regarding the Heidelberg Retreat:

“Professor Fischer and also Dr. Wüst, who had been commissioned by Professor Weizsäcker to test me, informed me that the medical investigation had led to a good result. On the basis of this investigation, I was assured that in the future I would finally be able to work without hindrance. Sanatoriums, in which other doctors would also be working, would be made available to me. In this way all the cases could be closely scrutinized, supplying proof not only to the public, but also to the field of medicine.”

To be continued.