"Where there is a good will, there is a way!"

Bruno Gröning
FROM THE EDITOR

Dear Readers

In 1949, the name ‘Bruno Gröning’ was heard everywhere. He became a highly sensationalized phenomenon, and was declared a “Miracle Doctor”. Tens of thousands of people in need of help thronged to him. The happenings around him were so emotionally charged that armies of sick people were on the move, coming not only from Germany but also from neighboring and far away countries. People offered to arrange tours for him throughout the USA. The whole world had their sights on this man.

In comparison, whatever happens nowadays in the Bruno Gröning Circle of Friends, is quite peaceful. Everything takes place in an unhurried manner, without agitation, and very orderly. Interested people, and those in need of help, are given information about the teaching of Bruno Gröning in lectures. The local communities* are intentionally kept small, and large gatherings are avoided so that everyone has the chance of having a person with whom they can be in contact.

And yet, what is happening today is possibly even more astonishing, when you look at it – more incredible, and more of a sensation than at the time of Bruno Gröning. At that time, there was a man, towards whom everyone rushed – of whom the diseased expected health, the suffering healing, the distressed help. There was the healer – even though he himself stressed that he was no healer, people looked at him as a healer.

But today, there is no one person to whom one can rush. Bruno Gröning died in 1959. No one succeeding him, no one to replace his person. There is only his teaching, his explanations as to how one can attain order in the body, how to regain health. Today, there is no one to manipulate, no one to hypnotize, no one to lay on hands or treat in any way the illness. The communities* of the Circle of Friends simply pass on the teaching of Bruno Gröning, and the Friends share experiences they have while following the teaching.

The great and inexplicable thing that happens all over the world is that people, who had already been given up by conventional medicine, have regained their health, their joy in life, and many of them experience a newfound easier life. It is a miracle! But Bruno Gröning says, it is no miracle, for man only finds his way back to divine order.

* see explanation on page 19

Thomas Eich

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IMPRESSUM

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COVER PAGE

Nature pictures taken by Bruno Gröning Friends appear on the title page of each issue. The Almsee was taken by Marjon Butterhoff.
Data Protection Information

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NEW RELEASES

"Bruno"-App for Android

With this App, you receive:
• A Bruno Gröning quote daily
• The new flyer

Further releases are being planned. There is no App at the moment for iPhone.

CD Lecture in Springe October 3, 1958

Duration: approx. 45 minutes, Order No.: 312-22

In the course of his community hours in the 1950’s, Bruno Gröning held many lectures, which served to familiarize his friends of that time with the basics of his teaching. Some of these lectures were recorded on tape. He archived these tapes, preserving his lectures for the future. Up until now, these recordings have not been copied and published by the Bruno Gröning Circle of Friends. They were only played during Celebration Hours at conferences.

This lecture on CD with the original voice of Bruno Gröning is the first publication of this kind by the Circle of Friends.
One family goes on a hike – the mother and the children are breathing heavily while heading up the mountain. The father is ahead of them sitting on a rock, waiting for the rest of the family. As soon as they arrive, he is off again – his wife and the children panting along behind him. These are the childhood memories of Volker Isenberg, a Bruno Gröning Friend from Austria. How different was his, and his family’s first hiking experience in 2005 with Bruno Gröning Friends, where they walk in groups, always keeping in mind the community spirit, not the sporting ability of the individual. The hiking speed is adapted to the least able-bodied – the slowest. Breaks are taken together and finished together and in no time at all the group grows into a "family".

A Bruno Gröning Friend has expressed this perfectly during a hiking week, "The team spirit and the atmosphere in the group are almost more important to me than experiencing nature. I am deeply moved when I witness the caring attitude in the group, blending us together." Even the more sporty friends find a satisfying hike, as all the tours are graded according to their level of difficulty. They range from demanding mountain tours for the summiteer to the "Steiglpass", for instance, to leisurely walks in the valley along the "Herzlweg" [Way of the Heart]. There is something for every friend. And for the evening’s community hour, there is the big tent near the Aumühle, which has a seating capacity for 650 friends.

The Bruno Gröning hiking season in Filzmoos starts with two adult Hiking Weeks. Places are very much in demand as even Friends from other countries, and continents like Asia, America and Australia, love to come. The next two Hiking Weeks are for families, especially those with small children. Then there is the mountain climbing week for young people (no hiking week!), which allows them to climb mountaintops at their own speed and strength. The Hiking Week for World Region 4 rounds off the season in Filzmoos, and is reserved for Friends coming from the Balkans, as well as the neighboring countries like the Czech Republic, Slovakia, Hungary, Turkey, and Northern Cyprus.

Our hiking group wants to reach the heights – we had to manage an altitude difference of 740m up to the Eiskarlschneid (1990m). The tour was classed as intermediate, but was a lofty height. Including the leader of the group, we were eight Friends. Half of us were experienced, the other half not so much. Half way up, two wanted to give up as they thought they were not up to it. Our group did not feel that this was right. Our wish was to manage this and to reach the top together. We did Einstellen* for these two Friends and it was clear to us that they should continue. Both of them moved to take places at the front of the line, and everyone followed at the speed of these two slower walkers. That’s how we did it. And indeed, we all managed it to the cross on the summit. The boy enjoyed the view all around the mountains together with his father, and the mother could hardly believe that they had reached the summit. My daughter felt as if a burden had lifted off her shoulder – not only because of the rucksack – she was relaxed and happy, like all of us. Together we sang hiking songs. I was also aware of the fact that without the group, I would not have managed it that far.

Above: Grete Häusler speaks to Friends (2004) 
Below: Friends on the way to the Almsee Lake (1988)
It was the collective dynamic of the group, which had pulled me up this distance to the top. Many Friends, who come annually from near and far to take part in these hiking weeks, have similar experiences. Normally, it is unthinkable that so many inexperienced people cope with the hiking tours offered in Filzmoos. This is also the expert opinion of Edi Vierthaler, an experienced mountain guide from Filzmoos.

The Hiking Weeks are like Conferences of the Bruno Gröning Circle of Friends, but which take place out in the open. Not only that, but the Teaching of Bruno Gröning is put in practice there. However that seldom happens. Doing Einstellen* together has enabled many a Friend to reach the goal, which would otherwise not have been possible. This sense of achievement is taken home and will be remembered in situations of everyday life which could have been thought of as insurmountable. Mrs. Lüger told Friends that she and her husband had hiked in Filzmoos privately, but it didn’t feel the same as that during the Hiking Weeks. It is true; all the beauty of nature in Filzmoos reveals itself to its full extent only when hiking is done together with other Friends. This special feeling has not abated even after 30 years. On the contrary, now there are Hiking Weeks in Australia, in India, Croatia, Italy, Switzerland, Poland, Bulgaria, France and in Ireland. In India, 25 Friends to go on their hikes, and in France there are 350. In countries like Canada, the USA, Indonesia, Serbia, Hungary, Israel, and Turkey, they have Hiking Weekends, and in many other countries they have one-day hiking trips. It is not envisaged to discontinue this "hiking wave", as this is no passing fancy, but an awakening to the fact that man has an affinity with nature and that this is particularly easy to experience in Filzmoos.

Filzmoos was declared a "cell-phone free zone" during the Hiking Week, not only for children, but also for adults – except for emergencies, of course. And so, this year again, plenty of healings happened and many instances of help were received. Among other healings, a Friend from Berlin received a healing from hypoglycemia. Years ago, he had received – also in Filzmoos – the healing of numbness in his lower jaw caused by an operation.

* see explanations page 19
Changes in Agriculture PART 2
FARMERS IN THE BRUNO GRÖNING CIRCLE OF FRIENDS

Ecological farming is particularly centered on sustainability. It maintains and supports natural resources in a special way and thereby has untold positive effects on the environment, for instance on the protection of soil, home waters, plant species, and animals. Farmers in the Bruno Gröning Circle of Friends are very aware of these values.

When Jürgen K. learnt about the Bruno Gröning Circle of Friends in 1987, he was 23 years old and working on his parents’ farm. He soon felt the need to know how, in the eyes of God, farming practices should be carried out. After years of preparation, the farm was changed into an organic farm. In the year 2014, Community Supported Agriculture was included (see Summer edition). From the start, Jürgen K. felt the need to exchange experiences with other farmers from the Bruno Gröning Circle of Friends and to recharge the energies required for their activities together with them. Since 2003, the farmers and other interested Bruno Gröning Friends meet for a community hour at three weekly intervals via the internet. The first conference about agriculture took place in Rottenburg, Lower Bavaria, in November 2017.

FARMERS IN SLOVENIA, AS WELL

Jozef J. from Slovenia regularly attends these meetings. He was already 60 years old when he, as a trained car mechanic, moved into farming. “I grew up near Maribor, in Slovenia, and had a very happy childhood. Eventually, I became a car mechanic and worked very hard all my life in this profession, and also in highway construction. Early on work-related stress caused already severe stomach problems. Stomach cramps became the norm for me. On top of this, I got back problems, which worsened year by year. At the age of 57, I was forced to take early retirement. As my pension was not enough, I had to supplement it with small trading activities. At the end of 2007, a then business partner, invited me to attend a movie. I thought that it was something to do with business, instead it was about the German ‘Miracle Healer’ Bruno Gröning. Although I did not understand much of what was said, and at the same time was very skeptical, my back pain has since gone. I decided to follow this up and took part in many meetings of the Bruno Gröning Circle of Friends. After a while, the stomach cramps disappeared, and I have now been free of pain for six years.

AN INNER CHANGE

During my earlier professional life, the emphasis was on profit. In my own trade, it was always important for me to acquire more machinery and equipment. I was tense, serious, and health-wise I was on a declining path. My only relaxation came from a small vineyard and alcohol. At the weekend, I was often drunk.

HELP WITH PEST INFESTATION

Danica, his wife, reports that, “The roses in our garden were plagued annually with greenflies, which we always needed to combat with chemicals. After my Introduction to the teaching of Bruno Gröning in 2008, I found out that also with this kind of thing the Divine Heilstrom can help. In June of 2009, I noticed that the young rosebuds were again full of aphids. They were all over the stems and buds. On the other side, the runner beans were full of black aphids. Instead of using chemicals, I did Einstellen and consciously took in the divine healing power for our plants. I did this once and then forgot about it. After only a few days, I noticed that all plants were beautiful and healthy – without any sign of aphids. It has stayed like this until today. I am grateful that we no longer have to use chemical pesticides.”
After getting to know the Bruno Gröning Circle of Friends, I discovered my intense love for horses. Since the healing of my back pain, I can now go for a ride every day without experiencing any problems. Thanks to the milk from our own cows, we can produce our own butter and cheese on our farm. In addition, we have fruit trees and a small herd of fallow deer. My wife looks after a big vegetable patch and has already received much help in this respect by doing Einstellen*. After I was able to stop drinking alcohol in 2009, I cut down most of the vines and thereby gained grazing land for our cows and horses. Working out in nature fills me with deep joy and happiness. It gave me back the light-heartedness of my childhood”.

CARING ABOUT SMALLER BUSINESSES

For Jozef J. the exchange with other farmers of the Bruno Gröning Circle of Friends is also very important. “At one of the conferences in Germany, I met Jürgen K. and since then I take part in the internet community hours. At all of our own country’s Conferences and those of neighboring countries, the farmers get together. My heart-felt wish is that in future also smaller businesses can manage to exist. I think it is very important that the animals are kept appropriate to their species. Many farmers were financially not yet very well established. At our meetings, we do Einstellen together, in order that the labor of farmers may be adequately acknowledged and recompensed. I also want to impress upon the farmers that money is not the most important thing and that a connection with nature and with God ensures quite a different quality of life and gives an inner wealth.”

* see explanations page 19

“In the seed, God has given everything to man, and into that seed He has imbedded its purpose. We, in turn, have to look after His seed. We have to make the land arable, and we have to work it. We must put the seed into the soil, and there God reveals to us His whole glory and magnificence. What emerges from it – with this fruit we can fortify our body. This is what God has ordained, and it is right.” Bruno Gröning
It is different with this movie. It has been running now with great success in cinemas and mobile units all over the world for 15 years. This despite the fact that movies with spiritual content are a rarity in commercial cinemas. So far, The Phenomenon of Bruno Gröning has been shown 12,400 times in around 100 countries. Approximately 330,000 visitors have watched it and many of them were impressed by it.

NINE-YEAR WORK
The thought to produce a documentary on the life of Bruno Gröning, had existed for some time in the Bruno Gröning Circle of Friends. In 1993, after completion of the movie The Miracle Apostle and its subsequent screening in movie theaters, a new, and even more elaborate project, was started. It took nine years to complete.

The Bruno Gröning Friends needed the whole of 1994 for the preparations and to do research. They found a lot of material in the archives, studied numerous reports of contemporary witnesses, visited actual locations from Danzig to Paris, and collected more and more data and facts. More than 80 interviews with contemporary witnesses were combined with original footage from news reels and excerpts from TV broadcasts. Hundreds of photographs, slides, and documents were copied on film. In addition, time-consuming scenes were filmed. The clapper board announced the first take in February of 1995.

More than 70 hours of movie material were accumulated. This enormous amount had to be viewed, sorted out, and cut. It soon became clear that the original idea of producing a movie for one evening only, could not be adhered to. The subject could not be dealt with in two hours. The life of Bruno Gröning could not be squeezed into the usual norm. The solution was to produce three movies of nearly five hours duration.

TOUCHING SCENES
In the 1950’s, Bruno Gröning (1906-1959) became known worldwide for the extraordinary healings that took place around him. Already in the spring of 1949, thousands of people seeking help poured into the Westphalian town of Herford. In the autumn of the same year, up to 30,000 sick people came daily to the Traberhof in Rosenheim – a miserable army of sick and suffering people. Each one of them wanted to meet Bruno Gröning. For many of them this was the last hope. Beaten by the circumstances of war, given up by the medical profession, these people had only one wish – to regain their health, to be free of distress and pain. Bruno Gröning was to help them. And this he did, saying, “There is no incurable – God is the greatest physician”. And the inconceivable happened – innumerable ailing people regained their health, the lame could walk again, the blind see.

Soon opposing forces came to the fore. Many medical doctors were observing the happenings with
criticism. The media had its sensation. A smear campaign began. The authorities became involved. The Federal Office of Justice wrongly accused Bruno Gröning of fraudulently practicing as health practitioner – later found to be not true. On January 26, 1959, Bruno Gröning died. The documentary depicts these events impressively.

FROM BERLIN TO NEW YORK
On October 3, 2003, it finally happened – the documentary The Phenomenon of Bruno Gröning had its premiere in the Toni Cinema in Berlin-Weissensee. At the same time, the movie was also screened in the Maxim Cinema in Munich. Shortly thereafter, the documentary was run in German-speaking regions from Kiel to Vienna, from Oberhausen to Dresden. Besides Germany, Austria, and Switzerland, there were also shows in the neighboring Netherlands, impressing viewers. Thanks to modern technology, the heavy celluloid reels were soon to be discarded and three DVDs sufficed. This meant that the documentary could be shown not only in cinemas, but also in venues rented by the Bruno Gröning Circle of Friends, in so-called mobile units.

The leap over the ocean happened for The Phenomenon of Bruno Gröning at the end of March 2005. This was the first time the movie was screened in an English-speaking location, in New York. Even here, it was received with great enthusiasm and emotion. A further highlight followed on April 22, 2009, – The Phenomenon of Bruno Gröning was shown at the documentary film festival in the Polish town of Gdansk, the birth town of Bruno Gröning. By now, the movie was running successfully throughout the world.

The documentary is, however, more than a documented view of the past. Many viewers report that while watching it, they suddenly feel an energy, a tingling, a flowing throughout their body. Some of them even report that they are free of pain, of handicaps, or other adverse affections. For most of them, this is a new experience. Gröning died in 1959, yet, extraordinary healings take place even today. How is this possible? The power, which came through Bruno Gröning while he was alive, can be experienced even to this day. Not only can illnesses be healed, but also drug addiction and help can be received in various crises of life, emergencies, or from other blows of fate.

It is so great that, purely by watching the documentary, healings can take place. Medical doctors confirm success. The moviemakers are amazed that viewers can report such experiences. Thomas Eich, one of the directors, confirmed that no one could have anticipated such effects. Nevertheless, such things do happen. Bruno Gröning prophesied that, "Healing will take place all over the world." The documentary The Phenomenon of Bruno Gröning proves that whatever happened long ago is still possible today.

For further information regarding the movie, as well as up-to-date showing times, visit:
www.bruno-groening-film.org

VIEWER COMMENTS

“I felt as if I was hovering between heaven and earth, all the pain in my back had gone.” (J.F., Australia)

“I have been in the Circle of Friends since November and have experienced much relief health-wise. I am grateful and fully astonished to feel relief after years of illness, for which medical doctors had no answer. My own doctor is even amazed . . . I consider it a miracle.” (A.W., Cuxhaven. Germany)

“A most impressive documentary, it really touches the depths of one’s heart – this should be seen by everyone at least once.” (D.H., Leipzig, Germany)

“The whole day my neck was stiff. After seeing the movie, everything was ok again, and I could move my neck normally again. I am impressed by his words and deeds.” (A.S., Croatia)
"I love holding a camera in my hands"

FILM MAKING IN THE BRUNO GRÖNING CIRCLE OF FRIENDS

Karin Strobl says that to record events and emotions of the moment is the “most rewarding” task. She comes from Austria and is head of the film-making team since the autumn of 2017.

Coming across a poster in a health food store profoundly changed the life of Karin Strobl, from Vienna, and her family. It was a poster inviting people to a medical information lecture of the Bruno Gröning Circle of Friends. In the year 2001, she had a number of health problems, which troubled her greatly, most of all an unsightly eczema-like rash, which also affected her face. For this reason, she intuitively went to that lecture. “I immediately felt a strong energy”, she said, still visibly moved thinking of it. She took her mother with her to the follow-up lecture which took place on Palm Sunday. Her mother received a spontaneous healing of high blood pressure. Karin Strobl did not have to wait long either. On Easter Sunday, she woke up with a disfiguring rash in her face. She had heard of possible Regelungen* and after a while accepted the reaction as such. A few days later, the rash disappeared and has never come back since. Her husband and their four children were also introduced to the teaching of Bruno Gröning. Now the whole family experience often experience help and healing. For Karin and her family, the Circle of Friends is a life-long learning opportunity, enabling them to grow, pass tests and also to prove the efficacy of it.

A SPECIAL COMMUNITY

Karin Strobl is overjoyed that she has the opportunity to attend the only English-speaking community* in Vienna. This international community was started in 2017, following a medical lecture at the UN. Besides New York, Geneva, and Nairobi, Vienna is one of the four main headquarters of the United Nations. In her eyes, the multi-cultural mix mirrors the international ties of the Bruno Gröning Circle of Friends. Everyone reports out of their own cultural background and since English is spoken, as the common language to all, she always has the feeling that the whole world is listening in. "When I attend this community, it is like a home-coming to me."

Due to this professional background, it was clear that her first task in the Circle of Friends would be in the area of public relations. She did not remain in this area for long, however, as filming proved to be more tempting for her. Before getting involved with the filming work in Austria, which lasted for a few years, she schooled Friends who were interested in this work. She enthusiastically relates her film-schooling task during the Family Hiking Weeks in Filzmoos. There it was possible for her to familiarize young Friends with the cameras, and allowing them to experiment with lighting and film editing. One of the most engaged helpers in her present position is a Friend, who, when he was 13, discovered at one of those schooling sessions...
his passion for filming. In the meantime, he has founded his own company, is self-employed in this field, and is passing on his technical knowledge and visual competence to the Circle of Friends.

Filming started in the Bruno Gröning Circle of Friends with documenting conferences. Today also, each conference is covered by a film team, who record every report and contribution on the stage. These videos are archived. Interviews with those who received healing are recorded by voluntary, dedicated, Friends. Such reports are very useful as they can be archived for internal use, but also released to the public with much benefit and can be seen on YouTube, for instance. Another aspect of the filming work is the production of documentaries within the Circle of Friends. That work is carried out by specially selected teams.

A RESPONSIBLE TASK
Karin Strobl has been leading the film work in the Bruno Gröning Circle of Friends since the autumn of 2017. It was easy for her to say ‘yes’ to this task on account of her professional experience and her enthusiasm for filming. After completing her master in comparative religion, Mrs. Strobl intends to fully devote herself to this task with dedication. This is needed because possibilities with film have developed to such an extent in the past few years. The media world is faster, more flexible, and due to this also more complex. Anyone can now use smartphones to produce high-quality videos and use free of charge editing programs. It takes a few minutes to distribute these videos to social media or communication channels like WhatsApp, and the whole world can view them. This is a great chance to spread the teaching of Bruno Gröning throughout the world. However, it is also a big challenge because, unwittingly, messages could be released which are not in the interest of the Circle of Friends. Everyone involved in this filming work is therefore under an obligation to take great care.

Everything that the eyes take in, leads to emotions and has a powerful effect on people – it touches the heart straight away.

A few weeks ago, Karin Strobl experienced how effectively a small video can bring about a change. She was on a business trip to Sarajevo. Sitting alone in the hotel room at night, she felt sad and overwhelmed. At that moment, quite surprisingly, a Friend sent her a video about the Hiking Week in India. He had documented this on his own initiative and cut it down to 20-minutes. This film touched and opened her heart, and after this, she was again happy and full of confidence.

EINSTELLEN HELPS
Einstellen* helps Karin Strobl and her team to use this powerful tool in public relations work respectfully and for the good of all. The increasing number of team members also entails a change in visual imagery and esthetic culture. This is wonderful as it represents the diversity in the Circle of Friends. At this moment, the team is trying to develop a unified graphical framework, which allows the filmed material to be easily identifiable for the viewer. This also concerns the presence of the Bruno Gröning Circle of Friends on the YouTube internet channel, which is being revised completely at the present. There is much to do, and it is and remains to be an exciting and important work. Anyone interested in joining the team, is invited to contact Karin Stroble at: strobl.bgf@gmail.com

* see explanations page 19
WHY FOLK DANCING?
Beside the spiritual songs and pieces of music, folk songs are also selectively sung and folk-dances performed. Now the question is, why?

People often join the Bruno Gröning Circle of Friends because they have experienced a deadlock, being spiritually and physically at the end. Bruno Gröning let people know that diseases can develop due to wrong living, negative habits like wrong thoughts, wrong speech, wrong actions. In the Circle of Friends people learn to apply the rules of life. Based on the intake of the Heilstrom*, they have enough strength to think positively, to use good speech, and to act correctly. Using the beneficial divine power which they receive in the community hours, and with changed lifestyles, health can, sooner or later, be restored in body and soul, as a logical consequence. But what with the young, the children, and the adults, who are perhaps not burdened, but completely healthy? Should they not be in the Bruno Gröning Circle of Friends? Bruno Gröning said that the healings taking place are only five per cent of his commitment and that his actual task is in leading humanity back to the good, to God, to peace, calmness and happiness. This does not only concern individuals, but all peoples. Bruno Gröning’s work was to connect people with God and to unite them among themselves.

So why do people have to hit rock bottom first, before picking themselves up with difficulty, in order to find their way back to God, to life, to themselves, to other people and to the whole of creation? Would it not be simpler to learn as a young person how to observe life’s rules correctly, and to apply them, and to partake of life energy regularly – just as taking in nutrition for the body? How much suffering would people be spared!

This was the thought of Grete Häusler, the founder of the Bruno Gröning Circle of Friends - herself a mother of five in the 1980’s – who also started the youth communities. She was also aware, however, of the pull the discos exerted on the young with their relevant rock and pop music. The lifestyle developing on account of such music, was not exactly positive for young people to her mind. She also said that, "I cannot take away something from young people, without replacing it with an alternative." As a young woman, she was herself enthused by folk-dances, and so she called a specialist from Austria, her old home country, and started training the few young people...
at the time in her sitting room, in folk dancing. To start with, she received astonished, skeptical, and not at all enthusiastic glances from the young, but then the folk dance conquered the Bruno Gröning Circle of Friends and has, in the meantime, become a popular addition, especially in the youth communities.

**EXPRESSING PURE JOY OF LIVING**

Up until now, many people in Germany – not only youngsters – turn up their noses when they hear the term “folk dancing”. It appears to be something so old-fashioned, ultraconservative, and from the backwoods. But in many countries folk-dancing has a local value in society and serves people to express their pure joy of living on the occasion of celebrations and festivities. It strengthens the community spirit and gives especially young people a safe, and leisurely, way for integrating and getting to know one another.

Have you ever seen anyone laughing heartily in a disco? While performing folk dances in the annual youth week (youths from the age of 14 to 27) in Bollmannsruh, at the Beetz lake/Brandenburg, this is no rarity.

Felix P., of the Bruno Gröning Circle of Friends, is an enthusiastic dancer and he tells us that, “The sun shines brilliantly in the sky, in the background the glistening waters of a lake, and in the forefront a meadow with many joyful faces, eager to dance together. There are numerous types of traditional costumes and regional dresses. Today, all of them dance together. The ‘ladies’ are asked to dance by the ‘gentlemen’ and together they join the large circle. The music begins to play and the Grand March starts, moving in a circle to start with until all the couples face various directions, producing a large formation. Rows are created and couples dance through them. Passing couples greet one another and everyone gets to know all who are taking part in the joyful dance for that day.”

This Grand March, as the very first dance is called, is the opening dance for the week, and the ‘Colourful Afternoon’ is the finale. To this he adds that, ‘The Colourful Afternoon’ consists of contributions from many countries of the world. Folk songs are sung and folk dances danced. They come from Germany, Austria, Switzerland, Belgium, the Netherlands, England, Ireland, Italy, Poland, Rumania, China, Mongolia, South Korea, Canada, Mexico, and Peru. Each country performs their own cultural traditions.”

Folk dancing, therefore, is not only a useful tool for the young people’s own development, but also for stimulating the understanding between the various nations. How better to get to know the mentality of a nation and its people than through their songs and dances? Hardly through TV news, has which more often than not resulted in the opposite.

In 2015, the German Cultural Ministry included the folk dance movement in the national ‘Register of Immaterial Cultural Heritage’. This was an important step in making folk dancing acceptable again in society.

And so we come back to the question, ‘Why do we have folk dancing in the Bruno Gröning Circle of Friends?’ Because moving the body is healthy, and because dancing keeps us anchored in the here and now, keeping us away from negative thoughts and worries - because folk dancing brings joy, and because everyone can do it, big or small, young or old, and because folk dancing unites people.

Bruno Gröning was no healer in the traditional sense. "I call you to turn around", he said and with that he meant turning away from suffering, coming back onto the divine path, which brings joy and happiness to mankind. Therefore the Bruno Gröning Circle of Friends is more than "only" a spiritual path to obtain help and healing. It gives people the opportunity to reorder themselves, so that they can lead a happier, more fulfilled life. This includes that people learn to appreciate festivities again, with dancing together, and singing to happy, uplifting music.

* see explanations page 19
It was in March 2018, in Pakistan, a country in southern Asia. In the south-west it borders onto Iran, in the west onto Afghanistan, in the north it shares a border with China, and in the east with India. A hot haze hangs like a huge bell above the roofs of Karachi. The dust off the road blows into the faces of the pedestrians. They are skillfully dodging hooting cars, horse carts, mopeds and auto rickshaws, to get to the other side of the road. Seemingly, there is only one recognized, general traffic rule – whoever drives is in the right.

One of the cars is driving in the direction of the airport. The Pakistani passengers inside are somewhat nervous – they are to collect two men coming from Germany, who are carrying something special in their luggage.

At the same time, these Germans are disembarking from their aircraft. It is their first trip to Pakistan, they know no one, and they have only a photo of their contact. There is no detailed schedule worked out – they only have one aim and that is to give a report to the people of Pakistan of how they have changed their lives for the better.

**STAYING WITH HOSPITABLE FRIENDS**

How it all happened:

During the International Schooling Week of the Bruno Gröning Circle of Friends from December 27, 2017 to January 1, 2018 in Geseke, Germany, Elfi F-G., the mentor for India and Pakistan, asked for support. Gerhard L. and Oliver K., two Bruno Gröning Friends, responded to this request. They were overjoyed when they learned in the course of their preparations, that they were to travel together. Two months later, the meeting with the two Pakistani Friends took place in Karachi. Oliver K. reports that, “We were collected from the airport by five locals. Despite not knowing one another, the welcome was very cordial and we immediately felt taken care of. Saleem G. was our host, and we stayed with him and his family. He had been introduced to the teaching of Bruno Gröning beforehand and had asked that the people of Pakistan may all learn about the teaching. Saleem G. knows many people and he organized daily meetings. One day, we gave an information lecture on help and healing on the spiritual path, based on the teaching of Bruno Gröning, to all the personnel of an estate agency. There was not much space there – the employees simply turned their office chairs around and listened closely.

Later, we drove through narrow, dark passageways full of potholes, to the house of a Friend. On entering the house, the whole, large family, with many children – at least 30 to 35 people – welcomed us. Also there, everyone listened with concentration. We all felt a special connection.”

**NEW COMMUNITIES**

The Islamic Republic of Pakistan is more than twice the size of Germany and has two and a half times the population. Karachi, the former capital, is totally in the south, by the Arabian Sea and is one of the largest cities of the world. Near the present capital Islamabad, in the far north, lies the town of Peshawar. From there, a Friend travelled 24 hours by bus to Karachi in order to listen to the information lecture. He joined the other Friends and accompanied them on their three-day trip. On his initiative, a Community has since been established in his hometown.

The community in Karachi is also expanding. Mr. Sunil B. lives in this town. Since last year, he and his friends are intent on spreading the word about Bruno Gröning and his teaching. The healing he has experienced personally has motivated him to do so. For 20 years, he had been
dependent on chewing betel nut. This is the fruit of a palm tree, which has been chewed for hundreds of years already in Asian countries. The effect is similar to consuming drugs and the side effects are equally detrimental to health. Since living by the teaching of Bruno Gröning, his dependence on betel nut has disappeared, and so has his consumption of alcohol. Out of heartfelt gratitude and conviction, he keeps reporting his healing to as many people as possible.

IMPROVISATION IS EVERYTHING

Gerhard L. is impressed. “The warmth of the people we met in the course of our trip, has touched me deeply. Of course, there were also some hindrances or unusual happenings like power failure, a completely different W.C. culture, the hot weather and the extremely cold air-conditioning, let alone the hazardous traffic conditions on the roads. Our hosts were, however, luckily experienced in all this and were able to manage everything to the best of their ability. One remarkable experience was that to our amazement they wanted to have our photographs. The next day, we realized why. They showed us a 1.5m long banner, with printed photographs of Bruno Gröning and ourselves. This banner was displayed at every information lecture.

Thanks to Mr. G. and his many contacts, we were busy every day from morning until late at night. Many visitors felt the Heilstrom* during the lectures. It does not matter where in the world one is, the Heilstrom can be experienced everywhere, irrelevant of who you are, where you are, or what you do – and it helps according to the experience of our Pakistani Friends.”

After five days, the two Germans took leave of their newly gained Friends in Pakistan and flew on to Dubai, situated on the Persian Gulf, and the largest city of the United Arab Emirates – of which there are seven. Here they were in a different world. You cannot find creaky horse carts and crowded auto rickshaws there. In this rich city, even the bus stops are air-conditioned. Dubai has the largest shopping center in the world, and at the seaside, groups of islands were created in the shape of the world map.

Thanks to the support of the Pakistani Friends, Gerhard L. and Oliver K. were also received with kindness in Dubai. After giving a few information lectures in the town itself, they drove about 30 km to the Emirate of Ajman, the smallest of the seven emirates. More than ten people waited already in the backroom of a car repair shop. The room turned out to be the bedroom of the workers, and although the bunkbeds took up a lot of space, there was enough room for everyone. We noticed quickly that most of the people present did not understand English. One man offered his help and immediately translated everything into Urdu. He had broken his arm, but after the plaster was removed that very day, he still had to hold it in a sling. The Friends gave him a picture of Bruno Gröning and he translated half the evening without interruption. When those present were asked at the end of the lecture whether they had felt anything, they all replied with ‘yes’. The translator reported that he had not been able to open his hand since the accident, but that during the lecture the pain became gradually less, until it disappeared completely. He was able to open his hand again and took off the sling the same day.

OUTLOOK

Leading up to the next trip, the European helpers will remain in touch with the Friends in Pakistan and Dubai by internet and telephone. It is also envisaged to hold online lectures and to give individual support. In the autumn of 2018, Oliver K. and Gerhard L. will fly to Pakistan and the United Arab Emirates again, to support the communities and to help the locals spread the teaching of Bruno Gröning in their own country.

* see explanations page 19
Healing from Alcoholism
GABRIELA MAGRINI, AGE 49

Without first drinking alcohol, I could neither sleep nor leave the house in the morning.

In my spare time, I had a job in a bar. At the end of the day, we often sat together and had a drink. Around the year of 2003, I was very stressed out at work, and on top of it my partner died. I drowned all my sorrow and worries in alcohol. Without prior consumption of alcohol, I could neither sleep nor leave the house in the morning.

ONE LITER OF VODKA A DAY
Due to pressure from my family, I started a detox treatment. During the 4-week stay in the detoxification clinic in Wattwil, it was the first time that I actually became aware of the extent of the problem, as by that time I had already been drinking one liter of Vodka a day. After this stay, I felt very well, but the craving kept coming back. A number of attempts to do a cold detoxification at home also remained without success.

A dear friend spoke to me repeatedly of Bruno Gröning and his teaching. One day she told me that the documentary film The Phenomenon of Bruno Gröning was going to be shown nearby. Being a very visual person, I liked the idea. On June 1, 2008, I filled a water bottle full of Vodka and went to see this documentary. Completely exhausted, but with a comfortable feeling derived from watching the film, I went home. On June 5, 2008, I was introduced to the teaching of Bruno Gröning.

THE STRENGTH TO BELIEVE
From the start, I regularly attended the Community Hours and even took on a task. During the community hours, I often had a strong feeling of inner unrest. The craving for alcohol still ruled my life. There were attempts at cold detoxification — it was impossible to rid myself of the addiction. The support of the Friends in the community* was tremendous. Friends who did Einstellen and took in the Heilstrom* for those most in need of help, did this also for me on numerous occasions. This is how I continued to find the strength to believe.

On Saturday, February 15, 2014, while cleaning out a room, I found a bottle with a bit of liquor in it. Instead of emptying it out, I drank it. Something very strange happened after that. Suddenly I felt hot, and in turn started to sweat, and then feel freezing cold. I also had diarrhea and vomiting. After the most difficult 24 hours of my life, everything was over. Completely drained; my only wish was that alcohol would disappear out of my life.

FREE AND EASY
About a fortnight later, I noticed that since that particular Saturday, all craving for alcohol had disappeared — there was no thought of it, neither after a long working day, nor at night. It became clear to me that this was my healing! It was like waking from a bad dream. I felt completely free and calm.

On Good Friday, my mother had cooked a Swiss soup containing wine. Although the alcohol had evaporated while cooking, I still found the taste of it nauseating. This was further proof to me that I had attained my healing.

The Heilstrom* gifted me a new life, and for this I am extremely grateful.

Psychologist’s Comment:
Mrs. Magrini suffered from severe alcoholism since 2003. She had inpatient therapy, had a number of unsuccessful detox events, and succumbed frequently to her addiction. In 2008, Mrs. Magrini came across the teaching of Bruno Gröning and lived accordingly. In 2014, Mrs. Magrini experienced a complete healing from one day to the next and lost the craving for alcohol from then on. This progress is most unusual and from a psychological point of view this would not have been expected.

* see explanations page 19
Bruno Gröning has not written an autobiography or any other autobiographical résumé covering his life. However, there are various lectures, written documents, personal data sheets, and interviews, in which he commented on different stages of his life. For this series of articles we have selected some of these autobiographical statements and put them together in a chronological sequence.

After allowing the medical investigation in Heidelberg from July 27 to August 7, 1949, Bruno Gröning went to Bavaria. In late summer and autumn, sensational developments took place there on the Traberhof, in Rosenheim. Bruno Gröning described it in 1950 thus, “Hülsmann had made contact with Munich and, as I found out later, in particular with the journalist Slaweg of the Munich Evening Paper. Slaweg had offered Hülsmann the establishment of a sanatorium. Later, this turned out to be the Traberhof in Rosenheim. Mr. Harward, the owner, received me and asked me to be his guest. Mr. Harward provided me with a furnished apartment, so that I could move about freely in this house, and he also allocated rooms for those who accompanied me. Food and drink, and accommodation, was given free of charge to myself and my companions.

The first few days, there was heavenly peace. Gradually, journalists, medical doctors, and patients arrived. The latter came in increasing numbers so that eventually not only the house was overcrowded, but the area in front of the house and the surrounding land was also besieged daily.”

In his life story, Bruno Gröning wrote in 1956, “Wherever I turned up, healings took place. On some days in September 1949, the area before the Traberhof was covered with 30,000 people who came from all parts of Germany, and from other parts of the world.”

TALKS AND LECTURES
When large crowds surged to see Bruno Gröning, he gave short talks to teach the people seeking healing how to regain their health. At the Traberhof, in Rosenheim, some of these lectures were taken down in shorthand. Below are some excerpts.

WHO HAS THE RIGHT TO BE HEALED?
“Who receives, and who has the right to healing? The person who cherishes the belief in God in his heart and who is willing to live according to this belief. There are people who lost their belief years ago, who put aside their belief years ago, and who moreover, have dragged it through dirt and filth. I am letting you know that all of you, living here..."
in this big, divinely created world, are really God's children. The only physician, the physician of all people, is and will always be our Lord God. Only He can help, but He helps only the person who has found the way to Him, or, as I said before, is ready to walk the path, to accept the faith and to live with Him. You do not have to believe in little Bruno Gröning, but you have to trust me and thank the Lord God for His great deed, His power, for His splendor. I do not want you to thank me – no – I do not even deserve your gratitude. I am doing my duty, just as you do in your own profession. It is entirely up to the person, in that he has liberated himself, so that he can receive healing. This means that he has to be pure. He must know that he should be no blasphemer. He must know that it is his duty to feel a connection with God, and to live with Him. Then he is pure."

"I could bring about a mass healing by saying that all the sick people of a town, or of a country, should be healthy again! But would not more be lost thereby than gained? Would the bad among the sick be ready to turn around? Would they not misuse their regained health? No! First, man must have an inner change of heart; first he must be prepared to pluck the evil out of himself and to find the path to God. Only then is he worthy of being healed."

BACK TO NATURE
"Centuries ago, man strayed from the path of nature, away from the belief in our Lord God. Everyone believed that they could manage on their own. ‘Now we are on Earth, now we can make everything to our liking and we will know how to look after ourselves.’ This is what everybody believed. But I let you know that no one can be helped without our Lord. And, whoever thinks he can do without nature which has so beautifully been created for us by our Lord, he can go wherever he pleases. Man believed that he could turn his back on nature and instead climb the stairs of culture. This is where the mistake lies, here it is, here is everything that is missing – nature. Back to nature! Back to our Lord, back to our belief in the good inherent in man!”

ASSURING PEACE IN THE WORLD
"Until now there has been hatred and envy not only among the Germans, but among all the peoples of this earth. This too must end one day. The end will only be reached when everyone has found the path back to faith. Then there will be no hateful between them, between the peoples of the earth. World peace will then be assured."

LOVE YOUR NEIGHBOR
"You should be human to other human beings. Love your neighbor as yourself! Do not be spiteful, be not false, do not harm anyone! You should all be good, good to one another. You should know that you belong to each other, whether rich or poor. Never be envious! One has, and the other one has not. The best and the greatest of riches is not money, as you thought, health is wealth. Health is everything, more than money. And that is why you do not have the right to say about someone else who has more money than you have, that he is richer."
LIVE THE BELIEF
"You only have to give me your trust, not just in my presence, but equally everywhere, wherever you may be. What is most difficult in this is that, a person should give in to his inner divine belief and live accordingly. It should not be done the way it was predetermined so far – to go once a week, on Sundays, to a place of worship*, there to pray, and then to leave it again for the week, and move about in whichever manner they desire. This is wrong. When I say that I believe in God, then I also have to be the person, the role model, and must show that I am a good person. [Interjecting, a help-seeker gives thanks to Bruno Gröning for his successful healing]\n
Do not thank me, thank our Lord God. Thank Him your whole life long! Prove it that you are truly a believer! Go to your place of worship, pray there sincerely! Not in the manner it was done until now, that the individual, maybe also many, went there to see what clothes people are wearing and to gossip about them, and other such dirty things, as I have witnessed with my own eyes and ears. One should not do this. When you go to your place of worship, you should be reverent and thank the Lord for all the good He has done for mankind."

(*meaning either church, temple, synagogue, mosque, etc.)

ABOUT THE TIN FOIL BALLS
In 1949, there were intense discussions about the tin foil balls Bruno Gröning distributed among those seeking help. He commented on this at the Traberhof saying, “When I have touched a silver ball – a small simile of our world – then all the energy surrounding our earth enters it, and this connects the person with a divine energy that never wanes.”

"Certainly there are people who are good and faithful and yet cannot at first comprehend the silver ball. Their mistake is that they are impatient. With many people, their feeling sense has become so limp or dull, that it has to be re-awakened. It can take minutes, hours, days, or weeks, until new life appears in it. However, the power in the silver ball begins to heal the moment it is touched for the first time. It is just that the sick person could not perceive this at first."

To be continued.
30 Years of Hiking Weeks in Filzmoos