“Why can the human being still not believe?”

Bruno Gröning
Dear Reader

At the age of 17, I began to seriously look into religious and spiritual matters. I also came across the commandment "Love your neighbor as yourself." I had already heard this at school, but now it became significant for me. I would have liked to have lived according to this. But back then I had completely different priorities.

I played in a rock band, mostly wore black clothes, smoked 30 to 40 cigarettes a day, drank a lot of alcohol and spent endless amounts of time in front of slot machines.

My lifestyle didn't match with the things I was interested in and which were becoming more and more important to me. That became problematic for me. When a hunger crisis in Ethiopia shook the world at the end of 1984, it also sent me into a crisis. How could I live the way I did while people were starving to death in Africa? But my life was what it was. I couldn't change it. I couldn't stop smoking, drinking, gambling.

New Year’s Eve 1984 I argued with God. What's with all those beautiful words when you couldn't live according to them? That evening I heard the name Bruno Gröning for the first time.

Four months later I went to a community hour. Here I found what I had been missing - the power. The power to change. Immediately I stopped smoking, drinking and playing gaming machines.

What I had tried to do so many times before and never succeeded in doing, I now achieved.

Since then I have been involved in the Bruno Gröning Circle of Friends and help so that people who are suffering can find their way back to health and happiness again.

For over 30 years I have observed how people who came to the Circle of Friends sick, having given up, or in a hopeless state, experience help and healing, blossom and many then find it important to help others. I observe and experience how the word "love for others" becomes real again, how people actually put their own interests, hobbies or desires aside and work to help their fellow human beings. And on an honorary basis! Without any form of reward!

This journal is also created by non-salaried volunteers. Their only motivation is compassion and love for their fellow human beings. That still impresses me deeply after more than 30 years.

Thomas Eich
Bruno Gröning’s Public Activity Began 70 Years Ago

HERFORD 1949

No matter where he was, Bruno Gröning (1906-1959) helped people since his early childhood. He always went where people called for him. So he was on the road in 1949 and visited the Hülsmann family in Herford on 15 March.

Their only son, the nine-year-old Dieter, urgently needed help. After ten weeks of lying in bed, he was able to walk again. Due to his still unsteady gait, there were later controversial opinions on the "case" and whether it had actually been a healing. The investigations of the correspondents Bongartz and Laux from the magazine "Revue", under the scientific direction of the physician and psychologist Prof. Dr. Fischer, shed light on the matter:

From the report titled "Revolution in Medicine" on August 14, 1949 in the “Revue” magazine: "Dieter Hülsmann had never really learned how to walk. But one had not recognized the real nature of his suffering. For a long time he was in plaster casts. After all, Progressive muscular dystrophy, i.e. progressive muscular atrophy, had been diagnosed at the University Hospital in Münster.

After an almost one-year stay in Bethel, one of the doctors there declared: "You can leave the boy here. You can also take the boy home with you. Nobody can help him." The child could no longer sit, he had icel cold legs. Warm blankets, hot water bottles and heating pads were not able to relieve the constant cold and numbness. In this state Gröning had carried out a one-off treatment. Shortly afterwards the boy felt a violent burning sensation in his back and a sudden warming of his legs. It stopped and the boy was able to walk again, albeit shakily. [...] Professor Fischer, after closer examination, was of the opinion that it was in fact a neurotic progressive muscular atrophy, i.e. a degeneration of the nerve that extends from the spinal cord to the muscles and apparently influences their nourishment and development. [...] "It could not be denied that the degenerated nerves had experienced an unusual revival and this revival had been transmitted to his leg muscles. The thing that amazed us the most, however, was the fact that Gröning's diagnosis was incredibly close to the anatomical reality. [...]"

Gröning had spoken of a nerve rupture in the spinal cord and had described the area. [...] Here the boy had felt the aforementioned burning and afterwards a strange fluttering, which Gröning called the beginning of regeneration and likened it to the flickering of a light bulb, into which electricity ‘flows’ slowly. This explanation sounded primitive. But it was so close to reality that this experience touched us deeply."

From father Hülsmann’s report of March 18, 1949, it appears that Bruno Gröning’s "diagnosis" went much further and included everything in the body that was in trouble: "The diagnosis Mr. Gröning made in front of six witnesses was as follows: pressure areas in the back of the head (small brain) and on the forehead. Tightness and constriction of the chest, pain in the heart, intestine, spine, shoulders and pelvis. Ruptured nerve fibres from the spine to pelvis, causing both thighs, knees, legs and feet to become numb and cold due to lack of blood flow; thighs also emaciated.

After the influence of Mr. Gröning the blood circulation of the legs started immediately from the thighs [...] My son showed exactly the intermittent blood flow, which now again made its way through the constricted veins. When the treatment was finished, my son had completely warm legs and feet ..."

Of course, Bruno Gröning did not carry out any treatments or make any diagnoses, but at that time people knew no other terms to describe what was taking place.

The father, who had to experience the continuous deterioration of his son despite numerous and long-standing medical treatments and hospital stays, was convinced of the healing and deeply grateful for the daily progress his child made. He decided that such an event should not be kept secret and soon informed the press.

This was the beginning of Bruno Gröning’s public work exactly 70 years ago.
20 Years of the International May Schooling Week
WITHOUT BORDERS – FRIENDSHIP, PEACE AND TEAMWORK

This annual gathering of Friends serves as an exchange of experiences and allows them to get to know the teaching of Bruno Gröning better. Friendship, peace and teamwork on the foundation of love for our fellow humans are fostered and experienced.

The 20th International Schooling Week came to an end on May 19, 2019 with the Spring Conference of the Bruno Gröning Circle of Friends in Geseking, county of Soest, in North Rhine Westphalia in Germany. Bruno Gröning Friends got together from 45 countries, Albania to Uruguay and the United States and from almost all the continents of the Earth.

For all the numerous worldwide activities in the Circle of Friends this annual May Schooling Week is a special highlight. It requires preparation and organization which often starts with the obtaining of travel documents. Before the event, travel and transfers and lodging must be arranged for the Friends. The expertise of the 15-person technical team, responsible for smooth audio and film, for the translation system and for some live-streaming, is impressive.

The energy of the many live translators is always admirable especially when helping or having a task in the Circle of Friends is all done voluntarily. "One helps the other, and God helps all of us" (Bruno Gröning). Translation is done in Albanian, English, French, Italian, Japanese, Spanish, Russian and other languages.

HOW IT ALL BEGAN
1999 Grete Häusler (1922-2007), founder of the Circle of Friends, invited for the first time Friends from other countries to a schooling week to Porz-Urzbach, a neighborhood of Cologne. The idea was that everyone who wanted to support or start a Bruno Gröning community in his country would find out more about help on the spiritual path and easily learn how to organize many things correctly. There were barely 10 Friends there, as well as some helpers and a Friend from Brazil. Since 2004, the conferences have taken place in a hotel in Munich in the South of North Rhine Westphalia which is now the home for these friends, helpers and organizers.

MWF CONFERENCE
As in every year, the International Schooling Week started off with the conference of the Medical Scientific Group for the Circle of Friends on May 11 and 12 in Bad Honnef, a town in the South of North Rhine Westphalia. On Sunday morning some of the attending physicians documented impressive healings, such as a healing from 10 years of continuous diarrhea as result of colon cancer treatments, and healing of 35 years of labyrinthitis, a chronic inner ear inflammation.

SCHOOLING
Dieter Häusler, leader of the Bruno Gröning Circle of Friends since 2007, welcomed the Friends from all the countries to Schooling Week which started on May 13th, 2019. During the week he explained in depth, with lots of examples, the teaching of Bruno Gröning. The friends listened attentively and treasured the in-depth and hands-on oriented explanations. Even in the special areas of the Circle of Friends such as the Success Report or translation work, the donation book table, movie organization, PR work or IT, the Friends received new and interesting insights.

YOUTH COMMUNITIES
An unforgettable experience for the participants was Tuesday evening. Some friends from the Cologne
Youth Community came to Munich and got to meet many of the Friends from abroad and this was very special because of all the many different languages. The evening started with singing and dancing by the youth. A special moment was when all danced some folk dances together regardless of different cultures, spiritual backgrounds and age differences. The joy of dancing together, unaffected by language barriers was very visible. A Friend said "I was touched by the serenity of the young Friends and style of folk dance, and then we started dancing too. It was wonderful." During the Community Hour that followed the youth shared their experiences with the teaching of Bruno Gröning. For example, the healing from an eating disorder that lasted several years, or of agoraphobia in airplanes, touched the hearts of the Friends present. Despite different nationalities or languages important and valuable contacts and heart connections were formed.

A WORLD COMMUNITY HOUR

Through live streaming of the community hours on Tuesday and Thursday evening, Friends worldwide were able to participate via internet and could be present with what the Friends experienced during the week.

A Friend from Uruguay was so happy: "This was the most wonderful gift that I received in my life." A Friend from Kazakhstan said "My soul is enriched through the love of the Friends. I did not expect this hospitality." A woman from Ghana recollected her impressions: "I see, that peace is possible on earth, because there are no boundaries here and Friends trust each other." A Friend from Australia said "We got a taste of paradise, and now we have to go back to where we came from."

On Friday the participants went by bus to the Spring Conference of the Circle of Friends. On the way there, the Friends had an opportunity to visit the grave of Grete Häusler in Hennef and the grave of Bruno Gröning in Dillenburg, as well as to tour the donation book table warehouse in Monchengladbach-Wickrath. On Saturday and Sunday, the Friends listened to reports of the conference participants who had come to absorb the good. Together everyone tuned in to take in the Heilstrom*.

* see Explanations Page 15
Facebook in the Bruno Gröning Circle of Friends
INTerview with Karin Spitz

Facebook was founded in 2004 and has almost 2.4 billion active users monthly, the largest social network in the internet world. Facebook offers the opportunity to exchange opinions, information and news with others.

Mrs. Spitz, how did you find out about the Circle of Friends?
My mother told me about Bruno Gröning and his teaching, but it did not interest me. As a scientist, I rather preferred practical things. In September of 2005 she asked me to help with distributing fliers for the documentary “The Phenomenon Bruno Gröning” and to accompany her to the film showing. There I was very impressed with the happenings around Bruno Gröning and noticed that shortly after that I was freed of menstrual disturbances. In 2006, after a long stay abroad, I got introduced into the teaching of Bruno Gröning. A long eating disorder simply disappeared after the Introduction.

How has your life changed?
Professionally I started my own business in the area of technical documentation and typesetting. I am not sure how I could have managed this without "tuning in." I also volunteer to work on the layout for various fliers, mainly in foreign languages. I help with PR and lead Youth Communities. In 2007 I was present at the celebration of life for Grete Häusler (1922-2007).

This was a memorable event, I experienced a new way of dealing with death. A year later, when my own Oma (grandmother) went home, I felt a lightness. Without this prior experience this would have been very hard to deal with. Formerly, I thought myself to be 'too different' for this world. In the Circle of Friends, I feel accepted just the way I am. I am thankful that I met my husband in the Circle of Friends. We got married and now we are a family with three children. Thanks to doing Einstellen we had wonderful guidance in purchasing a property seven years ago. It was the last one allowed to be sold by the community in a new development.

How is family life in the Circle of Friends?
My changed, positive attitude towards life influences the way I raise my children. Through the connection with the divine energy, I receive guidance to know what is right. This gives me reassurance. My daughter, as an example, wanted to transfer to a different school, not the local one. Even though it seemed impossible, Einstellen helped, and a waiver was issued. My husband and I and our children also visit the Community Hours regularly, and go to Conferences. It is very special that we can do Einstellen together as a family. It is important to model to our children what you spend your time on. We can give them something which strengthens them internally. They are not perfect, but already now they demonstrate good
social behavior. This makes my husband and me very happy.

What does using Facebook mean for the Circle of Friends?
Through new media, computers, smartphones and tablets one can connect within a short time to millions of people around the world and pass on information. The Facebook team of the Circle of Friends posts bulletins and reports, answers questions, uploads films and music and notifies of events of the Circle of Friends. Through Facebook visitors can access the YouTube channel and the homepage. With more 'likes' of visitors on a site, more people will be aware of it. Through world-wide use, the social network that Facebook provides has gained importance for the Circle of Friends. "Go with the times, or you will get left behind" Bruno Gröning said in one of his lectures.

How did you get this task?
I had already taken on the task of Web 2.0, which means that the user does not only consume, but provides content via the internet, for example the Circle of Friends ran small adds. This led to the area of social media (digital technologies and media where people can communicate and exchange topics). Because English is the world language, the Circle of Friends decided in 2013 to design a Facebook page in this language. The site is mentored by German and American Bruno Gröning friends. Since February 2019 there is now also a Facebook page in the German language; this was a long-held wish and was finally fulfilled. Now we have Facebook pages in English, German, French, Italian, Dutch, Polish, Hebrew and Japanese. More are being developed.

What does it mean to lead this task?
For every language we have a Facebook-Team which mentors the countries. I lead all the teams and coordinate pages to guarantee a worldwide unity in the presentation of the Circle of Friends. The German page is mentored by six Friends who all have the same rights. Each one of them is responsible for the posts on a specific day of the week. With notifications a timely response is desired. This means that I stop whatever task I am doing to answer posts.

Are there posts on Facebook that touch you in a special way?
Yes, for example:

"In the last years my life has completely turned around through the teaching of Bruno Gröning. I never thought that I would be so happy."

"The Heilstrom * is all we need. My life became a happy and healthy one."

"In the Bruno Gröning Circle of Friends, I found peace, health, joy and God, whom I looked for very much."

"I don't drink alcohol any more, am calm, and content and enjoy every day."

What is your favorite Bruno Gröning quote?
"Your thoughts shape your life, the way you live it."

* see Explanations Page 15

In the middle, the Spitz couple at the Austrian Family Week 2018 in Pöllau
Due to their hard work and in spite of harshest weather conditions, Alpine Mountain Farmers have in past centuries managed to maintain productive farms in high altitudes and in steep terrain. It is because of their labor that we can enjoy vacationing in the unique beauty of these mountains.

Mountain Farmer P. Schneider lives with his family in Kals/East Tirol which is 1460 meters above sea level and is located directly under the Grossglockner (3798 meters), Austria’s highest mountain. Three of the eight children still live on the farm. From 1980 to 1985, after his parents passed management of the farm to him, he converted to 100% organic agriculture. He states "I was born on the farm and already in childhood and during my youth, I learned how important cohesion with family is." "We have always had a lot of people living on this farm. Partially due to external conditions, mountain agriculture can best be managed through strong family cohesion and through shared labor." The farm has 25 cattle (of which 12 are dairy cows) and a few hogs. During the Summer months from May until September, two alms [an alm is a mountain pasture] at 1800 and 2300 meters are operational and the animals thrive magnificently. Since 2014, all the hay that is fed to the cattle comes from the Schneider’s own farm. Additional labor is needed for maintenance of the high-altitude forest and preparation of firewood. Another mainstay of the Schneider family is the cultivation of Spelt which they started in 1991 and which flourishes in spite of the high altitude and rough climate. Mrs. Schneider uses the flour to bake bread for the family and for guests that come to the farm searching for rest and recreation. "Vacation on the Farm" has become an important source of income for many mountain farmers. Without these varied sources of income, the farm could not exist financially.

FINDING THE CIRCLE OF FRIENDS
"Around 1999/2000 I was searching for a stronger connection to God. At the same time, I had health problems that were difficult for me to handle. Due to shortness of breath because of bronchitis, irregular heart beat and dizziness, I was nearly unable to work for several weeks and had to hire someone to help with farm work. During this time, a book about Bruno Gröning was recommended to me. I read a few pages and found the information to be extremely valuable. I ordered more books and in May 2000, my wife and I were introduced to the teaching of Bruno Gröning. Through the use of the teaching, my health improved and after about six months, I was again able to perform all my work independently. By taking in the Heilstrom, the feeling function is trained and I know much better now how to deal with unforeseen situations. Prayer has always been part of our life but asking for God’s power in Einstellen has brought a much higher quality of life back to me. I feel secure and make decisions with much more confidence."

HELP IN HIS TIME OF GREATEST NEED
"In September 2000, shortly after the Introduction it was time to bring our sheep back down from the alm. However, at that time, I did not yet feel up to the task and I asked two friends to come along and help. We left early and were able to gather
the herd by noon and made good time bringing them down the steep, approximately 500 Meters towards our home. However, the sheep quickly went up the other side of the mountain and got caught in very steep, impassable terrain. Here, I had to climb after them myself. I was completely exhausted physically and symptoms that were present before my introduction surfaced.

In the steep, rocky terrain I was in grave danger of losing my footing and falling off the mountain. It was not even possible to find a place to sit and rest for a while. However, I had a picture of Bruno Gröning with me and I silently pleaded for help. I remembered my favorite quote: "Believe and trust. God’s power helps and heals." I continued to repeat this inwardly so that when the thoughts of falling tried to overwhelm me, they could find no room. Within a few minutes more and more strength flowed spontaneously inside me; I was able to breathe deeply again, the heart became light and the beat normalized. This way, I was able to climb upwards after the sheep for a whole hour and was finally able to guide them out of the dangerous rocky, terrain to the right path and together with my friends was able to safely bring them home. My friends said they could not have done that because this takes great strength, confidence and balance."

HELP FOR ANIMALS AS WELL
"During the years in the Bruno Gröning Circle of Friends, I was often able to observe help and healings of our animals. I have especially learned to value the conscious requesting for and absorbing of the Heilstorm for the wellbeing of our animals. As a farmer in the Bruno Gröning Circle of Friends, I look back with gratitude to the quick healings of injuries as well as healing of bone fractures of cattle and pigs when the veterinarian had offered slaughtering as the only available option."
When young people first come into contact with Bruno Gröning’s teaching, they are not looking primarily for healing from physical complaints, and yet the success report work is also of great importance for the youth.

In a room in the nurses’ home, files are piled up on the desk with lesson material from the last three years. Next to them is a medical textbook, open and ready to skim through. Svenja K. is preparing to take her state exam in anthroposophical nursing. In her spare time she has been active for many years voluntarily in the Bruno Gröning Circle of Friends and leads the Success Report Work for the Youth.

CHILDHOOD

Svenja K. grew up with the teaching of Bruno Gröning. "My parents met at an event in the Circle of Friends when they were young. Naturally they passed on Bruno Gröning’s teaching to their children." When she was a child Svenja K. also attended the Conferences, Community Hours and other events of the Circle of Friends. She was used to it since she was little. As she got older, she became more and more interested in the teaching of Bruno Gröning and the spiritual matters it deals with. "When I was about twelve years old, I could hardly wait to finally be fourteen, and to sit in the big hall with the adults during the Conference. They have longer Community Hours, and I really wanted to hear Grete Häusler (1922-2007) talk about her experiences with Bruno Gröning." Up until then Svenja K. went to the children’s Community Hours with the other children, which took place in a separate room parallel to the Conference for adults.

HELP EXPERIENCED

Since she was fourteen, Svenja K. has gone regularly to the youth community hours. She started to think consciously about Bruno Gröning’s teaching and to question whether everything her parents had told her up until then was true. "I can do Einstellen for all areas of my life and notice that it really helps when I ask for matters that are important to me." One afternoon Svenja K. was helping her mother make jam. When the jam was ready and she wanted to transfer it into a jar, she accidentally poured the sticky liquid over her finger. It resulted in a painful burn. She remembered to do Einstellen and mentally to let go of the pain. At first the pain got worse, but Svenja K. remembered that Bruno Gröning used to speak about Regelungen, and simply believed she would receive help. After three minutes the pain had disappeared and there was no longer any redness. "This experience impressed me deeply. Once before I’d scalded myself with hot water and been in pain for a long time. At that moment I realised that whatever we experience, everything can become good, and we can always ask for help." Svenja K. does Einstellen twice a day as a matter of course, as she notices that it ensures she's in a good mood and receives the power she needs to master all life's challenges. She can trust that she will always receive God’s help, even when the situation looks hopeless. She’s very grateful for the support this has given her in her life, and therefore had the wish to be actively involved in the Bruno Gröning Circle of Friends and to help.

SUCCESS REPORT WORK

Svenja K. has been interested in medicine since she was young. She was a member of the first aid team at her school. When the community leader asked her if she would like to take over the Success Report work in the Youth Communities, she accepted immediately. During a Youth Week in the summer, she took part in a working circle for this subject to learn more about the tasks of the success report leader. She got to know the current leader of the Youth Success Report work, and began to support her in choosing the reports of help and healing to be presented at the Youth Conferences.

Svenja K. at the Youth Conference in Geseke in 2018
"It's a lovely and very varied task. One thing I enjoyed was working with the success report leader who was studying medicine at the time, and examined the reports of the friends from a medical perspective: "Is this really a help, which could not have happened in this way without absorbing the Heilstrom, or is it a normal process according to orthodox medicine?" Another thing I've always really enjoyed is talking to the friends and discovering what they experience with Bruno Gröning's teaching in everyday life, and in the different situations where they need help." In addition, Svenja K. recalls how her self-confidence has increased more and more through doing the task. "It used to be a big challenge for me to be responsible for choosing the helps and healings to report at the conferences."

Svenja K. took over this task two years ago. At present she is working with a doctor to restructure the Youth Success Report Work and establish it on a new footing.

In your youth there are many decisions to be made. First of all, you have to decide on a career or a course of study, then where to live, marriage, starting a family and so on. It has been noticeable in the last few years that many young people move to other cities and change their Youth Community. In some Youth Communities there is no Success Report leader, and because of this, help and healings experienced by young people are often not written down and with time are simply forgotten. "It's a great pity, because young people especially receive a great many very different kinds of help, for example, at school and in their studies, financial help or becoming free of anxieties. We're in the process of establishing an archive where these reports are collected. Before Youth Conferences it can be used to determine directly who could report a help or healing." Many a report from this archive is also passed on to the Adult Communities.

PROFESSIONAL PERSPECTIVES
Through collecting reports of help and healing, Svenja K. has become increasingly interested in medical topics. She particularly values the conversations with doctors from the Circle of Friends. "I always find it fascinating to understand the way they look at things and to hear how they manage to reconcile their experiences at work, where they may be confronted with incurable diseases, and their experiences with the teaching of Bruno Gröning; and despite this, or because of it, get involved here."

Three years ago, after her school leaving exams, Svenja K. began to train as a nurse and now experiences the daily routine in a clinic herself. She is very grateful that through absorbing the Heilstrom, she always receives the energy she needs for her work at the hospital, and still finds enough time to study for the state examination.

*I see Explanations Page 15*
For the anniversary of the 60th Bruno Gröning’s Going Home, the documentary films “The Phenomenon Bruno Gröning” and “The Phenomenon of Healing” were shown about 1000 times worldwide for 3 weeks starting on January 19, 2019.

Mrs. T. is sitting in her home in Japan and is watching the documentary film about Bruno Gröning via YouTube. For six years she suffered from a problem with her eyes: Since a failed operation she is unable to recognize colors with her left eye. The film touches her a lot: every time she is moved to tears, including this time, even though she is watching it for the 8th time. At the end of the film she dries her tears and suddenly notices that she is able to recognize colors again with both eyes. Full of joy she thanks Bruno Gröning from the bottom of her heart.

Remarkable Effect
For the anniversary of the 60th Bruno Gröning’s going Home, the documentary films "The Phenomenon Bruno Gröning" and "The Phenomenon of Healing" were shown about 1000 times worldwide for 3 weeks starting on January 19, 2019.

At the same time the film "The Phenomenon Bruno Gröning" in three parts was uploaded on YouTube in 36 languages - nearly half a million clicks during this time (we reported this in the spring 2019 edition). Since then the Circle of Friends received feedback from people who suddenly notice positive changes in their lives and connect this with the documentary film they watched.

A Film Which Moves You
A woman from Romania suffered for several years from an infection in the jaw combined with constant pain which was caused by dental implants. On a Saturday she went to a screening of "The Phenomenon of Bruno Gröning" and returned the next day to watch the film again. She was very touched and moved by Bruno Gröning’s journey. On Monday she noticed with bewilderment that all the pain was gone and her gums felt totally normal again. Indeed, the infections had disappeared from that day onwards. Excited about this event she wants to introduce others to Bruno Gröning and his teaching in her internet blogs.
DIAGNOSIS DOESN’T PLAY A ROLE
Not only physical healings happened during the screenings, people were also healed from addictions: a man from Germany already tried to stop smoking for a long time. He tried patches, hypnosis, pills and much more, though nothing helped. The withdrawal symptoms were so severe that he relapsed every time. During the introduction of the documentary film he lit a cigarette as usual. Suddenly he had such a disgust of smoking and threw the cigarette in the trash can. Since then he does not smoke anymore. It is noteworthy that he had no withdrawal symptoms.

HEALING THROUGH A FILM?
Is it actually possible to be healed through a documentary film? Dr. H. B., physician, comments: "The healings through watching of the film are just as fascinating as the other healings which happen in the Circle of Friends. People ask for healing and become healthy. Some during a Community Hour, others at a Conference of the Bruno Gröning Circle of Friends and others through watching of a documentary film. But this does not work as with medications. I cannot say: 'If you have back pain drive to the Hiking Week in Austria, and if you want to stop smoking watch the documentary film.' Lastly, the healings are so different, just like the people. They are in a situation or environment which puts them in a position to take in the divine healing power and to let go of the disease. How the healing finally happens, at what point in time and at what location, I do not know. But from a medical standpoint it is exciting to observe. I find it wonderful.”

A CALL OUT OF NOWHERE
During the three weeks of the Chain of Lights from January 19 to February 8 the documentary film "The Phenomenon Bruno Gröning" was also available on YouTube. P. Reisbeck, who is responsible for the worldwide coordination of the screenings of the documentary films experienced a special surprise: "In the year 2002 I was on vacation in Turkey with my parents, my wife, my sister and her then partner Konrad. During lunch a bit of rice got stuck in my trachea. I could not manage to expel this rice through coughing or drinking. Very quickly I became dizzy. I also lost consciousness and fell off the chair. It was a horrible feeling.

Konrad already had experienced something like this at his workplace and reacted immediately. He lifted me up and jerkily pressed with both hands on the pit of my stomach until the rice loosened and I could breathe again. The emergency physician who was called confirmed that without Konrad’s quick intervention I would have suffocated.

My sister and he separated shortly after the vacation and we lost sight of each other. I neither had his address nor his phone number.

Sixteen years later, at the end of 2018, I was watching old vacation films, among them also the video of this vacation. It became vividly clear to me how quickly my life could have ended in 2002 if Konrad had not reacted so well. I felt the great need to thank Konrad again from the bottom of my heart. I gave this wish to Bruno Gröning. Thereafter I did not think any more about the video, Konrad or my heart wish.

A few weeks later on January 1st, 2019 I received a call from an unknown mobile phone number. The caller introduced himself: "Hello Peter, it’s me, Konrad, do you still remember me? You will wonder why I am calling. I watched the documentary film "The Phenomenon Bruno Gröning" on YouTube. It touched me so that I now want to learn more."

Konrad had received my mobile phone number from an acquaintance who also went to see the film. Two weeks later we went to an Introduction to the teaching of Bruno Gröning and also participated in the Community Hour that followed. This moment was moving because I was able to say thank you again from the bottom of my heart for this help in the year 2002. I thank Bruno Gröning very much for granting me this wish so quickly.

HEALINGS CONTINUE
Healing from a film? No, it is neither the film that heals nor Bruno Gröning. He himself always stressed that he simply holds a role as mediator and that it is God who heals.

The basic condition according to Bruno Gröning is "to forget the suffering for a moment, to shake it off" and not to interrupt the healing process by occupying oneself with the disease. Then it can happen as fast as it did with Gisela Knollmann, an eyewitness who reports in the documentary film:

"[...] at this moment, in this one single second, it happened. I am not able to say what, I cannot explain it to you, even not today, even not after 45 years. I know no explanation. [...] at this moment all the pain was gone. [...] and I felt liberated and I was happy in a strange way."
In 1982, when I was 14 years old, I suddenly began to have very loose diarrhoea mixed with mucus and blood. In addition, I suffered from constant abdominal pain in my entire abdominal area and occasionally an even more severe colicky pain tormented me up to thirty times a day. I read in a book that it might be ulcerative colitis, an inflammatory disease of the colon. I went to see my family doctor a week later. This led to the examination of a stool sample. Two days later the findings confirmed my suspicion.

NO QUALITY OF LIFE ANYMORE
My family doctor prescribed a strict nutritional diet such as whole grain products, noodles without eggs, rice, bread, butter, potatoes and tomato sauce. However, this did not bring any improvement. The colonoscopy and tissue biopsy performed a week later confirmed the diagnosis of ulcerative colitis. The specialist also told me it was incurable. The therapy consisted of three Betnesol-clysms @ 100 ml three times daily and two Salofalk tablets three times a day - but it didn’t get better.

From then on, I recited the Psalm of David every day: "Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me."

In 1983 – nine months later – the abdominal pain was so severe that I was taken to hospital. The only difference to the outpatient treatment was the administration of cortisone. All enemas were very painful for me. Only a slight pain relief was the success of my nearly six-week stay.

Over a period of ten years, I spent almost six weeks at the hospital twice a year with little therapeutic success. Once or twice a year a colonoscopy was done under anaesthetic.

My quality of life had dropped to the lowest level. Because of my situation I had problems both at school and during vocational training and later with my bosses. Sometimes I fainted and fell off the toilet. I could not do more than ten minutes in a bus. I knew where to find toilets all over the city. Burning, stinging feet plagued me so much on my journeys that sometimes I could not keep walking. Intestinal gas only went off while lying down and a bloated abdomen like a fifth month pregnancy was my constant companion. Normally the disease progresses in intermittent bursts but not for me, there was simply no rest from the abdominal pain and diarrhoea.

I spent most of my time near a toilet and got thinner and thinner until I weighed only 43 kg body weight with a height of 1.68 m. Only children’s clothing size 158 fitted me. medically a pregnancy was absolutely prohibited. My mother and the whole family were helpless and powerless.

TIRED OF LIFE
At the beginning of 1985 – at the age of 17 – when hospitalization was necessary again, I decided to take my own life. I simply could not handle things anymore. The hospital and the hospital smells revolted me. I stood in my room with pills in my hand and begged, "God, please help me!" Suddenly there was a "click" in my head, I could not feel anything anymore and couldn't move my hand to my mouth either. At that moment my mother entered the room and knocked the tablets out of my hand. Dazed, I sank to the ground and we both cried bitterly. From then on I only had one desire: to get well.

MRS. B. DID EINSTELLEN*
In 1993 – after eleven years of a severe course of the disease and a medical prognosis of three more weeks to live – I got to know Mrs. B. at a sales event and told her about my condition. She said that there was something else that could help me which I couldn’t believe. From the beginning, Mrs. B. did Einstellen for me twice a day over four years!

One day after the first meeting with Mrs. B., the thought came up: "You have to think well about

Healing from Ulcerative Colitis

BIRGIT KREMER (50)

After eleven years of severe illness and a medical prognosis of only three weeks to live, I met Mrs. B. at a sales event.
yourself, believe in your health and think that you are well!" I immediately put this into action and forgot the predicted "three weeks". A loving friendship developed between me and Mrs. B. From now on, I intuitively said to all people who asked me how I was doing: "I'm well, I'm healthy!" because, in 1994 – a year later – diarrhoea and pain had disappeared and inpatient treatment was no longer necessary.

1997: a work colleague asked me to visit an information lecture on the topic "Healing on the Spiritual Path Through the Teaching of Bruno Gröning" with her.

On October 3, 1997, I was introduced to the teaching. Even during the introduction, I felt the Heilstrom* and felt as if someone was opening a zipper on my head, opening the lid and pulling something out. Comfortable warmth and peace flowed through my entire body. I did not want to get up. It got warm and comfortable inside my abdomen. After the Introduction I had Regelungen* in the form of flatulence and light abdominal pain for about a week. This Regelung* happened again after going to my first and second community hours.

Since then I am completely healed. My diet is normal again, I can eat everything to my heart’s content. It is a completely new feeling of life. I can go wherever I want to go without having to worry whether there is a toilet nearby.

* see Explanations Page 15

Medical Commentary:
According to the available histological and colonoscopy findings, Mrs. Kremer had ulcerative colitis. The total absence of diarrhoea and abdominal pain after years of an unchanged disease pattern is very impressive and unusual from a medical point of view. Relapse has not occurred until now (2006).

2019 – Frau Kremer has stayed healthy.
"Nothing better could have happened in my life than getting to know the teaching of Bruno Gröning. I cannot express in words my gratitude for Mrs. B.’s Einstellen, my healing and my seven healthy children. I feel at home in the Circle of Friends, have found God and a true circle of friends".

EXPLANATIONS

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

EINSTELLEN One "tunes in" to 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.
Bruno Gröning often drank very strong coffee. Once mine was too weak for him, and he said: "You've made me a coffee – it's nothing."

At that he made some himself and commented: "You have to be able to cut my coffee, that's how strong it has to be." I have also offered him wine, but I have never seen Bruno Gröning ever drink alcohol.

In 1953 I invited Bruno Gröning to Graz to give a lecture, which was to take place in the hall of the Trade School. Among other things, the lecture was to correct views on his methods, as the medical profession was causing Bruno Gröning difficulties at the time. On the evening prior to the event I seemed to be coming down with the 'flu. I could barely sleep at night. I had lost my voice and I was tormented with a sore throat.

Heilstrom in the body

When Bruno Gröning arrived with his wife for the lecture everyone present was amazed; everyone stared in his direction. I greeted them both and sat down beside them. When I was asked to speak, I gave Bruno Gröning my manuscript and asked him: "Mr Gröning, would you perhaps do that for me? You can tell them that I am sick, and that's why you are reading it for me." He took the manuscript in one hand and with the other one made circular movements over my head. Those present in the hall could see that, though I couldn't. It was very quiet; the atmosphere was tense. Suddenly I felt a current in my body like a tremor, a prickling from top to bottom. In only a few seconds I felt something fall from my shoulders. It was really liberating and I was convinced that this was the effect of the Heilstrom. He beamed at me, gave me back the manuscript, and said to me with a laugh, "So, Mrs. Emrich, now go to the podium." I trusted that Bruno Gröning had helped me and went to the front. The hall was full of people. Contrary to my expectation, I did not have stage fright. And see there, I didn't have any pain anymore, my voice had come back completely and I could speak freely. As I looked at Bruno Gröning, I saw that he had tears in his eyes, touched and happy that he could help. It was really a phenomenon; everything he did was extraordinary.

Heilstrom in the body

When Bruno Gröning worked, his throat was very swollen. He could give diagnoses without asking anything. He was able to look into the soul and to see what a person needed and what illnesses the person had. He also knew why the person was burdened.

His impression on me was so strong that in my book about healing I dedicated a whole chapter to "The Phenomenon Bruno Gröning." It was intended to be his rehabilitation as lots of negative things had been written about him. He received a lot of letters from people seeking help, and he answered all of them. Often banknotes were enclosed. Many of his helpers wanted to profit from him. They opened the letters and took the money. He never asked if there was any enclosed. In answer to my question as to why he took no money he answered: "The Lord God gave me the task of helping. I just do my duty. I don't want to be paid for that." For him it was a great gift of grace to receive the divine power and be able to help.
"Love Life – God! God is Everywhere!"

THE TEACHING OF BRUNO GRÖNING IN HIS OWN WORDS  PART 1 →
BACK THEN AND TODAY

Bruno Gröning did not record his teaching in writing or summarise it as a structured doctrinal system. His teaching is a spoken teaching, which he has disseminated in many lectures to his friends, interested people and those seeking help. Already during the time of the mass healings 1949 in Herford or at the Traberhof, he spoke from the balcony to the people and passed on life wisdom from his teaching to them.

In this series, we would like to share some shorter and longer quotations to give you a brief insight into the main features and the complexity of Bruno Gröning’s teaching.

GOD IS LIFE
"Not the other way around, friends, that you possibly still live with the belief: God belongs to us. No, we belong to God!"
"Oh, you looked for God? How did you imagine God? Must He appear the way – in the shape, in the form – that you want? If you carry God within yourself, if you carry God in your heart, then you know who God is and also know what God is like. Then you will enjoy all that God has created for you here. But do not say, 'You must now make an appearance here! I want to have Him here!' Do you imagine Him with a long beard? Maybe it reaches to the ground and He steps on it, or something like that, what do I know?! No, friends! God is never old, is always young, is always just as young, always just as good. He does not change and has so much power, a part of which is also in us, in each human being, otherwise you could not exist."

"Walk this path, then you will come to greater understanding, then you will be able to recognise God; learn to recognise, then you will convince yourself of Him! And He really is everywhere! He is there, in South America; He is there, in France; He is there, over there, He is there; He is everywhere! Rightly I say here as I have often said, but cannot say it often enough: "Love life – God! God is everywhere."

PEOPLE ARE ALL EQUALLY GOD’S CHILDREN
"What is a human being? A divine creature. The human being consists of spirit, soul and body. He is a human being because God has lent him an earth-bound body. Here, the human being has the big task to care for the well-being of his body himself. This well-being does not come about only by him feeding his body the divine fruit, but rather that the order in the body stays the way God created it. Everything that God has created is divine."

"You know very well that I don’t ask anyone about their religion, not even their nation. I do not ask if he is poor or rich; every person is the same to me. Here this has nothing to do with it. God is not Protestant, He is not Catholic, He is not a Muslim or whatever. God is good. God is goodness itself. God is everything for us. We are nothing without Him. So it has nothing to do with religion here, friends."
"I am here now, I want to help you all, you should all be healthy, you should all be human, you should all be good to each other. Because in the end we are all, all just children of God."

PRINCIPLE OF LIFE – LOVE FOR OTHERS
"You should be human to human beings. Love your neighbour as yourself. Not hateful, not false, don’t do anything bad to anyone. You should all be good, good amongst each other. You should know that you belong together, whether poor or rich."
"We want to foster understanding for all people, therefore we have a lot to learn, this can only be done by those who are ready."
"Do not repay like with like! Show that you are a good person, that you are a better person, that you are a ‘mensch’. I do not speak against anyone."
"Be good to one another, understand and help one another, as best you can!"
"Love your neighbor more than yourself. Think only good, do only good. Then there will be peace on Earth."
"I hope that you are also a friend of mankind, that you will also help your neighbor when he needs help."
"Is there a fundamental principle which can guide our whole life? Yes, love for others."

ABOUT BELIEF
"He who believes in health believes in God."
"I know you’re going to say, 'It's not so easy because I feel the pain. I know what the one and other person has told me, that this and that one has already perished and that no one can help here.' No, friends, that is only your only disbelief. Turn this disbelief into a real faith."
"If you believe that you will experience health, then you have already been helped. Simply believe!"

"Are you still a believer now? Were you a believer? I ask: Do you now want to become one? Then, friends, turn around! Then don't sin anymore and never work against the will of God, never be a hypocrite and say: 'I believe,' but rather put this word 'believe' into action! Do it, then it is good!"

"There is so much we can do if we only believe, if we take in all that God has ordained for us!"

"If you have faith, faith in our Lord God, then you have everything."

"Whoever is steadfast, who can hold onto to the true divine faith, triumphs."

HEALTH – THE DIVINE ORDER

"God has His order. And when man does not yet recognize this order and also does not even believe in God's order, then he won't maintain order around him, but above all, also not in himself."

"Only if we restore order to ourselves can health return. But creating order also means observing one's body, giving it what it needs to maintain health. It needs movement, cleanliness, oxygen. If these and other vital things were withheld from the body, it would fall ill. But keeping order and respecting the body means even more: to live in the good, to cast off the evil and to not take in evil at all. For this is a source of illness that we always fail to recognize."

"The divine order will expel all the disorder, like all the evil, out of your body. The body will have power, it will have energies at its disposal so that everything that you perceived to be disorder in your body will come into order again."

THE TRUTH

"To experience healing, my dear friends, that is truth."

"And then it is time, friends, that you convince yourself; that you know what truth is, so that you can also tell your neighbor what truth is. You must first feel it yourself; you must first live in it yourself; you must first convince yourself, and when you are convinced and live here, here where the truth is – that is where God is."

"Only someone who knows what truth is can speak the truth. And the one who really stands by the good, who really stands by God."

"You could not speak the truth anymore, because you were afraid that if you told someone the truth you would lose a lot. But in doing so, you held onto the worldly, retained the material, and forfeited the divine – that's all."

"What I do is not for me – it is for you, for every person on this earth. For everyone shall and will experience the truth."

"The truth will prevail."

FREE WILL

"You should decide for yourself which path you want to take."

"You must do it, you must want it! God has given you your will – a free will, you can decide for yourself. But now you have the will! If this will of yours is equal, equally well aligned with the divine, with the will of God, then you are already on the right path."

"I will never deprive a man of his will, which God has given him."

"Man acts according to his will. Hereby I give you the proof that God has given every human being his will to live with. If he wants the evil, if he falls for temptations, he will soon perceive that the evil and the temptations led him to evil, which he then perceives in his own body."

But if here the human being acts according to the will of God – as I say again – the human being acts according to His will if he has the connection to God, then he will receive thoughts from the good, divine source of thoughts, the opposite of the evil source. And so he will take these thoughts – which are really the words of God, which come from God, which come from the divine source of thoughts, the way God created them – into himself, and these will then move him to action."

"If I were to take away man's illness by force, I would sin."

"But in the end every human being must know what health is worth to him and that illness has harmed him so much."

To be continued.

* siehe Erläuterungen Seite 15
RECOMMENDATIONS

BRUNO GRÖNING AND RELIGION
Radio Interview
Bruno Gröning was one of the most famous "miracle healers" of the 20th century. He always attributed his healings to God and said: "God is the greatest physician". But which God did he mean? The God of Christians? Or that of Jews, Muslims, Hindus or any other religion? This clip shows you how Bruno Gröning defined his work and his mission in relation to religion.

FORGIVENESS INSTEAD OF HATE – HOW DOES THAT WORK?
Audio-Podcast
Bruno Gröning was one of the most famous "miracle healers" of the 20th century. He always attributed his healings to God and said: "God is the greatest physician". But which God did he mean? The God of Christians? Or that of Jews, Muslims, Hindus or any other religion? This clip shows you how Bruno Gröning defined his work and his mission in relation to religion.

THE FOUR ELEMENTS OF NATURE
Meditation music and photos of nature.
Photographs of nature, filled with light and with beautiful meditation music, make this clip a wonderful experience and let allows the viewer to dive into worlds of love-filled images packed with beauty, grace and loveliness: an optical and acoustic pleasure.