“That is what the human being is missing: Nature”
Bruno Gröning
FROM THE EDITOR

Dear Reader

Seventy years ago dramatic scenes took place at a horse stud farm near Rosenheim. Since 1949 the "Traberhof" stood in the media limelight. The media called it the "Bavarian Lourdes" and talked about a "world event". Tens of thousands of people streamed to see Bruno Gröning. Incomprehensible healings happened.

A few months prior, Gröning came into the spotlight of the public and had caught the attention of a whole country. When he arrived at the Traberhof he had already been confronted for months with a swarm of people who crowded around him everywhere he appeared. In Munich he once had to wear a police uniform so he could leave a newspaper building without being recognized. The building was besieged by multitudes of people because of him.

It was an absolutely exceptional situation – even for Gröning himself. Crowds of thousands of the sick and the curious came to him. Reporters from various daily newspapers, magazines, radio stations or the newsreel reported about him and wanted to interview him. Politicians and officials were interested in him, some sympathetic, others hostile. Physicians wanted to win him over for their patients or clinics, others cursed and fought him. Numerous profit-seekers who did not care about Gröning himself sensed a tremendous financial potential and did everything to occupy the much-desired key position between Gröning and the sick.

And in the midst of these diverse interests was Gröning himself: a displaced person from Gdansk who came from a poor family, who now ran the risk of being wiped out. He needed helpers but those who offered to help him seldom had honest motives. Some businessmen considerably harmed his reputation.

Bruno Gröning neither wanted the mass gatherings nor the media hype. He only wanted one thing: to return the people to faith after the hard times during World War II and to help the suffering. But to accomplish this he had to endure many and bitter things. If it is possible today that people experience help and healing from within themselves through the teaching of Bruno Gröning then that is due to the events of those days.

Thomas Eich

"There are so many human beings and it is worth suffering for them." Bruno Gröning

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Correction: Caption Page 7, Summer Edition 2/2019

In the middle Mrs. Spitz with her son during the Austrian Family Week 2018 in Pöllau

TITLE PICTURE

Nature photos taken by Bruno Gröning Friends appear on the title page of each issue. The photo of the Bischofsmütze (Bishop’s Mitre) was taken by Frank Endries during the 2010 Family Hiking Week.

IMPRESSUM

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Hello from Filzmoos
BRUNO GRÖNING FRIENDS IN THE AUSTRIAN ALPS

Filzmoos is a borough in the state of Salzburg within the district of St. Johann in the Pongau in Austria. It has a population of 1493. The borough is in the UNESCO World Heritage Hallstatt-Dachstein/Salzkammergut Cultural Landscape.

In 1333 Filzmoos was documented for the first time under the name of Viltmoos. The name Filz (felt) and Moos (moss) originates from the once mossy and swampy valley at the foot of the Dachstein mountain. Hans Sterneder, an Austrian writer and a personal friend of Bruno Gröning, wrote about the beauty and uniqueness of the Dachstein region in his first novel "The Miracle Apostle". Inspired by this, the founder of the Circle of Friends, Grete Häusler (1922 – 2007), travelled to Filzmoos with some Friends for the first time in the summer of 1988 for a hiking vacation. Jutta K. remembers: "We were about 70 Friends then, who together with Mrs. Häusler, hiked near the Bischofsmütze (Bishop's Mitre). It was very important to Mrs. Häusler to connect us Friends with nature. She stopped often during the hikes to explain spiritual relationships in nature to us."

Thirty-one years later, the hiking-loving Bruno Gröning Friends are so numerous that six hiking weeks take place, each with up to 650 participants. Bruno Gröning-Friends also come together in Australia, Italy, France, India, Bulgaria, Poland and Ireland for one week to hike together and recharge their batteries in nature.

The 2019 Filzmoos Hiking Weeks began on July 7 with the first Adult-Hiking Week under the leadership of Dieter and Birgit Häusler. Mrs. Häusler enjoys having us take part in her experiences: "What always touches me in Filzmoos is the diversity of nature which on one hand is so gentle and on the other so strong and full of power. I also very much treasure hiking in silence and through it that we can get totally centered within myself. It is something special to see the Divine in nature and to experience it and be fully immersed in it; to inhale the fresh mountain air, to watch the tiny insects, like the bees, how they fly from one bloom to the next, or the busy ants; they are all role models for us, a symbol of life, not to lose sight of our goal in life, always staying with it until we reach it! What a sublime feeling when, after a long ascent, one arrives at the mountain top and is able to enjoy the view and quietly recognize how great God is and what the Creator has created, all for the enjoyment of the human being: the bright blue blooms of the Gentian, the tender alpine roses, the majestic trees . . . so much beauty! All this touches my soul and fills it with the good. There one feels totally connected with God!"

Stephanie Gutowski from Australia leads World Region 6 in the Circle of Friends, which includes Australia, New Zealand, India and Southeast Asia. She reports: "This was my twelfth Hiking Week in Filzmoos. I experience nature there as very special: the forests, the flowers, the air! This year many Friends from India, Japan, Australia, New Zealand and Taiwan were in Filzmoos. It is important that we meet, get to know each other better, and experience time together in the good. Also the togetherness with the Friends from Germany and the other the countries is very important to me. Over the years I have developed many friendships with Friends from around the world. I experience the Circle of Friends as a global family."

Maxence M., 20 years old, from Belgium came to the Circle of Friends through his parents. Since there

"Back to nature, that means, back to God!"
Bruno Gröning

Left: B. Häusler and S. Gutowski
Right: Birgit and Dieter Häusler
is no Youth-Community in his area yet, he enthusiastically goes to the three Adult-Communities. He came to the Hiking Week in Filzmoos for the first time: "When our Community Leader spoke about the Youth Hiking Week in Filzmoos, I immediately felt that I wanted to go there and spontaneously signed up. In the beginning I was rather anxious. I also did not know any of the youth in the Circle of Friends. At the last moment an opportunity came to share a ride with friends from Cologne. The trip went very well. During the first days I became calmer and more serene. I felt very comfortable and there was French translation. Everybody was very nice and friendly and thanks to my knowledge of English from school I was able to get to know many people. During the Community Hours I felt the Heilstrom* so strongly, like never before. Because I love to sing, I had the thought to sing a song in my native language at the Colorful Evening. There I felt a joy unknown to me until then, and I was able to express all my feelings of thankfulness and happiness in the song. This week was a very valuable experience for me. Since then I have a new sense of peace and serenity in my daily life as well."

J. Bernstein has helped with the organization of the hiking for many years now. This year he was in charge of the organization of the second Family-Hiking Week. "What touches me especially during the Hiking Weeks – besides the wonderful experiences in nature – are the precious contributions at the Community Hours in the evening and singing with the many helpers. Lots of Friends sign up to take part in the Family Weeks, even though they have no children or their children are already grown up. In regards to the organization, it involves preparing and leading around 25 hikes every day. All the guides are schooled for their task. Furthermore, there are meetings for the hiking guides every evening. The goal is that during this week the Friends will experience nature, and with that, God, just as Bruno Gröning mediated it. It helps to walk in silence and observe nature attentively. It is a whole different experience from walking in nature while engrossed in conversation or full of thoughts. Perhaps that is the reason why so many healings happen during the Hiking Weeks."

Josefine Stella S., at the age of three months was the youngest participant at the second Family-Hiking Week. Together with her parents and her four older siblings she experienced a relaxed time. We asked her mother, Mechthild S., how one can decide on a hiking vacation with five children: "Even with a growing number of children we very much enjoy coming to the Family Hiking Week every year because we notice how much energy we and the children draw from nature. It is very important to us that our children grow up connected to nature because one protects and honors what one loves. The support of the friends is also very soothing, there is always a helping hand, be it at pushing the baby carriage, or tying shoe laces . . . It's like being in a large family where everybody likes each other. Our children feel this as well. So a Hiking Week with five children can actually be relaxing."*  

* see Explanations, page 15
Age Doesn't Matter

KAZIMIERA ROZER, 85 YEARS OLD

Conventional thinking about age was often marked by the assumption that with advancing age our health would deteriorate.

Age is often looked at as an incurable illness by which the human being deteriorates physically and finally dies because of this deterioration. This view seems natural in a way, to the point it is barely questioned. Therefore, the many things people over 50 notice in their physicality or in their behaviour, are put down to age. If a knee hurts in the morning thoughts about arthritis are not far off. If one forgets something, the assumption can quickly arise that it may be a sign of dementia. There are a lot of tests available on the Internet which help to determine if one has such a predisposition.

"THE HUMAN BEING AUTO-SUGGESTS ..."

Worrying thoughts can trigger fears that weigh heavily on us. Bruno Gröning commented on this as follows: "Search and you will find. If you look for the illness you will find it." And: "The human being suggests the illness to himself or herself ..."

By assimilating the commonly held view of the seemingly unavoidable developments in old age into our own thinking we make room for the possibility of them unfolding. Meanwhile science acknowledges that a person's thoughts have tremendous influence on his or her condition and state of health.

FULL OF ENERGY AND HAPPY

Many articles in previous editions of the Journal show the reader that age, per se, is not responsible for a lack of health and wellbeing. On the contrary. The following experience from K. Rozek, who is over 80, gives us important information:

After she learned about the teaching of Bruno Gröning she experienced, at an advanced age, how her lack of energy and restricted life increasingly changed. For 40 years she suffered from swelling of her legs which gave her great discomfort while taking care of her daily duties on the farm. She often needed periods of rest during the day to recover and continue her chores.

After finding the Bruno Gröning-Circle of Friends through her daughter in 2011, she consciously took in the Heilstrom which Bruno Gröning said is the Divine power that, besides food and sleep, gives the human being what he or she needs to live.

Already during the information lecture K. Rozek experienced ease and a feeling of happiness which made it easy for her to believe in her healing. After a year of regularly taking in the Heilstrom*, one day she felt pain in her hands, hips, legs, above the left ankle and she noticed a thick blue lump which was very painful as well. K. Rozek: "I knew that all of this was Regelung* which were leading to the healing. To my astonishment after three days, I noticed that not only had the lump disappeared, but that my leg had become thin and after 40 years now looked normal again."

From then on her health only continued to improve: "My life changed for the better. I am healthy and happy. I am stronger than before and can manage my household chores better. Now I have more energy and have the desire again to sing and dance in the Circle of Farmers' Women in our village."

This sounds more like 'joy of living' than 'old age burdens' and could entice us to check our own thinking about age. Perhaps one day we as well will be convinced of what Bruno Gröning taught: "Age does not matter."

* see Explanations, page 15
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Pioneer Work in Denmark

The Kingdom of Denmark is a Nordic country in Northwest Europe and consists of the Jutland Peninsula and an archipelago of 443 islands. Denmark is connected to the city of Malmö in Sweden via the Oresund Bridge.

A team of up to eight Bruno Gröning-friends was on the road to a few Danish cities to daily hold some information lectures on the subject, "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning." Aalborg, Denmark’s fourth largest city, was the starting point. The journey continued south to Odense and Kolding in the direction of Copenhagen as far as the Swedish border. Almost half of the cities visited were 'new territory' for the Circle of Friends. The goal was to strengthen the existing Communities* and to start new Communities.

International Team of Helpers

Of course, such an expansive information tour requires intensive preparation. The leader for Denmark, M. Kienitz, quickly found a multi-national team of helpers comprised of Danish, Swedish and German friends. Several weeks before the beginning of the lecture tour, enthusiastic helpers from Hamburg and Kiel had already travelled to Denmark to distribute flyers in all the lecture cities, together with the Danish friends. From the beginning, A. Traulsen from Germany participated in the planning and implementation of the information lectures as well: "The helpers approached this large logistical task with great motivation," noted the retired teacher. "Many of them did not shy away from making long journeys to help distribute the flyers. Also worth mentioning was the hospitality of the Danish Friends who greeted the helpers with cake and tea." A. Weiss, leader of World Region 3 (Scandinavia, Great Britain, the Benelux-Countries, Italy and France) knows what is important on this kind of tour: "For me, in the foreground, is the connection between people; the Friends from the diverse countries supporting each other."

Two German physicians presented medically documented healing reports at the information lectures.
BRINGING THE TEACHING OF BRUNO GRÖNING

"For 24 years now, I, as a physician, feel it’s important to bring the teaching of Bruno Gröning to the people so that they are able to become healthy and happy. The physician, Mr. M., presented the Medical-Scientific-Group (MWf) in seven cities and I did this in seven other cities of Denmark (Koge, Holbaek, Ringsted, Copenhagen, Naestved, Helsingør, Slagelse). My anticipation regarding the tour was especially great because I already knew German Friends from another information lecture tour in the Hamburg region, and also a few Danish Friends through the Success Report work. As a physician I have been mentoring the Success Report work in Scandinavia for a few years now. This happens via meetings on the Internet (IGRs) in several languages, namely Finnish, Danish and Swedish. Mrs. Stensgaard leads these IGRs, along with the Success Report work in Scandinavia. Out of gratitude she provided her summer home for the overnight stays. In these countries the Success Report work is well-organized by German mentors so it is always a win for me to participate. On this tour I had the opportunity to make personal contact with new Friends.

"I was, and still am, always impressed by all those helping. They do so caringly, earnestly and with joy, giving their best. Because we did Einstellen* together, a beautiful atmosphere developed during the lectures which always made it easy for me to present the Circle of Friends and also to talk about the healings that happen in the Circle of Friends. There were wonderful translators. Mrs. Kienitz, as the country mentor, accomplished great things. She mentored the team during the entire time, helped organize the lectures and respectively gave some by herself as well. She also translated – fabulous! The visitors to the lectures felt the Heilstrom* and one could sense their gratitude. After each lecture we were filled with the good feeling that something special had happened for Denmark. For one of the lectures a lady arrived from Sweden just for this event. She had already heard about Bruno Gröning years earlier but was not able to establish contact. It was so important to her to participate that she did everything she could to get to the lecture. Since she spoke German, I was able to chat with her and I was happy about her great interest in healing on the spiritual path through the teaching of Bruno Gröning. Thankfully she accepted what she heard and her eyes shone with sheer happiness – this touched me especially. I remember those days with great joy and I am impressed at how Bruno Gröning always manages to put so much love into our hearts for each other. So saying goodbye becomes difficult."

LAYING DOWN SEEDS

In all, the lecture tour was successful. For example, a new Community could be started in Silkeborg. At the follow-up introductions to the teaching which took place after the lecture tour, some visitors already reported about their first experiences and successes through applying the teaching of Bruno Gröning. They also brought new, interested people along. One visitor at the information lecture in Copenhagen experienced spontaneous relief from back pain while at the lecture. Another person became aware of the Circle of Friends through the documentary film 'The Phenomenon of Bruno Gröning' on YouTube and came to the information lecture in Kolding. At a later meeting he reported that since then he has felt an extraordinary lightness inside of him.

Because of the good response the team is planning another lecture tour in Iceland around the capital city of Reykjavik.

* see Explanations, page 15
Organic farming is especially designed for sustainability. It particularly preserves and protects natural resources, has diverse positive impact on the environment, including the protection of soils, waters, plants and animals. These values are appreciated by the farmers in the Bruno Gröning Circle of Friends as well.

Reichertsheim in the Upper Bavarian district Mühldorf on the Inn, about 60 kilometers east of Munich – that is the hometown of M. Schwarzenbeck and his family. In 1999 he took over the farm from his parents and in 2010 converted it to organic farming. The farm is a full-time dairy farm. Fifty dairy cows with offspring are in the barn. Of the total of 60 hectares of land, a third serves as permanent grassland, two thirds are used as arable land.

LIKE A 'HIGHLIGHT'
In 2007 M. Schwarzenbeck found the Bruno Gröning Circle of Friends through a colleague. "When I heard about it for the first time it was like a 'highlight' for me. I was not actually searching for a spiritual path. I had lost my faith in God. In the Circle of Friends, I heard for the first time that only the good comes from God. The reports of other Friends about the helps and healings they experienced spoke to me very much. I wanted to use this knowledge for my life and the farm as well."

TO TURN TO THE CREATOR
As for many farmers, this profession was a great challenge for M. Schwarzenbeck: "I struggled with all the decisions regarding the farm," he describes. "I was always uncertain whether the investments would pay off and what the future of our farm and our family would look like. In the Circle of Friends I learned to clearly formalize the problems and afterwards to mentally give them away in the hope that God through the mediator Bruno Gröning would steer the things in the best direction. For me the conversion to organic farming in the year 2010 was like a jump into cold water. I had question after question: How will this go? Will I be able to manage the additional workload? Will the operation be economical? I dared this step with Bruno Gröning’s and God’s help and now I am happy that I had the courage to do it. My trust was rewarded; I am very thankful that I now work an organic farm."

Even during the great drought in the summer of 2018, M. Schwarzenbeck experienced help: "During that whole time I was able to handle this situation relatively well. Prior to my belonging to the Circle Friends I would have worried a lot. Several of my colleagues were mentally very burdened by all this but inside of me there is a deep trust that in the end everything will always be guided to the good."

HAVING A HEART FOR ANIMALS
The way he handled his animals also changed for M. Schwarzenbeck: "In the Bruno Gröning Circle of Friends I regained respect for the animals. Previously for me the cows were only milk producers, a means to earn money in the way I learned during my studies. Now I feel it is like a friendship. I talk to the animals and I have the feeling they understand me. Now and then I also hug the animals. A harmonious togetherness between human and animal is the requirement for a comfortable atmosphere. Because of the Einstellen* for the Heilstrom* and following the teaching of Bruno Gröning, this comfortable atmosphere developed more and more on our farm during the past few years."

"An experience in 2010 is particularly memorable. I noticed with a cow which was calving for the first time that when the birth started the calf was in the wrong position. On examination the birth canal was..."

Mr. Schwarzenbeck with his wife
very narrow and tight. I wanted to enlarge it with my hand. But I couldn’t do this because my arm, which was in the birth canal, had become almost numb. I needed to push the calf back inside and turn it to the correct position for birthing, but because of the strong contractions I was not able to do this either and I was getting desperate. Silently my wife asked Bruno Gröning for help and with that took in the healing power. Immediately the birth canal became wide and soft. The calf was suddenly in the correct position and from there on the birth was totally normal. This was a great experience for us. Over the past few years the health of the animals on our farm has got better and better. For a long time now we have barely used antibiotics. The veterinarian is a rare visitor. Just once in a while we still use homeopathic remedies.”

EXCHANGING EXPERIENCES
"The experiences we share during the IGRs (Internet meetings) for farmers in the Bruno Gröning Circle of Friends are very important to me. Here it is not about profit. All the farmers in the Circle of Friends basically think the same way. The uplifting words and taking in the Heilstrom together bring inner strength, courage, and allow new ideas to surface. Since 2017 farmers and interested Friends meet once a year in person in southern Germany.”

CHANGE OF WAY OF LIFE
"I myself became free from several burdens. For more than ten years I ate large amounts of ice cream and potato chips and was addicted to watching television. Bit by bit I became free from these things by following the teaching of Bruno Gröning. I was also very domineering with my family. Now we have a good, harmonious family life and are wonderfully connected. I am very thankful to my wife that we are on this divine path together. The coexistence of the generations changed for the positive. When the different generations in a family get along together it has a huge impact on the whole business.”

FINDING GOD AGAIN
"The greatest things is that I found God again. I recognized that only good comes from Him and I experienced that He is also personally available to me again, like a father who always helps his child. For me this is the greatest healing and has enriched my life endlessly.

"My wish is that all farmers can live well from their work and that there is peace in all families.

"For the wellbeing of mother earth, the farmers should cultivate the soil in the correct and natural way. We farmers should work together worldwide and gladly help each other from the heart. Everyone should share their good experiences. Then there would be no more competitiveness.

"Farming will contribute a large part to making the earth healthy and being a farmer will be the most beautiful profession on the whole earth.”

* see Explanations, page 15
A Weekend at the Baltic Sea
YOUTH SEA-WEEKEND FROM JUNE 28-30, 2019

For young people in the Bruno Gröning Circle of Friends diverse activities exist to experience nature together and to share their experiences with the teaching.

About 50 people are walking in a long line through the park of the Noer Castle and the bordering woods towards the beach where on this warm summer evening the sun is just going down over the sea. The small village of Noer, with just under 900 inhabitants, lies near Eckernförde on the coast of the Baltic Sea. Mainly young Friends of the Bruno Gröning Circle of Friends arrived this Friday evening from various parts of Germany and the neighboring German-speaking countries to experience the Youth Sea Weekend together.

Greetings at the Sea
In order to fully arrive – after a possibly long car ride – the walk together to the sea forms the prelude to the Youth Sea Week. After the repose – just looking at the water, walking barefoot in the shallow waves or allowing the still-warm sand to trickle through your fingers – all the Friends gather to sing together. This special weekend is led by Patricia L. who now warmly greets the Friends. She reminds everyone of the words of Bruno Gröning, that nature is God, and she invites every Friend to totally take in nature this weekend, to reconcile with oneself and to find the connection to God again through the connection to nature.

Time in Nature
Saturday starts with a longer hike. The Friends silently walk behind each other to reflect on themselves and to observe nature. The group arrives at the 20-meter-high cliff by walking on a narrow path through the woods and past the cornfields. To their right the Friends enjoy a view to the blue Baltic Sea. Green-yellow ears of the barley touch the backs of their hands on the left. Every so often, cornflowers and corn poppies shine out of the barley field.

Patricia L. knows from experience that through hiking in silence it is possible to resolve inner situations which before were a burden. "A few years ago, during the Youth Sea Weekend, I was busy thinking about a matter related to my job. I had a conflict with a colleague which gave me a heavy heart. During the hike alongside the cliff the negative feelings dissolved completely. I was able to be happy again and did not need to think about the situation anymore. The next time I saw her in the office, I got along wonderfully with this colleague again, our difference of opinion was resolved and forgotten, even though we had not spoken about it again."

Singing, Swimming, Joy of Living
Before hiking for a while on the beach, the Friends sing a few songs about the sea and nature. Many can hardly wait to sing sailor songs while looking over the sea, and they request their favorite songs. The singing is exhilarating and the simple, yet poetic song lyrics about nature uplift the soul.

Swimming and a break at the beach are, of course, part of a weekend at the sea. This year the temperature at the coast of the Baltic Sea is similar to the height of summer, inviting longer stays in the water. The Friends enjoy the time swimming, playing ball or talking. During such Youth Weekends new friendships are formed and existing ones are nurtured and strengthened.

The Change to the Good
In the evening there is a Community Hour for the young Friends and day-guests from the area. Patricia L. reports how she has a whole new life through the teaching of Bruno Gröning. "During my youth
I was depressed and had suicidal thoughts. I was always searching for the meaning of life and very unhappy in my heart. My life changed completely when, in 1996 at the age of 20, I heard about the teaching of Bruno Gröning. Today she feels that she has found her place in life and she is now happy and content. A few years have passed since she came to the Circle of Friends. "The intervals between phases in which I cried a lot lengthened, and the mood swings became increasingly rare and less intense. At some point, joy and happiness in being alive prevailed. Today I can say that I am absolutely happy and love living my life the way it is."

Patricia L. attributes her positive attitude to the teaching of Bruno Gröning.

PUTTING THE TEACHING INTO ACTION
"In the beginning when I did not know the teaching very well, I was very sceptical and checked carefully if taking in the Heilström* really helped and if what was reported in the Community Hours about Bruno Gröning was true." Bit by bit Patricia L. realized that the teaching does help her very well. "I made an effort to follow the teaching of Bruno Gröning. That means, I mentally separated myself from anything bad and the burdens, and I regularly took in the Divine energy in the form of the Heilström* and went to the Community Hours. The more I was able to follow the teaching the better I felt." Now Patricia L. attends a Community Hour once a week and likes to drive to conferences or other events of the Bruno Gröning Circle of Friends.

LEADERSHIP
For about four years now Patricia L. has mentored the youth in the Hamburg region. When she took on this task it was uncertain whether the Youth Sea Weekend would continue to take place. After thinking about it for a short time, it became clear to Patricia L. that the young Friends should continue to get together in the future. "It is simply a beautiful opportunity to have time and to see the sea, to get more familiar with the teaching of Bruno Gröning and to hear what others – especially other young people – have experienced with the teaching. There is an exchange among the Friends. I myself am constantly inspired by the reports."

On Sunday afternoon the group again walks silently through the park of the castle to the beach in order to enjoy the last few hours of the Youth Sea Weekend. For the last time the group sings and swims in the sea together.

* see Explanations, page 15
Healing Through a Film?
GLOBAL SUCCESS OF THE "CHAIN OF LIGHTS" – PART 2

On the 60th anniversary of Bruno Gröning’s passing, the documentary films 'The Phenomenon Bruno Gröning' and 'The Phenomenon of Healing' were shown nearly 1000 times around the world for three weeks from January 26th in what became known as the "Chain of Lights.

Jakarta, Indonesia: On one evening in January, 2019 the documentary film 'The Phenomenon Bruno Gröning' was shown in Jakarta. A lady enters the hall and informs the helpers that she suffers from arthritis and is not able to sit very long. The film starts and she stays seated until the end of the first part. After the intermission she also watches the second and the third part – all totally without pain.

REMARKABLE EFFECTS
On the 60th anniversary of Bruno Gröning’s passing, the documentary films 'The Phenomenon Bruno Gröning' and 'The Phenomenon of Healing' were shown nearly 1000 times around the world for three weeks in January. At the same time "The Phenomenon Bruno Gröning" was uploaded on YouTube in 36 languages. Since then, the Circle of Friends has been receiving feedback from people who suddenly notice positive changes in their lives and associate this with watching the documentary. This series of articles aims to shed detailed light on the effects of "Chain of lights".

UNEXPLAINABLE EVENTS
During a film screening, also in Jakarta, a lady who suffered from extreme dryness of the eyes, sat in the audience. Afterwards she sobbingly reported that for the first time in a long time she had tears in her eyes.

In California a man with a severe toothache attended the screening of the film and afterwards he returned home without any pain.

A lady in Brazil found a flyer that had been in her drawer for seven years. She immediately watched the film on the Internet. Later she wrote to the Circle of Friends: "The flyer waited seven years for me to look at it closely. Maybe I already searched the Internet in 2012, maybe there wasn't anything that I found as interesting and wonderful as the films. What counts now is that from now on I will never be alone. I can't put my gratitude into words. I talked about Bruno Gröning and the documentary film and several of my friends are now watching it as well. My wish is that many people will be helped as I was helped and will helped in the future".

The list of positive feedback on YouTube is very long and is constantly growing. Perceptions of the visitors range from a pleasant feeling to tingling in the body, all the way to improvements, freedom from pain, and healing.

"NO READY ANSWER"
Mrs. E. D., MD, leads the Medical Scientific Group (MWG) of the Bruno Gröning Circle of Friends for Austria and she lends support in Turkey, Cypress and Greece. She experienced the close-up effect of the documentary film on a visitor: "I myself was present..."
when an interested lady was freed from chronic asthma after watching the film. About four weeks later she told me that, after going to the film, she forgot to take the daily doses of the asthma medications and nevertheless felt well. During a regular check-up, the respiratory physician asked if she had increased the dose on her own because the lung findings had not been that good for 25 years."

"Yes, I am a physician, but don't expect an explanation from me for this event. While watching the film many people feel an energy streaming through their body and often tears flow. Science and technology are so advanced today but they have no ready answer for these wonderful happenings. The human being himself or herself recognizes that this power is Divine!"

SHOOTING THE FILM
Filming of 'The Phenomenon Bruno Gröning' started in 1995. More than 2000 people volunteered as actors, extras, or were involved with the film team. More than 70 hours of material was filmed. The goal of making the film was to document the life of Bruno Gröning as accurately as possible. The premiere was in Berlin on October 3, 2003. The Journal even presented a Special Edition in which the five-hour long documentary film was written about in detail. It is not known if anyone at that time had any idea that after 16 years the film would still be running in the cinemas and that so many people would get help through watching it. Obviously nobody knew that this five-hour long film would be seen on the Internet because the video portal was only established in 2005. Since January 2019 this full-length film has been accessible to all people with Internet access. It received nearly a million clicks worldwide. Many viewers in the Communities described what they felt while watching. This was a remarkable testimony of the effect of this documentation of a very special human being.

"AS A PHYSICIAN I NEVER EXPERIENCED THIS"
A. F. is a general practitioner and one of several thousand medical professionals who verify the healings that occur in the Bruno Gröning Circle of Friends. "For me as a physician it is totally unexplainable how, through watching of a documentary film, permanent healings can occur, and in such great numbers. I met a man from Africa who after watching the documentary film 'The Phenomenon Bruno Gröning' became spontaneously free from addictions that had lasted 20 years (alcohol, cigarettes, marijuana, cocaine). He immediately lost any addictive cravings, and there were no physical withdrawal symptoms. Such a healing is medically and psychologically a great mystery. The man lived in the slums without hope, and now he has found his way back into life – what a miracle!

During another film screening the injured knee of a man suddenly became alternately warm and cold. Inside something was pulsating and working. Afterwards he was again able to move it without any restriction, free of pain, and this after suffering for more than six years. He could run again without any problem. It is amazing how healings happen just through watching a film, totally without medical measures. In my work as a physician I have never experienced this."

SAVATION
A. Groth had been given up by the doctors and after a visit with Bruno Gröning he became free of stomach cancer. In the documentary film he reports, beaming with joy: "It was a salvation for us all, for all who were there. [...] We felt like newly-born. We felt so light, the heaviness was gone from the body. And at that moment [...] we were not ill anymore. [...] And soon after, when we got home, I was able to eat again. And it didn't come back. So simple. But there are those transmissions from Gröning – Gröning's powers – which he radiated; and the body was charged, and then the body had a free pass. [...] Then everything can run normally again. Yes, and he who does not want to believe, he has to leave it be. But my faith – nobody can take it away from me. [...] And I am coming along well. I am getting old. And the most beautiful thing is, I enjoy life, that I am still here and that I am still healthy."
Healing from Ten Years of Constant Diarrhoea After Cancer Treatment with Chemotherapy and Radiation

ALBERT GRUNDERMANN, 77 YEARS OLD

In my youth I was an active person and as an adult as well. I travelled a lot with my wife and daughter, bicycled about 10,000 kilometers per year, played soccer, tennis and table tennis. But over time more and more health problems crept in which limited my active lifestyle a lot. In 1989, at the age of 48, I followed my doctor’s advice and went into early retirement. My poor health did not allow me to continue in my profession which had a lot of responsibility.

"I WOULD HAVE TO LIVE WITH IT"
"In 2008 I also fell ill with colon cancer. I handled the chemotherapy very well. But at the end of the radiation treatment my digestion changed, my bowel movement in the morning was suddenly watery. This was very unpleasant for me because sometimes my bowels moved within seconds. The specialist and my primary doctor as well told me over and over again that I would have to live with it, nothing could be done, it was chronic."

"The doctors and my primary doctor as well told me over and over again that I would have to live with it, nothing could be done, it was chronic."

"As an early riser I regularly got up at 5:30 am and did my morning routine in the bathroom. During that time I had to go to the toilet about ten times. Very rarely did I feel the urge to have a bowel movement, and when I did, it happened within two seconds. I was not able to react fast enough. If I wasn’t wearing an incontinence pad, I had to change my pyjama pants or trousers. Waiting for further episodes of diarrhoea I was tied to the house the entire morning. The rest of the day I could relax but wore incontinence pads as a precaution: a decision I made according to how I felt – also during the night. Because of this I planned my visits to the doctor for the afternoons."

"Over time I went through many boxes of incontinence pads. So my trash can was always full. I accepted this situation as a never-changing side effect of the colon cancer treatment. I led a very restricted life. I hardly left the house, only for doctor visits and a weekly meeting with my aunt."

"In September 2018 I wanted to take a four-day trip to eastern Germany. It was a very beautiful trip, but there the diarrhoea surprised me in the daytime as well. Luckily, I had packed sufficient pads and trousers."

DAUGHTER’S ORDER
"My daughter, who lives in northern Germany, belongs to the Bruno Gröning Circle of Friends. In 2018 she visited a friend in a neighboring village to mine. Her mother knew the Bruno Gröning Circle of Friends as well, and my daughter asked her to take me there. I agreed, and on October 31, 2018 I listened to an Introduction Lecture about the teaching of Bruno Gröning. I liked what the Community Leader said. I remembered that years earlier my daughter told me about Bruno Gröning and that I had seen pictures of him in her car, but I had never asked about him."

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I BECAME BRAVER
"Immediately after the introduction I did Einstellen* twice a day. Very timidly I mentally asked Bruno Gröning for healing from back pain and that the diarrhoea would stop. During the time that followed I became braver and asked Bruno Gröning for healing of my whole body.

"During our daily contact via WhatsApp or telephone my daughter would immediately ask: "Did you do Einstellen* yet?" Several times she explained to me how I can mentally give away everything which is not good, and she said: "Write that down. You constantly have to give everything to Bruno Gröning, it’s important.

"After my first Community Hour on November 21, I was lying in bed at 11:00 pm and I felt a tingling in my left hand. I thought: "The Heilstrom* exists, this must be it."

OVERJOYED
"The next day I went to the bathroom in the morning and had a normal bowel movement. Only in the afternoon did I register that something was different. I was overjoyed and thankful. How could it be? After ten years of watery diarrhoea the bowel movement was normal. ‘Bruno Gröning, you are my best friend.’ I had the feeling he was as close to me as a brother. At the next routine check-up, I told my doctor about this. He had no explanation for it and only shrugged his shoulders."

NEW LIFE
"Since this point in time I have a new life. Now I go out again, play Skip-Bo Rummy, Skat (all card games) and feeling well, drive to Hamelin to have coffee with my aunt. Before Christmas I went to the Christmas Celebration of the Bruno Gröning Circle of Friends. It was a very nice afternoon. I felt so free, not restricted anymore. After Christmas I left at seven o’clock in the morning to attend an event of the Bruno Gröning Circle of Friends. I was back home at 11:00 pm. Although I was tired, inwardly I was very fulfilled by what I had heard. For ten years a day like this had not been possible for me. This year (2019) I'm planning a trip to the mountains to go hiking. I now keep an appointment calendar for the many things I have planned."

Medical commentary:
Ten years of diarrhoea (watery bowel movements several times daily) after chemotherapy and radiation for colon cancer disappears from one day to the next after the first visit to a Bruno Gröning Circle of Friends Community Hour. From a medical standpoint there is no explanation for this.

* see Explanations, page 15

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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 helps and successes 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.
Strange, that I was the one who was allowed to experience this

REPORT BY EYEWITNESS ELFRIEDE THOMSEN

After my marriage in the year 1955, I moved from Fahrdorf, Schleswig-Holstein, to my husband’s farm. In 1958 I learned from my mother, who still lived there, that Bruno Gröning would come there.

We had already heard a lot about him. I was asked if I could drive to Fahrdorf with a man who became blind during the war. Mr. Gröning was a guest of the family Mumm. As a child I used to play with their daughter, so I asked Mr. Mumm if we were allowed to come there and then we drove there.

"Bruno Gröning gave us a whole morning of his time. When we entered the room and saw him, it triggered a special feeling inside of me. I can't describe the atmosphere. I had the impression as if there was a 'totally different air'. The five of us sat in the room at the Mumm’s house and waited calmly and full of excitement in expectation of what would now happen. Bruno Gröning took care of the blind man. He asked questions about how he felt and what he was feeling inside of his body. The man answered the questions step by step, how he was able see: 'Yes, it's getting lighter. Yes, I can see outlines on the wall. Oh, I can see again, everything that I could not see before!'

WONDERFUL FEELING
"Afterwards we all had to sit in a circle and hold hands. For a long time I was able to feel the Heilstrom* like a warm stream. Naturally this was a special feeling for me; I had never felt anything like that before. When Mr. Gröning asked me: 'Did you feel anything?', I answered, 'Oh, yes, I feel a very strong healing energy.' On that day everyone received a silver foil ball. He said we should always carry the ball with us; it would help us to stay healthy. When I took the ball into my hand, I felt a tingling in my arm as if Bruno Gröning had touched me personally. We were with him for at least one hour. Of course, the healed man was full of excitement. Also his partner was very happy that he was able to see again. We drove home feeling wonderful.

TOLD THE TRUTH
"Later I heard that, allegedly, this man could not see anymore. Everybody was truly convinced that he did not want to publicize his healing so he wouldn’t lose his pension. But with Bruno Gröning he told the truth that he could see again – I heard it. As mentioned already, he was then full of excitement when we drove home to Fahrdorf after the meeting with Bruno Gröning.

"In my circle of acquaintances we talked later about the meeting with Bruno Gröning. Everybody was astonished that he took so much time for us. For that we were very thankful. My acquaintances asked me whether or not he took any money. I said: 'No, he did not ask for any.' It's true, he did not take any money.

"He was a person who only and always wanted to help. He was good-natured, and dressed very simply. He made a pleasant impression on me – a special person with a strong charisma.

"When I heard about Bruno Gröning’s passing, I was very sorry about it. The news came quite suddenly for me. There had been nothing said about him being ill. So sad; he had helped so many people.

"Strange, that I was the one who was allowed to experience this and was selected to drive to Bruno Gröning with the blind man."

*The little ball which you have received serves as an antenna for the receiver of the healing wave.*

Bruno Gröning
"Where there is God, there is love – where there is Satan, there are wars"

THE TEACHING OF BRUNO GRÖNINGS IN HIS OWN WORDS PART 2
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 disseminated in many lectures to his Friends, interested people and those seeking help. During the time of the 1949 mass healings in Herford and at the Traberhof, he spoke from the balcony to the people and passed on life wisdom to them.

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

**THE STRUGGLE FOR LIFE**

"Friends, never underestimate or forget the fact that the human being lives between good and evil. He lives in between. There is the good, there is the evil; in between is the human being: he decides. If he is too weak, he will fall to the evil. If he falls, he is then not able to take the path that leads upwards, he lacks the strength. He falls away and falls into the arms of the evil one, and then he is at the mercy of evil. If no rescuing, no helping hand comes along and pulls him out of this, he will be lost for a long time."

"Here it is your task to resist the evil, to not accept evil, so you also don’t have to put the evil into practice, but rather only the good. Always stand above all the evil! And you don’t even have to converse about it here, you don’t need to talk about it at all because this is why we together fight against evil, why we walk together the path which truly leads all people to the good."

"The Divine power is constructive, and the evil, satanic one, destructive."

"Wherever all the good, Divine power appears, the evil disappears."

**THE ADVERSARY**

"As true as it is that there is a Lord God, there is also a Satan. And this Satan has his extra-task and indeed does not leave anything untried, because he is a bad one and wants to take revenge on all the good that God imagined."

"It's a pity, to give away the good energies, the good power, in order to attract the all the bad thoughts which are sent out by one sender only, by the satanic sender; and too bad that the human being tortures himself and gives away the good energies and in this way takes in a bad transmission."

"And the human being took all this into himself. Why? Because he lost the connection, meaning, because he separated himself from nature, from the true divine faith, and lost the connection to God. Satan does not leave anything untried, and here he has managed to get into the bodies of human beings, to gnaw himself into them."

"Satan is mighty, but God is almighty!"

**THE TEMPTATION**

"Satan knew very well to tempt the human being. Even today we still observe that money and gold, beautiful things, tempt him; and that is how Satan tempts as well, the one who managed to lure the human being off the true, divine path. Then the human being had lost the connection to God. The human being was led on the false path and also could not await anything good there."

"Man can be tempted because he loves beautiful things and not the natural; the human being can be tempted that way. He loves the beautiful, the outer appearance so he can be easily tempted by that. And this became his second nature, in that he says: ‘If I just had money – then I have everything’. In fact, for the most part, the human being is today so conditioned that he will do anything for money."

"Even in the natural world you can see that good and bad exists. I will give you just one example: Let's take mushrooms. There are more poisonous mushrooms than edible mushrooms. This means: human being, be careful when you reach for the bad ones, the tempting ones. The toad stool, and on the other hand the edible porcino mushroom. And the human being takes the toad stool which looks nicer, while the porcino is simply brown – but you can eat it. Just as a person can be tempted, when he says: ‘He's wearing a good suit, he is a decent person!' Please don't ask where he got it from, it’s not always genuine."

"Some people are waiting for their happiness. It’s been with them for a long time, it has been knocking for a long time. But you have to allow happiness to enter. As long as one shuts oneself off, as long as one does not notice it, as long as one thinks that the other thing, the tempting thing, is better – one cannot receive one's happiness."
'Satanic' People

"Earlier, thousands of years ago, there were people who were already in the clutches of Satan and were being directed by him in such a way that these people did not leave anything untried to dissuade others from the true, divine path."

"There were 'satanic' people who were could no longer free themselves from Satan. I could tell you a lot about this, what these people look like, how they act and move – and many are so beguiling – you can't tell by looking at them [that they are 'satanic']."

"There are individuals, maybe even many, who were on the road to becoming bad themselves. But now I know that they are ready to take the good path, and also to stay on this path, and follow it."

"Do not allow a bad thought to arise! Also about people who took the evil path. They just didn't know anything about the good anymore, that's why they succumbed to the satanic."

"I am not angry with anyone."

"We must instruct and guide every person, advise them to follow this path. If he feels good on it, then that is proof that he is on the right path."

An End to Hate and Envy

"I do not like hatred. I do not like envy. I do not like quarrels. I do not like arguments. I still say: 'Love your neighbor more than yourself.' Whoever exalts himself will be humbled. I never thought myself to be one of the exalted people; no, I will always be the little Gröning. And that's why I ask you to always choose the good path. Every human being always talks about peace, but then sometimes he is so spiteful that he is a destroyer of peace, and with that he doesn't build himself up – he only breaks himself down. None of you want war and you all scream for peace. And when war suddenly arrives, it is inevitable, and it happens when people don't understand each other."

"Until now, hate and envy did not only exist among the Germans, but among all peoples on this earth. This has to come to an end as well. It will only end when everyone has found the path to faith again. Then there will be no more hatefulness between you, between the peoples of this earth. And world peace is thereby assured."

Throw Off the Evil

"Separate yourself from the evil since the evil does not belong to you, and not to your body."

"Friends, it is up to you how you receive the good! When can you receive it? Not until you have separated yourselves from the evil, not until you truly have nothing in common with the evil anymore!

You cannot receive the good before that! Before that, it is not possible! So, now open your heart and truly pour out everything! Get rid of all the worries and sorrows!"

"Because if you want to take the divine path, that is, if you want to become healthy, then you have to cast off the satanic, the bad, the illness."

"The illness has to be first offloaded to make room for health. Cast off the satanic and take in the Divine if you want to live well, happily and contentedly! And with that, I wish you all the best for your future life!"

"Whoever understands this and is ready to accept help and healing, he should free himself and leave the illness here or throw it off gradually."

Don't Make Attempts

"To just attempt to become free from the evil, which you call illness, that is not living, that is not God's will."

"Now, of course the human being no longer possesses the knowledge. He does not know anything about himself, he does not know anything about all the living things; he lives this earthly life by attempting anything possible."

"You no longer possessed the power to free yourself from the evil! No power, of course, because you attempted all sorts of things, attempted by yourself and also had those around you try many things. You gave up on yourself and gave up on the good; and your neighbor says: 'Oh, I've tried everything, I cannot help!'

"There is no back and forth, no trade off, and I'm warning you, dear Friends, about making attempts."

To be continued.

* see Explanations, page 15

The healings continue! That was the realization which drove Grete Häusler on after Bruno Gröning’s passing in 1959. Against all opposition she stood firm in spreading the teaching of Bruno Gröning to all interested people and help seekers around the world . . .

40 YEARS OF THE BRUNO GRÖNING CIRCLE OF FRIENDS – PART 2: ESTABLISHMENT 1979 AND GROWTH

Dieter Häusler, the leader of the Circle of Friends, describes the years of expansion and the identity of the Circle of Friends: "In the beginning and during the time of development, wonderful healings happened through people taking in the Heilstrom. This motivated us to continue our efforts . . .

40 YEARS OF THE BRUNO GRÖNING CIRCLE OF FRIENDS – PART 3: THE MEDICAL SCIENTIFIC GROUP

Dieter Häusler: "The healing reports are examined very carefully before one really speaks of a healing from a medical point of view. This is due to the serious nature of the topic and responsibility to people. I couldn't be responsible for a careless approach to such an important and significant topic."

www.bruno-groening.org