“Avoid the evil and take the good!”
Bruno Gröning

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Dear Reader

The year 2019 was a triple anniversary year for the Bruno Gröning Circle of Friends. The Circle of Friends celebrated its 40th anniversary, Bruno Gröning's going Home had its 60th anniversary, and exactly 70 years ago Bruno Gröning became publicly known.

In the Circle of Friends, the year began with a large-scale "Chain-of-Lights" action. Within three weeks more than 30,000 viewers watched the two documentary films "The Phenomenon Bruno Gröning" and "The Phenomenon of Healing" in over 900 cinema and community screenings. At the same time "The Phenomenon Bruno Gröning" was released in full length and in several languages on YouTube.

Since then the three parts of the film have received 1.3 million views in all language versions.

The three parts of the film in the German language are still being clicked on over a thousand times daily and the German-language YouTube channel of the Circle of Friends has about 200,000 views per month. The interest in Bruno Gröning appears to be uninterrupted.

How is it possible that a man who in his lifetime was so controversial is still so fascinating? A man who was adored by some and condemned by others – how is it that such a man still fascinates so many, 60 years after his passing and 70 years after the great media hype of 1949? How can it be that worldwide so many people click on films and clips about Bruno Gröning on an entertainment platform like YouTube?

Obviously, the man from Gdansk still touches a spiritual nerve. On the other hand, distress and misery and the many illnesses which cannot be cured with conventional medicine still burden people today as they did in the 1950s. Many people are searching for alternative ways of receiving help and healing. Bruno Gröning and his teaching about the Heilstrom* offer a wonderful possibility. Many have already been helped and everyone can check it out for themselves.

Thomas Eich

* See Explanations, page 15.
A Saying Goes Around the World

"THERE IS NO INCURABLE – GOD IS THE GREATEST PHYSICIAN"
Bruno Gröning

During this interview it becomes very clear that he is not a healer in the conventional sense, but that his task in life goes much deeper, and that every human being is able to attain help and healing from within. "And because of that I feel obligated not to do anything that could lead people onto a bad path, but to lead them to a good path and to help them back to the faith which they lost decades ago."

He is not talking about an abstract faith here, not about a particular image of God or religious faith. It is the faith in the good in life and in the original power, the source which created all life, which holds everything together and preserves it. People on this earth profit very much if they follow this principle of faith in the good. The great healings which happened back then speak for themselves.

"I want you to lead a healthy and good life – the way God intended it for you."

Many people experienced then, and also experience today, that there is no incurable. How can there be anything incurable for the One who created life and preserves it?

People only became incurable when they had lost their connection to the Source, the connection to God. The connection to this Source, which everyone can experience through the absorption of the Heilstrom*, does not just make physical health possible, it also gives the gift of a deep joy in life which is totally independent of the outer conditions of life.

"Many people have come to me, not just now, but for as long as I have been on this earth; they did not thank me for the healing, did not thank me for having become healthy, no, they expressed their thanks, their heartfelt thanks, because they had found the Divine faith, the Divine path again. They gave thanks for that."

Because of the tireless work of the Bruno Gröning Circle of Friends, people around the whole world today still find their way back to the true faith in the good and to the joy of life, and as a side effect, so to speak, they are often healed from incurable diseases.

* See Explanations, page 15.

Worldwide, the Bruno Gröning Circle of Friends is one of the largest active organizations for healing on the spiritual path; in fact, it is active in over 130 countries, on six continents. Bruno Gröning Friends of all nations meet all over the world because absorbing the healing power, as mediated by Bruno Gröning, is not linked to any religion or denomination.
Conferences in the Circle of Friends

SWITZERLAND – POLAND – MONGOLIA

Besides the Community Hours, which were started by Bruno Gröning, the Bruno Gröning Friends also meet worldwide at Conferences. Depending on the region, several dozen and up to more than 1,000 Friends come together to exchange their experiences with the teaching and to tune in, in unity, to receive the divine power which Bruno Gröning called Heilstrom.

SWITZERLAND – AUTUMN CONFERENCE

The Autumn Conference of 2019 was held from September 7–8 in the Swiss town of Wädenswil, a medium-sized city in the district of Horgen in the Canton of Zurich.

As well as the Swiss, the 300 Bruno Gröning Friends present also included Germans, Austrians, Italians and French. Even a Friend from Ireland travelled to beautiful Switzerland. The conference was led by Peter Jud, the country mentor of Switzerland. He has been part of the Bruno Gröning Circle of Friends since the 1990s: "The participants were so interested and alert. They came to receive something, but also to give something. A Conference connects people through their hearts."

Peter Jud is very much connected with nature. It was his heartfelt wish to bring the season of autumn close to the participants of the conference. "Nature comes to rest, but before it does, it brings forth the fruits of summer, blooming in the most beautiful colors."

This applies to the life of people as well: to rejoice in life, at the same time becoming calm, being present in the here and now – that was also important to Bruno Gröning. Special attention was given to thankfulness: "We all became still and everybody asked themselves what they were thankful for at the moment. Thankfulness is an attitude of living and also leads to trust in life," said P. Jud.

Certainly, one of the high points of the Conference was a call to Ghana by Peter Jud and A. Creek (from Ireland) using 'WhatsApp.' Concurrently, in Ghana a Conference was held for two specialty areas. "We sang the song 'My Lord and my God' for the Friends in Ghana. It is good that nowadays such contacts are possible via messaging," Peter Jud said. The Friends from Ghana expressed their thanks with an African song accompanied with drums. Anja Cervak was enthusiastic as well: "The connectedness of people from different cultures here in the Circle of Friends is simply wonderful."

POLAND – COUNTRY CONFERENCE

The port city of Gdansk lies on the Baltic Sea and is of special significance for the Bruno Gröning Circle of Friends: Bruno Gröning was born in Gdansk-Oliva on May 30, 1906.

Every autumn since 1995, the Country Conference is held about 300 meters from his birth place.

From September 14–15, 2019, 450 Bruno Gröning Friends from all part of Europe came together there, from Germany, Ireland, Italy, Poland, Sweden, Russia and Slovakia, just to name a few countries!

On the Friday before the Conference, the Friends assembled at the place where the house in which he was born had stood and walked together to the nearby woods where Bruno Gröning often spent his days as a child. Maria Brune led the Autumn Conference. The next morning at 9 a.m. she greeted all participants: "My heart and my soul have been filled again with unlimited and unconditional divine love."
Mrs. Brune has been part of the Bruno Gröning Circle of Friends for 18 years now. Out of thankfulness for the good she has experienced through the absorption of the Heilstrom*, she has been a helper for many years. "I am happy and healthy, and I wish this for all people."

Also very worthy of note was the role that technology played: with the 'live-stream', Bruno Gröning Friends from all over the world were able to experience parts of that conference via the internet and were also able to feel that special energy at home. Eight hundred computers in 37 countries were connected.

The success report of a seventy-year-old participant was also remarkable – after fifty years he was healed from purulent frontal sinus infections, arthritis, depression and thoughts of suicide.

E. Soroka from Elk, a Polish city about 300 kilometers from Gdansk, concluded: "Again we were able to meet face to face and exchange experiences, successes and insights gained in applying the teaching of Bruno Gröning, and to meet new Friends. We were connected to the whole world."

**MONGOLIA – AUTUMN CONFERENCE**

The connection to the people of all countries is also important to E. Henrici. She has been part of the Bruno Gröning Circle of Friends since 1988, and since 2011 she has mentored the Friends in Mongolia. A year before, in 2010, she attended the 6th Autumn Esperanto Congress in Ulan Bator, the capital of Mongolia. She said: "At this congress I received the love for the Mongolian people."

Since 2014, E. Henrici has led the Country Conferences held in Ulan Bator twice a year.

Mongolia lies between Russia, China and Kazakhstan. The country is almost twice as large as Germany. One and a half million people – about half of the population – live in the capital city.

E. Henrici is very impressed that many of the Bruno Gröning Friends undertook long travel in order to participate in the conference from September 21st to 22nd, 2019. Some of the 400 present travelled a whole night by train.

B. Maamkhuu had a short journey. She lives in Ulan Bator and has been part of the Bruno Gröning Circle of Friends since 2013. She had led one of the four Inner Circles in Mongolia for a few months. Deeply moved by the Conference, she reports: "I felt lightness, joy and Heilstrom*, and I had the feeling that there is no longer room in me for anything that does not come from the good. I also noticed a pleasant warmth in my whole body, even though it was very cold in the room – a wonderful experience."

It was a special moment when a Bruno Gröning Friend reported her healing. Since 1991 she had suffered from allergic dermatitis and for 24 years she had not been able to wear clothes with short sleeves. After her Introduction to the teaching of Bruno Gröning she was healed from this burden within two months. She first noticed the healthy condition of her skin while working in her vegetable garden.

The Country Conferences are a very special experience for the Bruno Gröning Friends and they look forward to them a long time in advance. B. Maamkhuu: "The Autumn Conference was a beautiful and powerful experience, especially the simultaneous connection of all the Friends with the divine power and the absorption of the Heilstrom*."

* See Explanations, page 15.
"The way I produce films today is very different than in the past. Superficiality has given way to respect and appreciation, which are irreplaceable."

Journal (J): Mr. Manninger, you are a self-employed film producer since 2011 and previously you were an editor and designer at ORF (Austrian Radio and Television). What kind of professional experience have you gained through the implementation of Bruno Gröning’s teaching?

Helmut Manninger (HM): I always ask Bruno Gröning for the right stories at the right time – and that is what then happens. When I do Einstellen*, I experience the good effect this has on me and the guidance. The way I produce films today is very different than in the past. Superficiality has given way to respect and appreciation, which are irreplaceable. I tell real-life-stories about real people in the form of a documentary, vital and authentic. Happy endings as well as failure belong to these stories. When talking to people in front of the film camera I am always touched by, and thankful for, the trust they give me, allowing me to look into their lives and into their hearts. And this often happens over a period of many years, as with the documentation 'Don’t be afraid of children,' a film about a large family with nine children. Gottfried, the father, became a good friend. Maybe the story will have a sequel in the coming year – more than 15 years after the first film-recordings. I also support a film team in the Circle of Friends. We often make success-report-films in which Friends report a healing from a burden in front of the film camera. It was a special joy to make a short film about the documentary film "The Phenomenon Bruno Gröning," which at that time had already played in the cinemas for 10 years.

J: You said that the right story comes to you at the right time. Do you have an example of this?

HM: One evening I started a fire in the furnace, using old newspapers to light it, as I always do. One page was left over and a small article – on that particular page – caught my attention. The title was: "What will happen to the convent?" At that moment I knew that this could be a story. I did the necessary research, and in the end a touching documentary film emerged which even found its way into the cinema. The story: a convent is being closed, the nuns have to leave, but not all of them are obedient. One has to be more than brave to be accompanied by a camera team over a period of months in this exceptionally emotional situation. It was a privilege and a great proof of trust for us. The result is a heartwarming film about the high art of letting go. We still visit Sister Theresia & co. in their new domicile, where they feel very comfortable.

J: How did you find the Circle of Friends?

HM: At the beginning of the year 2000 I was on the phone with a journalist, who is a friend of mine. He told me that he doesn’t have any more back pain since visiting a Bruno Gröning Circle of Friends Community Hour. I would not have believed this coming from anyone else. But because he is a valued colleague and a dear friend it helped me to take this story seriously. Two weeks later I went to an information lecture on the topic "Help and healing on the divine path through the teaching of Bruno Gröning." During the lecture I suddenly felt an intense tingling in the chest area and I started to
cry. Normally this would have been very embarrassing to me, but in this situation, I didn't care. I had the feeling that my heart opened up and that something in me came alive again. What this was exactly, I only noticed later. Immediately I felt the need to help in the Circle of Friends, and in the process, I met my wife. My previous relationships had always ended in disaster. I had never been able to say the words 'I love you.' I just had never felt it. Only in the relationship with my wife did I notice that I was able to feel love and also express it. I have now been married to the 'queen of my heart' for 15 years. We are now a family with three wonderful children. Through the teaching of Bruno Gröning I learned to love myself and others; I am thankful for that.

"Through Bruno Gröning’s teaching I learned to love myself and others, I am thankful for that." Helmut Manninger

J: This year, in 2019, you visited Namibia in Southwest Africa twice. Why exactly did you go there and what impressed you the most on these journeys?

HM: In the Bruno Gröning Circle of Friends I often heard that it is easy for the Friends in Africa to believe. I wanted to experience this and meet these people. In 2017 I was given the chance to help in Namibia and support the building up of the Communities. Since then we have been helping the Friends to build up Communities in the capital, Windhoek, in Karibib, which is about 200 kilometers from Windhoek, and in Swakopmund, a city on the coast. The reports of the local Friends, especially the healings, impressed me very much. Nineteen-year-old Uaeta from Karibib suffered from severe asthma since birth. Her cousin, who was as old as she was, passed away the year before due to this burden. Uaeta was often afraid. On the anniversary of Bruno Gröning’s going home in January 1959, the documentary "The Phenomenon Bruno Gröning" was shown in Karibib. Uaeta's parents came to the screening and immediately implemented the teaching. One month later, Uaeta had a severe asthma attack during the night. Uaeta's mother instructed her: 'Give it away, do Einstellen*, believe.' By the next day all of the symptoms had disappeared. For the first time in her life she was able to run during the soccer game.

J: Did you have other tasks before supporting the Namibian Friends?

HM: My first task in the Bruno Gröning Circle of Friends was taking on a task in the Community in Eisenstadt. Later on, I led Community hours and got involved with publicity. I had my first experience abroad in Hungary. There I was – a Community leader without knowing a word of Hungarian. Luckily there were Friends who were able to translate. But sometimes it had to work without them. From the beginning I noticed an atmosphere of friendliness, and I also had the feeling of knowing many of the Hungarian Friends, though I had never seen them before: a special connection of the heart, which still exists today. In 2006 numerous information lectures were organized in the USA. A Friend and I lectured in Salt Lake City, Las Vegas and Boise, as well as in the West of the USA. The topic was 'Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning.' Three years later I supported my wife in Greece and helped with mentoring and with building up Communities. At times we flew to Athens every three weeks, in the beginning even with the baby Gloria. This lasted, in total, for almost nine years.

J: You have a job and a family, why do you also help voluntarily in the Circle of Friends?

HM: It’s an inner need, wanting to help – not always easy, perseverance is required. I would like to say that a portion of egotism also plays a role, because I feel that the help I receive, and the Einstellen* together with the Friends, are a great gift to me.

* See Explanations, page 15

1. Landscape in Namibia
2. Right: H. Manninger with friends
Organic farming is especially designed for sustainability. It particularly preserves and protects natural resources and has many positive impacts on the environment, for example on the protection of soil, water, plant species and animals. The farmers in the Bruno Gröning Circle of Friends appreciate and respect these values as well.

A FAMILY-BUSINESS IN THE SPREEWALD

The Spreewald biosphere reserve is situated 100 kilometers south-east of Berlin, near the Polish border. In 1991, it received UNESCO status. The natural arms of the river Spree, numerous canals, meadows and moorlands lend this area a special charm.

The Muschka family runs a 330-hectare organic farm in this idyllic area, which is also an area rich in tradition. It is not far from the town of Schmogrow-Fehrow and it consists of 220 hectares of farmland and 110 hectares of grassland. Farmer Tino Muschka grew up on the farm and has been involved in agriculture since childhood. Today, four generations live here together on good terms: farmer Muschka with his wife Sandra, his mother, three of the four children, two grandchildren and his sister with her family. Everybody works together as a harmonious whole.

REMAINING ORGANIC

Despite the considerable size of the farm, Tino Muschka is particularly concerned to run it in harmony with nature: "In the 1960s, during the time of the GDR (former East Germany), our business was assigned to the Agricultural Production Cooperative. Most of the land was managed cooperatively. We were allowed to continue using several fields privately. After the German reunification in 1989, we were again able to independently take over all the fields and lease additional fields. As had always been the case, even during the existence of the GDR, we continued working in the fields without pesticides and artificial fertilizers. We are a living example of a well-functioning agricultural operation with organic certification; but we do not belong to an association."

COMING TO THE CIRCLE OF FRIENDS

"In 2008, my wife Sandra found the Bruno Gröning Circle of Friends through a friend. I was introduced to the teaching of Bruno Gröning in 2009. Since then our life has changed a lot. In the past our animals used to be simply our source of income – now I see them as fellow creatures. We do Einstellen* for them every day. I often talk to them and greet them in the morning. Bruno Gröning’s words 'Trust and believe, the divine power helps and heals!' helps us to believe in God’s guidance for our everyday life and to look to the future with great confidence. We also feel supported making important decisions regarding the whole farm. For example, we used to have a large dairy farm until several years ago, but then we decided to convert to a farm with mother cows and calves. We now have 70 cows with offspring, an average of 145 animals yearly. Of course, a bull belongs to the herd as well. Four cows provide us with milk to make our own butter, cheese, yoghurt and cottage cheese. We also deliver our milk to an ice cream café for the production of ice cream: the customers love it. The following animals live on our farm as well: 4 pigs, 3 horses, 50 chickens, 3 turkey hens, 25 geese, cats, rabbits, quail and bees. On the fields we grow wheat, rye, edible millet, buckwheat, linseed and sunflowers. We also own 150 fruit trees – apple, pear, plum and cherry – we make juice out of them. We store some of the apples and also give them to our animals as a snack. This great variety is important to us – in nature one thing helps another, this way plants and animals stay healthy."

"AN ABUNDANCE, THE WAY I LOVE IT!"

Sandra Muschka is a trained gardener: "Working with the plants fulfills me very much. I love my garden. Since belonging to the Bruno Gröning Circle of Friends, I do Einstellen* for the protection of the plants and for good yields. That’s how I discovered that the cucumber plants in our foil tent thrive very well without the use of chemicals. They were afflicted with red spiders for many years."
HELP IN TIMES OF NEED
In the following situation farmer Tino experienced that God does not live far behind the clouds, but that one can always count on His help: "On a very hot and dry day in the year 2009, our old harvester stopped working in the middle of the harvest. It was 11 years old and often needed fixing. The weather report predicted rain by the end of the week and we had just harvested approximately a quarter of the fields. This time the repair would be very expensive and time-consuming. I couldn't cope with this, felt unwell and had no appetite. In this seemingly hopeless situation we asked for help from the bottom of our hearts during our nightly Einstellen*. The next morning, we had a huge surprise: the machine salesman from whom we bought the harvester called during breakfast and said: 'Your harvester has probably reached an age where it is going to become a problem for you. I have one stationed as demonstration equipment close to your farm. Wouldn't you like to try it out?' I just couldn't believe it and gratefully accepted his offer. I was now able to finish the harvesting with this brand-new harvester!"

PROFESSION AS A CALLING
It can't be denied that the farm is more than simply a business for the Muschkas. The farmer concludes: "It is very close to our hearts to take care of the earth through natural farming. It becomes more and more obvious to me that everything is a big, divine cycle. Through natural farming our mother earth is able to grow enough food for all people. She is so rich and gives us all we need. So it is that the farmer has a key task, one of the most important on this earth; people must become aware of this again."

* See Explanations, page 15
Two hours before daybreak Fabian and Sebastian R. are already in the large hall in Gesek, a medium-sized town in Westphalia, in order to set up the technology: camera, sound, laying cables and marking the spot on the floor of the stage where later the microphone is to stand. The reddish blonde identical twins are part of the Technology Team of the Bruno Gröning Circle of Friends. Together with their father and other helpers they are also preparing the laptop for the live stream, so that Bruno Gröning Friends worldwide will be able to experience the Conference live via the Internet.

Fabian R. has already thought about the quote "Your thoughts form your life, the way you live it." These words give him the feeling that he can do and manage everything in life that he plans on doing. For example, consciously wishing for things. He knows that when he carries these wishes in his heart, they might be granted. His twin brother Sebastian adds that because of the quote and the teaching of Bruno Gröning, he knows that his life is in his own hands, for Bruno Gröning purposely spoke to all people: "Your thoughts form your life . . ." "So it is that life is shaped by the things with which we occupy ourselves the most," Sebastian says. And: "Success can happen if we think about success and plan our life accordingly."

Both Fabian and Sebastian R. are studying computer science. They were often in situations where the implementation of the teaching of Bruno Gröning has helped them. For instance, when Sebastian was at a loss during a demanding exam at the university. Thinking positively during difficult moments can have an enormous effect on one's state of wellbeing. "Because I consciously thought about passing this exam, a good feeling of trust was restored again." But he has also experienced situations where worry and negative thoughts led to doubt, problems and stomach aches, for instance. Because of that, he knows how important it is to always have good thoughts.

Setting Goals
Fabian says that this quote is very encouraging because it also contains a direct request to picture one's own life. "If one only thinks in a positive way, no goal has yet been set to indicate where one wants to go in life. During recent years, I learned to consciously set goals for myself and to work on reaching them." More than once Sebastian experienced that it is not always easy to keep on believing that a solution can be found in difficult situations. In order to have the necessary energy reserves for this, the young Bruno Gröning Friends do Einstellen* regularly, especially during the many Conferences.

Absorbing Good Energy
In order to always see life positively and to believe in the best, even in the face

Most young people in the Bruno Gröning Circle of Friends know this quote. Some deal with this quote more intensively, asking what it can mean for their life.
of resistance, a harmonious energy-balance is required. The twins do Einstellen* in the morning and at night in order to consciously absorb the energy and to ask for divine guidance. Fabian R. reports that he and his brother and a fellow student from the village take the train to the university. "It is a fact that the studies can be absolutely exhausting because there is so much to learn. In contrast to our friend, we always have a kind of anchor we can hold on to through the teaching of Bruno Gröning, and we know that in the end everything will happen the way it should happen in the good."

A while ago the brothers had received unpleasant news from the university, something that was likely to have had a negative effect on the whole course of their studies. They did Einstellen* and asked that everything would turn out well – and it did turn out well. Sebastian relates that, in general, he feels protected in life; he knows that the right thing is always happening for him and that he doesn't continuously have to have an emergency plan. "I have been part of the Bruno Gröning Circle of Friends for ten years now and have experienced much guidance in that time. I have accomplished things which I would not have managed without the Einstellen*." In the past he never even thought of finishing high school with an advanced diploma, without which it was not possible to attend a university. The school years had not always been easy for him, because, during their childhood, he and his twin brother were often in competition with each other and argued a lot.

DEVELOPING A POSITIVE RELATIONSHIP

At the end of primary school, Mrs. R. sent her twin sons to sound-therapy, because the boys argued continuously and beat each other up several times a week. Sebastian says: "Our mother always said that we weren't able to live with one another, but that we couldn't get along without each other either." A short time later, the family R. was introduced to the teaching of Bruno Gröning. After about six months, they attended a week-long event of the Circle of Friends during which activities were also offered for the 12-year-old children. Fabian and Sebastian remember well that they were alone among strangers. Because they didn't have other children to play with, they got along with each other a bit better.

Since that conference, their relationship as siblings had continuously improved, and now they are very good friends. Sebastian laughs: "Today nobody can imagine that we couldn't stand each other in the past." He goes on to say that his brother is a friend with whom he can talk about everything. Sometimes differences of opinion arise, but they can't remember the last time they really argued.

Fabian adds that they are also very close because they are both boys and have the same interests. "We learned to appreciate each other and we know that we can always count on each other." Fabian knows that it is very helpful to be able to encourage each other to stay on the good path, especially in difficult situations in which he might start questioning his life or his own values.

HELPERS

The love of technology serves as a great bond between the two brothers. At the age of twelve Fabian attended a camera course during a conference of the Bruno Gröning Circle of Friends and Sebastian attended a sound course. Today, ten years later, they both support the Youth-Film-Team. Together with other motivated and committed Friends, they made a Youth-Film for the Bruno Gröning Circle of Friends. The twins agree: "Technology has always attracted us, that's why we love helping there. Because of that we have been able to acquire a lot of expertise during the last few years; we gladly share this with other people."

* See Explanations, page 15
Lots of Love, Courage and Persistence
MADELEINE JONKER’S HEART BEATS FOR CONGO

The Democratic Republic of Congo, Zaire from 1971 to 1997, also known as Congo-Kinshasa or simply Congo, is a republic in Central Africa.

Before Madeleine Jonker found the Bruno Gröning Circle of Friends in 1993, she was weak and in need of help. The friendly Dutch lady reports: "Since childhood I have always been very sickly. Over the years I had the following burdens: allergies, insomnia, no energy, difficulties in concentrating and depression. I was hardly able to work in my profession as a nurse. Being out of work often also led to financial problems. Finally I had pain in my whole body. I avoided going to the doctor because I feared a serious diagnosis. From the bottom of my heart I begged God for help." A short while later, I read an article in a health magazine about the Bruno Gröning Circle of Friends. I was introduced to the teaching in May and experienced a spontaneous healing. "It was like a 180-degree turn, like a battery which was newly charged. All the burdens disappeared. I never thought that something like this was possible."

LOVE FOR TECHNOLOGY
Out of thankfulness she just wanted to help. "Because I now felt strong and healthy again, I offered Grete Häusler (1922 -2007) my help. At that time she was the leader of the Circle of Friends. She advised me to first create order in my private life and to use the regained energy for my professional work. I decided to study theology and eventually worked as a minister. During my free time I participated in numerous activities in the Circle of Friends. Among other things, I voluntarily helped with the set-up of the translation equipment for the foreign language speaking visitors at the Conferences. That is how I came to meet a Belgian Friend who had already been active for the Circle of Friends in Africa for many years. He asked me to mentor two Community Leaders in Togo by phone. I started doing this in the beginning of 2007. Since I didn’t find contact by phone easy, I felt the desire to meet the Friends in person and in 2008 I traveled to Togo for the first time."

"I AM HEALED"
Mrs. Jonker has been helping with the mentoring of the Friends in the Republic of Congo since 2010. The year 2010 was a very moving one for the Congolese Friends. A Friend who had immigrated to Atlanta, USA, many years before, had found the Circle of Friends there. After having received healing from depression, she had the great wish to inform her brothers and sisters in Congo about the teaching of Bruno Gröning. So she sent them a few information flyers. At that time her brother-in-law, N. Mukenzi, who lived in the capital city Kinshasa, was heavily burdened. His arms and legs were paralyzed, he was not able to walk on his own anymore and just stayed in bed. His family and acquaintances had already given up on him. An exact diagnosis and the necessary therapies would have required an expensive examination in the hospital. Because of that he asked his relatives, as well as the friend in Atlanta, for financial support. When she drew his notice to the flyer of the Bruno Gröning Circle of Friends, he initially reacted with anger, asking himself: "How can this white man, who is even already dead, be of help to me?" At night, before going to sleep, he brooded over the question if he should ask Bruno Gröning...
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at the bus station, beaming. With his taxi he was a great help to us. He is able to provide for his family very well with his salary.

TEACHING HOW TO FISH

The lively Dutch lady says: "We can learn a lot from the African Friends. They are masters in trusting and believing, they spontaneously implement the teaching of Bruno Gröning and experience many healings." Perseverance was needed for building up the existing Communities. Just communicating with the local Friends was difficult because hardly anyone owned a computer or a reliable Internet connection. Since the beginning of the Smart Phone era, communication has gotten a bit easier, although not every Friend can afford the costs for the Internet. When M. Jonker took over the main responsibility of mentoring the Friends in Congo in 2015, the primary concern of this dedicated helper was to encourage the independence of the African Friends. "My main aim is to assure that the Friends learn how to lead a Community and to inform new Friends about the teaching of Bruno Gröning and the possibility of help and healing on the spiritual path, and to look after the Friends. The Friends have come to understand: 'Now you don't have to bring us fish anymore; now we want you to teach us how to fish ourselves.'"

The Friends no longer turn only to their mentors when they have private problems but do Einstellen* together and help each other. The next step is that they independently organize and carry out information lectures and public screenings of the documentary film, which will happen this year (2019).

LOOKING FOR HELPERS

With an area 2,344,885 square kilometers the Republic of Congo is almost as large as Western Europe. The distance between one Inner Circle (meeting of helpers) to the next is far more than 1,500 kilometers. In addition, many Friends in this country do not yet have a Community in their vicinity. M. Jonker remains realistic: "Even though the fruits of Bruno Gröning’s teaching in Congo are wonderful to see, this African country needs our support. We wish for many additional helpers for the continuing build-up of Communities."

* See Explanations, page 15

for help, and then he fell asleep. The next morning he had the strong urge to go to the bathroom and suddenly found himself in the bathroom. He couldn't believe it and returned to his bed, pinching himself in the arm to test if he was awake or dreaming. He again went to the bathroom on his own and grasped that he really was able to walk again. His wife and children were totally surprised to find him dancing in front of the house. When he visited his place of work, his colleagues first thought they were seeing the ghost of a dead man, but he happily affirmed: "I am not dead, I am healed!"

GROWTH

Because of this great healing, the Community in Kinshasa experienced enormous growth. At the outskirts of the city new Communities* developed. N. Mukenzi became a Community Leader. His mother, who lives 2500 kilometers to the south-east in Lubumbashi, experienced a spontaneous healing as well, which was totally surprising. Out of a feeling of gratitude this nearly 80-year-old woman now offers her home for the Community Hours.

A WISH WAS GRANTED

Besides great healings, the Congolese Friends have often also experienced help. Madeleine Jonker reports: "After our trip in September 2018, Jack K. from the Kolwezi Community, spiritually turned to Bruno Gröning. He is a taxi driver, but he had no car. It was his heartfelt wish to be our chauffeur. A short while later, a taxi driver was needed in his area. Amongst several applicants he got the job. His boss put a vehicle at his disposal which he was able to pay off at a favorable rate. At our next visit he awaited us

1. Helpers, Kinshasa Community
2. Jack K. from Kolwezi in his taxi

M. Jonker and E. Alanga, helpers Kolwezi Community
Since 1996, at the age of six, I suffered from difficulty in breathing after strenuous exertion. In addition, I was confined to my bed every year during autumn for longer than a week because of burdens due to a cold and difficulty in breathing. I could hardly breathe because of mucus in my nose and lungs. A whistling sound was constantly audible as well. Additionally I was bothered by headaches. These underlying burdens accompanied me for months before I was really free of symptoms again. Especially the whistling breathing sound during the night often led to sleeping problems which lasted for weeks.

A doctor diagnosed bronchial asthma. A therapy with medications was started which consisted of inhalers, for example Ventolin, Flixotide and Serovent. One puff per day was sufficient during quiet times; during phases that were worse, two puffs were necessary. The medication made breathing easier but I never felt really healthy. Every six months my lungs and the respiratory tract were checked via a lung function test.

RESTRICTED

During my childhood the complaints were intense and frequent, however they decreased during puberty. I started doing sports after turning eighteen, but the health restrictions remained during autumn, and they were a real problem for me. I often had to stay in bed for up to five days. During that time I was unable to go to school, do sports and, later on, go to work. The shortness of breath after strenuous exertion remained throughout the year. Ever since childhood this recurring difficulty in breathing limited the quality of my life. For example, when I played in the street as a little boy the difficulty in breathing combined with a stridor (whistling and sibilant breathing sound) often hit me totally unexpectedly and I had to really gasp for air. I would then run home as fast as possible, needing the help and the feeling of security my parents could give me. At these moments I was hardly able to talk. After sitting quietly or resting for a while, the condition improved so that I was able to play again. In later years I quickly became nauseated when, for example, I had to ride my bicycle faster than usual to catch the train. I was then forced to slow down in order to prevent an attack of difficulty in breathing. I suffered threatening attacks only when I hadn’t taken the medication for a longer period of time. This was the situation in the year before I got to know the teaching of Bruno Gröning.

AN INTENSE GAZE

My father was already in the Bruno Gröning Circle of Friends, and at home I saw the photo of a man who looked at me so intensely that I instantly felt myself connected to him. What my father told me about his experiences with the Bruno Gröning Circle of Friends touched my heart. I therefore decided to go to the next information lecture on the topic “Help and healing on the Spiritual Path through the Teaching of Bruno Gröning.” There I felt my views on life were confirmed. It immediately felt good and right to be there.

I was introduced to the teaching of Bruno Gröning on April 16, 2015.

FAITH AND TRUST

"After the Introduction, I attended the Community Hours as often as I could. In the beginning I only did Einstellen* at home sporadically. But after some time, after being able to feel the Heilstrom* in my body a little bit, my faith and my trust in the good were strengthened. I occupied myself more intensely with the teaching of Bruno Gröning and also did Einstellen* more often. I often also read the Schooling Letters (information booklets for Bruno Gröning Friends) while sitting in the train or during breaks at work. Even the music I listened to changed from pop to classical.

"I say: Those who occupy themselves with the illness are holding on to it. Those who want to get rid of it – and surely all of you want this – they should not think about it, but observe their body to perceive all that is happening in it."  
Bruno Gröning

"Before going on a trip in the summer of 2015, I consciously let go of the burden, didn't think about it anymore
and stopped the medication. Later on I realized that at that time the healing had already been a reality. In any case, I felt the trust that all was well.

**BETTER THAN AVERAGE**
"After a while I felt the need to do sports again. I started to run and noticed, to my surprise, that it went well. My athletic achievements now were better than average. I improved very quickly with regards to distance and speed, something that I had not managed before. Suddenly the difference became very clear to me – I had more air, energy, willpower and self-confidence!

**DECLARED HEALTHY**
"In November 2015 I asked the doctor to perform a lung function test. The result had surprisingly improved. That, and the fact that I had no more symptoms, had not taken any more medication and achieved a better running score led, in December 2015, to my being considered healed from a medical point of view – no further medication was necessary. Now I no longer get short of breath after exertion, I can ride my bicycle at high speed or run fast without being out of breath afterwards.

During a short Regelung*, in the form of a cold, my lungs stayed clear. I was able to go to work as usual and also do sports, whereby I am able improve my score faster and with better results than before.

I thank my parents. Because of them I learned about the teaching of Bruno Gröning. I am happy that my respiratory tract is now permanently clear. This enables me to be active again, now I can really enjoy life."

**Medical commentary:**
From a medical view it is very unusual that Mr. Mulder became totally healthy at the age of 26 after having suffered from respiratory tract problems and severe asthma symptoms after exertion since the age of six. Only three months after the Introduction he already felt healthy again, and during the three months that followed, achieved a great increase in physical fitness.

See Explanations, below

**EXPLANATIONS**

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

**EINSTELLEN:** One "tunes in to 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.
Suddenly he is completely stirred up, he recognizes the headline: "It’s Incomprehensible!" as his own. In the year 1949 he was sent to Herford as a volunteer for the Süddeutsche Zeitung (a newspaper in southern Germany) to report about the sensational happenings connected with Bruno Gröning. What he had experienced at that time comes so vividly to memory that he spontaneously gets up and, overcome by emotion, speaks to the visitors, verifying what can be seen in the film.

Mr. Stankiewitz reports: "The press agency makes public that a certain Bruno Gröning is healing many people in Herford in an unexplainable way. The editorial office of the Süddeutsche Zeitung thought this so interesting that it sent me there. When I arrived, I immediately rushed to the home of the Hülsmann family. Hundreds of people were gathered there, but Bruno Gröning was not to be seen. It was said that he was still on the way. I waited in the crowd and saw with what afflictions and expectations the people had come."

ALMOST LIKE A MESSIAH
Gröning did not arrive until late in the evening. I had the good fortune to be able to exchange a few words with him. When he stood on the balcony, he appeared to me almost like a messiah. I wrote down in shorthand what he said to the people, who were all reverently listening. The mayor of Herford was also standing on the balcony. He remarked: "It is incomprehensible!" I used these words for the title of my newspaper report.

I stayed in the house of the Hülsmann family the whole night and was able to observe how Bruno Gröning talked to the people that were continuously being brought in. He took care of every individual with boundless patience. I remember a paralyzed man from Bad Tölz. I later saw this man again. He walked into the office of our evening paper and reported to me that he was healed – yes, indeed, he was able to walk! When my article appeared in the Süddeutsche Sonntagspost (a Sunday newspaper), it caused a sensation. A lot of people, including colleagues, assailed me with questions, some of them were very sceptical. The phenomena around Bruno Gröning were a very important topic for me.

NOT A MIRACLE HEALER
Before he came to Munich, we announced his coming in the evening paper: ‘Bruno Gröning is Coming to Munich.’ And that is how he became well known here as well. The interview which I was able to do with him appeared under the headline ‘I Am Not A Miracle Doctor.’ For the first time the edition climbed to over 100,000 copies. Gröning once gave me one of the tinfoil balls which had been energetically charged by him. My hand holding it became warm, really hot. Because he continued to stay in Bavaria, people came to our editorial office in a steady stream. They wanted to be taken to Gröning or have us make an appointment and offered us a lot of money. Of course, we always refused.

I wasn't able to approach Gröning again at the Traberhof in Rosenheim where he spoke to thousands of people. In the meantime he had become a true celebrity, but he always stayed humble. He never wanted to give the impression of a miracle healer; he did not want to stand out. Bruno Gröning was how a non-Christian would imagine Jesus Christ: someone who always only wanted to help people and who sacrificed himself. With his passing, the subject of Bruno Gröning seemed to officially come to an end. That he had not been able to help himself with his power – he was accused of this – also reminded me of Jesus.

"The events happening during this time had a profound effect on me as a young reporter. Of all the people I have ever met, Bruno Gröning was the most remarkable."

To be continued.
"God Wants To Help People"

THE TEACHING OF BRUNO GRÖNING IN HIS OWN WORDS – PART 3
"Not I heal, but IT heals! This means the good, this means God. It means to affirm to life and to affirm the order that reigns in it. Those who abandon this order, and with it the faith in God and in themselves, will get sick. The more a person gives in to the illness, the more powerful will be its control over him. The human being becomes entangled in his own thoughts. I want to free him from this dangerous entanglement. My word awakens his faith, his faith in God and in himself. Through this, the power will be given him to free himself from the entanglement of burdensome thoughts. This paves the way to order and to health."

SUFFERING DOES NOT COME FROM GOD
"Why are you suffering? Why are you sick? Because you were never shown the right path. Not the way people believe: 'This is punishment from God.' It can be compared to a child leaving the parents' house. Then the parents won't be able to hold their hands over him anymore, they cannot protect the child anymore."

"The parents won't be angry with the child if the child leaves the parental home. When he comes back home, they will forgive him. They will say to him: 'Good, my child, it is good that you are here again. Come, be good. Now you have everything you need again. You are worn-out, no, that's not the way it should be'. Then he will be nurtured and cared for again in the parental home, and he has his home and his parental home."

"God's will is ordained. God wants the human being to be helped when he has recognized that evil degrades him. God helps him, God guides him and God also forgives."

THE FORCE OF HABIT
"I know that you are in the midst of everyday life. I know that you have taken in everyday habits. I know that you have been wrongly taught by people of an older generation, because they had also succumbed to a force, the force of habit – people without conviction, people who influenced you just by their opinions, without conviction. You yourself, until this day when you were accepted here in the Circle of Friends, also lacked conviction. You too, tried everything to influence the closest Friends here in the Circle of Friends with your habits."

"He no longer knows what is true. He, the human being, has become more and more superficial, he has virtually succumbed to every great sin without knowing it, without even being aware of it, without being plagued by a guilty conscience, that is, he, more or less, doesn't feel it at all anymore."

"Most people don't know anything – and it is also a habit – don't know how to do anything except fabricate new worries."

"Again and again I raise the question: is this to continue? Should it continue to be tolerated, must it stay this way? Don't you want to know the truth? Don't you have the desire, don't you have the time to convince yourself of what God is for you? Don't you also have the desire and the love to pay attention to your body, especially since your body really is a divine gift? Is this, your body, not worthy of attention? Shouldn't you give your body that which God has already intended for it? Shouldn't you really only do good, shouldn't you turn away from evil and shouldn't you get away from this force, this force of habit. And shouldn't you really now exercise your own will, which means that you don't take orders from other people, but live according to your own will, which God has given you, so that you can decide for yourself!?"
DON’T TALK ABOUT THE EVIL
"How unknowing a person is, succumbing to this force, the force of habit, by living in the belief that he has to talk about the evil, that he has to tell his neighbor about it, that he has to brow-beat his neighbor into trying everything possible to get free from the evil. No, Friends, that won't work! On the contrary. If anything, he is more likely to infect him, degrade his neighbor with that."

PEOPLE TALK THEMSELVES INTO SUFFERING
"And here is another thing: Mom had a severe stomach or intestinal ailment. She complained about these pains to the children. Yes, she is dying – all of us have to die, so do I. One of the children grows up and also feels pain, suddenly gets stomach or intestinal pain. According to the death certificate, the mother’s cause of death was cancer! The child grows up: 'Mother had the same, I have this, too. Mom died of cancer; therefore I have to have this, too.' It isn't even cancer, but you focus on this organ, focus on illness. Now, if you don’t break free of this thought, you really will develop cancer because the organ is being addressed by the command center, from the back of the head, from where all the nerve fibers run through the body. You focus on the stomach, of course it gets through, settles on this organ – you focus on cancer. The organ reacts to that, the nerve stops working, there is no more life in it. There is a gnawing – cancer gnaws as well, that's why it is called cancer [the German word for cancer is 'Krebs' which also means crab] – and it continues to gnaw, and then it actually happens: cancer develops."

"The human being suggests his own suffering to himself. Not only that, but he even does this to his fellow human beings."

DOUBT, FEAR AND WORRIES
"Taking in doubt means doubting the good. You despise the good, you throw it away and you will never be able to take it in. You will also never be able to feel the good in yourself and even less around yourself, but more than ever evil will cling to you, degrade you and your body, so that you are at the mercy of lingering illness. My dear Friends, where will this end? If this continues, if people don’t listen to Him to Whom they have listen, if they don’t listen to Whom they belong? Because we all belong to God and we were shown the real path. We only have to walk it."

"We have to become inwardly free. All fear is a mental evil. If a person is fearful, how can he live in freedom at all? Fear, thus also fear of disease, is the worst poison. Every person always has tiny amounts of poisonous material substances in him. These are triggered by fear. So a person releases the poisonous substances himself."

"May I give you another fitting example: You have a valuable object in your hand. Suddenly you drop it without meaning to. There are broken pieces. You begin to cry and grieve. Now I ask you: Will it become whole again? Will it be restored again, now that it has been destroyed, will you get it back? Not this one. Perhaps another one. Yes? But the crying, the grieving, the worries one has about the object – whatever it may be – won't make it better. From these practical examples in daily life one best learns to understand."

"Illnesses are often the result of worries. One should not accept worries. That's why I often ask people: 'Why do you let unpleasant experiences influence you? Why are you worrying?' Whoever creates worries for himself will have them. Free yourself, it's a good deal better to think: I am redeemed within myself – then you will be."

"When is this going to end? When will distress and misery finally end? When will the army of illnesses diminish? When will it come to a halt? Not in the way the human being is accustomed, dear Friends. He has to abandon these habits, he has to turn around, he really has to become and also do that which God has ordained for him – nothing else – he has to start listening to God. He has to come under Divine guidance, without it there is no life."

To be continued.
During his lifetime (1906-1959), Bruno Gröning was a pioneer of healing on the spiritual path. He passed his knowledge about the spiritual connection between health and disease, and much more, on to others through his faith lectures.

This music begins with the heart-beat of the earth. Nature awakens, the joy of life pulsates. The day develops its power and the dance of life captures the world. This is supplemented by wonderful film footage of a bubbling, foaming, flowing mountain stream.

In the Bruno Gröning Circle of Friends, interested people, and those seeking help, learn how they can absorb the positive, divine energy by tuning in to it. Bruno Gröning called this energy "Heilstrom". It can bring about help and healing.