"The most beautiful and greatest thing that one can give a human being is trust."

Bruno Gröning
FROM THE EDITOR

Dear Reader,

In 1949 Bruno Gröning became known worldwide. The media described him as a "miracle doctor" and made an issue of the events happening around him. Series of articles were written; special editions were published and brochures distributed. The interest in him remained great in the 50s as well. The articles which were written about the three days of the trial, from the end of July to the beginning of August [1958], alone fill several folders.

Again and again people reported about him. A lot of this was sensational, superficial, also vicious and mean. Bruno Gröning, who collected all these articles in his press archive, explained in 1958 that 99% of them were nothing but lies. Only one percent had been written with the intention of reporting the truth. And even of this one percent much was exaggerated or distorted due to ignorance.

Many of the press articles were only written to sell many editions and make money using Gröning’s name. People around him were offered horrendous sums of money to spread defamatory statements about him – the more extreme, drastic and repulsive, the better. Not everyone was able to resist this. Even one of his brothers let himself be tempted by a 50,000 DM offer and told a journalist the most hair-raising stories. He later confessed under oath that the claims he had spread were untrue. But the articles were there, were copied by others and are to be found in the press archives until this day. The affidavit, however, is not there.

For this reason it was always very important for the Bruno Gröning Circle of Friends to rehabilitate Bruno Gröning. Several books were written, an in-depth documentary film was made, and this Journal has also repeatedly cast light on various aspects of his life. Countless healings happened in the 50s – today also, healings continue to happen. Therefore, it is still important to emphasize the truth about Bruno Gröning, to inform suffering people about him and his Teaching and to let them know about the opportunity of help and healing on the divine path.

Thomas Eich

"The truth will prevail."
Bruno Gröning

CONTENTS

CURRENT & NOTEWORTHY
03 13th International Congress of HUPED in Zagreb
06 International Schooling Weeks in Geseke, Blaubeuren and Sarajevo
08 Religions in the Circle of Friends
PART 1: F.B. of the Islamic Faith

YOUNG FRIENDS
10 Your thoughts form your life, the way you live it – PART 2

FROM AROUND THE WORLD
12 The Growing Work: PART 1 – World Region 2
From the beginning until now

EXPERIENCES & REPORTS
14 Healing from Back Pain due to Ankylosing Spondylitis

THEN & NOW
16 Report of Eyewitness Karl Stankiewitz – PART 2
17 "Trust and believe! The Divine power helps and heals."
The Teaching of Bruno Gröning in His Own Words – PART 4

FROM THE EDITOR
15 Explanations

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Please excuse our misprint on page 13.

COVER PHOTO
Nature pictures taken by Bruno Gröning Friends appear on the title page of each issue

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"You are carriers of light!"

DIETER HÄUSLER, PEOPLE HEALED AND PHYSICIANS GIVE INFORMATION AT A LECTURE IN ZAGREB

The Croatian Federation for Nature, Energy and Spiritual Medicine (HUPED) held its 13th international congress in Zagreb from 5 – 8 December, 2019. At the invitation from its president Vedran Korunić, the Bruno Gröning Circle of Friends participated as well.

On December 7, 2019 Dieter Häusler, the leader of the Bruno Gröning Circle of Friends, was a guest at the congress. He gave a lecture in front of about 1,100 interested people. The topic was "Help and healing through the Teaching of Bruno Gröning – medically verified."

The focus was on the documented success reports which were professionally commented on by physicians of the Medical-Scientific Group (MWF) of the Circle of Friends. Three Bruno Gröning Friends reported personally on the healing from back pain, the healing from angina pectoris (tightness in the chest area, constriction of the heart arteries) and the healing from chronic infection of the sweat glands.

Reports of healings from years of drug abuse and from radiation damage (Chernobyl) were presented via videos.

Dieter Häusler: "I thank Mr. Korunić very much for his support. He has contributed significantly to the wonderful success of this lecture."

(left Vedran Korunić, president, right Dieter Häusler, leader of the Bruno Gröning Circle of Friends)
Every report received great applause. The people were interested and deeply impressed and touched that there is such a wonderful and simple way, that is also free of charge, to gain health, happiness and contentment in life.

Dr. Vjekoslav Jeleč, Md, the director of the health department in Zagreb, thanked Mr. Häusler in his words of welcome for the efforts of the Circle of Friends in Croatia.

He promised to continue a good working relationship for the benefit of good health in his country, and he wished the Circle of Friends much success with all its plans. Here is an excerpt of his speech (translated from Croatian): We live in a time of, I would say, scientific materialism, pragmatic philosophy and unbelievable social engineering, often making it very difficult to recognize the spirit – that which the quantum world is concealing.

But there are people like you who have the faith, who have the hope, who have a broad horizon, who are able to see what others do not see, who see it much sooner than others. They see it and open up the spiritual world; they are – in a word – carriers of the light. I want to encourage you to spread the truth, to spread this knowledge. Time will reveal this. That means that sooner or later the truth will come to light. Be persistent, be courageous, be calm. Have faith and do what your heart tells you to do and what you feel. There is still a lot to learn, society still has a lot to learn. I’m a neurosurgeon, but I am very open for this invisible world, as I call it. This world is wondrous, life is wondrous. I wish you success in all you do.”

The media that was present at the congress showed an interest in the Bruno Gröning Circle of Friends. RTL-Today Croatia reported this in the evening news. Mr. Zdenko Belko, Croatia’s leader, was responsible for the successful implementation of the lecture. Thanks to his initiative and the tireless voluntary work of all the Friends, the Circle of Friends was able to introduce itself at the congress.

The media-work was handled with great success by Goran Smiljanić and Nela Kovačević. The contributions on the Teaching of Bruno Gröning
and on the Circle of Friends spread far beyond the borders of Croatia. But without the many helpers – who aren’t to be seen in any of the pictures – such a project would not be possible: all those Friends who distribute fliers, who lovingly make provision for the care and catering of the guests, who support all aspects of the organization, who provide information about Bruno Gröning and his Teaching at the info-booths for two days running, who collect the forms with the addresses of interested people after the lecture and so much more.

Even the film team of the Circle of Friends was on site. The team was under the leadership of cameraman and director Nicola Stampfer and consisted of two more camera men, David Walter and Josip Slisurić, as well as the audio specialist Manfred Karl Saller. They filmed unforgettable material about the lecture, the interviews and the many small happenings on the side-lines of the event. This material serves as the basis for several YouTube clips which will be shown in 2020 on the YouTube channel.

All the helpers were rewarded by the heartening response at the end of the lecture. When asked who had felt anything positive, about 70% of the people present spontaneously raised their hand and thanked the lecturers with a long applause.

*see Explanations, page 15
Together into the New Decade 2020
INTERNATIONAL SCHOOLING WEEKS IN GESEKE, BLAUBEUREN AND SARAJEVO

For many years now the International Schooling Weeks from December 27th to January 1st in Geseke, Blaubeuren and, for the first time, in Sarajevo are a special end-of-year event in the Bruno Gröning Circle of Friends.

This wonderful community experience is an essential element in making plans for the coming year for many Bruno Gröning Friends. Every year there are more and more registrations for this event coming in from all over the world. The auditorium in Geseke, a middle sized city in North-Rhine-Westphalia, became too small a long time ago. Therefore two more meeting places became necessary: Blaubeuren, a city in the Alb-Danube region in the east of Baden Württemberg, and Sarajevo, capital and seat of the government of Bosnia and Herzegovina.

In Geseke, Dieter Häusler, leader of the Bruno Gröning Circle of Friends, greeted approximately 1000 adult Friends and more than 200 children and youth who had arrived from Germany and 29 other countries, including Argentina and the USA. Dieter Häusler looked back on the anniversary year 2019: 40 years ago (1979) the Bruno Gröning Circle of Friends was founded; 70 years ago (1949) Bruno Gröning made his first public appearance; 60 years ago (1959) Bruno Gröning went Home.

Many people from all over the world had been able to be connected to God again in 2019, thanks to the numerous information lectures on the topic "A Path to a Healthy Body and Soul". This had been of supreme importance for Bruno Gröning. Another special feature in 2019 was the "Chain of Lights" project: from January 1 to February 2, 2019, over 30,000 interested people watched the two documentary films "The Phenomenon Bruno Gröning" and "The Phenomenon of Healing" in over 900 showings. At the same time, "The Phenomenon Bruno Gröning" was uploaded on the YouTube channel of the Circle of Friends. Meanwhile the film has received over one million clicks.

At the Schooling Week in Blaubeuren, Mr. and Mrs. Jud from Switzerland greeted around 400 Friends from several countries, among them from Germany, England, France, Ireland, Italy and Switzerland. One of the topics during this week was thankfulness. "As soon as we are thankful we are authentic. As long as we meet each other in thankfulness and mindfulness we are protected" said Mr. Jud.

In Sarajevo, Mr. and Mrs. Winder from Austria were able to welcome around 720 Friends, among them 70 children and 30 youths from 26 countries, including Bosnia-Herzegovina, Germany, England, Ireland, Croatia, Montenegro, Slovenia, Romania, Czech Republic and Turkey.

Whether in Geseke, Blaubeuren or Sarajevo, for all of the Friends it was important to learn more about the Teaching of Bruno Gröning, his life and the developments in the Bruno Gröning Circle of Friends; to do Einstellen* together and to experience the start of the year 2020 together. The Friends love to make use of the weeks to get to know each other better and to exchange experiences with each other. Being united in the Teaching of Bruno Gröning, the country of origin, language or religion did not play a role. The Schooling Weeks were also very popular with the families. In Geseke and Sarajevo, in addition to the daily Community Hours for the children and youth of various ages, a wide range of leisure activities – including sports, hiking, crafts, singing and making music – provided plenty of variety and brought joy. The young Friends looked forward to being together every day. During the Community Hours they reported with joy about their experiences with the Teaching of Bruno Gröning.

Thanks to the technology and simultaneous translation, it was possible for all foreign language speaking Friends to listen to the contributions in their own language. At times the live stream made it possible for many Friends from all over the world to connect via their computers at home with the happenings in Geseke and to absorb the Heilstrom*.
EXPERIENCES AND REPORTS

During the weeks in Geseke and Blaubeuren and also in Sarajevo, many Friends felt themselves encompassed by peace, love and harmony; and they were also deeply moved in the heart. A Friend in Blaubeuren reported: "Being connected for six days with several hundred Friends who all carry the good in their hearts and want the good – that was heaven. A strong energy, unity, peace and love was felt amongst all present during the week – for me that was the highest experience."

A voice from Sarajevo: "This was my first Schooling Week. The history of Austria had already drawn me: the murder of the heir to the throne and his wife in 1914 in this city had triggered World War I. I instinctively felt that the Bruno Gröning Circle of Friends is ideal for bringing a spirit of peace to this city, so that in the future everything worldwide will turn around to the good."

The richly diverse program of music helped create moments of contemplation and strengthened the absorption of the Heilstrom*. One of the Friends had been very impressed by the daily practicing of a choir piece with around 1000 other Friends in the auditorium of Geseke and the musical fireworks one then experienced on New Year's Eve.

The extraordinary success reports of the Friends touched the hearts of all present. A Friend from Belgium reported her healing from problems with hearing on the left ear, from which she had suffered since childhood; two surgeries had brought her no relief. After watching the documentary film in 2018, she was introduced to the Teaching of Bruno Gröning and drove to a Conference in Belgium. Six months later, in March 2019, she was free of this problem; since then she has been able to hear equally well in both ears.

Another Friend reported her healing from knee problems which had lasted for 22 years. In 2010 she came to the Circle of Friends, watched the documentary film, drove to Filzmoos for the Hiking Week and afterwards had no more knee pain. At the next examination the orthopaedist was highly astonished that the knee had healed.

ADDITIONAL SUCCESS REPORTS

Healing from headaches and back pain, as well as allergies which had lasted for 30 years.

A woman whose whole body had been burdened when she left the house for an Information Lecture, returned home totally healthy. Healing from a spider phobia since the age of 16.

Healing from Crohn's Disease with diarrhoea, pain, and 24 years of asthma four years after the Introduction and taking on tasks in the Circle of Friends.

Healing from a chronic infection of the sweat glands which had existed for 18 years.

At noontime on January 1, 2020, the Friends everywhere warmly said goodbye to each other. The many good wishes for the New Year, the many good things that had been heard and experienced together during the week will be remembered for a long time.

*see Explanations, page 15
Religions in the Bruno Gröning Circle of Friends

PART 1: MRS. F.B. OF THE ISLAMIC FAITH

In this series of articles Bruno Gröning Friends from different religions and cultures have the opportunity to report on their experiences with the Teaching of Bruno Gröning.

Worldwide the Bruno Gröning Circle of Friends is one of the largest associations for healing on the spiritual path. There are now local Communities in all European countries and on all continents of the earth in more than 130 countries. People of all world religions visit these Communities: Christians and Muslims, Jews, Hindus or Buddhists.

How is it possible that all these people find help and enrichment for their personal faith through Bruno Gröning and his Teaching?

In 1987 Mrs. F.B. arrived in the Belgian capital Brussels. Difficult political circumstances and the resulting terror and hardships caused the 18-year-old Iranian woman to leave her native country. However, life in the new surroundings was not easy and she soon developed severe mental and health problems.

"I ENDED UP IN A DEAD-END"
The now 51-year-old remembers: "In 1989, after the birth of my first son, I developed postnatal depression. I always felt sad, weak and listless, had no appetite and became emaciated, down to 48 kilograms. I had other burdens as well: a nervous stomach ailment with vomiting, stomach ulcers, fainting spells and numerous colds.

In 1990 I had two surgeries because of appendicitis but I could not tolerate the anaesthetic, and since then I had an allergic reaction to almost all medications. I lived in constant fear of becoming ill and not being able to receive help because of the medication allergy. Even though I was very religious and had prayed a lot in my life, I felt weak and unstable because of the suffering and the health restrictions. I ended up in a dead-end and didn't know of a way out.

"You know full well that I don't ask anyone about their religion, not even about their nationality. I don't ask whether someone is poor or rich; for me every person is equal. That does not matter here. God is not Protestant, nor is He Catholic, nor is He Muslim, nor anything else. God is good. God is goodness Himself. God is everything for us. Without Him we are nothing. Therefore, my friends, it has nothing to do with religion here."

Bruno Gröning

THE ISLAMIC FAITH

On the advice of a neighbor I consulted a homeopath in 1992. Although I tolerated these therapies better, nothing changed. In 2007 I had had enough of this situation and told my homeopath this. Thereupon he opened his desk drawer, handed me a flyer of the Bruno Gröning Circle of Friends and said that this could surely help me.

Although I really trusted my doctor, I was afraid I would end up in a sect and I was very skeptical. But a short while later I went to an information lecture on the topic "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning". To my astonishment I immediately felt the Heilstrom* in form of strong tingling in my hands and feet. But I did not know how to reconcile this Teaching with my Muslim faith.

I visited the Community Hours very irregularly and rarely did Einstellen* at home.

Starting in June 2010 my menstruation suddenly became unusually heavy and lasted for 10 days. Because of the great loss of blood, I felt very weak,
and on November 9, I consulted a gynaecologist. He diagnosed a fibroid on my uterus which, according to his findings, should be surgically removed due to its size and the heavy loss of blood. Because of my allergy to medications, I was terrified of another anaesthetic. In great despair I went to my trusted doctor for advice. He confirmed the opinion of his colleague but again pointed out the possibility of spiritual healing through the Teaching of Bruno Gröning.

FEWER THAN THREE WEEKS
As a result I visited the Community Hours again and also absorbed the healing power as often as possible at home. In addition, I placed a picture of Bruno Gröning on my stomach. On November 29, barely three weeks later, the date of the surgery was to be scheduled. The doctor examined me thoroughly. After the doctor remained silent for 15 minutes, I couldn't stand the tension anymore. I was prepared for the worst and asked him to please finally give me the result. Totally surprised, he answered that he wasn't able to detect anything unusual anymore – the fibroid had disappeared in fewer than three weeks! I was overjoyed. For the first time I was able to experience first-hand that God not only protects and helps us, but that He actually heals us as well. That was a totally new experience for me.

I am totally healthy now and can enjoy life. Visiting the Community Hours regularly and receiving the Heilstrom* every day at home have become important to me.

QURAN
When I read the Quran I feel that what is written there absolutely does not contradict the Teaching of Bruno Gröning.

Bruno Gröning pointed out that every healing comes from God. The Quran also says that everything comes from God (Allah) and that not a single leaf falls from the tree without God's will. So I can't find anything in the Teaching of Bruno Gröning that contradicts my Muslim faith. On the contrary, the Teaching of Bruno Gröning is a great enrichment for me.

My faith in God has become deeper and much more alive. I know that I can always trustingly turn to God in all matters and that others can be helped through my prayer as well. At the same time my horizon has broadened. I recognized that God is the Creator of all people, not just Muslims. All people move towards the same goal, even though the paths leading there are very different. I am endlessly thankful for these insights, for my return to health and for my revived faith."

* See Explanations, page 15

ISLAM
Islam is a monotheistic religion and was founded on the revelations of the prophet Muhammad (570 – 632 A.D.). Muhammad lived in Mecca and Medina, and for 23 years received messages (according to tradition, from the archangel Gabriel). These revelations (Surahs) are collected in the Quran (the holy book of Islam).

After Christianity, Islam, with 1.3 billion members, is the world second largest religion.
"Your thoughts form your life, the way you live it" Bruno Gröning

PART 2: ELISABETH E.

Most young people in the Circle of Friends know this quote. Some deal with this quote more intensively, asking what it means for their life.

In Hamburg, Elisabeth E. gets together with more than 20 young people for a Community Hour of the Bruno Gröning Circle of Friends. Together they want to absorb the good energy that builds one up and they want to find out more about the Teaching of Bruno Gröning. Elisabeth E. loves to talk about her experiences with the Teaching. She is very happy when the young Friends receive new impetus for their own lives due to her experiences, so that life becomes more beautiful and the good can further unfold. The young woman has led the Youth Community since autumn 2015.

EXAMINING THOUGHTS

As a seven-year-old, Elisabeth E. learned about the Bruno Gröning Circle of Friends from her mother. Together with her sister she regularly attended various events and meetings for children in the Circle of Friends. As a young woman she started to deal more intensively with the Teaching and the words of Bruno Gröning. She reports that she had always been familiar with Bruno Gröning’s quote "Your thoughts form your life, the way you live it," but that she had begun to seriously think about the truth of this statement only a few years ago. "It became clear to me that, principally in the Teaching of Bruno Gröning, it is not only important to be a good person in some way and to have positive thoughts, but that every person precisely and accurately forges his own destiny. I learned to thoroughly examine every thought to see if it is a good one and not to tolerate carelessness anymore. This way I can maintain health and also bring happiness and positive experiences into my life.

Often people only start to think about their life when they are unhappy or when their life circumstances do not correspond to their own ideas. Elisabeth E. knows this from personal experience. In carefully searching for the reasons for unpleasant circumstances or negative experiences in her life, she came to realize that wrong thoughts, for example, doubts, fears or wrong convictions, were often the cause. "Now it is very important for me to occupy myself with good things, so that I can have good thoughts and therefore continuously stay healthy and happy.

HELP THROUGH EINSTELLEN

Elisabeth E. was not always happy and healthy in her life. Only three years ago she was still suffering from extreme anxiety and panic attacks. The worry about when the next panic attack would come seriously affected her everyday life. "It felt like a whirlwind that wanted to grab me. This situation lasted for a long time and continued to get worse." The young woman received help from her parents who did a lot of Einstellen* with her and for her. "My mother advised me to always concentrate on the good, even if there was only one percent of good in my life. So, I began to consciously look to the positive things in my life. In the beginning I had the feeling that I was lying to myself, because nothing was good: my relationship was coming to an end. It was not possible for me to cultivate friendships because I hardly ever left the apartment. I found work and travel horrible. Even the intention of visiting my parents induced panic attacks."

Nevertheless, she stuck to the good, paid attention to the remaining nice things in her life and took in the good energy several times a day the way Bruno Gröning had recommended it. This way the severe emotional states disappeared bit by bit. "The more I concentrated on that which had already become good, the quicker other areas improved as well. Today I am totally healthy and able to enjoy life to the fullest. I married my then boyfriend, I am the happy mother of a toddler
and love going to work," the young woman says joyfully and is deeply touched and grateful for this great turnaround in her life.

**THE GOOD WINS**

The Teaching of Bruno Gröning and the daily Einstellen* give Elisabeth E.'s life structure. She explains that negative or unpleasant situations or phases also belong to life. Through the Teaching of Bruno Gröning she has received a key to finding her way out of negative circumstances. This joyful woman says that, because of the Teaching, she simply knows that everything in life can become good again. What matters is to find God in one's own life. "During the good phases I started doing whatever I had a desire to do: watching movies, listening to music or having conversations, which in themselves were not bad, but which caused me to slowly drift in a direction that did not build me up and which God definitely had not intended for me. I noticed much too late that I was not in the good energy anymore. Consciously connecting with the good energy and absorbing the Heilstrom* is what now helps me to stay on the right path in my life, whether the going is easy or more difficult."

During her childhood Elisabeth E. learned from her mother that God's help is closest in times of great misery. Her healing confirms this. During the time of the burden she hardly dared to leave the house to get to the supermarket for fear of suffering a panic attack. In intensively tuning in to the good energy she not only experienced much good, but she was also able to convince herself of the effectiveness of the Heilstrom* and the Teaching of Bruno Gröning. "Words can be taken away or weakened because of doubt, but nobody can take away what you have experienced. I experienced this in my own body, and the healing is for me a life-changing experience."

The quote from Bruno Gröning "The good will win, the good and the truth are forging a path, and a human being can experience this in himself" is one of Elisabeth E.'s favorite quotes and one which she wants to pass along to the young Friends in Hamburg. The Good always wins – for her that means that no one has to be afraid, that everything which happens in life will be guided to the best, and that in the end everything can turn out well. Elisabeth E. emphasizes that with the Teaching of Bruno Gröning it is not about the words that Bruno Gröning passed along to the people, it is about experience. "For me the truth can be experienced in my body, which was given to me by God, it cannot be experienced with the soul or with the rational mind. Of course, I still encounter challenging situations in my life, but through the Teaching of Bruno Gröning I became healthy and also stayed that way!"

* see Explanations, page 15
It is quiet in the assembly hall. At the turn of the year 2019, 1200 people are listening to U. Wölzenmüller’s report. She is talking about quantum physics and the double-slit experiment, an interface where science and spirituality come together, revealing how thoughts create our reality. For, as Bruno Gröning said: “Your thoughts form your life, the way you live it.”

Good thoughts – a good life. Mrs. Wölzenmüller, how do you manage to implement this knowledge?

Well, this isn’t always easy and requires constant practice. Having been in the Circle of Friends for 25 years has helped me put Bruno Gröning’s Teaching to use in many life situations.

Once, during a Conference, I was unable to unwind because the many up-coming appointments occupied my mind. I decided not to think about them anymore and did intensive Einstellen* – and then everything changed. Appointments were cancelled or postponed, and it turned out to be a truly beautiful work week. Once I searched for a misplaced document, I did Einstellen* and received the thought to search in the pile of papers next to the printer. Despite my resistance I decided to trust my inner voice and, sure enough, the document was in that pile.

Even as a small child you already had a "Spanish" dream . . .

Everything which had anything to do with Spain attracted me magically. We were often at my parents’ house at the Costa Brava. Already as an eight-year-old I learned Spanish. After my schooling as a foreign language correspondent and European executive assistant, I worked for a German company in Spain with a branch in South America since 1992, almost 20 years.

How did you learn about the Teaching of Bruno Gröning?

In 1993 I visited an acquaintance and I got Introduced to the Teaching of Bruno Gröning. While doing Einstellen* at home I asked for help and then felt a stabbing pain in my lower abdomen. The abdominal complaints which I had had for five years disappeared spontaneously. Sometime later I also experienced healing from a depression which had lasted for years. At that time the first Communities* were founded in Spain.

What does the Circle of Friends mean to you?

I found my life task in following an inner calling and starting to help in the Circle of Friends. The Circle of Friends became like a family to me. In the year 2005 I accompanied Mrs. Häusler (1922-2007) as a translator to the conference in Lima, the capital of Peru. In the 1990s she had already flown to South America and started the first Communities there.

How did you get the task as leader of the World Region 2?

Together with physicians and other helpers I visited all the countries in South America for the first time in 2010. For three consecutive weeks we informed the people there about "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning". Thereafter I mentored Friends in Central America, Brazil, Mexico, Portugal and Spain. A few years later I was moved to participate in helping bring the Teaching of Bruno Gröning to all the people in South America, also giving them the chance to visit Communities. In autumn of 2015 I received the leadership of World Region 2 which, for organizational reasons, is divided into four country-groups. In the course of several years, a team of numerous leaders, mentors and helpers developed. The Friends in

COUNTRY GROUPS IN WORLD REGION 2

NORTH: Mexico, Cuba, Colombia, Guatemala, Belize

MIDDLE: Ecuador, Peru, Bolivia

SOUTH: Chile, Argentina, Paraguay, Uruguay

CENTRAL: ABC-Islands, Dominican Republic, Puerto Rico, Venezuela, Nicaragua, Costa Rica, Panama, El Salvador, Honduras

SPAIN, PORTUGAL and BRAZIL
these countries are now independent, support each other and are able to organize information lectures and conferences on their own. My principle is: "Tell me what you want to do, and I will help you with it." There are now more than 140 Communities, and in almost every country of Latin America, Spain and Portugal. As a rule Country Conferences are held twice a year so that the Friends can get to know each other better and take in the Heilstrom* together. These Country Conferences have become very important for the many Bruno Gröning Friends in Argentina, Brazil, Curaçao, Colombia, Mexico, Peru, Spain and Portugal.

Do special events or healings that happened come to mind?
During a weeklong lecture tour through Spain with a physician in October 2019, a visitor reported that she felt a wonderful energy in the room. The next day visitors approached the physician at the hotel and thanked him. I was also impressed that there were so many Spanish men among the interested people. They were often moved to tears and they showed it openly.

A wonderful thing happened: a Friend who had had a slipped disc for 20 years experienced a healing, entered a swimming competition without having trained for it and came in first! I witnessed a woman at an Information Lecture with a torn tendon, supported by an acquaintance and wearing a splint. At the end of the lecture she removed the splint from her calf and danced through the room.

Meanwhile people and the media have become more open towards the Bruno Gröning Circle of Friends. The YouTube channel "Sabiens" with over 58 thousand subscribers is about spiritual matters and has also reported about the Circle of Friends.

Many indigenous people live in Latin America. Are there any contacts?
Since 2013 we have had contact with the Aymara in the Andes region, the Mapuche in Chile, with the original inhabitants of Brazil, with the Maya in Mexico and Guatemala and with the Shipibo in Peru. Several Communities have been started. Many Bruno Gröning Friends became spiritual godparents to the natives and regularly do Einstellen* for the preservation of the traditional way of life. It was a very special experience for me to hear that two oil companies had given up on their plan to build a pipeline in the Amazon rainforest.

What kind of goals and wishes do you have for the World Region 2?
Info lectures with physicians are planned for autumn 2020 in the southern part of South America. I would like to have Country Conferences for all specialty areas, hiking weeks in all the countries and many Children Communities and Youth Communities.

*I want to help and heal. I myself do nothing, but I know that the powers flow through me and that I am able to utilize them in such a way that I can heal human beings.*

Bruno Gröning

*See Explanations, page 15*
I first noticed back pain in the year 2001. The pain appeared gradually in the center of the coccyx and lumbar spine and increased steadily over time. Sometimes the pain was muted, sometimes throbbing or stabbing. It was impossible to endure this condition without pain killers. In the mornings my back was so stiff I could only slowly roll out of bed on my side. In addition to this, every one to two weeks I was racked with pain attacks which lasted for one to two days, rotating from the right to the left leg. The physician said it was sciatica.

FALLING INTO A DEEP HOLE
In 2002 I consulted my general practitioner, as well as an orthopaedic group practice where a MRI was done (Magnetic Resonance Imaging, a technique which produces sectional images of the body with magnetic fields and computer-generated radio waves), revealing severe wear and tear of the spine. A HLA-B27 test was positive and confirmed the suspicion of ankylosing spondylitis.

When I asked about the chance of recovery, the doctor replied that his 65-year-old father had to learn to live with this burden. I was only 41 years old and always liked to be active in sports. I felt as if I had fallen into a deep hole, only my daily duties kept me going. Every evening I needed two beers to dampen the physical and mental pain.

A high dose of Ibuprofen was prescribed to treat the pain. After about a month, this led to nausea and gastritis. Thereafter the tablets were replaced with Ibuprofen suppositories.

EXISTENTIAL FEARS
The condition got worse after 2004; bending over was only possible to knee height, and tying my shoe laces was only possible when I propped up my leg. I walking less, only doing what was absolutely necessary, and omitted other things, like taking a shopping stroll with my wife. I was overwhelmed by everything. I was barely able to carry something heavy. Despite the severe pain, I continued to work in my profession, making plastic molds. Being the main bread winner for a family with two children, the mental pressure built up; in addition, I was increasingly burdened by existential fears. The constant pain reduced my joy of living tremendously.

Additionally prescribed physiotherapy did not bring significant improvement. On the recommendation of the doctor, I did strength training from 2003 to 2005 to stabilize the spine. I also started to pray again.

WATCHING THE DOCUMENTARY FILM
In January 2005 I found a flyer in a health food store about the documentary film "The Phenomenon Bruno Gröning." I felt it was addressing me and I went to see it, and cried a lot during the film. The healing of ankylosing spondylitis, which was reported, moved me deeply. On April 18, 2005, I was introduced to the Teaching of Bruno Gröning.

THINGS WERE LOOKING UP
From then on things got better and better. I went to the Community Hours regularly and did Einstellen*. I felt a lot of happiness while absorbing the Heilstrom*. I was able to believe it was Regelungen* when I had severe pain. During one Community Hour I suddenly had the feeling that a knife was being twisted in my back. A short while later all pain had disappeared. The following night I was able to sleep without a painkiller for the first time. Since then I haven’t needed any more medication.

After half a year I took on the task of book table keeper in my Community. To my great joy I was able to carry the heavy boxes with the books.

GERMAN CHAMPION
In the spring of 2005, my daughter began dog-sports. I regularly took her to the training area with the dog. One day I ran together with the dog and I noticed that the joy was greater than the pain.
I signed up for the Dog-Sport-Tournament and trained regularly with my dog.

In the year 2006 at the German Championship for the Dog-Sport-Tournament (running track with a dog), I substituted for an injured woman with a Giant Schnauzer and did a 2000-meter run. Before the race I did Einstellen* for success and a safe arrival.

After 1000 meters I started getting bad thoughts, for example: "Why are you doing this?" Within seconds my calves felt heavy like lead and I slowed down. In my despair I begged Bruno Gröning for help. Instantly all negative thoughts disappeared, I regained my strength and was able to run faster and faster.

The dog suddenly pulled strongly at the leash 300 metres before the finish line. My thought: "Bruno, please, don't let me fall, we want to arrive safely!" And we did. I started feeling a little sad at the award ceremony because I was not among the fifth, fourth, third and second places. But to my great surprise I heard my name being called out when the first place was announced. That meant I was the German Champion.

I had a feeling of deep thankfulness because I felt that I was completely healthy. A new life was given to me. To this day the burden has not come back and I have had no more pain. I am able to do any kind of work, I can bend over, walk and run and enjoy nature with my dogs.

And I don't drink any more alcohol, I live health-consciously and I practice yoga.

* See Explanations, below

Medical commentary
Based on a medical report from 2002, Mr. Gierscher's chronic pain could have had several causes (protrusion in the lumbar spinal area, ankylosing spondylitis, sacroiliac joint inflammation). Despite physical therapy and anti-inflammatory pain therapy, no improvement were achieved. Within one year of implementing the Teaching of Bruno Gröning, not only did the pain disappear, but Mr. Gierscher's physical strength was completely restored and has now already been maintained for ten years. This was not to have been expected from a medical point of view.
I was an editor at the Munich Evening Paper when, in the year 1949, news went through the media that Bruno Gröning healed many people in Herford in an unexplainable way. In the same year he came to Munich and became known here as well. Together with a colleague I had the opportunity to interview him.

Excerpt from the article in the Munich Evening Paper:

Bruno Gröning, who is staying in Munich since Thursday evening, gave a comprehensive interview yesterday to two reporters of the Evening Paper. They were the first journalists in Munich to interview him. During the interview Bruno Gröning repeatedly mentioned being very sceptical of the press, because too much hype had already been made about him, as in Herford, which was still being visited. "I am warning the press," he said, "not to write lies, because the truth will come out. If one continues to make it difficult for me due to false publicity, I will have to think about leaving Germany and accepting one of the generous offers from abroad."

Bruno Gröning talks about his work but not about himself. "I know who I am and I know what I am capable of. I do not wish to talk about myself, I don't want to make it look as though I want to publicize myself. My only wish is that all people feel that there is indeed healing for mankind." And then he said with emphasis, "I am not a miracle doctor. I do not want people to see me as the new messiah or something like that."

Gröning, the 43-year old from Gdansk, definitely does not give the impression of a mystic wonder apostle. His picture, which has already appeared in hundreds of newspapers, is that of a natural, unspoiled, humble person who steadfastly believes in his mission.

Suddenly we get the opportunity to convince ourselves of his unexplainable powers: When we ask if we would be allowed to photograph him, he looks reserved. He hands us a photo of himself which we may publicize if we absolutely want a picture. He offers to sign it for us. Upon further requests, he allows us to photograph him. But the photo which he had put in our hands suddenly has a strange effect. When he asked one of us to look at it, that person suddenly felt a tingling in his hands and a warm wave running through his whole body. Gröning repeats this experiment with the same amazing success. The wife of the second reporter, who had been a celebrated singer at one time, has been suffering from severe chronic infections for many years and had to give up her profession because of vocal cord paralysis. Some weeks ago she had written to Gröning, but had not received an answer because Gröning had been traveling abroad. Now he gives the photo with his signature to the reporter: "Send this photo to your wife and give her my regards. She will return to health." Without ever having seen the woman or knowing anything about her medical history, he points out the location and symptoms of her disease on himself. He also gives the photographer a small tin foil ball for his father at home. Only two hours later the photographer comes back and reports a noticeable improvement in his father's condition.

Bruno Gröning asks to have all his mail sent to 7 Wilhelmsplatz in Herford as had been done before. 80,000 letters from all over the world are there and all will be answered. For the time being he is only ready to have particularly urgent cases that can't be delayed submitted to him and these in writing and with brief information. Those could also be sent to the Evening Paper which would forward them. The Evening Paper cannot, of course, answer any questions, whether by phone, personally or in written form, and is in no way in a position to publish Bruno Gröning's address.

Last night Bruno Gröning spoke on Radio Bavaria. His words, like all the words he speaks in public, only serve to bring the whole truth to the people.
"Trust and believe!
The Divine power helps and heals."

THE TEACHING OF BRUNO GRÖNING IN HIS OWN WORDS – PART 4
"The human being had already been feeling alone, he had already felt godless. Of course, he says: 'I am not godless, I believe in God!' But in reality he no longer carried God in himself anymore, he had left God, he is someone who abandoned God. And those who have left God, whether deliberately or inadvertently, consciously or unconsciously – these people I lead back again."

"I call all of you, dear Friends, to the great turnaround! The path that you have taken so far has been a wrong one! I do not need to emphasize it because you know it: the path that you have taken was the wrong one."

"One thing I do know: there is much good ready for you. Also your own, also that which you have lost. But you have to return back up the wrong path, in order to be able to again receive the good which belongs to you, to your body."

THE DIVINE POWER AND ABSORBING IT

"Trust and believe! The Divine power helps and heals. With this I have given all of my fellow human beings the proof that it is not I, but that it is God and that God ordains this power, His energy, for us, for our life, which, after all, is all of life. I don't want to move on to say how great and almighty God's power is, which He sends across the whole universe, across the world, you would say 'across this earth.' No, Friends, this earth is small in comparison to what God really is, truly is. His universe is so immense that this, our earth, which we here – especially you – consider large, is really very small. This earth is in suspension, it has no brace, no rigid support, no prop. No, this earthly kingdom is held up by the power of God alone."

"That is why it is necessary that you always make sure that you are always full of energy. That is what matters, and that is the most important thing. I am telling you only a little bit of that wherein the truth remains when I now call out to you: 'Trust and believe, the Divine power helps and heals'. All that, the whole of life, is moved by energy, by God's energy. Because that is life. As technical wonders are dependent on energy, we as living beings of God are dependent on this, His energy."

"And that is why, dear Friends, it is important that you take in a lot of life, a lot of life energy, which God has intended for us, which God sends to everyone. But the human being has to take it in himself, and he is able to take it in through his body. With that he has accomplished not just anything, he has accomplished what God has planned for him: with that he has already put himself in God's service, by paying attention to his body. This is where he starts to become a true servant of God."

"You must have known that you lost energy, that you gave away energy, that you needed energies for your profession, for your activities, for the whole day; so you have to ensure you have reserves again. That means you have to take in at least as much as you have spent during the day. But most of you haven't thought about that, because you could have already have evolved much, much further, that is: have moved toward the good much, much more."

PRE-REQUISITES FOR HEALING

"If you want to experience the Divine, you must strive for it."

"I give you to know that all of you who live here and everywhere in this great and divine world are only children of God. The only doctor, the doctor for all human beings, is and remains our Lord God. Only He can help, but He only helps the person who has found the path to Him, or, as I have said already, is willing to take the path, to take up the belief and live with Him."

"To the extent that you are receptive, to the extent that you are free, to the extent that you have freed yourself from the bad, to that extent you are able to take in the good. The good is health."

"Give your body real attention, separate yourself from all evil, take in the good Divine power. This way you will notice not just anything, you will notice that evil disappears from your body."

Bruno Gröning never put his Teaching into writing nor did he create a structured doctrine. His Teaching is a spoken teaching which he imparted in his many lectures to his friends, to those people interested and those seeking help. During the time of the mass healings in 1949 in Herford and at the Traberhof, he spoke from the balcony to the people and passed on to them the wisdom of his Teaching. In these series, we want to give you some insight into the basic principles, as well the complexity of Bruno Gröning’s Teaching in citing shorter and longer quotations.
"Think about your body every day! Take in the new, that means good power, every day, and this happens if you shut yourself off from your surroundings; meaning when you reflect on yourself you automatically shut yourself off from your surroundings. Now you think of yourself, now you think of your body, now you can think of your body’s well-being; now you can give it nourishment, now you let it have the power it needs – and do this every day!"

"GIVE ME YOUR ILLNESSES . . . "
"Give me your illnesses and your worries! You cannot handle them by yourself. I carry them for you. But give them to me out of your free will, I do not steal."
"I believe I can say with certainty that you can hand over all your worries, all your ailments to me. Yes, worries, too. How I deal with it is my business. I have already taken in so much and I am able to take in even more. And this is only the beginning. There are so few people, they don't really count yet, that is, among the countless numbers here on this small, divine earth."
"Every seeker of healing can only receive if he frees himself from his ailment. To free yourself from your ailment means: pay attention to what is happening in your body at this moment. Please, let go of your suffering. I will take it. Listen within yourself – then you have everything."
"I am not allowed to steal. He who loves his illness holds on to it. If he can forget it, I am able to take it from him; if he lets it go – not only in thought but also in deed."

IT'S UP TO YOU
"Many say: 'I have only one wish, to become healthy!' But in reality they have a thousand wishes. Basically, they just want to do worldly things, make money, have fun and what have you. That's why they want to be healthy! But healing is more difficult due to those additional wishes, but in many cases will still be given."
"Yes, you believed that's the way it works: 'And now Gröning is coming!', which is what you are used to [hearing] from people, when you go to the doctor, to the healing practitioner. 'He will do some hocus-pocus, and that's it!' No, Friends, it's not like that. It is not about Gröning, it is about you. That won't help at all. It is also not about God; it is about you. God is doing the right thing."
"You each have to pay attention to it yourself and not say: 'Mr. Gröning, help me!' You pay attention yourself, take health into your body. Then it will all have happened. There will not be one, there will not be ten, there will be hundreds, or even all of you who will be healed, one sooner, the other later. But, please, pay attention yourself."
"My help is of no use to a person if he doesn't accept the help I offer him."
"Give me your illnesses and your worries! You cannot handle them by yourself. I will carry them for you."
"I say, 'Get up!' And you say, 'No, I won't get up.' And you can resist, saying, 'No, I won't do that'. Well, then you won't be able to walk, you have to stay lying down."

"Give me your illnesses and your worries! You cannot handle them by yourself. I will carry them for you."

"Now I have to ask you to listen to your body more than ever and take in that which I intend giving you. Free yourself from all the bad now and take in the good, which here is the healing wave – not the human but the Divine. Free yourself from all the bad and feel what is happening in and to your body. It's not my fault if you don't get healthy, it is up to every person himself."

To be continued.
RECOMMENDATIONS

HEALING IS POSSIBLE! – DIETER HÄUSLER REVIEWS THE ANNIVERSARY-YEAR 2019

"Is there anything more beautiful than looking into the eyes of a person who reports: 'I became healthy?!'"

With these words Dieter Häusler, the leader of the Bruno Gröning Circle of Friends, begins his review of the anniversary year 2019.

THE HEILSTROM HEALS – DIETER HÄUSLER AT A HEALTH CONGRESS IN ZAGREB

In Zagreb, at the beginning of December 2019, Dieter Häusler gave a lecture on the topics of Bruno Gröning’s Teaching about the Heilstrom and that God is the greatest physician for all people.

RTL CROATIA REPORTS: THERE IS NO INCURABLE!

On the invitation of its president, Vedran Korunić, the Bruno Gröning Circle of Friends participated at the 13th congress of The Croatian Federation for Natural Energy and Spiritual Medicine (HUPED in Croatian) held in Zagreb from the 5th to 8th December, 2019. At the congress, physicians and persons reported on their healing.