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"Your thoughts form your life, the way you live it"
Bruno Gröning
Dear Reader,

Bruno Gröning passed away over 60 years ago. Despite that there is still a Bruno Gröning Circle of Friends today. Why? Is it necessary? Does humanity in the 21st century still need an organization which concerns itself with a man who caused a sensation as a "miracle healer" immediately after World War II?

This question is quite justified if you limit yourself to the perspective of the press coverage at that time. For Bruno Gröning was initially sensationalized as a miracle healer, then called into question, and finally portrayed as a charlatan and scoundrel. From this point of view the question "why the Circle of Friends exists?" is justified.

If one looks beyond the superficial view of the media, one encounters statements from eyewitnesses like the Protestant bishop Dr. Hermann Kunst or the architect Prof. Rolf Gutbrod who spoke very respectfully about Bruno Gröning – they were significant personalities in post-war history. Can one simply dismiss such people as Gröning followers? Shouldn't one take them seriously, along with the many other eyewitnesses who spoke positively about Bruno Gröning?

If one concerns oneself with the Teaching of Bruno Gröning, one quickly learns that he was concerned with much more than 'miracle healing': he showed us a path that reaches far beyond the aspect of healing and guides the human being to his salvation – in a comprehensive and holistic sense, in terms of physical salvation – well-being and health – and in terms of soul-salvation – mental well-being, inner calmness, inner peace, a life-affirming attitude. After Bruno Gröning went Home many people took this path, gathering beneficial experiences. The Bruno Gröning Circle of Friends simply offers an organized framework and community support so that every seeker of help can receive assistance and draw strength from the experience reports of others. The incentive here is to open a path for suffering people: a path that will lead them out of misery.

Thomas Eich

"I do not speak in order to publicize myself, to recruit followers. No, I only stand here like a signpost which directs you to the good path which you need to take from now on."
Bruno Gröning
The Miracle of Prague

THE TEACHING OF BRUNO GRÖNING AS THE THEME OF A BROADCAST ON YOUTUBE

On January 5, 2020, in beautiful Prague, the capital of the Czech Republic, a miracle took place. Simona Sandl, the Country Leader of the Czech Republic for the Bruno Gröning Circle of Friends, was a guest at the Czech YouTube broadcast "Dušek".

People like to speak of a miracle when faced with a wonderful experience which they did not think possible, one with unusually far-reaching consequences for their own lives. On January 5, 2020, in beautiful Prague, the capital of the Czech Republic, something miraculous happened. Simona Sandl, the Country Leader of the Czech Republic for the Bruno Gröning Circle of Friends, was a guest at the Czech YouTube broadcast ‘Dušek’. "Nobody expected what happened afterwards. It far surpassed even our boldest expectations and hopes. Looking back, one was able to recognize how much help and guidance had been given, paving the way for this broadcast. Mr. Dušek’s invitation – I am sure one can say this – became a blessing for thousands of people in the Czech Republic and in Slovakia, because in this way they were able to learn about Bruno Gröning’s life and Teaching. For many, this broadcast caused a decisive turnaround to the good in their lives," says Simona Sandl, deeply moved.

Jaroslav Dušek
Jaroslav Dušek is a successful and prominent Czech film and theatre actor, famous on account of numerous large Czech film productions. He is also known for his spiritual, alternative way of life and his interest in such topics. On his YouTube channel and the show 'Dušek' he presents to his fellow countrymen – in a very authentic, truthful, open, and candid way – new findings, perspectives, and approaches that he finds important. He sees it as his mission to let people know that there exists so much more than what we see and can grasp with our intellect. Jaroslav Dušek himself has been on the spiritual path for many years. Four years ago, he became aware of Bruno Gröning and his Teaching. He was immediately fascinated by him and his mission. While doing research on Bruno Gröning he contacted the Bruno Gröning Circle of Friends. He watched the documentary film 'The Phenomenon Bruno Gröning' with enthusiasm. The well-known Czech gynaecologist, Dr. Helena Mášlová, was invited to his broadcast in October 2019. During the broadcast they talked, among other things, about how important faith is for a person’s own healing and convalescence. In this context, Dr. Mášlová also talked about how Bruno Gröning and his Teaching made a very positive impression on her. Jaroslav Dušek immediately got fired up: "Bruno Gröning was a phenomenon, a genius. It would be worth doing a separate broadcast about him and his Work."

Simona Sandl: "In the middle of November 2019 a meeting took place in Prague. At this meeting it already became clear that the first Dušek-broadcast in the year 2020 should be dedicated to Bruno Gröning."

The preparations were exciting. Jaroslav Dušek is known for his flexible, inspiring, and consequently spontaneous broadcasts. The representatives of the Bruno Gröning Circle of Friends were prepared for that: they were able to introduce two healed persons from the Czech Republic, two from Slovakia, a physician from Austria and a psychologist from the Czech Republic.

S. Sandl: "During the preparations for the broadcast I was extremely impressed by Mr. Dušek’s empathy. Two hours before broadcast began, we had a meeting which included doing Einstellen – taking in the Heilstrom* according to the Teaching of Bruno Gröning – at the ‘Kampa’ theatre together with Mr. Dušek! The broadcast was done at this small theatre. From there it was transmitted via live stream on YouTube to the whole world. A very special atmosphere was palpable. Everybody felt a joyful anticipation. We were filled with joy and thankfulness for being able to share our experiences and insights and the healing reports with people in the Czech Republic, Slovakia and, yes, the whole world. It was clear to us that, because of this broadcast, doors were opened for all interested people, making it possible for them to experience what we have experienced through the Teaching of Bruno Gröning."

Ms Sandl adds, "Mr. Dušek moderated the broadcast with much empathy and competence. He has the unique gift of presenting deep spiritual topics and phenomena to the people in a humorous way that is easy to understand. Before and during the broadcast he repeatedly expressed how excited he is by the truth and depth of this Teaching, especially because of its simplicity."
The 100-seat theatre was filled to the point of bursting. Everybody sat very close together, people also sat on the floor; even around the stage all the seats were occupied. It was noticeable that many young participants had also found their way to the theatre. More than 1800 interested people watched the live stream in real-time. S. Sandl summarized her impressions: "The healing reports of the Friends were very authentic, the people in the room were very touched by the healings, by the deep knowledge and by the perceptible truth of the reports and the Teaching of Bruno Gröning. The viewers opened themselves up to this positive vibration and to what was being said, so that many cried and were not embarrassed by their tears. We also know from subsequent reports that many people sitting in front of their computer screens felt the same. Even during the live stream, viewers who were searching for help and healing contacted the Bruno Gröning Circle of Friends in the Czech Republic and Slovakia via the web. Many had already watched the documentary film 'The Phenomenon Bruno Gröning' on YouTube before the broadcast."

A wonderful thing followed: a flood of contact inquiries and requests came from interested people and seekers of help who all wished for an Introduction to the Teaching of Bruno Gröning; by May 2020 there were more than 4000. That’s why, since the broadcast, the Bruno Gröning Circle of Friends in the Czech Republic have been organizing numerous thorough Introduction Lectures so that all people seeking help get the chance to connect with God again through this Teaching, to absorb the healing power themselves, to feel it in their bodies and to give their lives a positive direction with the help of Bruno Gröning’s Teaching. Over 100 people were present at some of the Introduction Lectures; often there was not enough seating, but the people stayed anyway in order not to miss this unique opportunity. S. Sandl: "During these situations the volunteers and I thought of the pictures from 1949, the pictures of the thousands of seekers of help in Herford and at the Traberhof in Rosenheim during Bruno Gröning’s lifetime when he spoke to the people in person and so many healings happened. Since this memorable and hopeful day, January 5, 2020, many new Communities* have come into being in the Czech Republic and in Slovakia. The number of Friends has multiplied and people from all over the world get in touch every day, yes even from the USA, from New Zealand, Australia, Dubai, Scotland, Egypt, and Canada. As of May 2020, the broadcast, which was uploaded to Mr. Dušek’s YouTube channel, was watched over 350,000 times. S. Sandl: "We receive many reports from people who have already received help and healing via the broadcast. Through emails and personal conversations with people, many of whom have practiced meditation and other spiritual disciplines for years, we learn of profound spiritual experiences that already happened during the first Einstellen, combined with the feeling of finally having found what they had been searching for all their lives”. Many thanks to Mr. Dušek and to the Bruno Gröning Friends for their tireless efforts.

* See Explanations, page 15

Excerpt from the documentary film "The Phenomenon Bruno Gröning" during the broadcast.
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 six continents of the earth, in more than 130 countries. People of all world religions visit these Communities: Christians and Muslims, Jews, Hindus and Buddhists. How is it possible that all these people find help and enrichment for their personal faith through Bruno Gröning and his Teaching?

"I ALWAYS FELT MYSELF TO BE JEWISH" Born in Paris, S. A. lived most of her life in this large city. Her mother is Algerian, her father Egyptian. They met in Algeria. The political circumstances at that time brought them to France. The 56-year-old French woman fondly looks back to her childhood: "Our family did not belong to the practicing Jews, but at home it was customary to celebrate the Sabbath (the 7th day of the week, a day of rest) every Friday evening with prayers, followed by a festive meal. Deep in my soul I always felt myself to be Jewish. When I was 15 my parents agreed to regularly visit the synagogue with me and my sister. We chose a liberal synagogue where texts and prayers were not only said in Hebrew but also in French: in this way we were able to better understand what was being said. That was important to me. Visiting the synagogue gave me inner support and it was my spiritual home. In my early 20s, in the year 1987, I travelled to Israel and lived in a kibbutz for five months. This is a kind of small village or settlement where up to 2000 people live and work together. They have no private belongings; everything belongs to the community. This was a very special experience. There were about 80 youth from all over the world. In the mornings we learned Hebrew and, in the afternoons, we did the various chores, be it in the kitchen, in the garden, in the field or taking care of the animals. Back then I dreamt of immigrating to Israel. But it turned out differently and, in the end, I stayed in France."

SENSING THE POWER OF GOD Because of her many years of searching for alternative healing methods, S. A. heard about Bruno Gröning for the first time in 2006. "Because my brother, who was one year older than I, was born with a health problem, I had the heartfelt wish to find help for him. When my cousin told me about Bruno Gröning I was immediately interested. One week later I attended a Conference in Paris and was able to feel the Heilstrom* as a tingling in my hands and feet. It was moving to sense the power of God in my own body. I had never experienced that before, not even in the synagogue. However, there was still some inner resistance to be overcome. Because Bruno Gröning himself had grown up in a Christian environment and because at that time most of the Bruno Gröning Friends belonged to the Christian religion, I felt out of place there. But more and more I came to recognize that Bruno Gröning’s Teaching is not confined to one religion and that I was free to continue practicing my Jewish religion. Because of past events it was initially very difficult for me to trust a German association, but I was able to feel that goodness and charity were being put into practice in this Circle of Friends.

FEAR OF DYING Back then my brother lived in a nursing home. It burdened me that he and the other residents were given so little love and attention, I therefore started to do Einstellen and soon the whole atmosphere started to change in a positive way. Before coming to the Circle of Friends, I had been very afraid of dying. The death of a person close to me brought me into a state of deep grief. But I was able to accept my brother passing in October 2014 very well because I felt that it was a merciful release for him. I experienced wonderful help in many areas of my life, professionally, financially and in looking for a new home. In Bruno Gröning I have found a friend who helps me in all life situations and one who is bringing me closer to God. I soon had the wish to actively support the

*I have come for all people – no matter what nation, no matter what religion.*
Bruno Gröning
Circle of Friends. Therefore, together with other Parisian Friends, I took on the task of organizing the screenings of the Documentary Film. For a year now I have been coordinating this for all of France. I have met wonderful people in the Bruno Gröning Circle of Friends and I feel that I am part of a large, worldwide family.

HEALTHY AND HAPPY

I. G. is also Jewish and grew up in Paris. Both of her grandfathers came from Poland and immigrated to France; the grandmother on her mother's side comes from Berlin. I. G. suffered from constant sadness and many fears since early childhood. After the birth of her first son she fell into a deep depression. The 54-year-old reports: "Several stays in psychiatric hospitals, three years of psychotherapy, and treatment with antidepressants did not bring relief. At some point it was clear to me that only God could help me! In 2007 I met a woman who told me about Bruno Gröning. I could hardly wait to hear more about him and his Teaching. But after the Introduction I was very disappointed because this Teaching seemed to me like many others that I encountered in the course of my search. I withdrew from the Circle of Friends.

Sometime later, after having fallen into an acute depression again, something inside urged me to open my hands and to do Einstellen to receive the Heilstrom at home, all by myself. An unbelievable energy ran through my body. That was the sign for me that there had to be more to this than I had thought. Shortly thereafter I attended a Conference of the Circle of Friends. Whenever it was possible, sometimes for hours, by day and by night, I tuned in to receive the healing power and regularly attended the Community Hours. Bit by bit I was seized by a joy that I had never known before. In the mornings, after waking up, I am already filled with lightness and joy and then later in everything I do – a joy I have longed for all my life.

I am now happy and healthy. I have discovered a creativity in myself I didn't know existed and a deep love for my fellow human beings and for animals. During my years of searching I met many people and got to know many teachings, but here in the Bruno Gröning Circle of Friends I have experienced, and still experience, that what is said is in harmony with what is done – the Teaching is truly put into practice.

In my own religion, Judaism, I found many profound texts and prayers, but often they were only being grasped by the intellect. With Bruno Gröning I learned to open my heart for God, and I feel that God is here, that He is good and that He is helping me. For that I am very thankful!"

* See Explanations, page 15

JUDAISM

The Jewish religion is the oldest of the monotheistic (belief in one God) Abrahamic religions. It developed in the course of more than 3,000 years. The basis of Judaism is the Torah, the five Books of Moses which for Judaism is the most important part of the Hebrew Bible.

Most Jews live in Israel and in the USA. In 2018, there were approximately 14.6 million Jews worldwide.

Stand 2018 (Wikipedia)
Free from Addiction
LEADING A HAPPY LIFE AGAIN

In these life stories, the Heilstrom* has managed to eliminate the addiction with all its physical and psychological impacts. In some cases, I could convince myself of these positive changes during personal meetings. Healthy, indeed endearing people stood before me, able to master everyday life and its challenges without having to ‘anaesthetize’ themselves.
(Statement of a medical doctor. See the booklet ‘Free from Addiction’, page 33)
2020 – About 4000 Bruno Gröning Friends worldwide support the work for the 'Most in Need of Help' through their compassion and their readiness to regularly do Einstellen* for those people most in need. Thanks to these very special acts of love, a lot of help and healing has already happened, which has been recorded and documented. Bruno Gröning said: "You ask, I do it." The requests for Einstellen for Friends or their relatives in need are passed on to Community Leaders or the helpers of the 'Most in Need of Help' work. The requests are treated confidentially and the names, abbreviated to initials, are sent by email to the helpers of the 'Einstellen Chain for the Most in Need of Help'.

In the 80s the first healings of addictions in the Bruno Gröning Circle of Friends became known. In Hamburg, Grete Häusler (1922-2007), who at that time was the leader of the Circle of Friends, witnessed how a seeker of help was healed from heroin addiction just by taking in the Heilstrom. She recognized the particular suffering and misery of these people and called them the 'Most in Need of Help'. Once addicted, a person loses control over him/herself and has difficulty breaking free on his/her own. What often starts as something which seems fun can develop into an inescapable compulsion or dependency on, for example, alcohol, drugs, tobacco, medications, computer games or gambling, eating, consumerism or the like.

In the early 90s, the work for the 'Most in Need of Help' in the Bruno Gröning Circle of Friends began in Hamburg and Bremen. The first 'Most in Need of Help Communities'* were started in several large German cities. Later on, these Friends were integrated into the regular Adult Communities. Starting in the year 2001, the physicians and psychologists in the Medical-Scientific-Group of the Bruno Gröning Circle started to systematically record, check and document the healings from addictions and dependencies. Numerous Success Reports continue to prove that a permanent healing, even of these kinds of burdens, is possible on the spiritual path. (See: www.bruno-Groening.org)

By absorbing the Heilstrom* these healings often take place without the affected person even noticing it, and frequently without withdrawal symptoms. Whole families are often set free from a feeling of hopelessness. Social isolation and financial difficulties come to an end. A new basis for a healthy and happy life is created. Impressive reports of people who have remained free of addiction and who continue to cope well with life speak for themselves.

Once a year the Friends meet in Geseke, a city in North-Rhine-Westphalia, at a Conference for the 'Most in Need of Help'. In addition to exchanging ideas and experiences and absorbing the Divine power, the focus is on the very touching Success Reports of the Friends with statements like: "Everything inside me was dead" or "I was in hell" or "Now I am free!" Out of a feeling of gratitude many of the long-term healed became helpers. They assist as additional contact persons for those needing help and looking for a way out of these compulsive dependencies and addictions.

"There is no incurable and no impossible."
Bruno Gröning

HELP THROUGH THE EINSTELLEN CHAIN FOR THE 'MOST IN NEED OF HELP'.

A 15-year-long drug dependency with a weekly consumption of about 50g of drugs like cocaine and hashish, also amphetamines (speed, crystal meth) disappears within four weeks without withdrawal symptoms after a Bruno Gröning Friend did Einstellen for the affected person.

After the Einstellen of his grandmother and other Friends who are part of the Einstellen Chain for the Most in Need of Help, the boy's tongue starts to swell so that he is barely able to take in fluids for a week; afterwards he no longer has any urge to drink alcohol.

After 20 years of alcoholism, the person is suddenly free from the addiction and the resulting short-term memory loss.
A person who was addicted to medication for years attends an Information Lecture and forgets about their medicine afterwards. How is this possible? This booklet gives insights into the deeply moving life-stories of people who were previously addicted, who have found the way into a happy life worth living again, thanks to Bruno Gröning’s Teaching.

Grete Häusler-Verlag (Publisher)
ISBN 978-3-86769-217-5 englisch

*See Explanations, page 15.
From Tunis to Johannesburg, from Conakry to in the depths of Iran

WORLD REGION 5 IS BLOOMING

In the year 2008 the Circle of Friends was divided into seven World Regions in order to mentor Friends living in over 130 countries. The 'World Region 5' includes all the Friends in the countries in Africa and the bordering Middle East. With an area of 30.2 million square kilometers, Africa is the second largest continent after Asia. About 1.3 billion people live here, most of them in metropolises of over a million inhabitants: Johannesburg, Kinshasa, Lomé, Casablanca. Besides the main languages – Arabic, English, French, Persian and Portuguese – there are an additional 2000 languages spoken amongst the inhabitants of Africa, who belong to 3000 different ethnic groups.

This enormously large area is being mentored by M. Geibig and his wife E. Geibig, as well as numerous helpers from Germany, France, Slovenia, Italy, Belgium and other countries. They are all connected by their love for the people living there and the wish that they may also receive help and healing through the Teaching of Bruno Gröning.

EXPERIENCES

M. Geibig reports, "The subject of justice was always close to our heart. During our involvement with the then so-called 'Third-World Countries' we were always searching for new ways to truly help." Through an Information Lecture the couple found the Bruno Gröning Circle of Friends in April 2000. They themselves experienced help and healing, among others things, from many years of tinnitus, dizziness and migraine-like headaches. "We immediately felt that what we heard and experienced here is the truth. Bit by bit we saw in Bruno Gröning a friend who obviously has the power to help people," Mr. Geibig said. They soon wanted to actively help in the Circle of Friends and little by little they took on tasks, for example, as Community Leaders, as helpers in Publicity work, Success Report work, and later as leaders of the Münster Region and abroad as mentors of Moldavia. M. Geibig says, "We continued to learn and progress; without these experiences we would not be able to do the task as leaders of World Region 5."

When they were asked in the autumn of 2015 if they were willing to mentor this World Region, both of them were initially surprised. M. Geibig admits, "Though I wanted to help the people in Africa, I felt quite awed by this continent and never wanted to travel there in person." Since then, the Geibigs have been to Africa several times. E. Geibig reports enthusiastically, "Having direct contact with the people there is very important. We especially value their open and spontaneous manner and strong faith."

WORLD REGION FAMILY

The main task of the Geibigs is to support the numerous mentors of the Region in their tasks. Currently there are Communities in 20 countries in World Region 5, and individual Friends in another 13 countries. All these countries are divided into seven Country Groups. For every Country Group there is a Country Group Leader, additional Country Mentors and also helpers who locally mentor the Friends in their respective tasks. E. Geibig emphasizes, "We want to be a World Region Family in which we help each other and work together. Via the Internet we meet regularly with the mentors from different European countries to exchange ideas and take in the Heilstrom* together.

* Heilstrom: The German version of the term “Heilstrom” (Healing Stream) which refers to the energy or life force that flows through all beings and is the source of healing and growth. It is believed to be present in every living organism and is the basis for the teachings of Bruno Gröning.
faith that there is indeed no incurable and no impossible, the Friends in all the countries have been experiencing much help and healing. These are recorded as Success Reports after being verified in a Working Circle of physicians. Here is an example:

A 13-year-old girl developed glaucoma. Medication was able to slow down the progress of the disease, but to protect her eyes, the girl always had to wear dark glasses. She also suffered from strong headaches and from an itchy rash on her whole body which was diagnosed as psoriasis. Despite ointments and tablets which contained cortisone the itching and burning was often very severe. At the age of 24 she heard about Bruno Gröning’s Teaching. She learned that it is possible to mentally give all her burdens to Bruno Gröning. She did this in full faith and trust. Six months later the rash had disappeared. Her eyes have also totally healed: no more glasses, no more medications, no more headaches. Today, 28 years old, she is a happy and vivacious young woman.

CREATIVITY IS REQUIRED
But the motivated helpers are always being faced with challenges. Due to the many and various population groups and the different rates of development, there are great cultural and also financial differences between the countries. For example, room rental can be very expensive, so Community Hours are often held in private rooms or churches, and outside as well. Also, communication between the Friends locally is not always easy. Making use of all technical possibilities is of vital importance. In a few countries the Friends are mentored individually via the internet or by phone. Looking for ways to communicate, the mentors are very creative in finding new ways to keep in touch. They phone using different media, for example, WhatsApp. Sometimes Community Hours are held via Skype or Zoom. M. Geibig notes, "We heard that western technology companies discovered Africa as a market. The improved supply of electricity and affordable internet will facilitate a continuous development of Communities in the future.

HELP AND HEALING
Due to their openness for Bruno Gröning’s Teaching and their strong
"Your thoughts form your life – the way you live it." Bruno Gröning

PART 3: SIMON H.

Most young people in the Circle of Friends know this quote. Some reflect on it in greater depth, thinking about what it can mean for their lives.

On a sunny morning in August, about 450 young people are at the Almsee, a lake near Filzmoos in Salzburgerland, Austria. Among them is Simon H. who is happily joking and laughing with his friends. They are all participating in the Youth Mountain-climbing Week of the Bruno Gröning Circle of Friends. Many of the young Friends have been coming regularly for years to hike with other young people in the beautiful mountainous world at the foot of the Dachstein Mountains and to take in the power of nature. Simon H. included.

GOOD THOUGHTS, GOOD LIFE

Simon has been in the Bruno Gröning Circle of Friends since birth and, already as a child, he had attended Community Hours and events of the Circle of Friends regularly. "The Community Hours were like going to school for me and were a part of my life. It was always clear to me that this is something good and that it is very important to experience the good." He finds it logical that he will have a good life if he has good thoughts. One can recognize that thoughts have an impact on life by observing how people behave. If a person is not well it can be difficult for him to perceive something as beautiful. "Knowing this enriches my life. I have been able to recognize that I am responsible for my wellbeing and happiness; and I feel that Bruno Gröning’s quote is the truth."

THOUGHTS IN EVERY DAY LIFE

Simon H. makes it clear that it isn't only important to have good thoughts and to see everything positively, but that it is even more important to reflect on one’s own thoughts and to readjust them again and again. The young man implements this in many areas of his life. He is a person who doesn't get angry and is able to see the good in unpleasant experiences or mistakes and learn something for his life from them.

He describes a work situation he once experienced. He and a colleague had inadvertently worked on the same project, only noticing this shortly before the end of the work day. This could have been seen as a waste of resources. Simon H. always takes responsibility for his actions. "No matter how bad the impact or outcome might be, I always look calmly and objectively at a situation and want to recognize the good and learn something from it. Looking at it this way, making a mistake is a good thing because it helps me to improve future performance." Simon H. says that during his lifetime Bruno Gröning advised people always to stay calm, which in his lectures he often referred to as "heavenly calm." If a person is able to stay calm in every situation, then the good powers and energies can flow into him, helping him to find the right point of view and a solution for every situation.
"Once I made a mistake while working. It wasn’t serious, but it was a mistake which I later recognized and thought about. But despite this, a colleague wanted to make me feel guilty, cause ill feelings in the team, and make me feel uncomfortable. But I did not want my good energy to be taken away from me or to get into a bad mood, because it doesn’t do any good to have a bad conscience or to feel bad."

HELP IN EVERY LIFE SITUATION
Simon H. once visited his girlfriend at her parents' house and they talked about dying and life after death. From one moment to the next the mood shifted. "My girlfriend suddenly felt awful. She began to think that this talk was preparation for her own death, that she was going to die now. She developed chest pain, trembled, her breathing became very shallow. She started to panic. Observing this, it became clear to me that something was not OK and that we had to do something. I was able to stay calm and tell her that we had to do Einstellen* in order to absorb the good, uplifting energy. We sat down and wholeheartedly asked God for help. I know that the good is stronger than evil, but it is important to let go of all negative feelings. Afterwards we listened to calming music and I noticed how we both started to feel lighter; the heaviness began to dissipate. We asked God for health and protection for us and for our families. At this very moment I felt God's presence. After listening to another piece of music my girlfriend and I felt very happy – and she felt good again. While being connected with the music, I had the vision of a protective covering which surrounded the entire house. I told her about this experience. My girlfriend was very surprised because she had wished for such protection. This moved both of us very much."

GUIDANCE FOR A HAPPY LIFE
Due to this experience Simon H. knows that he will always receive the help he needs. He also experiences great joy and beautiful moments when connected to the good power and to God. He is familiar with the laws governing Bruno Gröning's Teaching. For example, the power of thought always helps one to find a solution to every problem, even in seemingly hopeless situations. "I have internalized these principles and I know that they help me in everyday life. When I'm connected with the good power, I am full of energy and zest for action. I have made a habit of being careful and not letting myself be dragged down or having my mood spoiled in any situation; beautiful experiences are the reward. For example, I might follow the impulse to address a certain person, which results in a pleasant conversation; or I'm sitting on a bus and I am thankful because I'm feeling the good power in my body. Bruno Gröning himself said that we shouldn't simply believe what he has said, but that we should convince ourselves of its veracity. And I do that all the time."

*I See Explanations, page 15."
I started smoking cigarettes at age 17. When I was 18 I became pregnant to my first boyfriend, but he didn't stand by me. Since I was still in training and earned only very little money, my father forced me to have an abortion. This, and the guilt I felt, had a very negative effect on my life. Future relationships failed and in my early 30's I was a single mother. I married seven years later, but got divorced after a year.

NO LIFE WITHOUT DRUGS
"Later I met a rocker who offered me a joint (a cigarette with hashish or marijuana) every time we met. The joints eased my emotional pain and made me feel happy for a short period of time. After some time, I fell in love again. My boyfriend and his son moved in with me. This man not only took drugs but he was also dealing drugs, so there was always enough 'stuff' in the house. From then on, my consumption increased up to 15 joints daily. If I consumed less, I developed withdrawal symptoms in the form of depression, fears, sadness and sleep disorder. Without drugs I was nervous, agitated, often tired of living, and I cried a lot.
"Two years later, this illusory happiness ended dramatically after the police had to be called. Continued threats of violence from this man affected my life for some time after that. I lost all courage to face life, I was desperate and I distanced myself from people. I left the house only to go shopping and take care of necessary errands. I preferred to be alone. Despite my daily consumption of drugs and alcohol, I continued to take care of my son, did the household chores and went to work during this time. I refused medical or psychiatric treatment. I told my son that I was smoking joints instead of using psychotropic drugs; that is how I explained my way of life to him, but I promised to stop soon.
"In the years from 1996 to 2005, my daily drug and alcohol consumption varied from five to twenty joints daily and two bottles of wine or three to four bottles of beer, depending on my life situation. During the night shifts, I drank no alcohol but smoked up to four joints. All my attempts to stop taking drugs failed very quickly. I was repeatedly plagued by nausea and loss of appetite. The pores on the skin of my face enlarged due to constant acne. I was also burdened with purulent infections of the sebaceous glands in my groin, digestive problems, pain in my back and the nape of my neck, and headaches. My eyes were always red. My posture was poor, my facial expression was mask-like and filled with fear. This was my condition in the year before my Introduction.

FEELING OF WELLBEING
"In the middle of November 2005, a patient told me about the Bruno Gröning Circle of Friends. It sounded interesting. I had been thinking about finding a suitable partner, meeting people and making new
friends with whom I could also talk about God. I felt a strong urge to have contact with this Circle of Friends. After a phone conversation with a Community Leader, she invited me to a Community Hour. I was received there so warmly that I instantly felt comfortable. Straight away I felt a tingling in my hands and heat throughout my whole body, the Heilstrom*. I was introduced to the Teaching of Bruno Gröning in 2006.

**A NEW LIFE**

"I literally devoured the book 'Revolution in Medicine'. Tears often flowed while reading it, and I also became aware of what was going on in my life. Because of my work hours, I only attended the Community Hours sporadically, but I did Einstellen* at home on a regular basis. I asked Bruno Gröning to help me live without drugs again, which I managed to do for a short period of time.

"After being confronted with new problems in July 2006, I started using drugs again. I wanted to 'smoke the problems away'. I did not recognize this as being Regelung*. I felt miserable and was scared to death. My son took good care of me. And then, finally, the craving was gone! I have been free of drug use since the end of 2006. The pain in my back and the nape of the neck have disappeared, the headaches are also gone. my skin has healed and looks normal and fresh. The infections of the sebaceous glands have also disappeared. I am able to eat well again and have good posture.

"Before my son left for New Zealand in October of 2008, he urgentely begged me to stop drinking. His father lost his life due to alcohol poisoning. This pleading touched me deeply and every day I asked Bruno Gröning for help.

"On October 18, 2008, the desire for alcohol suddenly disappeared! I made myself a cup of tea that evening as if I had always done that! Up until then I had consistently needed a certain amount of alcohol in order to be able to sleep. Although I still drank some champagne or wine on New Year's Eve, at my farewell party from work or during vacation, the desire for drinking more, or more often, was simply gone.

"Finally, at a Conference of the Bruno Gröning Circle of Friends I experienced, practically overnight, the healing from smoking cigarettes as well – finally free after 37 years. I am now a joyful and happy person again, I sleep well, take walks and I am capable of enjoying God's creation every day. A new life has been given to me."

* See Explanations, below.

**Psychological Commentary**

*Due to her history of suffering, Mrs. F. became addicted to drugs and alcohol (development of high tolerance, physical symptoms of withdrawal, psychological desire etc.). After the Introduction to the Teaching of Bruno Gröning and about half a year later, after consuming drugs again, Mrs. F. had a very strong averse physical reaction, and then, suddenly, in October of 2008 the desire for alcohol stopped as well. This is highly unusual and suggests that a spiritual force is at work. That the consumption of small amounts of alcohol caused no relapse into her previous drinking habits points to a complete cure from the disease of dependency and can be seen as extremely rare from a medical-psychological point of view.*

**2020**

Mrs. F. remains healthy and free from drug, alcohol and cigarette addiction.

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**EXPLANATIONS**

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

**EINSTELLEN**: One "tunes" in to receive the Heilstrom, to absorb it into oneself.

**REGELUNGEN**: A cleansing process is initiated in the body by the absorption of the healing power (Heilstrom) which cleanses the illness out of the body. Sometimes painful, Bruno Gröning called these experiences "Regelungen," or "Divine Regulation."

**COMMUNITY**: Local groups of Bruno Gröning Friends are called 'Communities.' 'Community Hours' are held where Bruno Gröning's Teaching is explained, healings are reported and the Friends do Einstellen together to absorb the Heilstrom.

**SUCCESS REPORT**: Each healing is recorded, medically verified and, when possible, documented with the findings of initial and follow-up examinations. Cases of other kinds of helps and successes are also documented.

**MWF**: The Medical Scientific Group is an association of people within the Bruno Gröning Circle of Friends, who are from the medical and other health care professions.
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"My whole life exists only to help human beings. This power, the Divine power, was given me in the cradle. I was little boy and left no stone unturned – not to investigate these things, no! – to help people and animals."

**BRUNO GRÖNING’S CALLING**

"I am aware of my mission. I have often said that I am aware of my calling, I am aware of my being here; my earthly life."

"I don't know much, dear Friends, I only know what people today no longer know. That is precisely why I feel not only compelled, and even less, forced, but I see it as my duty to teach every human being to Whom he belongs, what kind of a being he is and how to take in the creative power, in order to also become master of his body."

"I am not looking for hangers-on. I don't want anybody to cling to me. It is good if you say, "I trust you; I believe." Of course, there has to be trust. But I don't want people to be hung up on me. This becomes a habit. But instead I am showing you a new path, and at this moment that is the great turnaround!"

**THE BRIDGE BUILDER**

"I built the bridge to this true, Divine path; I erected it again, and if you use this bridge, if you cross it, you will come to the path, to the Divine path where even you will have the connection to the great, only Divine Work, where you will receive the true, the real, the right, Divine life energy so that you can continue to live your life well, and above all, so that you stay healthy. I only call you back so that you don't continue on the path you walked on so far. You have to show that you are human beings, and don't forget that we human beings are indeed children of God. And those who cross that bridge and continue on the true, Divine path will receive a totally different feeling: they will be surprised about everything that exists here, which they, until now, had not been able to recognize. Only there will you actually be able to receive the connection to the Divine Work. You cannot put a lightbulb into a flower vase or into a milk can or maybe into a water bucket or in the bed. It will not shine there; it has to be connected to the power grid."

**THE SIGNPOST**

"I stand before you only as a signpost. Whether you choose this good path or not, is not my concern. It is each person's own decision."

"That is why I have to show the person this path which he has to walk on, so that he can reach his goal quickly. I am not more than that. And I never wanted to be more than that. As a signpost I don't want people hung up on me, because then other people wouldn't find the path anymore. I have to let them pass by; in that I stand there saying: 'There is the path.' Like I am doing here, showing you the path with words."

"Because everything I do is not for me, I do it all for the poor sick human being in order to bring this human being to this path, to the path of health, to the path that we all should have taken, and that is the Divine path."

"This is the path onto which I am leading you back, friends, the path from which you strayed. That is where you left your health, and that is where you can receive it back again − if you stay on this path. If you leave this path again, you will again lose the good."

**THE TRANSFORMER**

"I am like a transformer. I receive the power from the Lord God and pass it on to each human being, which means, health is created through this power."

"I am ready to transmit the power to you the way it has been given to me – not by man, but literally by the Lord God – to help and heal people. Please never say that I have healed you. Please never say that I healed you. No! Faith in God, the connection to the Lord God, that is the healing wave you have received, it goes over or through my body. I am just a small intermediary, nothing
more, a tiny transformer. You can have the current from me, and it is entirely up to you how you receive it."

"In order to fulfill its purpose and to demonstrate its right to exist, the lightbulb has to be connected to a power station and its electricity. In this case it is an electrical power station. Now, a disruption can be caused at any point by evil hands and then the lightbulb is useless. And if there is no way for the lightbulb to receive electricity and have a right to exist again, you can throw it away. Please compare yourself to the lightbulb. And, on the other hand, I stand before you like a transformer, because I distribute the power which I receive from the power station. I distribute this power to human beings so that they have the possibility of existing, because they want to be connected to the power station like the lightbulbs."

THE HEALING WAVE

"If, 30 years ago, I had told you about the radio – that there is a box and if someone somewhere were to speak, in Berlin or abroad, one would be able to hear this elsewhere – you would have said, 'He's crazy.' Today it is commonplace for everyone. But has anyone ever seen this wave, the radio wave? Nobody. But it is commonplace. It is no different here. No one sees the healing wave either, the healing or sounding wave."

"Just as you receive the radio wave on your radio, you receive the healing wave here, at home or wherever you are. It also works without wires. Because the wires were made by human hands. We don't need them. We were created by the Lord God without a wired connection."

"That is the healing wave. That's why I don't need to touch you. Some people think, 'He didn't even speak to me, I would have loved to shake his hand.' There are people who have that desire. Many people also managed to touch part of my body or just a piece of clothing. But that isn't necessary. If you have trust, it will happen to you as well."

DISTANT HEALINGS

"There are also cases where physicians came, asking for help for seriously ill patients. And I told them what kind of illnesses one or other one patient had, and told them to look at the clock, that from this moment on the patient had received his health. The physicians have frequently confirmed this to me."

"With this I gave you one of the best pieces of evidence that you can be anywhere you want with your body, even if it is in a small, simple, modest, dark chamber. Even there you will be able to receive the Divine transmission because it has no limitations. You don't have to be in Germany with your body, no, it doesn't matter where you are on this earth with your body."

"To make sure we understand each other correctly, I will ask another question: is it necessary to go to the radio station with your radio in order to be able to hear the broadcast? No, you stay at home, or wherever you are. You hear the broadcast directly from the radio station which you are tuned into. You receive from that station. And in exactly the same way you receive this healing wave at home. Many of you already know that this is true. And so I ask you to do exactly the same at home as you have done here."

To be continued.
THE NEW WEBSITE OF THE YOUTH IN THE BRUNO GRÖNING CIRCLE OF FRIENDS

https://you.bruno-groening.org/