"Human being is human being, we human beings are all only children of God, there is no difference."

Bruno Gröning
Dear Reader,

Bruno Gröning was a simple man. He only attended primary school and was not to be compared with the doctors and professors who dealt with him after 1949 and who tried to explain the phenomenon Bruno Gröning.

How could it be that through this man something happened that was scientifically seen as impossible, i.e. that illnesses disappeared which from a medical perspective could not have disappeared? And all of it this happened to such an extent that one could not explain or dismiss it any longer as spontaneous remissions or coincidental events. The usual interpretations, 'suggestive power' or 'autosuggestion', fell short of providing an adequate explanation. Even the scientists in Heidelberg in 1949, who tried to understand Gröning's 'healing method' in order to discover his 'trick', had to admit that they were able to observe but not explain the phenomenon of distant healing – healing of people who had had no physical contact with Gröning. In a newspaper report a physician later spoke of an 'x factor' in Bruno Gröning's work. Bruno Gröning simply said, "God is the greatest physician."

The explanation that the healings are not caused by some 'trick' but by God sounded, and still sounds, absolutely absurd to people with an academic education. God does not play a role in academic scientific thinking. We can clearly witness this today in the worldwide pandemic crisis. Of course, in various religions people pray to God for help, but the thought that God could help does not play a role in scientific thought and action. No virologist or epidemiologist expresses confidence that God will help. But if that was expressed, what reaction would it evoke?

The Work of Bruno Gröning – then and now – demonstrates that God is very well able to help, also wants to help and does help. Not in theory, not in some abstract way, but in a totally real and tangible way as proved by the reports of many people who have been healed.

Thomas Eich

"Please, please do not be gullible! Today, as always, I say: you do not need to believe what I say! I am not asking you to. One duty which you have is to convince yourself of it!"

Bruno Gröning
The digitalization of society – progress or blessing? For our personal data it certainly brings some challenges. The protection of our data is becoming increasingly important. This is also true in the Bruno Gröning Circle of Friends.

Since spring 2018, the lawyer Rolf Reinhard has been advising the Bruno Gröning Circle of Friends in all questions regarding data protection.

Journal (J): Mr. Reinhard, data protection, what is that?

Rolf Reinhard (RR): You have probably also been annoyed by emails, letters or phone calls offering you all sorts of products. The question arises, "How did they get my data?" Every citizen should be allowed to decide for himself or herself who receives his or her data and what happens to it. Since May 25, 2018, this is regulated in Europe by the General Data Protection Regulation (GDPR). It deals with personal data which could identify a person, for example, a name, an address, a photo. And it also deals with what this data is used for. As an internationally active organization for healing on the spiritual path, the Bruno Gröning Circle of Friends has numerous Friends worldwide and is in contact with them. Here the shipping of the Schooling Letter plays a role, as do the Internet meetings or the Success Reports (healings examined by physicians). All in all, here we are dealing with the personal data the Bruno Gröning Friends have entrusted to us. You can be assured that we handle all data very carefully and in accordance with the law.

J: Are you the only data protectionist?
RR: No. I have a whole team at my side. We meet weekly to discuss the necessary measures.

J: How is the leader of the Circle of Friends involved in data protection?
RR: We have what we call a "responsible authority" who makes all final decisions. Dieter Häusler, as the leader of the Bruno Gröning Circle of Friends, is the responsible person. My team and I advise him in all questions regarding data protection. The Circle of Friends is global and hence also active outside of Europe. Because of that the GDPR applies to all our activities worldwide as well. This is a great challenge.

J: Can you give me an example of a practical implementation of the data protection?
RR: Yes, gladly. For example, at our conferences and events, photos, films, and sound recordings are made. Our data privacy statements assure legal security for the participants.

J: What is your next project?
RR: We are developing an overall documentation of our data protection landscape, together with the leading helpers of the Circle of Friends. We have made a start. Our working relationship is wonderfully harmonious because everyone is very much committed to the cause. We carry out this work on a voluntary basis and during our free time, convinced of doing something good and meaningful.

J: Data protection – it sounds like a rather dry topic. Do you enjoy this task?
RR: Overall, it is a joy to watch as the "data protection house" in the Bruno Gröning Circle of Friends grows. I am thankful to be able to support it. It is not about protecting data anonymously. The people are important. They trust us to handle their data responsibly. They are my motivation.
Virtual Conferences in the Bruno Gröning Circle of Friends

IGRS – ALL THE TIME AROUND THE WORLD

In March of 2020 Bruno Gröning Friends were also taken by surprise by the happenings in the world. Because of governmental regulations, physical meetings at Conferences in Geseke, Germany or in other places around the world were no longer possible.

Now what? How and where would the Friends now be able to meet, exchange and share experiences and take in the healing power together? The first shock soon gave way to gratitude, seeing that it was still possible to communicate and to do Einstellen together.

For, at exactly that time, the IT Team of the Bruno Gröning Circle of Friends made possible an expanded technology, namely the participation in IGRs [German acronym for internet meeting], not only via the Internet on the computer but also via smartphone. Bruno Gröning himself loved to use technology as well. "Go with the time or you will get left behind."

Everything has its good side: for instance, more Friends were able to participate in the virtual conferences than physically in Geseke. Furthermore, borders and distances do not play a role anymore; participation at conferences is possible from every corner of the earth, so to speak.

In the meantime, several conferences have already been held via the Internet. All the leaders of the conferences were now faced with the challenge of choosing the most important topics from the usual two-day physical conference program for the stipulated time of three hours.

Notably, during the IGRs, Friends in different translation rooms translated the speakers' words into various languages. This reminds us of Bruno Gröning’s statement: "Be good to each other, understand each other and help each other as best you can!"

CONFERENCE FOR THE MOST IN NEED OF HELP

The first conference that was held online was led by Mr. and Mrs. Hagen. More than 1500 participants from all over the world met in an IGR on March 22, 2020 for the Conference for the Most in Need of Help. The term "Most in Need of Help" originated in the 80s when the first healings from addiction became known. Grete Häusler (1922–2007), who was then the leader of the Bruno Gröning Circle of Friends, recognized the special need of these people and named them "Most in Need of Help". During the IGR Mr. Hagen described the individual tasks in this special work and pointed out the importance of the "Einstellen Chains". Thanks to the active neighbourly love of numerous Bruno Gröning Friends worldwide and also thanks to their Einstellen for people most in need, there have been many healing and instances of help.

With great gratitude Friends later reported on their healings from decades of addiction to alcohol, coffee, snuff, and drugs.

CONFERENCE FOR PUBLICITY WORK

Many Friends help in this work so that worldwide the people who are still living in distress, can learn about this path to a healthy body and soul. The Bruno Gröning Friends who are active in this area enjoyed getting together on March 28, 2020 for a three-hour long IGR. J. Block, the leader of the Publicity Work worldwide said, "People react differently to changes and challenges and especially during such a time as this, many find their way back to faith."

Important aspects of the publicity work were addressed, for instance a new concept on how to
carry out Introduction Lectures, also with respect to working together with physicians. Additional topics were, for example, the implementation of Introduction Lectures via video conferencing, the technical processing and the necessary redesign of the website of the Circle of Friends and the presence of the Circle of Friends on social media, for example, YouTube, Facebook and Instagram. Impressed, one participant described this virtual conference: "There was a special feeling of solidarity; it was as if we had all become closer."

YOUTH CONFERENCE
Participating in the Youth Spring Conference via iGR on April 25, 2020 was a special event for the young Friends. After Mr. And Mrs. Lechner, who lead this special area worldwide, welcomed the Friends, Mrs. Lechner pointed out the importance of examining one's values in life and then implementing those that one has recognized as being correct. "You have to know what you want!", Bruno Gröning said. Mr. N. reported, "In doing Einstellen I received new thoughts and was thereafter able to experience how one goal after another became a reality."

MWF CONFERENCE
Many physicians and other healing professionals are active in the Medical-Scientific-Group (MWF) and appreciate the exchange of ideas about healing on the spiritual path. Friends in this field check the Success Reports and record them. Out of gratitude for having experienced healing themselves, many of these Friends feel the need to inform others about the possibility of receiving help and healing by doing Einstellen. Impressed, one participant noted, "On May 9, 2020, in front of the computer, with more than 2000 other Bruno Gröning Friends from all over the world, I experienced the MWF Conference via iGR for the first time. For me there was no big difference to a conference held in a physical venue; I felt 'right at home' from the beginning. The Teaching of Bruno Gröning was brought close to me once again in an impressive way. For me especially, the healing reports, including the medical commentaries, revealed the work of God. Strengthened by taking in the Heilstrom*, I am now full of confidence and able to face the life's challenges again."

SPRING CONFERENCE
Most impressive: more than 2000 Friends attended the Spring Conference via iGR on May 17, 2020. Dieter Häusler, the leader of the Bruno Gröning Circle of Friends, spoke about the enormous significance of putting Bruno Gröning's Teaching into practice. "In following the Teaching, the way one views things will change", were his words, and further, "If we use our time for the good and live in the here and now, we are and will remain in divine guidance and will get through life well." The emails he had received during the previous weeks showed him how much Bruno Gröning Friends treasure the Teaching and the Circle of Friends, especially in the current world situation. "The feeling of connectedness and of belonging to one another had become much stronger", one Friend stated. United in love and peace with the whole world – that is what many Friends felt when doing Einstellen together at the conclusion of every IGR.

* See Explanations, page 15
Religions in the Circle of Friends

PART 3: BUDDHISM

In this series of articles Bruno Gröning Friends from different religions and cultures have an 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?

N.G. Tran lives with his wife, both their children and four grandchildren in the Vietnamese capital of Hanoi. Like many of his countrymen he is a Buddhist. However, that was not always the case.

BUDDHA

The retired geologist likes to tell the story of how he found Buddhism and how in the same year he learnt about the Teaching of Bruno Gröning and how they both enriched his life.

"In the first century AD, Buddhism came to Vietnam via China. It is a traditional religion woven intricately into the history and culture of the country. All over the country one finds Buddhist temples (pagodas). Already as a child I observed people’s devotion in the pagodas and at home. My studies took me abroad. Later, in my professional years, I spent much time travelling and working abroad. Because of this I didn’t have the chance to learn more about Buddhism or to practise it until I was 62. But from time to time I went to the pagoda to show my respect. It was in March 2014 when, with the guidance of a Buddhist Master, I learnt more about the meaning and the depth of the Buddhist teaching. After that I took an oath and started to live and behave more like a Buddhist. At home we have an altar to Buddha. Every morning before breakfast I go there to make offerings, like fruit, flowers, sweets. I light candles and incense sticks to show my respect to Buddha. I spend some time at the altar every day to learn and understand more and to study the Sutras. I also attend sessions to help me with this. My life has gotten better because of this practice.

THE TEACHING OF BRUNO GRÖNING

"In June 2014 I had to undergo a difficult operation because of a life-threatening illness. Together with my family we strongly asked Buddha for support and help. I was operated on by the best surgeon, which was not a matter of course.

"After three months, on October 1, 2014, I was discharged from the hospital. I was still very weak and could not walk without a cane.

"A friend visited me at home and spoke of Bruno Gröning, who I had never heard of. I was very interested and asked for an Introduction. At the Introduction I felt the Heilstrom as a form of tingling throughout my body. I felt light and happy. It seemed to me as if I had found something again that I had once lost and forgotten about. I immediately felt great trust in Bruno Gröning. For me, his Teaching is totally in harmony with my Buddhist beliefs. What is new, however, is the belief in spiritual healing. Bruno Gröning’s statement “There is no incurable” made a deep impression on me. I still consider this to be one of his most important messages.

"It so happened that two days after my Introduction, there was a Conference of the Circle of Friends in Hanoi. Dieter Häusler, the Leader of the Circle of Friends, had come specially from Germany. Already after the opening music and his opening words, I felt so good that I was able to walk up the stairs to..."
the platform without a cane to and translate Mr. Häusler’s speech from German into Vietnamese. That, of course, convinced me!

**GRATITUDE**

"Since joining the Bruno Gröning Circle of Friends, I have also received other healings – for example, freedom from chronic gastritis which had troubled me since 2001. I was also freed from pain in my back, shoulder, and neck, which had bothered me since 1995. Life within our family has now become much more peaceful and loving. Much good has happened for our family and relatives through our doing Einstellen. Among other things, a nephew was freed from heroin addiction and is now able to work. Our grandchildren are healthy and give us great joy by being good students and bringing home excellent grades. One of them had even won a prize in a worldwide math competition.

To express my gratitude, I immediately had the desire to become active in the Circle of Friends. Currently I am a Community Leader in Hanoi and assist other Community Leaders via Skype. I translate texts from German and English into Vietnamese. All areas of my life have turned to the good.

"Bruno Gröning’s Teaching has strengthened my faith in the spiritual and I have gained a greater respect for people from other religions. Even though there are differences between the two teachings, both help me to grow spiritually, to become a better person and to do good in my life. This fills me with joy, happiness and deep gratitude."

* See Explanations, page 15

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**BUDDHISM**

Buddhism is one of the great world religions. In contrast to the Abrahamic and Hindu religions, Buddhism is not a theistic religion and does not have as its basis the worship of a God Almighty. Rather, the beliefs of most Buddhist teachings rest on extensive philosophical and logical principles, as is also the case in Chinese Daoism and Confucianism. Therefore, Buddhism is not a religion which is based on revelation and does not rely on a divine scripture, although there is a well-established historical canon of central doctrinal texts. (Wikipedia)
CONVERSION TO ORGANIC FARMING

The farm of the Wagner family has three horses for riding, a dog, cat, a few pigs in the winter, fruit and walnut trees, a garden for their own strawberries, as well as a vegetable garden. Until recently the farm was not exclusively organic, but, regardless, Egbert Wagner had attached great importance to the natural cultivation of his fields by using, for example, a lot of compost and planting catch crops as green fertilizer. A 'catch crop' is a fast-growing crop that is grown between successive plantings of a main crop. Artificial fertilizer was used on a very small scale. He says with some satisfaction, "I leased the farm from my parents since 1991 and a few years later I took it over completely. As was common then, we practiced conventional agriculture, but I had nevertheless been open to a conversion to pure organic farming for a long time. Because of the costs incurred in the purchase of new equipment, this conversion would only be profitable if my son would eventually take over the farm. After careful consideration he decided to do so.

HOPELESS

It was not certain that Egbert Wagner would be able to continue to work his parents' farm. In October 1986 the then 25-year-old suddenly developed severe back pain and in November, pain, swelling and restricted movement in his fingers and ankle joints occurred as well. Two hospital stays lasting several weeks followed. The diagnosis: ankylosing spondylitis with predominant polyarthritis. He had to take pain killers and cortisone every day. "I was only able to walk with a cane and I moved like an old man because I was always in pain. At times I was not even able to dress myself or go to the bathroom. Working on the farm was out of the question!" At that time Egbert Wagner was classified unfit for work. Gold-therapy in 1987 and a health cure in a spa at the Dead Sea at the beginning of 1988 brought no lasting improvement. Taking over his parents' farm seemed hopeless, his future without promise.

We started the conversion to organic farming in the spring of 2020. For the future we are planning unploughed soil cultivation, because through ploughing a strong densification of the soil is produced which means that water cannot reach the lower layers. With unploughed soil cultivation the soil is worked flat with a cultivator or a spade harrow, and the upper area would also be loosened by earthworms. This would enable water to penetrate the soil well and quickly in times of heavy rain. The roots of the plants then reach deeper soil layers, assuring better growth and healthier crops. With under sown crops and catch crops we want to promote a build-up of humus.

CURRENT & NOTEWORTHY

Changes in Agriculture – PART 6
FARMERS IN THE BRUNO GRÖNING CIRCLE OF FRIENDS

At the age of 25, I was a wreck, health wise. But I have now been well and productive for almost 30 years.

In the heart of the Westerwald, a region about 30 km east of Bonn, Germany, lies the county seat of Altenkirchen. This is the hometown of Egbert Wagner and his family. His parents' farm, with its dairy cows and chickens, used to be a full-time agricultural business. Egbert Wagner now runs his farm as a side job because the 25 hectares would not generate enough income to support the family. An area of 13 hectares of pasture can sustain about 12 suckler cows with offspring. On approximately 12 hectares of farmland Egbert Wagner grows winter rape, barley, rye, winter wheat, oats, and corn to ensure broad crop rotation. The suckler cows get good hay and silage (a high-quality green fodder preserved by fermentation) during the winter. During the summer months the animals graze outside on the pasture.
THE LIFE-SAVER
"Although my health was not good at all and there was no chance of being cured from a medical point of view, I continued to believe in help of some kind. In May of 1988 at the Hunters' Festival in our town, an acquaintans told me about the Bruno Gröning Circle of Friends. This was my lifesaver because I had only one wish: to become totally healthy again. A few days later I was introduced to the Teaching of Bruno Gröning in Cologne, and since then I love going to Community Hours every three weeks.

At first, I couldn't feel a change taking place. But starting in 1989, my health improved noticeably. Little by little I was able to discontinue the medications, to walk without a cane, to work on my parents' farm and, in 1990, to become fully employed again. Shortly before that I had gotten married and our first child was born. I have been totally healthy since 1991. I have no more pain, and after my working day as a building yard manager, I am still able to do farming on the side.

REMAINING HEALTHY
This healing, inexplicable from a medical point of view, has already lasted for almost three decades. Going to the Community Hours regularly continues to be of high importance for Egbert Wagner. "There I receive the energy I need for my life." He also values the internet meetings of the farmers of the Circle of Friends. "I learn a lot there and receive helpful suggestions for my work on the farm. Doing Einstellen* together with other farmers is very valuable for me."

Egbert Wagner does Einstellen* for everything having to do with his life on the farm every day and has often received help and guidance. One example: "A few years ago the wheat was ready to be harvested. The weather was good for the contracted thresher who still had to harvest the fields of other farmers. Because the weather started to deteriorate, the harvesting had to be postponed. Later it turned out that our wheat could not be used as baking grain anymore. I was very disappointed because the price for feed grain is lower than baking grain. But surprisingly, within a short period of time, the price for grain rose to such an extent that I was able to sell the feed grain at a higher price than the previous price for baking grain."

A SHIFT IN THINKING
Egbert Wagner still has wishes with respect to the development of agriculture. "I grew up with agriculture so it is very close to my heart. Through the Teaching of Bruno Gröning I have come to see every animal on the farm, as well as the soil and all interrelationships in nature much more clearly. In the past, economic efficiency had been more important to me. Through our behaviour we influence the direction in which agriculture will develop. The organic farmer cannot exist if the consumer only wants the cheapest products because the workload and labor costs are much greater than in conventional farming. Because of that, a rethink in agriculture is of high importance. In addition to this, we must realize that healthy soil, clean water, and good air should not be taken for granted. It also seems highly important to maintain and promote small family businesses. A farm needs to have a variety of different kinds of animals. That is part of the natural order of things. Together with other farmers and environmentalists I am committed to GMO-free agriculture in our region. I believe that everything will move towards the good again only when we adhere to the divine laws."

In hindsight the farmer notes gratefully: "If I had not found my way to the Bruno Gröning Circle of Friends, I would not have become healthy again. For me it is a feeling of true salvation. At the age of 25, I was a wreck, health wise. But I have now been well and productive for almost 30 years."

* See Explanations, page 15
From China to New Zealand

WORLD REGION 6 IS PROGRESSING

For organizational reasons, in the year 2008 the Circle of Friends was divided into seven World Regions to be able to mentor the Bruno Gröning Friends living in over 130 countries. World Region 6 encompasses Friends from 18 countries in Asia, as well as Australia, and New Zealand. Covering an area of 44.6 million square kilometers, about a third of the total landmass of the Earth, Asia is the largest continent. With over four billion people, more than half of the world’s population, this part of the world is also the most populous.

World Region 6 is mentored by Stephanie Gutowski and numerous helpers from Germany, Australia, the Netherlands, and Austria.

INVITATION

In September 2001 S. Gutowski received an invitation from Germany to attend an Introduction Lecture. "My naturopathic practice receives a lot of advertising mail that I seldom look at, but this particular letter looked quite different and the contents made me curious. A German naturopath had come to Melbourne to give a lecture on help and healing on the spiritual path through the Teaching of Bruno Gröning. I felt very much drawn and decided to attend this lecture as I had been searching for a way of life which I could call 'spiritual truth' for a long time already. I wanted a personal connection to God, primarily because of personal health problems, but also because of the health of others," S. Gutowski said.

During the lecture she felt that something inside of her was beginning to change. "I felt love and security. It was a feeling of having reached the goal of all my searching. After the lecture I regularly attended the Community Hours in Melbourne. I felt the Heilstrom* from the very beginning and had the impression I was at the right place." Implementing the Teaching of Bruno Gröning strengthened her faith and the trust that she could become healthy as well.

DIAGNOSIS: INCURABLE

For 20 years S. Gutowski had been suffering from cardiomyopathy (a muscular disfunction of the heart), an autoimmune disease of the thyroid, as well as from a cat hair allergy for most of her life. The symptoms of the cardiomyopathy were an irregular pulse and high blood pressure, poor blood supply to the lungs, massively decreased exercise tolerance, and heart failure. The diagnosis was 'incurable'.

Treating the thyroid with radioactive iodine did not bring an improvement but only led to panic attacks. Her life was also burdened by weight gain and weight loss, trembling hands, and other unpleasant symptoms. From a medical standpoint she was to be on medication for the rest of her life. She felt that life had become meaningless for her.

TOTALLY HEALTHY

In February 2004 S. Gutowski attended a conference of the Bruno Gröning Circle of Friends. There she watched the documentary film "The Phenomenon Bruno Gröning." After the film had ended there was not much time left to catch the bus to the airport on time. "When I had to stop because of severe shortness of breath I thought about Regelungen* and inwardly asked Bruno Gröning for help. After that, I was actually able to keep walking and I managed to catch the bus. When I arrived home, I checked my pulse and it was regular for the first time in over 20 years. A specialist medical examination revealed that my heart was of normal..."
Together with a team of helpers S. Gutowski organized and held numerous Information Lectures on the topic "A Path to a Healthy Body and Soul." Worthy of note is that many conventional physicians also showed an interest and attended her lectures. "It is my great wish that many physicians from all the countries of this World Region learn about this teaching," S. Gutowski says.

The Hiking Weeks that take place every year in Victoria, Australia and Shimla, India were also a treat for the Friends of this World Region and beyond. Experiencing the beautiful natural surroundings, getting to know each other better and doing Einstellen* together remain unforgettable. So that they could experience this, the Friends in Indonesia also met for a Hiking Weekend.

In this World Region the adult Bruno Gröning Friends meet in more than 150 Communities every three weeks for the Community Hours. Young people have an opportunity to participate in a Youth Community Hour online, and in Australia, India, and Vietnam, the children attend their own Community Hours.

HEALINGS
Impressive documents about Bruno Gröning’s activity today are the healings, which are still happening, in the World Region 6 as well. The reports are collected, checked, and documented by a Medical-Scientific Group. A few examples: healings from depression, infertility, acne, chronic fatigue syndrome, Lyme disease, facial tumors, phobias, rheumatoid arthritis, chronic back pain, incontinence, heart diseases, chronic degeneration of the cervical spine, alcohol dependency and nicotine addiction.

INTERNET
Asians are the most active users of social media worldwide. Therefore S. Gutowski has the wish to use it to draw young people's attention to the Teaching of Bruno Gröning and help them to practice the Teaching in their lives. In April 2020, the first video conference of an information lecture with a physician was held in Australia. S. Gutowski spoke from her home in Melbourne. "...suddenly the world felt small and connected," she said.

Physicians from Germany, a Friend from Sydney who had experienced a healing and the technology leaders were tuned in. Many interested people from Australia, Singapore and other countries used this special offer to learn more about help and healing on the spiritual path through the Teaching of Bruno Gröning.

* See Explanations, page 15.

1. Country Conference India in Pune, February 2018
2. Spring Conference in Saigon, April 2019
3. Hiking Week in Lorne (Australia) February 2019
“Your thoughts form your life, the way you live it.” Bruno Gröning

PART 4: LENA D.

Most young people in the Circle of Friends know of this quote. Some consider this quote in greater depth, asking what it means for their lives. For Lena D. it became pivotal in her life.

“Is the camera running?” “Action!” “And...” Suddenly the clapperboard on the film set sounds as the start signal for recording. A group of teenagers eagerly watch as the cameraman and sound technician stand near the presenter and her interviewees and film them. During a Youth Week of the Bruno Gröning Circle of Friends in Bollmannsruh near Berlin a film about this week is being made.

A member of the film team, Lena D. is a 22-year-old woman from Rosenheim. She got to know Bruno Gröning’s Teaching through her parents when she was a child. She enjoys taking part in this youth week, which is held every year to connect with the good, uplifting power. This energy helps her to always concentrate on the good in her life and to stay optimistic.

ALWAYS SEE THE GOOD

"I just notice that the world looks so different and more beautiful when I have positive thoughts. Once I wanted to go to a supermarket, one which I had never been to before. I got lost on the way there, and because of this I lost a lot of time. I was late for an appointment and did not have the time to study something for university beforehand. I then decided to see the positive aspects of this situation. The detour gave me the opportunity to stay out in the fresh air longer on my bike on a beautiful summer day."

Lena explains that it is very clear to her that good thoughts lead to a good life. Things turn out well when one thinks of the good. "Of course, I also sometimes forget that thinking good makes life easier. I have already experienced what it feels like when, in certain situations, the "merry-go-round of thoughts" in my head does not want to stop turning. I know that I can make a conscious decision to focus either on the positive or on the negative thoughts that are floating around me in such moments. The certainty that I can decide which thoughts I align my life with gives me a sense of freedom and self-determination"

THE POWER OF THOUGHTS

Lena had a powerful bodily experience which allowed her to recognize how important it is not to let negative thoughts deter one from one’s good beliefs. Some time ago she went on a hiking holiday for several days with her...
sister and a friend. At this time, she was not completely physically fit, so she had trouble keeping up with the other two. The easier hike on the first day was already a physical challenge for Lena. The long stretch of way the next day went steeply uphill and later downhill again. "On the way down my feet became soft as rubber, which made the walk back most difficult. I also had a severe headache. I would have loved to lie down and rest. The more I thought about how I was feeling the more difficult the hike became. We took short rests, but at the same time we had to hurry because a thunderstorm was approaching." The hike was very exhausting and difficult for Lena until she got the impulse: "So, that’s it! I will now stop sinking into self-pity and focus on the good instead."

Lena describes how she managed to simply observe nature and sing a happy hiking song in her mind instead of only thinking about her headache and sore legs. "Then I noticed something very interesting: whenever I concentrated on the pain in my head or legs, it became difficult to walk on and took a lot of energy. But when I looked at the beautiful flowers and mountains and hummed a song, it got easier and the pain retreated into the background. Later I got blisters on my feet which also hurt. Then I experienced the same thing: when I focused on nature, walking became easier. At that moment I recognized that I could control my body with my thoughts. I managed the way down well, and we were back in our comfortable lodgings before the thunderstorm began."

PAY ATTENTION TO WHAT YOU FEEL
Lena also talks about an impressive experience she had trusting her feeling and her inner voice. During her final exams at high school a few years ago she did not have much time to prepare for the written German test because studying for the other subjects turned out to be very time-consuming. The day before the exam she had the urge to study a certain subject more intensively, as it had also been a topic in the 9th grade. Because Lena was on a student exchange at the time and did not have the book with her, but only a few notes, she studied some additional facts that she found on the Internet. "Through this article I became aware of another one which was on the same topic. I also read a few things in this other article. During my evening Einstellen I took in the good, divine power and suddenly had the thought to look at a book by Goethe again. I followed this thought, opened the book 'Faust' randomly and read through a few pages."

"In the final exam the next morning, I realized that the lesson I had read in 9th grade was the topic of the exam. I felt good, was calm and had to smile to myself. There were also questions on the second article that I had looked at the day before. I was then able to compare this with exactly that passage from 'Faust' that I had read the evening before."

"My final exam was rated with 14 points – so far the best grade in the German language subject. I am still happy and overwhelmed to see how everything led to the good: I looked at exactly the right notes in such a short period of time and opened up the right page in the book," explains the happy young woman. Because of these experiences, Lena knows that her life will always be guided to the good if she has positive thoughts and follows them. She enjoys being involved in the Bruno Gröning Circle of Friends in her free time. The help she has frequently experienced lets her realize that she holds the key to a happy, healthy life in her own hands. She knows how to use this key by always following the Teaching of Bruno Gröning and being aware of the power of her own thoughts.

See Explanations, page 15
After the age of five, approximately, my life was often affected by bronchitis and pneumonia. I was constantly fatigued and short of breath. Running, playing ball or swimming were hardly possible because I was quickly short of breath. My mother often claimed that I was a sickly child and that I had done something bad and the Lord God was punishing me. The words she said during my frequent episodes of breathing difficulty, that I would probably die soon, still ring in my ears.

TIRED AND WEAK
As a result, I suffered from a lack of self-confidence. I often fled to solitude when I had trouble breathing. I did not want to be seen in this condition because I was ashamed and had to cry.
Over the years, bacterial infections made the burden worse. I was treated by pulmonologists and allergists. In 1985, asthma was diagnosed. The treatment consisted of numerous medications, inhalations, injections, and oxygen therapy.
During attacks of acute respiratory distress, I had to be admitted to an emergency department, where I often spent several hours in an oxygen tent. I felt tired and weak all the time. I was very depressed about my health. I could not take care of my family and my three children adequately.
In 1989 a medical commission certified that I was unable to work for an unlimited period of time and it was no longer possible for me to work in my profession as a nurse. Over the next five years I grew ever more discontented and was filled with a feeling of deep emptiness.

NO IMPROVEMENT
In 1994, when my husband was unable to work, financially restricting our lives even more, I applied for a work permit. From 1995 I could work part-time (50%) but my health deteriorated again. The rapid onset of symptoms of fatigue often interrupted my everyday work routine. During these forced breaks, I usually went to the toilet to relax. In phases of particularly severe weakness, I took sick leave, vacation or changed my shifts so that I would not need to work at night.
Despite ongoing medical care and treatment with the latest medication, my condition had not improved by the beginning of 2010. Feelings of hopelessness and sadness were now my constant companions.
In October 2010, during my aunt’s funeral service (cause of death: bronchial asthma), I asked God from the bottom of my heart for something good to happen in my life and I took up the belief in it. At first everything stayed the same with no signs of recovery.

THE TURNAROUND
In spring 2012, while on duty in the hospital, a doctor told me about Bruno Gröning and gave me the DVD of the documentary film “The Phenomenon Bruno Gröning” to take home. While looking at the film my tears kept flowing, I watched some passages of the film several times in a row. As if following an inner call, I wanted to know more about this man and was introduced to the Teaching of Bruno Gröning on July 8, 2012.

Every day I gratefully absorb the Heilstrom*, feel strength, joy in living, lightness and feel that I am safe and secure. I can cope with the demands of my job and take care of housework and gardening effortlessly and without breathing problems.

Healing of 60 Years of Asthma

HALINA NELDNER, (68)
During the first Community Hours I already felt warmth in my body, a long-lost inner calm and a tingling sensation in my hands. I also noticed a significant decrease in symptoms – I no longer needed inhalations. I interpreted the tears that flowed abundantly after my Introduction as an allergy. It was only after talking to a Bruno Gröning Friend that I realized that these were Regelungen.

Purely out of habit, I continued to take 10 mg of cortisone a day. Following an impulse, I travelled to Gdansk in July 2013 and walked along the street where Bruno Gröning’s birthplace had stood. Since then I have noticed a steady increase in vitality and I decided not to take any more cortisone.

“*My mission, my goal is to help and to heal people.*”

Bruno Gröning

Since March 2013 I have been working full-time again in a home for the aged. Despite heavy physical exertion (for example often having to lift, transfer and support the residents), I remained free from breathing difficulties.

HEALING

At the Gdansk Conference in September 2014, I was fascinated by a report on the healing from asthma. When I realized that I had not had any breathing difficulties for about two years I was surprised and became aware that I had also received healing from this burden myself. Full of joy and gratitude, I telephoned my husband and daughter and told them both that I was perfectly healthy. Every day I gratefully absorb the Heilstrom*, feel strength, joy in living, lightness and feel that I am safe and secure. I can cope with the demands of my job, housework, and gardening effortlessly and without breathing difficulties.

"The Teaching of Bruno Gröning has now become an integral part of my life. I spiritually give him everything that tries to burden me, and above all I reject any thought of illnesses. My body recuperates quickly, I only need four to five hours of sleep."

Physician’s Commentary:

For me, a specialist in respiratory medicine, it is surprising and inexplicable that all the symptoms of such a severe, medically documented, long-term history of bronchial asthma which, despite constant treatment, had been uncontrollable for decades, disappeared six years ago even though no more medication was taken.

It is also astonishing that Mrs. N., at her age, is still able to carry out the difficult and stressful job as a nurse in a home for the elderly and disabled and also to do housework and gardening with ease. Based on my medical professional experience as a respiratory specialist, I would never have expected such an outcome.

* See Explanations, below

EXPLANATIONS

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

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

REGELUNGEN: Absorption of the Heilstrom can initiate a cleansing process in the body, which can also be painful or uncomfortable. The ailment is cleansed out of the body. Bruno Gröning called this Regelung. Regelungen is plural.

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.
Internationality in the Bruno Gröning Circle of Friends

What started in the 50s has developed today into an international Circle of Friends which is active in over 130 countries and is one of the largest organizations worldwide for healing on the spiritual path. In the Medical-Scientific Group physicians and other healing professionals check and document the Success Reports. Besides healings from psychological and physical ailments, many Bruno Gröning Friends also report on being liberated from addictions or about receiving help in various life crisis. Here a few quotes: "Today I am totally free of symptoms." "It is a totally different life when illnesses which over decades had become the norm for me simply disappeared." "Through the Teaching of Bruno Gröning I have got back my zest for life again." "I feel better than I ever felt before." (Thomas Eich)

For many years now there have been Communities of the Bruno Gröning Circle of Friends in the USA. Healings happen there as well. Of course, this is also of interest to the physicians. Many have already gotten to know the Circle of Friends and checked the reported healings. Some of them are so impressed that they make use of the Heilstrom*, as Bruno Gröning called the healing power, for their own lives as well.

A former chief physician from Kazakhstan reports about how the Teaching of Bruno Gröning was a great help to him during the hard times his country went through when the most basic things were lacking, even medicine.

In the middle of this film clip is archival footage from the year 1999, about a lecture tour of a German and a Russian physician to Russia and bordering countries. The then-president of the Research Center for Traditional Medicine in Moscow, Professor J. Galperin, M.D., the former director of a hospital in Kazakhstan, as well as a man who had been healed, reported.

Visit our YouTube channel: https://www.youtube.com/user/BrunoGroening

* See Explanations, page 15
"I live for humankind, to help humankind."

THE LIFE OF BRUNO GRÖNING IN HIS OWN WORDS – PART 6
THEN & NOW

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 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 this 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.

"Time, and with it the accumulation of healings, made me into a 'major transmitter'. More and more people received the healing wave. I believe I can say that everyone has a receiver for this wave, but the human being has to know what he wants to receive."

A MYSTERIOUS POWER

"And so, I send you the healing wave. Take it in and when it has travelled through your body, continue to observe your body for what happens next. Let a number of days go by. Listen inside your body, concentrate on what is happening in your body. I know that even in this case [here Bruno was speaking on the radio] healing can come through the ether and can be a complete success."

"Sick people came to me who told me that they had heard me talk on the radio and that only by hearing my voice were freed from illness which they had in their bodies for years. There are also many people who have actually become healthy by simply reading about me in the newspaper or elsewhere. The same thing happened to people who were only in the process of writing to me with a request for help. One person wrote a letter with the request that I help him. When he had finished the letter, he was healthy."

"A woman who was very sick and her sister came to me. I asked this sister to keep her mouth shut first and foremost because she talked too much, as I could easily tell. I advised her to remain silent from then on and to now let what I say work on her. I said, 'When you get home your sister will be well.' The woman was very surprised and immediately full of belief, and in the same moment her sister was healthy. Isn't it a mysterious power which is at work here?"

THANKS BELONG TO GOD

"And when you have received the divine help, I do not want the thanks. The thanks do not belong to me, it belongs to the Lord God. It is to Him alone you owe your thanks."

"Everyone stir and move yourself. It looks like I am giving you a gift, a little parcel. After all, good manners demand that you open this package, which I just brought you as a gift, so that you can express your sincere thanks. And then comes this inner joy; this gratitude is expressed. You say, 'I did not expect this, but I thank you!' That comes from the heart. Here it is the very same thing. When you receive this gift, [the healing] be curious! Try out what you had not been able to do up to now and see if you can do it right away. If you had not been able to move, see if you can now. I have only passed on this gift to you, the thanks do not belong to me. And if you give me thanks, I will throw it off by saying, 'It does not belong to me, it belongs to the Lord God.' And if at times it cannot be done otherwise, I will accept the thanks and then thank the Lord God for giving me the power to help people. But I am not allowed to make it my own by saying, 'I earned the thanks.' I have earned nothing. I only do my duty and occupy the place where the Lord God has placed me, and I will not let any human being move me from this place."

A LIFE FOR SICK PEOPLE

"Now I want to come back to the following point: how it is possible that a person is able to receive healing through this small person, as you see him here in life size – 1.68 meters – I am not taller than that."

"I am 43 years old. My whole life exists only to help people. This power, the Divine power, was given me in the cradle. I was a little boy and I didn't leave any stone unturned – not to investigate these things, no – rather to help people and animals."
"And I have also given you to know that I feel obliged to help all people, to know that everyone is healthy. I went from the American Zone to the British Zone to respond to the cries for help from sick people and to restore people’s health. I could list for you thousands of cases. My guiding principle is: the blind can see, cripples can walk. It sounds bad when I say 'cripple', as I just did. They cannot help it, having been forced to stay in bed for years on end, having to lie there stiff and unable to move. And year after year, day after day, night after night I have given people back their new, healthy life again."

"I don't want anything for myself – but everything for the person who really needs help and healing."

RICH IN DIVINE POWER
"But when people believed I wanted to make money as well – maybe because they judge others by their own standards, and they themselves are only keen on making money – they were [quite] mistaken. If I had wanted this, I would already be one of the richest people on this earth today, rich in money and possessions. I would not have to be bothered with the poor, sick people, or have them hang on to me, nor would I have to put up with the annoyance of having [other people] leaving nothing untried to force me to my knees. But on the other hand, I have become a rich man. Richer than all of you put together. There is no other person as rich as me. I can honestly say this here with certainty. But rich in power to help and heal people. I believe that I can say with certainty that this is worth more; and since I consider the latter is the right thing, I say: 'Come what may, I won't waver from my calling'."

ONE CANNOT BUY HEALTH
"You can come from wherever you want, I don't ask any person about his religion or about his nation when he needs help, that is, not just help, but also healing. But he cannot come and say, 'Here, have a few hundred thousand Marks and now heal me!' Then I don't do anything, then I will tell him what I have to say, what I feel I am obliged to say; and it can happen the way it has happened many times before, in that I have shown him the door. 'You are in the wrong place!' Because I see these people as the worst, people who have not left anything untried to buy their health with money. It doesn’t bother me if people own something. On the contrary, I am happy for the people who do own something, but they shouldn't forget that they are also only human beings."

"Because for me there is no difference; I love the poor person as much as the rich one and the rich person as much as the poor one. There is no difference."

"There were also people who had nothing better to do: 'Mr. Gröning, if you heal me – I am very well-known where I live, and if the people of this town find out that you healed me – that would be the very best advertisement for you!' I said, 'Pardon me, you are mistaken, you are not in the right place, there is the door!' I am not looking for people who create advertisements for me, on the contrary. That is pressure. Just like when the other one comes and says: 'I am offering you 100,000 Marks, make a special trip to my place and I‘ll give you another 100 on top of that, I will put everything at your disposal. I have everything, it's only healing I want!' It has never been possible for a person to buy his health, not even from a doctor, and it is good that that's the way it is, and for me even more so, because you will understand that I cannot use this divine gift to make a profit, and I don't dare to, and I don't want to, either. People say, 'How will you live?' I will remain a recipient of charity."

To be continued.
Is there a principle by which you can orient your whole life? Yes, love for others.

If you believe that you will receive healing, then you have already been helped. Just believe!

There is no incurable! There are no limits to this, the purely divine. More is happening than you could ever imagine.

If you believe that you will receive healing, then you have already been helped. Just believe!

Give me your illnesses and your worries! You cannot handle them by yourself. I will carry them for you. But give them to me out of your free will, I do not steal.