"There is one thing we should not forget, that all people are the same."

Bruno Gröning
They say health is the greatest treasure and the year 2020 clearly showed us this rule of life. When one is healthy, one is not very concerned about health, but when one has lost it, one wants to gain it back at all costs.

That is how it was in 1949 as well. World War II, the last great catastrophe of humanity, had ended four years earlier and the consequences were still being felt everywhere; the wounds had not yet healed.

When the news about a "miracle doctor" and reports about more and more new and incomprehensible healings made the rounds, it seemed that the whole army of misery which the war had left behind got moving, as if all the suffering and wounded people had just been waiting for someone to finally come and take on their misery, their pain and their suffering.

Countless seekers of healing flocked to this man. They hoped to receive help from him; healing. Thousands, tens of thousands, hundreds of thousands. Some came in person, others wrote petitions, others asked relatives, neighbors or acquaintances to speak to Gröning on their behalf. Physicians asked for their patients, parents for their children, children for their parents.

And the miracles happened. Individual healings, mass healings, distant healings. Some spoke with Gröning and became healthy, others stood in the crowd and became healthy. And others sat at home, hoped and believed, and became healthy.

"But the miracle can happen to your body as well, if you give yourself completely to God, if you open yourself up to Him."

Bruno Gröning

Despite these sensational events, Bruno Gröning always refused to be called a miracle doctor. He always pointed to God as the greatest doctor for all human beings and said, "Who can achieve these miracles? Do you think a human being can? I say: No! Only one can do this, God Himself."

Thomas Eich
A Path to a Healthy Body and Soul – Information Lecture about Bruno Gröning

PREMIERE ON YOUTUBE ON OCTOBER 2, 2020, AT 7 PM

The Bruno Gröning Circle of Friends is an international organization for help and healing on the spiritual path. A medical-scientific group examines the reports of the healings.

As it does for other human endeavours, the current situation in the world limits the activities of the Bruno Gröning Circle of Friends. Due to regulations, physical lecture-events on the topic "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning" are not possible at this time.

Now what? How can people learn about Bruno Gröning and his Teaching despite the circumstances, especially now? A solution was quickly found and a film team with its numerous helpers implemented the project. An Information Lecture was filmed and uploaded on the German YouTube channel of the Circle of Friends. The date of this premiere was soon announced via email and WhatsApp, through other social media and via information flyers.

The success was sensational. More than 5,700 people attended the premiere in real-time and were able to hear the reports of those who had been healed. Doctors spoke about their experiences with following Gröning’s Teaching and presented medically documented healings.

The information film also gives insights into the life and Teaching of Bruno Gröning. This way his statement "There is no incurable" becomes comprehensible and tangible. The extraordinary healing which happened through Bruno Gröning (1906-1959) ushered in a new era of spiritual healing. Bruno Gröning left us the knowledge about the absorption of the natural healing power which can help every person return to ongoing health. Today, just as it was then, healings happened worldwide – from chronic diseases which were present for decades, but also from drug dependencies and other addictive disorders.

The high number of clicks this video received on YouTube show that the topics which Bruno Gröning talked about during his life time are still relevant today. Within three weeks, the film had topped 65,000 clicks.

Some of the numerous comments:
"I found this Information Lecture very informative. There is basic information about Bruno Gröning and his Work, then and now. This gives me confidence in a topic that is still new to me."

"I felt a tingling in my hands and body. Thank you very much for this Information Lecture. I found it very pleasant, clear and informative."

"A heartfelt thanks. Tears flowed with the absorption of the Heilstrom. It felt great, it did me good."
In the 2020 summer edition of the Journal, we reported about the YouTube film, 'Dušek' which was shown in the Czech Republic and Slovakia on January 5, 2020. As of November 19, 2020, within a period of nine months, more than 412,000 people watched this broadcast. Every day there are more viewers.

Since the beginning of January, more than 5,000 people from the Czech Republic and Slovakia come into contact with the Bruno Gröning Circle of Friends and wanted to know more about "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning." It is impressive that every day additional inquiries are coming in via the contact pages on the Bruno Gröning Circle of Friends website. Since mid-March 2020, the current world situation now hardly allows personal contact. Thanks to the creativity of the Friends, new ways were found for Introductions to the Teaching of Bruno Gröning to continue to take place, mostly via Zoom (video conferencing) and new Communities are still being started.

This has made it possible for numerous people to experience positive changes in their life, as well as help and healing. Thanks to this YouTube broadcast many interested people have become Bruno Gröning Friends, attend Community Hours, and some have already become helpers. This shows that Bruno Gröning's Teaching is very relevant.

THE CZECH REPUBLIC
Mrs. J. J.: "Through the 'Dušek' broadcast, I received information about the Bruno Gröning Circle of Friends. Together with my mother, I was introduced to Bruno Groening’s Teaching. From the beginning, I was able to feel the Heilstrom.* The first time, the feeling was especially strong and intense. This state lasted for a while. At the time, I had been receiving treatment for Lyme Disease. Since this experience with the Heilstrom, I have become well again."

Mrs. Š. M.: "I suffered from neurodermatitis since childhood, especially on my hands, and mostly in connection with eating certain foods. I was not allowed to eat sour or spicy food and I also had to avoid particular spices. Treatment with ointments (with or without cortisone) and antihistamines did not bring improvement. In 2014, after the birth of my son, the eczema was constantly present and was getting worse. On January 10, 2020, I watched the YouTube broadcast by Jaroslav Dušek: 'The..."
CURRENT & NOTEWORTHY

Path to Health through the Teaching of Bruno Gröning with Simona Sandl* and I started to do Einstellen according to the instructions. I felt the Heilstrom immediately. I liked it. Since then, there is no day that I don’t sit down at least once and take in the Heilstrom. I found the contact form on the Circle of Friends website, and on February 18, 2020, I was introduced into the Teaching of Bruno Gröning. The eczema disappeared in March 2020. Now I am able to sleep well, as I have no itching. I can eat everything and I am a happy person.”

SLOVAKIA
After the ‘Dušek’ YouTube broadcast there was also great response in Slovakia, because most Slovaks understand the Czech language very well. During the years 1918 to 1993 they were a unified country and there is still a good and familial relationship between the two nations. The interest in the Teaching of Bruno Gröning was great. More than 1000 people participated in the Introduction Lectures, many visitors immediately felt the Heilstrom. Help and healings happened during and after the Introductions. Amongst other things, those who had just recently learnt about the Teaching of Bruno Gröning reported that blood pressure had normalized, thyroid function was normal again, back pain, eczema and states of fear had disappeared.

Mrs. M. Š.: "One year before the ‘Dušek’ YouTube broadcast, my life was dominated by worries, fears and uncertainty. After the broadcast, I experienced that the more I occupied myself with the Teaching of Bruno Gröning, the better I felt. Help, which I experience myself, and the healings that I continue to hear about, are wonderful examples for me of the fact that a lot is possible which cannot be explained but nevertheless can still happen. Thank you.”

Mrs. M. Š.: "I am one of the people who came to the Bruno Gröning Circle of Friends after the broadcast by Jaroslav Dušek. It was a coincidence that I happened to see the broadcast. This natural path to health appealed to me. Since I was 12, I had been seeking an alternative path out of the spiritual void. I finally found it here: unconditional love, understanding, inner peace and joy. I now have wonderful friends in the whole world, regardless of age, gender or religion. The spiritual void has come to an end!”

The time after the broadcast was not only special for newly interested people. A long-standing Friend reported, "Since January 2020, I have introduced many people to the Teaching of Bruno Gröning. This experience has given me great gifts and has helped me in my personal development." Many helpers of the Bruno Gröning Circle of Friends also experienced this, especially in Slovakia. This is entirely in the spirit of Bruno Gröning’s saying: "One person helps the other, God helps us all."

* See Explanations, page 16
Virtual Conferences in the Bruno Gröning Circle of Friends

IGRs – AT ANY TIME, AROUND THE WORLD

In March of 2020, Bruno Gröning Friends were also taken by surprise by the happenings in the world. Because of government 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? We had already reported about that in the (northern hemisphere) autumn edition of this year. Thanks to the continuing development of the technology by the IT team of the Bruno Gröning Circle of Friends, participation in virtual conferences is not only possible through the internet on the computer but also via the smartphone and on tablets. Borders, distance and a limited number of participants no longer play a role. Thanks to the translators, Bruno Gröning Friends from every corner of the world are able to participate. Since then, many conferences have already been held via the internet. More virtual conferences around the world began at the beginning of September, 2020.

THE SOUTH AMERICAN CONFERENCE

On September 5, 2020, Bruno Gröning Friends from Argentina, Chile, Paraguay and Uruguay met in an on-line conference under the leadership of Mrs. Wölzenmüller (leader of World Region 2). Her words were: "It is wonderful that, thanks to technology and the translators, we have the possibility of being together here." She compared the difficult living conditions which are recorded in the book "Here is the Truth about Bruno Gröning" with the current world situation. "How good it is that Bruno Gröning is at our side!"

A Community Leader from Argentina reported how everything in his life and that of his family turned to the good through taking in the Heilstrom* and by applying Bruno Gröning’s Teaching. "Divine order has come to us," he said.
THE BRAZIL CONFERENCE
The Country Conference Brazil on September 19, 2020, was a special event for the more than 100 Friends from Brazil and other countries. Mrs. Wölzenmüller greeted the Friends and suggested that everyone mentally sees themselves sitting with all the other Bruno Gröning Friends at the Kolping House in Sao Paulo – where the conference would normally have taken place – in order to take in the power together. She would have loved to be there, as she had all the previous years, but “the current time now requires of us a special flexibility, also in all life situations.”
The Country Mentor, Mrs. Hasenöhrl, spoke about her strong connection to this country. The photos that were shown of the numerous activities of the Circle of Friends in the individual parts of Brazil created a direct link between the participants and the Friends in Brazil across borders.

THE AUTUMN CONFERENCE FOR ARMENIA AND GEORGIA
On September 27, 2020, the Bruno Gröning Friends from Armenia and Georgia met for the Autumn Conference. It was a great joy for the Country Mentor, Gisela Römer, that among the 400 Friends present there were numerous Friends from other countries as well.

Personal experiences and insights gained by applying the Teaching of Bruno Gröning were exchanged. Photos of the Autumn Conference led by Mr. Häusler in Batumi in Georgia in 2016, and of the hike by the Friends in Georgia in the spring of 2019, brought back beautiful memories.

A German dentist, who had already held many Information Lectures in the country, commented on the healing reports which were presented. Amongst them was the report of a Friend who had been freed from a shoulder-arm syndrome and from back pain that she had had since childhood. Another Friend was healed from a painful excessive cornification of the toes. “I can only say thank you for all the good, for taking in the Heilstrom together and for the joy and the love,” said Mrs. Römer, summing up the experience of the conference.

THE INTERNATIONAL AUTUMN CONFERENCE
The Bruno Gröning Friends did not travel to Geseke, a city in North-Rhine-Westphalia, on August 11, 2020, for the Autumn Conference of the Circle of Friends. Instead, they used their computers and smartphones to participate through the internet.

Dieter Häusler, the leader of the Circle of Friends, emphasized how the Teaching of Bruno Gröning can lead a person to the good, the God-ordained path which brings health, joy and a meaningful life: "Good instead of bad, health instead of sickness, a decent life instead of a bad one!" Birgit Häusler underlined the importance of staying with good thoughts, of showing understanding for every person, and encouraging the good, divine humor about which Bruno Gröning had spoken.

Memorable are the reports of the healings; including those from depression, fear of singing, respiratory infections, ear infections, and from a chronic 15-year-long inflammation, an autoimmune disease which affected the skin, joints, heart and lungs.

"I felt a lot of power and I felt very connected to all the Friends."
"The Teaching of Bruno Gröning brought me happiness and love. I have convinced myself that it is the pure truth."
"Spreading the Teaching benefits everyone."

Other on-line conferences were held in Mexico, Peru, Portugal, Sweden and Croatia. Loving oneself and others, separating oneself from all worries, miseries and burdens, and believing and trusting that the divine power can help and heal in every life situation – these turned out to be the main topics at the conferences.

Putting aside the ego, not wanting to be right but promoting a feeling of solidarity with one another while staying connected to God are the best prerequisites for a good, God-ordained life, lived for the wellbeing of all people, as one Friend said.

Doing Einstellen* together to take in the Heilstrom - that was the special ending of every conference. Many participants said they felt love, peace, gratitude and a close bond with one another.

* See Explanations, page 16
Religions in the Circle of Friends

PART 4: HINDUISM

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

Worldwide, the Bruno Gröning Circle of Friends is one of the largest associations for healing on the spiritual path. There are now local Communities in all European countries and on all continents of the earth, in more than 130 countries. People of all world religions take part in these Communities: Christians, Muslims, Jews, Hindus and Buddhists. How is it possible that all these people find help and enrichment of their personal faith through Bruno Gröning and his Teaching?

V. Deshpande from Pune (India) is a member of the Hindu faith and has often received help and healings through the Teaching of Bruno Gröning.

LORD RAMA AND LORD KRISHNA
V. Deshpande, a woman in her mid-60s, lives in Pune (also known as Poona) a city of three-million people, in the south-east of India. She reports: "I grew up in a deeply religious middle class Hindu family, and I was raised very conservatively. My grandparents and parents started the day very early with prayers. I felt myself strongly drawn to God and the deities of the Hindu religion. During my childhood, I liked to recite the Hindu rosary (a chain for praying; it has 108 beads), I sang mantras (a word or words repeated in meditation) with my parents and read the stories about Lord Rama and Lord Krishna. During my youth, I occupied myself increasingly with different national Indian epics (narratives in verse form), and also with the Bhagavad Gita, one of the central writings of Hinduism.

Later on, I married into a spiritual family, where the festivals of the Hindu deities played a large role as well.

The origin of Hinduism is not exactly known since the religion was not founded by a single person. We Hindus believe in one God who stands above all others. The different deities symbolize individual aspects of the great God, like power, wealth, wisdom, etc. In addition, we believe in salvation, the principle of Karma, reincarnation, and also in truth, kindness and beauty. What I like most about Hinduism is Lord Krishna's advice to perform our duties without expecting anything in return.

FINDING THE CIRCLE OF FRIENDS

In 2008, V. Deshpande came across the Circle of Friends. She: recalls, "I myself did not have a burden regarding my health, but thought that this Teaching might help my mother-in-law. The Introduction convinced me immediately. I was especially impressed by the simplicity of the Teaching. I had no doubts or distrust and decided to do Einstellen regularly.

"Much of what Bruno Gröning told us, I knew from my religion. For example, Bruno Gröning said we should believe in God and trust Him, should love our neighbor and forgive everybody, also our enemies. Tukaran, one of our saints, reported the same and had deep trust in God. Eknath, another saint, embodies the virtue of forgiveness. There is a story told about him that an evil person spat on him on purpose when he stepped out of a river after bathing. Without getting angry, Eknath walked to the river again and bathed again. This happened several times, the saint never allowing his inner peace to be taken from him. Magnanimously, he forgave the culprit, offered him love and smiled at him. Doing Einstellen* according to the Teaching of Bruno Gröning resembles our peace prayer for the whole world; it was [also] recited by Dnyaneshwar. Many Hindus also have great respect for Mother Earth. Every morning, we ask her for permission and for forgiveness before our feet touch her. We believe that our body is divine and that the Divine lives in it. We love nature, the plants and animals. Some are even holy for us and are revered at special festivals."
FREED FROM PAIN

“In Hinduism, I had never heard about spontaneous and mass healings. Also the principle of Regelungen* was completely new to me. Over the years, I was indeed able to experience how the absorption of the Heilstrom* through the Teaching of Bruno Gröning positively influences my health and the health of the people in my surroundings. During a Hiking Week of the Circle of Friends in Shimla (in North India) in May of 2019, organized by the Bruno Gröning Circle of Friends, I was freed from many years of strong knee pain.

HEALING FOR MY 89-YEAR-OLD MOTHER, AS WELL

“The great help that my 89-year-old mother received in 2017 also impressed me very much. A blood clot totally clogged her main artery (aorta). Her legs and feet were weak, cold and discolored, and she wasn’t able to walk anymore. Because of her advanced age, surgery was very risky. In the ICU, she received medication to dissolve the blood clot and to regulate the blood circulation. I asked Bruno Gröning for help. The very next day, the surprised doctor was able to feel a pulse in her legs. A few days later, the blood clot was not to be found anymore and my mother was able to leave the hospital healed. The attending physician said that he had never experienced anything like this in all his long years of practice in England and America, and spoke of a miracle. Through the Teaching of Bruno Gröning, I also learned to keep calm in difficult life situations and to trust that everything would be resolved for the good. I experienced this especially when my husband suddenly went Home in 2014. Bruno Gröning and translating his biography gave me strength and helped me to regain a sense of inner balance and to look to the future with confidence.

OVERCOMING PREJUDICE

“My prejudices against another religion disappeared when a taxi driver of a different religious persuasion returned my purse with important financial papers and valuable receipts from my fixed deposit accounts.

“Through the Teaching of Bruno Gröning, I was able to recognize that we are all children of God and we are all equal before God. A deep trust and the belief in God give us true peace of heart, calmness and a deep connection to the Divine. I feel great thankfulness for all this.”

* See Explanations, page 16

HINDUISM

Hinduism, also called Sanatana Dharma, has its origin in India. With about 1.25 billion followers and making up 15 to 16% of the world’s population, it is the third largest religious grouping on earth, after Christianity and Islam.
"Your thoughts form your life, the way you live it"
Bruno Gröning

PART 5: MELANIE R.

Most young people in the Circle of Friends know this quote. Some consider this quote in greater depth, asking what it means for their lives: for Melanie R. it is a companion leading her to herself and to true happiness.

The Youth Conference of the Bruno Gröning Circle of Friends is being held in a large hall in Vienna. Melanie R. is on a stage conducting the singing of folk songs with great joy, which is reflected in her facial expressions and gestures. It can be felt that the Friends in the hall enjoy the singing just as much as Melanie R. enjoys conducting it. The young woman has the typical cheerful nature of those from the Rhineland. Amongst other things, she is a certified clown and totally in her element when on stage.

COMPANION ON HER PATH
But there were times in Melanie R.’s life when she had not enjoyed being the center of attention. The Teaching of Bruno Gröning and especially the quote "Your thoughts form your life, the way you live it" accompanied her on the path to herself and to true happiness.
"During the last few years, I often noticed how true this quote is and how it still has an influence on so much in my life. At some point, I recognized that I have ‘fences’ in my head, ideas about how life should be or how people in general should behave: well-mannered, nice, friendly, polite . . . and so it was that I more or less condemned other people when their course of action did not correspond to my conception of what is right, and at the same time I put obstacles in my own way.

TO HAVE GOOD THOUGHTS
"When I realized this, I began to let go of the barriers and took different paths. In time, I became more open and freer and recognized that the less I restricted myself, the more I was able to have understanding for my fellow human beings. I have now progressed on the path to more tolerance, respect and compassion. Getting to
know myself and my way of thinking was also a big step to loving myself. "It is much easier to live if I have good thoughts about myself and allow myself to simply be me."

FINDING HER OWN PATH
Looking back, Melanie R. recognizes how her thoughts had formed her day-to-day experiences and her life in general. "In preschool and in elementary school I had hardly any friends and felt that I didn't belong. I was 10 years old when my mother told me about Bruno Gröning and since then I have regularly attended the events of the Bruno Gröning Circle of Friends. There I learnt that it would help me to believe in the good and to love myself – something much easier said than done. In high school the situation regarding friendship remained unchanged. Not feeling at home in a group, I usually spent the breaks alone. I was often humiliated in my attempts to make friends. It is clear to me today that this was a mirror of myself, because I had rejected myself and thought of myself as unattractive and unlikeable.

"In the 9th grade, I participated in the theater group in my school and had my first experiences in front of an audience. I had a small role, but with the two sentences I had to say the audience began to laugh heartily – a key experience. It became clear to me today that this was a mirror of myself, because I had rejected myself and thought of myself as unattractive and unlikeable.

"Having developed a more positive attitude towards myself and having found something that truly brings me joy changed everything in my school environment. With time, I found good friends and got to be known in the whole school. Looking back, my life was only able to change to the good after I began to think better about myself and to stand up for myself. That's how I made it possible for the beautiful and the good to enter my life. Also valid and important for me is Bruno Gröning's quote: ‘Watch your thoughts.’ He taught people to check every thought to see if it can really bring the good and lead one further on one's path or if it is obstructive."

TRUE BEAUTY
Melanie R. says that her thoughts have also influenced her self-image. "I used to have negative thoughts about my body; I felt unattractive. At some point, I noticed that girls and women in my environment, whom I saw as being very pretty, always complained about some aspect of their looks, be it their nose, hair or their weight. A book I read about loving oneself helped me to dissolve the limitations in my way of thinking: for example, that beauty has to correspond to a certain ideal. Today, I am able to look into my eyes in the mirror and say that I am beautiful – in the past that was impossible. Amazingly, today when I look at earlier photos of myself, I find that I had already been pretty back then. I simply hadn't been able to see it."

HUMOR
"You should foster the divine humor" is one of Melanie R.'s favorite Bruno Gröning quotes. Since early childhood, she loved making other people laugh or having someone laugh about her. "I always loved being funny, sometimes with a tendency to silliness. Occasionally, I was warned not to be too silly. But in my first profession as an educator, I quickly noticed that my talent to be funny and to act well was very useful.

"Humor – used at the right moment – serves very much to relax and make everything easier. "My wish for a change of profession led me to think about doing a course to become a hospital clown. During that time, I again got to know myself in a totally new way. "For a clown, it is not important to be higher, faster, more developed, or to be getting better and better. A clown just is, is simply there. That is a wonderful thing. Meanwhile, I believe that I am developing in the true sense of word. Using the Teaching of Bruno Gröning in my life and especially doing Einstellen* helps me a lot. When I separate myself from bad ideas and the behavior patterns that my thoughts had created during my life, I am simply myself. And that is enough."

* See Explanations, page 16
There are many young people between the ages of 14 to 27 in the Bruno Gröning Circle of Friends. They meet regularly at the Youth Communities and multilingual Internet Conferences around the world. There they talk about healings they have received and share their experiences of the Teaching of Bruno Gröning in everyday life.

Topics may include:
- help in everyday school life and studies;
- physical and mental healings;
- valuable experiences in the area of partnership;
- joy of life;
- natural self-confidence and trust in God;
- awareness of one’s own abilities;
- love for nature;
- the meaning of life;
- a natural dealing with faith in God and
- a positive attitude to life.

The experience of help and healing and a lively exchange with likeminded people especially motivate the young people to follow the Teaching of Bruno Gröning in everyday life.
Dr. Matthias Kamp
BRUNO GRÖNING –
A REVOLUTION IN MEDICINE

Rehabilitation of a Man
Who was Misunderstood

Available as a PDF and
readable on a smart phone.

Article number 30003_DE

Grete Häusler
TO EXPERIENCE SALVATION,
THAT IS TRUTH

(In 1989, this book was the first one
in which medically documented
success reports from the
Bruno Gröning Circle of Friends
were included.)

Article Number 30004_DE

SEIN LEBEN – DAS PHÄNOMEN
BRUNO GRÖNING
[His Life, the Phenomenon Bruno Gröning]

Soundtrack from the documentary
film recorded by the Babelsberg Film
Orchestra.

Article number 109014

EINE NEUE ERDE
[A New Earth]

This music is about spiritual renewal
and the renewal of the whole earth.

Article Number 109018
Healing from Epilepsy, Depression and Incontinence
IRENA TRUSZKIEWICZ (69)

“I very much enjoy participating in the Hiking Weeks of the Circle of Friends and to be amongst people again. What a wonderful life I now have!”

When I was 42 years old, I began experiencing episodes of severe pain in my belly. There would be a painful cramp with a feeling of intense pressure in my bowel, as if I had to empty it immediately. When the cramp started, the left side of my body felt numb. These cramps were triggered by riding in a bus or in a car. The pain in my belly was so strong that I couldn't straighten up and I also felt completely exhausted. I would quickly get out of the bus and search for the nearest toilet, where sometimes I would sit for half an hour. Finally, the cramping belly pain would slowly subside.
MY LIFE WAS A NIGHTMARE
Apart from the physical suffering, these symptoms also posed uncomfortable situations, because at various places I had to ask for urgent access to a toilet, which was embarrassing for me. Because of these complaints, I avoided taking the bus to work and changed to a tram. I planned ahead, mapping which stops on the way offered toilets, so that in case of an emergency I could get off the tram to use them.

Over the years, these episodes occurred more and more frequently. My big fear when I left the house was that there would not be a toilet nearby, if needed.

A colonoscopy by my G.P. showed no changes, and medications didn’t help. The prescribed medications did not bring improvement. The frequency of the severe attacks and the accompanying exhaustion made it harder and harder for me to function normally. I was often on sick leave. My health condition continued to deteriorate.

In addition to the existing symptoms, I started having new seizures that led to unconsciousness, independent of riding on the bus or in the car. This happened two to three times a month. Sometimes the intervals were longer, but always with a similar pattern: first I had a feeling of numbness in my whole body, and this was followed by severe cramps in the lower abdomen, unconsciousness, uncontrolled urination and salivation. After such an occurrence, I wasn’t able to speak for a longer period of time because my tongue was numb and my jaw was stiff. Due to a certain drowsiness, it took several hours for me to notice what was happening around me.

One day, on my way to work, I felt unwell. I got off the tram and walked to a nearby park, where I hid behind a cabin; later, I was unable to recall what had happened. When I finally woke up and looked at my watch, I noticed that I had spent almost ten hours there. Somehow, I managed to pull myself together and take a taxi home. The taxi driver helped me into my apartment. The doctors diagnosed epilepsy with partial and generalized seizures. The treatment included taking anti-epileptic drugs, among other things. Due to lack of improvement, the carbamazepine dose was raised to 500 mg three times daily. After being on sick leave for two and a half years I finally retired in 1992.

This illness turned my life into a nightmare. Afraid of uncontrolled urination, I used a sanitary pad when I was out. I experienced many important family events in a state of mental absence. For example, I had an epileptic seizure on the morning of my daughter’s wedding. The summoned emergency doctor gave me an injection so that I was able to participate in the wedding ceremony, but every memory of it was lost. The wedding pictures that were shown to me told me nothing. Afraid of having similar problems a while later at my son’s wedding, I took a double dose of anti-epileptics on that day. I did not have a seizure, but I felt very weak and mentally numbed due to the high dose of medication. This health impairment restricted my freedom of movement completely. I needed someone to accompany me when leaving the house.

The seizures happened at home as well. One day, I lost consciousness when I wanted to boil a pot of water and fell onto the kitchen floor. It was already evening when I heard the door bell and got up, totally wet. I looked down at the floor and saw the pot and the spilled water.

One day, I noticed that I was also having problems with memory and orientation. I was often unable to handle everyday activities at home: I wasn’t able to turn on a lamp because I couldn’t remember that the switch on the wall had to be pressed. The same applied for the use of the washing machine, the kitchen blender, the television. My grandson taped the instructions on the remote control. Such memory disruptions lasted for some time - for an hour or for whole days.

I suffered a similar disruption of orientation in rooms or in towns. On my way to visiting a relative, suddenly I wouldn’t know where I was anymore. I couldn’t use the mobile phone I had brought along, because I didn’t know how to use it. For over an hour, I wondered around the area until I somehow reached my destination.

The anti-epileptic drugs freed me from the generalized epileptic seizures with impaired consciousness (both sides of the brain) for a few years, but since 2012 the old complaints came back with the same frequency as in the beginning. The partial epileptic seizures (clustered, affecting only parts of the brain with numbness of half of the body) and severe abdominal cramps continued without interruption.

The persisting severe seizures led to feelings of hopelessness and depression. The return of the disturbances of memory and orientation made everything worse. Not only did the symptoms of this disease trigger feelings of fear, but being home alone did as well. After my divorce, I kept a light on in my apartment all night. I didn’t go to bed at night but sat on a chair, because I didn’t want to fall asleep out of fear that something could happen to me. Because of that, an ongoing insomnia developed. The medication prescribed by a psychiatrist made it possible for me to sleep at night, but the fears remained.

Ever since the birth of my first child, incontinence had been an additional problem in my life. The tablets which a urologist prescribed did not help. After the birth of my second child, I decided to have surgery. Despite this measure, the incontinence was present when climbing stairs and while jogging. The urge to urinate persisted day and night. When I drank something, I even had to use the toilet every half hour. Because of that I purposely drank very little, especially before leaving the house. Due to the incontinence, I constantly wore thick pads.
EXPERIENCES AND REPORTS

THE TURNAROUND
In 2003, a friend showed me an article with a large photo of Bruno Gröning in a magazine. I cut out this photo and hung it up in my room near my place of morning prayer. This way, I looked Bruno Gröning in the eyes for 20 minutes every morning for several years. However, I wasn’t introduced to the Teaching of Bruno Gröning until July 2015. My nephew, a Friend in the Bruno Gröning Circle of Friends for many years, told me that he would be going to a Conference in Gdansk in August. I desperately wanted to be there.

SALVATION
After my Introduction, I took in the Heilstrom* at least three times a day, went regularly to the Community Hours and in August of 2015 participated in the Gdansk Conference. On the second day of the Conference, I became nauseated when leaving the room on impulse. I was helped to a chair in the foyer. This incident lasted about an hour; after that I felt very well. This feeling of wellbeing continued during my trip home by train – I had no more panic attacks in fear of seizures or not finding a toilet. Back home, I had never felt so well before, both mentally and physically. I simply felt completely healthy! I cried for joy and during Einstellen* said thank you for this wonderful condition.

On the evening before the Conference, I had gone to the clearing in the forest which Bruno Gröning had often visited as a child. On the way back, despite the long walk by foot, I did not feel the urge to urinate. Also, during the Conference I was able to sit for four hours in the hall without going to the restroom. Since then I have been free from incontinence.

After my return from the Gdansk Conference, I stopped taking the anti-epileptics which I had taken for more than three years. Since then, I have had no epileptic seizures, whether partial with numbness of half of the body and severe stomach cramps or with loss of consciousness. The memory and orientation disturbance, the depression, fears and the insomnia have totally disappeared. I don’t need anti-depressants anymore.

I leave the house every day with joy and ride the bus or drive the car wherever I want to go without a problem; everything is in order. Even a long bus trip to my sister, who lives 1000 km away, caused me no discomfort.

I very much enjoy participating in the Conferences and Hiking Weeks of the Circle of Friends and to be amongst people again. What a wonderful life I now have!"

Medical commentary:
During adulthood, Mrs. Irena Truskiewicz developed epilepsy which initially manifested as focal seizures with a feeling of severe, uncomfortable stomach contractions. The illness worsened with the development of epileptic seizures resulting in loss of consciousness and all associated symptoms. These symptoms could not be controlled, despite her taking anti-epileptic medication. For this reason, Mrs. Truszkiewicz was unable to work for 23 years, was placed on sick leave and then retired. Such an unexpected and sudden healing from all epileptic seizures after more than 20 years of the condition, as well as the absence of any recurrence despite discontinuation of the anti-epileptic medication three years ago, is a phenomenon which I, as a doctor, cannot medically explain.

* 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.
"Back to Nature"
THE LIFE OF BRUNO GRÖNING IN HIS OWN WORDS – PART 7
Back to nature means back to God

"Centuries ago, the human being left the natural path and belief in our Lord God. Everybody believed that he could make his own way: 'Now we are on this earth. Now we will do things the way we want to. And we'll know how to take care of ourselves.' But I give you to know that nobody can be helped without our Lord God. And he who believes that he can escape from nature, which the Lord God has created so beautifully for us humans, he can go where he wants. They believed that one could set oneself apart from others by turning one's back on nature and climbing the steps of culture. Therein lies the mistake, therein lies everything. This is what the human being is lacking: nature. Back to our Lord God! Back to believing in the good in people!"

"People are coming to recognize more and more, and soon they will notice that the path they had taken is not the right one after all, and that they are now called to the great turnaround so that they can walk the path in the way ordained by God – not just for one but for all living beings, especially for the human being. Back to nature means back to God."

"And human beings believed they could detach themselves from the divine, which the Lord God gave us on this earth, and produce something artificial. That changed things. The human being totally detached himself from the purely natural, he became deformed, he was led onto a path which was not natural, but rather artificial. And with that the human cannot be helped. Nature heals. The greatest doctor for all human beings is and remains our Lord God alone."

The origin of all diseases

"I still maintain that the origin of all disease is that people are separated from nature and are artificially sustained. I am a person who did not go to college and who did not run after science but who tested this using my own experience and intuition. I came to this conviction although I am no physician. The arts and science say, 'Away from nature, into culture!' And here lies the origin of diseases. Industry is at fault: it manufactured things which totally contaminate the human body."

"I have always said to the doctors: 'There is murder everywhere – murder – murder! Doctor, you are a distributor for the producers of medication.' I still advocate for natural medicinal herbs. Nature gives the human being everything that the Lord God lets grow for us. So, why produce everything artificially? What are these pharmaceuticals made of? All kinds of stuff! The human body can't tolerate the concoction. Nowadays when a sick person goes to the doctor and gets a prescription, it is always 'for' instead of 'against'."

"My standpoint is to make everything understandable for people, to come with facts, to show them all these harmful things."

Bringing the human being back on to the natural path

"Man has deviated from the good, the divine. That's why I say: What does the human being know? Nothing! What do you even know about the divine?"

"The human being only recognizes how beautiful nature, the divine is when he has had to lie in a sickbed for months, or when he has had to live in a city or was overwhelmed by work and worry and misery and then has the good fortune to be out in God's nature; only then does he find it magnificent. Magnificent, yes, that is nature, that is God. Then he experiences all this as a miracle, like a fairy tale, seeing how beautiful and magnificent everything is."

"It should now be common knowledge that science has recently come to the conclusion that not everything that so-called civilization has brought us was right; and that it would be better if the natural way were to be followed more. And I want to guide the human being back onto the natural path. I want..."
AN ANT DOES NOT TRY TO DO ANYTHING, IT DOES IT

"Now my dear Friends, compare yourself to an ant. The ant is aware of its strength – since it is completely devoted to God – and is able to carry items that are five times heavier than its own body weight! Just put yourself in that situation and carry five times the weight of your body.

"Right from the start you would say: 'That’s impossible. I cannot carry this load, it's much heavier than my body. That is impossible!' And look at the ant, how small it is and how agile it is while carrying such a load. Imagine this, how small that creature is and how large we are, that is, [how large] our bodies are! And all the mountains the ant runs up – it knows no resistance.

It manages and conquers it, that is, with ease it transports the load, without getting tired. If you would put a load on your body, you would walk slower and slower until at last you ran out of breath. But not the ant, it keeps going. Have you ever observed such a small creature? Who has taken a good look? He will know how nimble and industrious this creature is. And what is the human being compared to that? How far he has sunk! What does the human being know about the divine power? He doesn’t even believe that he is divine. He doesn’t even believe that God created him, that he is God's creation. And he doesn't even believe in everything belonging to order anymore, that is to God. He just attempts all kinds of things. An ant on the other hand doesn't try to do anything, it does it."

THE HUMAN BEING NO LONGER KNOWS ANYTHING ABOUT HIMSELF

"My dear friends, if you knew how these little animals are all equipped, all that they absorb! They already sense danger hours, even days, beforehand. A human being, on the other hand, does not. Why not? Because he is in his daily routine. He doesn't have time. He doesn't know who he is and he knows nothing, absolutely nothing, about himself. Of course, he tries all sorts of things here in the earthly life, to produce as much as possible and, on the other hand, to pursue his profession and thus fulfil his duties in the way he has taken them over from his ancestors, who imposed this on him as a duty. But that is all. And with that he forgets all about himself and hasn't even thought about his body, even though the body is the most important thing. It is not secondary. You always look at the other body, the body of your fellow human being who possibly has a better or a worse dress than yours. Does it have to be that way?"

DID YOU GIVE LIFE TO THE ANIMAL?

"Illness disappeared from the body of some animals when I quietly said, 'Dear little animal, soon you will have a healthy body again.' And then it happened."

"I wouldn't dare, you will never hear from someone that I hurt an animal. What does the human being know about what kind of soul is in it. Did you give life to the animal? No. Therefore, you do not have the right to take its life."

"Because everything that the Lord God has created for us human beings here on earth belongs together. Everyone has a right to life, and so do you."

"God is in every living being, so God is really everywhere (...) He is in everything – everywhere. And here it is health. And that is the most precious thing you can give to a human being, or to an animal on the other hand, or to plant life."

To be continued.
I assure all my Friends that I will continue to help, as often as I am called and needed.