"Back to Nature!"

Bruno Gröning

CURRENT & NOTEWORTHY
Scientists in the Bruno Gröning Circle of Friends

EXPERIENCES & REPORTS
Healing from Depression, Post-traumatic Stress Syndrome, Drug, Medication and Alcohol Dependency

THEN & NOW
The Teaching of Bruno Gröning in His Own Words – Part 8
FROM THE EDITOR

Dear Reader,

"If it's God's work, it will last; if it's the work of human beings, it will go under."

That's what it says on the Martin Luther memorial in Wittenberg, and it also applies to Bruno Gröning and his work.

Although Bruno Gröning had been described only as a "miracle doctor" in the press during his life time, his work reaches far beyond the aspect of healing. Although his reputation had been massively damaged by lies and defamation and many of his contemporaries ridiculed and mocked him, the spiritual, ethical and moral quality of his work needs to be assessed by completely different standards than by those of the tabloids in the 1950s.

Bruno Gröning was dedicated to much more than just healing. The healings were the basis of his work; he did not want to ignore the misery of the sick, he wanted to help them. But his true mission, his calling, was much broader: for him it was a task that God Himself had given him. What this task consisted of he clearly indicated with the following words: "I am building a house over the whole world."

When Bruno Gröning passed away in January 1959 not much could be seen of this house yet. His Circle of Friends was small and it was to totally fall apart in the next ten years. Nevertheless, about a week before he passed away, he said, "Later it will even come to the point that all nations will be included. For me, that is what it is about."

Meanwhile, more than 60 years have passed and the Bruno Gröning Circle of Friends has Friends and Communities in about 130 countries. On six continents, in widely differing cultures with diverse religions, ways of thinking and lifestyles there are people who concern themselves with the Teaching of Bruno Gröning. They integrate it into their life and way of thinking, who experience help and healing and get involved in order to open up this possibility for their fellow human beings as well. The house which Bruno Gröning spoke about continues to be built and encompasses more and more people. The articles in this Journal clearly demonstrate this.

Thomas Eich

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COVER PHOTO
Nature pictures taken by Bruno Gröning Friends appear on the title page of each issue. The picture of the apple blossom was taken by Katja Russ.

IMPRESSUM
Publisher: Kreis für natürliche Lebenshilfe e. V. [Circle for natural Aid in Life Inc.]
Haidauer Strasse 6, 95107 Thalmassing, Germany
Editor: Josephine Brandt
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Copy-editing: Birgit Häusler, Köfering
Translation: Circle of Friends English Translation Team
Layout: Elisabeth Schimmer
Printing: Only available as an on-line edition

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ON DECEMBER 18, 2020, ON THE YOUTUBE CHANNEL OF JOHANN NEPOMUK MAIER

The roots of our being often reach far beyond the visible. In every era there a world view existed which was taught in school and people with special abilities. (WurzlHeimat)

On January 5, 2020, several Friends of the Bruno Gröning Circle of Friends were guests on the popular YouTube show "Duše K". Many new Communities* developed in the Czech Republic and Slovakia afterwards, and the number of Friends multiplied (see Summer 2020 issue).

Peter Reisbeck excitedly reported about this program during a Community Hour. He expressed his wish that all German-speaking countries also have such an opportunity so that as many people as possible can be informed about "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning". From a Community Leader he heard about the filmmaker Johann Nepomuk Maier.

The website of this filmmaker and several of the quotes appealed to Peter Reisbeck, for example: "It always depends on one's perspective." "Nothing is the way it seems." "One can't know the truth; one can only experience it." Inspired, he telephoned J. N. Maier, who lived only 20 km away.

At the first meeting Peter Reisbeck and his wife gave an account of their experiences with the Teaching of Bruno Gröning to this interested listener, and a friendship developed.

At one of the next meetings, J. N. Maier mentioned the broadcast series "WurzlHeimat", which means, "Where the human being has his roots".

The way Peter Reisbeck and the Community Leader Z. Marjanovic not only spoke about the Teaching of Bruno Gröning, but also lived and radiated it, inspired J.N. Maier to learn more about Bruno Gröning. Thus the foundation was laid for the one-hour-long broadcast "The 'Miracle' Bruno Gröning", and December 18, 2020, was quickly set as the airing date.

At the broadcast event, Peter Reisbeck was accompanied by the physician Elisabeth. Doggendorf and the pharmacist Norbert Brauchler. Johann Maier and the two co-moderators had watched the documentary film "The Phenomenon Bruno Gröning" in advance, they had also visited the website and the YouTube channel of the Circle of Friends.

Since the premiere of the broadcast "The 'Miracle' Bruno Gröning" on December 18, 2020, more than 27,000 people have watched it on the "WurzlHeimat" YouTube channel.

There was a great deal of feedback, for example:
"Since I've come to know Bruno Gröning's Teaching, I sleep very well again. The stomach pains and anxiety, which had always burdened me, have gone."
"Since receiving more information about Bruno Gröning's Teaching, I feel a lot of relief in life. I can now face the present situation on earth calmly and no longer feel any fear."

See Explanations, page 16.
During 2020 many Bruno Gröning Friends from all over the world had been looking forward to this extraordinary community experience which until then had been held in Geske, Blaubeuren and Sarajevo. For many years now it had been taken for granted that one would be sitting in the auditorium side by side with many Friends, learning more about Bruno Gröning's Teaching and the developments in the Circle of Friends, hearing about the help and healing others had experienced doing Einstellen and experiencing the beginning of the New Year together. Then this gathering was cancelled due to the world situation. Now what?

Birgit Häusler, wife of Dieter Häusler, the Leader of the Circle of Friends, suggested that the planned International Schooling Week be held on-line via an IGR [IGR – acronym of the German word Internet-gesprächsrunde: internet meeting]. Numerous Friends, among them also all the Leaders of the seven World Regions and several Speciality Area Leaders, made it possible to have an all-round online program for adults, youth and children.

On December 27, 2020, at 3 pm, Dieter Häusler welcomed all the Bruno Gröning Friends who were present to the first virtual International Schooling Week. More than 5000 Friends – from Bulgaria all the way to the United Arab Emirates logged in via computer or smartphone. However, the actual number of participants was considerably higher since often several members of one family sat together in front of one computer.

Simultaneous translation was provided in 30 languages. Mr. Häusler recommended that the Friends allow themselves ample free time during the week, mentally putting everything aside in order to take in the good, divine power in a state of complete peace. With respect to the situation in the world he said, "In the end everything will lead to the good if we have trust in our Friend Bruno Gröning who came to lead the human being onto the good path again."

World Regions

During the Schooling Week the seven Leaders of the World Regions talked about their respective World Regions and the associated countries. For organizational reasons the Circle of Friends was divided into seven World Regions in 2008 in order to optimally mentor the Friends living in over 130 countries. The Leaders, Mentors and also other Friends from the respective countries spoke about their special experiences with Bruno Gröning’s Teaching. The personal reports of help and healing especially touched the hearts of those present.

The photos shown, the heartfelt reports and the musical contributions – many Friends sang or played music typical of their country – helped create a colourful kaleidoscope of sounds, colours and emotional impressions that reflected the breadth and variety of the Friends on all continents.

In this way, the participants of the IGR were able to directly experience the life and culture of the Friends from countries that were until now foreign to them. The unknown and the differences gave way and the human being moved into the foreground – a feeling of warmth, love, peace, connectedness, unison and friendship developed.

This journey around the world with its many colourful impressions began with Adeline Weiss. She introduced World Region 3 which includes Great Britain, Ireland, Scandinavia, France, Belgium and Luxemburg, just to name a few countries. Many years ago her whole family had received healing from wood preservative poisoning.

Some Country Leaders spoke about the growth of the Circle of Friends in their countries, expressing their joy that there are ever more Bruno Gröning Friends. The report of a Friend who described his healing from migraine headaches which he had had since earliest childhood was also very impressive.

Horst Weiss, leader of the Hiking Weeks, gave insights into the beginnings of the Hiking Weeks in Filzmoos, Austria, which began in 1988 with 40 Friends.
there were over 3000 participants. Photos were shown of the Friends who participated in the Hiking Weeks, which are now taking place worldwide, in Australia, India, France and Switzerland and other countries.

Mr. and Mrs. Winder from Austria took the Friends into World Region 4 which encompasses Austria, the Slavic countries, Bulgaria, North Macedonia, Greece, Cyprus and Turkey. Some Country Leaders talked about the wonderful possibilities of spreading the information about Help and Healing on the Spiritual Path, mentioning, for example, the many television interviews in Serbia or their participation at a well-known international congress in Zagreb, that Mr. Häusler had attended, and also the YouTube broadcast "Duše K" at the beginning of 2020 in the Czech Republic.

Stephanie Gutowski gave an interesting account about the activities of the Circle of Friends in World Region 6, the entire Asian region. Friends from Australia, New Zealand, Indonesia and Vietnam talked about the wonderful experiences that had taken place thanks to Einstellen.

Ursula Wölzenmüller shared interesting impressions from World Region 2: South America, Spain and Portugal. Friends from Brazil, Argentina, Colombia, Chile and Uruguay gave insights into the specialty areas of technology, translation and Success Report work. A teacher gave an exciting report about a stressful misunderstanding in the classroom that was quickly resolved because she persisted in taking in only good thoughts.

Thanks to Andreas Einhauser and Sacha Schilter, the IGR-participants in World Region 1 got to know about the countries of Canada, Israel, the USA (including Hawaii) and the Caribbean (particularly Haiti), for example. Country Mentors reported enthusiastically on the growth of the Circle of Friends, through Zoom (video conference) Information Lectures for instance, or through announcements on Facebook. A film clip about a Hiking Week in the USA spread a feeling of joy.

Mr. and Mrs. Busse acquainted everyone with World Region 7, which includes, among others, the countries Russia, Kazakhstan, Ukraine and the Baltic states. Mr. Busse spoke about the organization and growth of the Circle of Friends in Russia and about his connection to this, the largest country on earth (in terms of area), which has existed since 2002. Thanks to technological progress, the Friends everywhere are now connected to the rest of the world.

Mr. and Mrs. Geibig gave a lively presentation of World Region 5. The seven Country Groups – Ivory Coast, Cameroon, Congo, North Africa (which includes the Middle East), Kenya, Madagascar and South Africa –
This first virtual Schooling Week was a great experience for all Bruno Gröning Friends, exceeding all expectations. Those Friends who had asked themselves beforehand if they would be able to sit in front of the computer for five hours, were astonished to experience how easy it was for them and how quickly the days passed. The many Friends from near and far, who would not have been able to be physically present in Geseke, Blaubeuren or Sarajevo under normal circumstances, were especially happy and thankful for the way this Schooling Week had been held. Those Friends who had been able to participate in the Schooling Weeks in person in the past were enthusiastic as well, since they had never had Friends from around the world as guests in their living rooms.

"I was overawed by the technology, the translators, the music and the reports from the World Regions."

"We were connected in our hearts in a way I had never experienced physically."

This was the first time that thousands of Bruno Gröning Friends from all over the world had been able to tune in to the divine power together for a whole week, proving true Bruno Gröning’s statement:

"It cannot be stopped; healing shall take place all over the world."

See Explanations page 16.
SCIENTISTS SPEAK UP
PARALLELS BETWEEN THE TEACHING OF BRUNO GRÖNING AND POSITIVE PSYCHOLOGY

"My Teaching is the true Teaching. It is not only to be recommended to people, but it is also of such great importance for so-called exact science that it will take this path in due course . . ."  Bruno Gröning

When Bruno Gröning was alive he imparted a profound knowledge of spiritual laws in simple words and, in a time of flourishing materialism and rationalism, often encountered criticism and incomprehension. From today's perspective, it is becoming increasingly apparent that he was in many ways a pioneer and ahead of his time. More and more scientists are coming to this conclusion.

FINDINGS FROM POSITIVE PSYCHOLOGY
Dr. M.: "In the year 2006 when I learned about the Bruno Gröning Circle of Friends I had already completed my doctorate and put my professional focus on industrial and organizational psychology. In 2009 I completed an additional university course in health management which gave me a new perspective on health psychology. A year later I was led step by step to a new scientific discipline called "Positive Psychology". Between 2010 and 2020, my activities have increasingly shifted from management training and consulting to scientific research.

For several years now I have run an international research centre with about a dozen professors from all five continents. I am anchored in the scientific community of positive psychology, teach at various universities and publish scientific articles as well as books on our current research findings.

Over the last few years, I have become increasingly aware of how many parallels there are between Bruno Gröning's Teaching and the discipline of positive psychology. As a scientist and researcher, I am committed to academic methods and standards. Any statement, such as the one about the existence of good and evil, must be carefully examined and substantiated by scientific evidence.

Beyond that, however, I let myself be guided by the divine Power and be inspired by Bruno Gröning's Teaching which, as Bruno Gröning said, has been the basis of many cultures and religions for thousands of years. A unifying task for me is to illuminate the individual elements of Bruno Gröning's Teaching by means of relevant research results and thus to examine them for their validity; after all, Bruno Gröning strongly admonished people not be gullible, but always convince themselves of the truth of his
HELPING PEOPLE TO ‘BLOSSOM’
Over time, it became apparent that by the time things had gotten to the point where people needed therapy, it was usually already too late. Instead of fighting the negative in people, it would have been much better to support people early on in building up their strengths, abilities and positive experiences while they were well, thus preventing the negative developments from the outset. Eliminating negative states such as anxiety and depression does not equate to evoking positive feelings such as joy and enthusiasm. To be happier, more joyful, and more content, something else is needed. Thus, positive psychology focuses on the positive aspects of life. It deals with the everyday rather than the pathological and asks what makes people flourish. In doing so, it focuses attention on beautiful experiences, on experiences we can be grateful for, on the good that happens to us every day. Positive psychology is a science of good feelings, human virtues and strength of character, happy families, loving relationships, and organizations led by a sense of purpose.

Just as medicine can say that exercise and a balanced diet are good for health, positive psychology would like to be able to point out the ways of thinking and behaving that are beneficial for people and their environments. Positive feelings such as joy, cheerfulness and love belong to a fulfilled life. They are the basis for a beautiful life. The positive qualities in a person are formed by virtues and character strength and are the foundations for a good life. Examples are creativity, curiosity, open-mindedness, courage, perseverance, integrity, honesty, charity, helpfulness, fairness, mercy, humility and diligence.

One particular virtue is self-transcendence, that is, the sense of being part of a larger spiritual whole. Scientific evidence shows the following: transcendence can be experienced and cultivated through reverence for the beauty of this world, an attitude of gratitude for the good things in life, a sense of humour, a positive view of the future, and a fulfilling spirituality, that is, a belief in a benevolent spiritual entity. For example, recent studies impressively confirm that beautiful experiences out in nature are the most important source for leading an optimistic and fulfilled life.
IN HARMONY WITH OUR TRUE NATURE
He who enjoys a beautiful and good life, can call himself happy. True happiness is thus much more than pleasure, lust and enjoyment. Positive psychology has used the ancient Greek term *eudaimonia* to describe the highest form of happiness. Eu means 'good' and daimon 'spirit' or 'divine'. We can attain eudaimonia by living a life in harmony with our good spirit and thus with our true nature. This involves recognizing and realizing the potential in each of us and bringing it to its greatest fulfilment. Eudaimonia is not a feeling, but rather a description of a way of life and of character according to our human virtues. This is not unique to specially gifted people such as Mahatma Gandhi, Mother Teresa and other 'saints'. Rather, it is man's constant and ongoing longing and striving for a successful life. The vast majority of people want to be good people, good partners, good parents, good colleagues, good employees, and so on. As a rule, we want to treat other people respectfully, be fond of others, contribute to society, and live an honest and sincere life. At the same time, we also want to feel good, happy and satisfied. Based on countless empirical studies, positive psychology has been able to prove that a beautiful life can be achieved primarily when we strive to live a good life.

FOCUS ON THE GOOD
It is said of Bruno Gröning that although he did not always have a nice life, with brotherly love and non-judgmental helpfulness, he always strove for the good. The good and the bad, the positive and the negative are the two sides of life and are omnipresent in this world. It is fundamentally part of human freedom to consciously choose one or the other. The negative is usually louder and more memorable than the good, but the good clearly occurs more often, is more prevalent and is thus part of normality.

In life, many more positive things happen to the vast majority of people than negative things. However, because they are so commonplace, these are perceived less often. Bad habits and psychological stress often arise when people pay more attention to the negative than to the positive. Even though it is sometimes not easy, focusing on the good and positive is always worthwhile.

Through awareness of the good in life, as well as gratitude, faith and trust, people can regain their footing again in seemingly hopeless circumstances, even after traumatic or critical situations. They are able to grow beyond themselves and lead fulfilled lives. This has been verified and convincingly proven by the science of Positive Psychology in numerous studies.

* See Explanations, page 16.
In 2008, the Circle of Friends was divided into seven World Regions in order to effectively mentor the Friends around the world. Since that time Adeline Weiss has been holding the reins of World Region 3. She is mainly supported by numerous helpers from Germany.

Adeline Weiss also leads one of the annual Hiking Weeks in Filzmoos, in the Austrian state of Salzburg, and organises the hiking activities for the Circle of Friends together with her husband. She found the Circle of Friends after becoming aware of it through the magazine 'Der Naturarzt' [The Naturopath]. In 1993 she and her whole family experienced healing from severe wood preservative poisoning after being burdened for twelve years.

Grete Häusler (1922–2007) founded the Bruno Gröning Circle of Friends in 1979 and started building up the Communities, beginning in Germany. Gradually the seekers of help in the neighbouring countries – The Netherlands, Belgium, Luxembourg and France – learned about Bruno Gröning’s Teaching as well. Yvonne and Peter Grommes heard about the Circle of Friends in the 1980s. As Country Leaders they have now been mentoring their homeland Belgium for many years.

**FRANCE**

Bruno Gröning’s [earthly] life ended on January 26, 1959 in Paris. It was in this city where in 1995 the first French Community* was founded. Every six weeks Ms. Hein drove to the French capital to hold the Community Hours. The German Friend’s many years of mentoring the Bruno Gröning Friends in France ended in 2003 when Anne-Maud Dumez and Bernard Grandpair took over the national leadership together.

Mr. Grandpair learnt about the Circle of Friends in May of 1998 and in the fall of the same year he received the healing from seven years of insomnia. At that time there were only a few Communities in France.

An Introduction to the Teaching of Bruno Gröning in the year 1999 in Lille also changed the life of Anne-Maud Dumez. Among other healings, she experienced healing from severe depression which she had suffered from for years.

In March 2001 more than 600 interested people came to an Information Lecture in Paris where several medical doctors introduced the Teaching of Bruno Gröning and commented on reported healings. Many of the visitors wanted to know more and asked to be introduced to the Teaching and numerous new Communities were established.

Out of gratitude for the help and healing that he had experienced, a German physician held Information Lectures on the topic of Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning for many years in cities in France. This physician was also part of the country’s Medical-Scientific Group (MWF)* of the Bruno Gröning Circle of Friends. There are now over 100 Communities all over France. Currently the German-language film "A Path to Health of Body and Soul" is being prepared for the French YouTube channel of the Circle of Friends.

**ITALY**

In the beginning of the 1950s, in Trieste, a city in the north of Italy, Grete Häusler was able to establish a Community. The healing from anxiety and aggression of a 16-year-old boy with Down Syndrome soon became known in the country. When Grete Häusler visited the Friends in Trieste and held Community Hours, she usually stayed overnight at the house of a Friend – Mrs. A – who always gave...
COUNTRY GROUPS IN WORLD REGION 3
The Northern Country Group, Scandinavia:
Denmark / Greenland, Finland, Norway and Sweden
The Western Europe Country Group:
France, Italy, Malta and Albania
The British Isles Country Group:
United Kingdom, Ireland
The Benelux Country Group:
Belgium, Luxemburg, Netherlands and Suriname

The south-eastern European country Albania is also part of the Italian country group.

THE NORTH
In the mid-1990s the time had come for this region. The organization of publicity in Scandinavia started in Hamburg in the mid-90s, first in Denmark and later in Norway, Finland and Sweden. After Information Lectures in the years 2011 and 2012, the inhabitants of the island countries of Greenland in the Arctic Ocean and Iceland at the extreme northwest of Europe got to know and cherish the Teaching of Bruno Gröning. The book, "A Revolution in Medicine" drew Madelaine Melchior's attention to the Circle of Friends. Since her Introduction in the year 2004 in Göteborg she found that more and more countrymen are becoming interested in Bruno Gröning and his Teaching. In the beginning Friends from Northern Germany travelled to Sweden every three weeks to mentor and support the few Friends there. The reward for this work of love was that the Swedish Friends are now independently able to master many tasks, including the holding of Community Hours, organizing conferences and publicity work. The development work is successful in Finland and Norway as well: the number of Communities has risen especially in the last few years. Thanks to Marianne Kienitz from Denmark, who is very much engaged, there is now a strong team of mentors in the northern part of Europe. Conferences are held regularly and have become a

way down to Sicily and Sardinia convinced themselves of the truth of the Teaching. Many of them became helpers and took on tasks in the Circle of Friends; some organise the regular Conferences of the Circle of Friends. The south-eastern European country Albania is also part of the Italian country group.

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a donation despite her small income. Mrs. A. had a small chicken farm and sold chicks. When, one day, the area was plagued by a fowl plague only her chicks survived unscathed. In 1999, Hannalore Artmann began mentoring individual friends. In January 2021, she took over this area of responsibility from Anna Missun, who had mentored the country for many years. Ms. Artmann, a level-headed businesswoman who was initially very skeptical about healing on the spiritual path, quickly received healing from decades of agonizing headaches and other ailments. In 2000, the Circle of Friends received an invitation to a conference for healers in Bellaria near Rimini, because the participants wanted to know more about Bruno Gröning and his Teaching. After the Information Lecture, the Teaching quickly became known throughout the country. Since then more than 3,500 Bruno Gröning Friends [in Italy] all the way down to Sicily and Sardinia convinced themselves of the truth of the Teaching. Many of them became helpers and took on tasks in the Circle of Friends; some organise the regular Conferences of the Circle of Friends. The south-eastern European country Albania is also part of the Italian country group.
special meeting place for the Friends. A. Hagen belongs to this team as well. "The love for the North and the indigenous people who live there was placed in my heart and brought me closer to nature again. Since the North is more sparsely populated, the distribution of flyers as public relations work is not very effective. The idea to use social media, like, for example, YouTube, was very well received and that is why within one year the Circle of Friends can be found on the YouTube channels of Finland, Sweden and in Denmark as well.

THE UNITED KINGDOM AND IRELAND
In the 1990s the first information about the Teaching of Bruno Gröning also reached the United Kingdom (UK) and Ireland. However, it was not until Heike Beck started traveling regularly every three weeks to support the Friends there and hold the Community Hours, that the growth in the country began. In 2001, several interested people became Bruno Gröning Friends and out of gratitude for having experienced help and healing, the number of helpers and mentors also grew. Today there are Communities all over the UK (England, Scotland, Wales and Northern Ireland). The history of conflicts between the Irish and British and the Catholics and Protestants was a cause of a great deal of suffering. It is remarkable that here, and worldwide, it can be seen that following Bruno Gröning’s Teaching can contribute to peace in every human heart and in the world.

Markus Lorenz, the Country Mentor of Ireland since 2015, reports enthusiastically, "The Irish Friends welcomed me with open hearts. I am very thankful that, because of this, special connections between Friend and Friend developed through all those years. This task enriches my life."

Currently Silke Wagner-Burkard and her husband are mentoring the UK country group. Instead of the physical Information Lectures in a few countries – planned for the first half year of 2020 – they were successfully held online via the video-cloud platform Zoom.

S. Wagner Burkard said, "That the preparation was done by a team of helpers from more than ten nations was an especially great joy."

Therefore Bruno Gröning’s statement proves true for this World Region as well:
"It cannot be stopped; healing shall take place all over the world."

* See Explanations, page 16.
The Current Youth Flyer

GUIDING WORDS THAT MOVE YOUNG PEOPLE: "LIVING A SELF-CONFIDENT LIFE"

In the Bruno Gröning Circle of Friends there are many young people between the ages of 14 and 27 who have experienced health, zest for life and happiness by following Bruno Gröning’s Teaching. They enjoy sharing their experiences with other young people. The various guiding words on the youth flyer appeal to those who are searching for the meaning of life, fulfilling friendships, or even healing.

Marco K. is 25-year-old student and lives in Munich. This particular evening he turns on his laptop not to do work for his studies, but to connect with young Bruno Gröning Friends from North and Central America via the internet. Marco mentors and supports the youth in World Region 1 (USA, Canada and Israel). He speaks in English with ease about his experiences, receiving the good, uplifting energy and about his trust in God. "I have been in the Bruno Gröning Circle of Friends since my birth. From my mother and my aunt I learned early on how beneficial positive thinking is and that I have a friend in Bruno Gröning whom I can always ask for help. As a child I was quite self-confident and knew what I wanted, but I found it difficult to speak in front of many people. I attended the Community Hours from an early age on and went to the various conferences of the Circle of Friends, but I was reluctant to stand in front of the Friends and share my experiences. However, it was my wish that this would change; I mentally gave Bruno Gröning this discomfort and simply ignored these unpleasant feelings. At some point I noticed that I no longer minded standing in front of other people and reporting something."

TRUST AND BELIEVE
Before starting to study Marco K. had travelled a lot and met people from different countries. During his travels he also attended various meetings of the Bruno Gröning Circle of Friends, for example in Australia and New Zealand. "Attending Community Hours abroad was always a rewarding experience. I did not know the people, but they were warm and open. I felt connected simply because we had come together to receive the good, divine power. Moreover, I became increasingly aware of the extent of the Bruno Gröning Circle of Friends in how many countries Communities* exist." Marco K. is convinced that God does not leave people alone in any situation and that they always get the help they need. "In Asia, I wanted to travel from Thailand to Cambodia at a time in the evening when there were no more buses running, so I had to rely on a taxi. The driving distance was about 50 km. I negotiated..."
I know this was only possible with God's help. And taking in the good energy in doing Einstellen* helped me to stay calm. As it turned out, the cab driver had left my belongings at the Cambodian Citizens Police Station. However, I went to the police station for tourists, which is part of a completely different system. I am so very grateful for this guidance and help because in this country it was not routine to get missing things back."

**HELP IN STUDIES AND EVERYDAY LIFE**

Such experiences strengthened Marco K's confidence in life as well as his self-confidence. "I know that I don't have to worry about everything always working out, because with Bruno Gröning I have a friend by my side who can help me in any situation."

In my degree program, I met fellow students who dropped out, either because they found the studies too difficult or because they had failed exams. The subject matter is also a challenge for me sometimes, but I experience a lot of help with learning. My friends and fellow students notice my positive frame of mind and that I often find encouraging words for everyone; sometimes they even talk to me about it. In such moments I feel very clearly how Bruno Gröning's Teaching also helps me in my everyday life. I know that everything will be fine if I believe in it."

For this reason, Marco K. likes to connect with young people abroad. In the past, he had not been able to imagine calling strangers in faraway countries and talking to them about his experiences in following Bruno Gröning's Teaching. "At first I had some inhibitions, wondering if someone might react strangely, but in the meantime the regular contacts give me a lot of pleasure. The friendships that have developed with other young people are fulfilling, even though I live on another continent. It's great when we can meet in person and exchange ideas."
Healing of Depression and Post-Traumatic Stress Disorder, Drug, Medication and Alcohol Addiction

M. KARACZUN, (40)

Since my Introduction to Bruno Gröning’s Teaching, I have been attending Community Hours every three weeks, and after three to four months I also started doing Einstellen regularly at home. Now I know that God and Bruno Gröning are guiding and protecting me.

At the end of 2001, I was 20 years old at the time, my girlfriend became pregnant and, despite my pleas, terminated the pregnancy, which distressed me very much. I started to neglect my studies and was finally removed from the student list. In mid-2002, I started mandatory national service. Because of insomnia, a military psychiatrist prescribed doxepin tablets, which helped, but I felt emotionally numb. Often, my perception of my surroundings was severely diminished.

At the end of 2003, I volunteered for combat duty in Iraq. The experiences there had a very adverse effect on my health. I suffered from nightmares, slept only one to three hours despite sleeping tablets, and woke up feeling tired in the mornings.

FEAR OF PEOPLE
At a check-up in early March 2004, the troop psychiatrist diagnosed post-traumatic stress disorder with anxiety attacks and prescribed more medication, but it did not improve my condition. I feared being shot and was afraid of other people. There was nothing left that gave me any pleasure.

In order to suppress everything that was going on inside of me, I started taking drugs in mid-2005. Apart from heroin, I took everything that I could get hold of. My days began with taking drugs in ever-increasing amounts – I was heading toward self-destruction.

In July 2006, I was able to break the drug habit for a few months despite severe withdrawal symptoms. I continued to take the sleeping pills and antidepressants.

BACK TO DRUGS AND ALCOHOL
In a work accident in January 2007, I lost parts of the fingers on both hands. After this shock, I didn’t dare leave the house anymore. The sound of a lawn mower or a kitchen appliance triggered debilitating anxiety.

Without a daily dose of 300 mg tramadol (an opioid medication), life was unbearable for me. The pain in my hands and the phantom limb pains did not subside despite several surgeries. Sleep deprivation also severely affected my life: I could only sleep one to two hours in a 24-hour period.

In desperation I started taking drugs again several months after the accident, and in addition I drank alcohol in large quantities. At this time, I was living with my family, but our relationship was dominated by conflict and lack of interest on my part. At that time, I was also tormented by thoughts of suicide, but in the end, I didn’t have the guts to put an end to my life.

THE TURNAROUND
I came to the Bruno Gröning Circle of Friends through my mother. After my Introduction in 2012, I stayed
on for the Community Hour. I felt the Heilstrom* as a strong tingling sensation as well as a feeling of cold and heat in my forearms, fingers and phantom fingers. Since that day I haven’t taken any more medication, I simply forgot about all of it; I have been freed from the insomnia and phantom pains. Since my Introduction, I have been attending Community Hours every three weeks, and after three to four months I also started doing Einstellen regularly at home. While cleaning my room one day, I found packets of the medication and actually had to stop to think what kind of medicine it was.

"If he, the human being, continues to live in the divine order, he will always feel free of all ailments and is thus a life-affirming person. That is, he affirms the good, God Himself. In the future it will be easy for him to ward off any ailments to which his body is prone."

Bruno Gröning

For the first time, I became aware of the positive change in me, and I also noticed that my consumption of alcohol and drugs had become less frequent. While doing Einstellen* I also asked for freedom from the drug addiction.

HEALING
In early April 2013, I woke up one morning with strong suicidal thoughts and swallowed two handfuls of pills. I got very nauseous and had to throw up. After this, it felt as if I had thrown up all that was not good out of me. An enormous tiredness sent me into a deep sleep for several days. Afterwards, I woke up with a smile on my face. I felt free and full of zest for life. Since then, I have no longer needed drugs or alcohol!

My personal relationships have fundamentally changed for the better, I now enjoy being with people and can encounter everyone with great joy and love. I now feel God’s presence in every ray of sunshine, in every breath of wind, and perceive only the good, the divine. I know that I am not alone, that God and Bruno Gröning are guiding and protecting me, come what may.

PSYCHIATRIC COMMENTARY:
Such a deep depression is not easily gotten rid of. It is sometimes possible to achieve a significant improvement with the help of many years of systematic psychotherapy. In this case, however, not only did M. Karaczun frequently have thoughts of suicide, but also made an attempt at suicide. Pharmacotherapy may help the patient to calm down in an emergency, but used over a long period of time, it often leads to drug dependence. Therapeutically, another major hurdle to be overcome.

It almost borders on a miracle that the destructive effect of the drug and alcohol abuse on health did not end M. Karaczun’s life. These addictions could not have been cured by any psychological-medical procedure known to me. M. Karaczun received help which cannot be found in our therapeutic-medical work.

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.

REGELUNG: 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.

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.

* See Explanations, below
"The Rules of the Game of Life"
THE TEACHING OF BRUNO GRÖNING IN HIS OWN WORDS – PART 8
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. Even 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 would like to give you some insight into the basic principles, as well the complexity of Bruno Gröning’s Teaching in citing shorter and longer quotations.

"The good game begins with good thoughts. On the other hand, the evil game begins with evil thoughts. One could describe life on earth a playschool. In order to play properly, you must master the rules of the game. The good lies within the game. As long as you play by the rules, it is a real game. But if you bring in just one evil thought, it is no longer a game. With even one evil thought, the game stops."

THE POWER OF THOUGHTS
"See how careful you must be when you are just speaking, when you are just taking in thoughts from someone else that you do not see, but he himself does. You know what kind of thought you have taken in. You see, here comes this thought and you don't even know from where. If it is a bad one it is very easy: in that case this thought is coming from the evil source of thoughts. If it is a good one, then it is coming from the good, from the divine source of thoughts. By now you should be able to tell the difference."

"Never take in a thought of illness again because then the body becomes sick. Take in a healthy thought, then the body becomes healthy. God has given us so much on our path in life here that we can decide for ourselves, for our bodies."

"Beware of every evil thought! When you recognize through the life experience which you must have already gained, that these evil thoughts lead you to evil, reject it and say to yourself, 'I don't want to have anything to do with this evil thought, I want a good thought now.'"

CONVINCE YOURSELF
"Here it is only about one person being able to pass on to his neighbor that which he himself is convinced of. And this is everyone's greatest duty - to convince himself of all this. And also today I say very clearly that he should never succumb to an illusion and on the basis of that tell his neighbour what he has just imagined. The illusion must be put aside completely. And here there are also absolutely no opinion, rather here there is only one thing: conviction. And when you are convinced, then you will communicate your conviction, meaning what you are convinced of."

"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! When you are convinced of yourself, in that you have been convinced by your own body – this will only happen when you pay attention to it. Then you will experience the truth, then you will believe. Then you will no longer be a person who is gullible, instead you will be a person of conviction."

SELF-KNOWLEDGE LEADS TO KNOWLEDGE OF GOD
"You believed everything would be dropped into your lap. You believe that you have a right to demand it. You believe that everything just happens. No, my dear friends! Those who want the divine have to get closer to God. And they really have to walk the path which God has determined for all of us, for everyone. That is the only way it is possible, my dear friends. And precisely for this reason it is important that you now finally come to your senses. Because only then will you come to recognise what I have just told you, come to realise why God has given you an earthly life here on His earth. And then you will also come to realise why God has given you this, your body, that body which you can call your own. Because then you will also know – that is, you will receive the knowledge of – what God has ordained for your body and what you need to absorb. All this, my dear friends, is the most important."

"Of course you must first have recognized yourself, must first be true to yourself – you don't need to be true to Gröning – you must be true to yourself, recognize yourself."

"Self-recognition is the best way to recovery. And if you have done this, if you stay with it and if you continue to doing it, you will receive everything that is necessary for this. What would that be like? Just imagine that you are completely devoted to God, that you are no longer delude yourself, but rather you really become the person God has ordained you to be!"
LET DEEDS SPEAK!
"Words alone won't do it, it requires action. Action is everything. God did not speak much. He put everything into action the way He wanted. For God nothing is impossible!"
"And let us thank our real great Host, let us thank God Himself, but not in words, but by taking action! Do what you owe to yourself, that is, what you owe to God!"
"To be a decent human being means to be good, to be good to one another, to use all your thoughts, all your words for the good, that is, to put them into action, to not just promise something, not just say it."
"The human being believes that he already is a good person if he says he is. He says he wants to do good; he wants to help his fellow human beings – and says it again and again – and yet again. Making all these promises has already become second nature to many people. He cannot do it differently anymore. He believes it has to be like that. The good can only be proven by deeds. Let deeds speak!

BECOME MASTER OF LIFE
"What a person says, what he sows, he will reap."
"The person who knows the power of the word pays careful attention to what he says."
"God guides you according to the way you think each day."
"The good in the human being has to drive out the bad."
"Free yourself of all that isn’t good, of all the evil. Evil which you have perceived to be evil."
"And once again I say: never connect yourself with that – that which you call ‘illness’ – with the evil, but rather connect yourself with the good. Here you have the connection, the connection to God. Trust and believe. The divine power helps and heals."
"A human being is only living life when he experiences it. A human being owns what he experiences, what he wastes, he has lost."
"And think about every word and every sentence you speak, and every thought you take in, whether it is worthy of being taken in! And consider everything very carefully, whether you have also acted correctly!"
"Only take in that which truly leads you to God. Take heed of the good, and you can only take heed when you no longer consider yourself unworthy, but rather worthy and are now truly willing to take in the good, and that you stand by your word, your promise, by saying to yourself, ‘I no longer want to have anything in common with the evil!’"

"Call yourself to order every day, that is, to God!"
"Trust in goodness is the foundation of divine order."
"Persistent good overcomes evil."
"And therefore I now pass on to you this modest wisdom of life, which is only from me, giving you so much to know. If you understand this wisdom of life, as I have already said, and if you also know how to take it to heart and live accordingly, you will always be crowned with success: the human being acts according to his will: As the will, so the thought. The thought moves the human being to action. If you want to experience the Divine, you must strive for it. Love life – God. God is everywhere. Money is mighty, health is almighty."
"If you would only be true to yourself, if you would only make a promise to yourself, that would be good. Just don’t promise yourself saying, ‘I promised myself.’"
"It cannot be stopped; healing shall take place all over the world."

Bruno Gröning

The 62nd Anniversary of Bruno Gröning's passing was on January 26, 2021.

Bruno Gröning's grave in Dillenburg.

www.bruno-groening.org