"One cannot deprive me of my heavenly divine peace!"

Bruno Gröning
FROM THE EDITOR

"God loves the human being," Bruno Gröning said. For the believers in God that sounds wonderful, and it moves them. But for many people it does not sound wonderful, but rather provocative. It does not move them but makes them angry, in their ears it sounds like mockery. You cannot blame them. If you look around the world you see so much of the evil: war, violence, oppression, abuse, torture. Almost a billion people suffer from hunger, have no clean water and have to languish in the oil and chemical latrines of modern wealthy companies. Refugees do not know where to go and are pressed into camps that are inhumane. Pollution of the environment and climate crisis remain. Plastic waste in the oceans, desolation and devastation of entire areas, extinction of numerous animal and plant species. The list could go on and on.

And above all this there is supposed to be a loving God? So, who does He love? Those who cause all the evil and profit from it? The warmongers? The violent? The corrupt? The swindlers?

One can understand people who don't believe in a God anymore, who have turned away from Him. After all, where can they experience Him? The God who loves, the God who helps. If God loves them, why isn't He helping them? Where is He? Where is His help? Where is His Love?

People lost the connection to God, Bruno Gröning explained. A chasm came between them and God which they weren't able to overcome. God wants to help, but people no longer believed in His help. They didn't know how to receive it anymore, how to experience it. Bruno Gröning saw it as his task to build a bridge across the chasm and to re-establish the connection. He did this and the miracles happened: the lame were able to walk again, the blind could see again and the joy of living filled those in despair. Many people are again able to experience God's help. They experience it in their own bodies – even where human help was no longer possible. God helps! With respect to helping, Bruno Gröning says, "Helping is love!"

Thomas Eich
Why are there sick people? Are ailments a kind of fate? Or are ailments perhaps even beneficial, do they have a function on the path to higher knowledge? Are ailments a sign that the human being has absorbed false, negative thoughts, having connected himself with the negative and thereby allowing disorder to come about in the body? These were enough starting points and Birgit Häusler knew how to use them to engage in an exciting talk with the biophysicist and bestselling author Dieter Broers about Bruno Gröning and his Teaching.

On May 14, 2021, Birgit Häusler’s interview with Dieter Broers went public on the YouTube Channel of the Bruno Gröning Circle of Friends. Within a few days more than 30,000 people had viewed the broadcast and the response was thoroughly positive. "No illness is incurable!" This statement out of the mouth of a scientist in today’s world challenges and is at least as provocative as Bruno Gröning’s statement during his lifetime; "There is no incurable!"

With her sensitive yet precise approach, Birgit Häusler gives her dialogue partner the chance to disclose deep insights into his life, a life which only appears to be caught between science and spirituality. No, the friend of Bruno Gröning, Dieter Broers, sees himself more as an advocate, visionary and an 'enlightener' – a wanderer between the worlds – than as a scientist. And yet, his interdisciplinary research in the field of the biological effects of magnetic fields and radio waves is of great consequence for medicine and biophysics and has generated plenty of public attention.

More than 30 years ago, D. Broers heard about the Teaching of Bruno Gröning for the first time. He immediately had the feeling that he "had arrived home". He describes his personal experiences during the absorption of the divine healing power, the Heilstrom*, as a "gift from God", and he received help through the Heilstrom. Bruno Gröning’s Teaching again opens up a path "to the world behind the world", a connection to God. In scientific terms, Broers calls it a return of the human being to cognitive processes which lie on the spiritual-emotional level and which allow the causes of illness in this area to become recognizable. Broers wants to support the inner awakening of human beings, to promote self-knowledge and to remind people that "their inner divinity" is their true essence. Dieter Broers remarks, "My favorite Bruno Gröning quote is, "Trust and believe!" With that Bruno Gröning left the most important message as a gift."

* See 'Explanations', page 16

Here is the link to the interview on the YouTube channel of the Bruno Gröning Circle of Friends: https://www.youtube.com/watch?v=Wp30nHFJ9D4
The YouTube Broadcast "Duše K" of January 5, 2020, exceeded all expectations. In the Czech Republic and Slovakia, as well as thousands of interested people all over the world got in touch to find out more about the Teaching of Bruno Gröning and the Circle of Friends.

"We were simply overwhelmed!" Simona Sandl is still moved when asked about the response of the audience to the first broadcast about Bruno Gröning on the YouTube channel of the well-known Czech theater and film actor, Jaroslav Dušek. Approximately 640,000 people have already watched this broadcast. But there is another significant aspect which convinced the Sandl/Dušek team to organize a follow-up broadcast. "For thousands of people this broadcast was a guidepost to a new life. A life in which neither sickness nor the chaotic world situation rule one’s life and that of one’s family, but in which health, faith in the good and the positive are dominant. It finally became clear that we had to do another broadcast in which those who had been healed and had seen the first broadcast would take center stage," Simona Sandl explains.

The second broadcast, on Easter Monday, April 5, 2021, had more than 4,000 viewers on the livestream. So far more than 320,000 people have watched the broadcast on YouTube. Once again, many people got in touch to find out more. This broadcast again turned into a "giver of hope and confidence", as one viewer remarked.

These two Dušek broadcasts show that help and healing on the natural path through Bruno Gröning’s Teaching are a reality. People who accept the belief in the divine power, the Heilstrom,* as Bruno Gröning called it, become healthy on this path (see the reports on pages 15 and 16). People report about the disappearance of pain, depression and other health burdens. Many cry while doing Einstellen* together and notice that emotional problems also disappear. They feel they "have finally arrived" and experience a sense of security, trust and love. "I am so thankful for being reconnected to God, something I have been searching for my whole life," a new Bruno Gröning Friend remarked.

Even scientists support Bruno Gröning’s Teaching and congratulate the Sandl / Dušek duo for these broadcasts. "You have saved lives by elevating the viewers to a higher spiritual level," university professor Dr. Jan Rak remarks. He is a quantum physicist and one of the leading scientists in the Czech Republic. He leads a group of researchers at CERN.¹ His work with quantum physics has always led him to ask elementary questions: What is consciousness? Is consciousness strictly material or does it possess other, higher properties? How does it influence what is happening in the world? Professor Rak is convinced that a positive change in consciousness and a corresponding positive material response can be brought about by the Bruno Gröning Friends focusing on the healing power and by doing Einstellen together.

* See ‘Explanations’, page 16

¹ CERN, the European Organisation for Nuclear Research (Conseil Européen pour la Recherche Nucléaire) is one of the largest and most well-known centers for scientific research in the world. Researchers there look for the fundamental laws of the universe. At CERN the world’s largest and most complex equipment is used to research the smallest components of matter, the elemental particles.
The Phenomenon of Healing
THE DOCUMENTARY FILM NOW ONLINE ON THE YOUTUBE CHANNEL OF THE BRUNO GRÖNING CIRCLE OF FRIENDS

"I came to the Circle of Friends through the film and I am very thankful for this!"
"This documentary film about the continuing influence of Bruno Gröning after his passing until the present time radiates light, love and blessings."

On March 12, 2021 the documentary film THE PHENOMENON OF HEALING had its premiere on YouTube. The response was outstanding. On the first day the three parts of the film generated more than 30,000 clicks. By the middle of May versions in 10 more languages followed – leading to all together over 300,000 clicks.

This film directly follows on from the documentary THE PHENOMENON BRUNO GRÖNING, which was streaming on YouTube over two years ago. While the first film shows the life of Bruno Gröning and ends with his passing in January 1959, the second film answers questions that remained: What happened to the trial against Bruno Gröning? What happened to his Communities? How did it continue?

The viewer is able to see how a healing took place again for the first time at the beginning of the 1960s, then more healings and how in 1979 the Bruno Gröning Circle of Friends is founded. The development work in the German-speaking-region in the 1980s is followed by the first steps into other countries in the 1990s.

In 2006 the film team and director and author Thomas Eich accompanied Grete Häusler (1922–2007), the founder of the Circle of Friends, on her trips to visit Communities* all over the world. Impressive film sequences were shot in India, Ghana, Mexico, Peru, Kazakhstan, Australia and other countries. Reports of amazing healings met them everywhere. Since Grete Häusler’s passing in September 2007, her son Dieter Häusler continues her work. The film team also accompanied him to the USA, to Israel, Palestine Russia and other countries.

THE PHENOMENON OF HEALING documents the international activities of the Bruno Gröning Circle of Friends – also the work of the physicians and healing professionals in the Medical-Scientific-Group – and impressively comments and shows in brilliant pictures how everywhere in the world people are receiving salvation, becoming healthy and happy again, irrespective of language, cultural, national and religious borders.

* See ‘Explanations’, page 16
The Bruno Gröning Circle of Friends is one of the largest organizations worldwide for healing on the spiritual path. There are now local Communities in more than 130 countries. Bruno Gröning Friends meet every three weeks in Community Hours and also gather at conferences around the world.

Due to recent world events, meetings in person in the Community Hours were no longer possible. Thanks to the ongoing technological developments of the IT team of the Bruno Gröning Circle of Friends, worldwide participation in on-line meetings are possible via computer as well as smartphones. Borders, distances and limited numbers of participants no longer play a role. In the autumn and winter issues we reported on several on-line conferences which had already taken place in 2020. Today we continue with a selection of the first conferences in 2021, These were very well received by the Bruno Gröning Friends.

**Virtual Conferences in the Bruno Gröning Circle of Friends**

**AROUND THE EARTH AT ALL TIMES**

The Conference for Mentors Worldwide

On February 20, 2021, Dieter Häusler, the leader of the Bruno Gröning Circle of Friends, welcomed more than 400 Friends from all over the world to the Conference for Mentors. This was a gathering of Friends who help to build up the Circle of Friends in other countries and mentor the Friends in the other countries in their tasks. Bruno Gröning’s statement, "One helps the other and God helps us all,” sums it up very well.

For organizational reasons the Circle of Friends has been divided into seven World Regions in 2008 in order to optimally mentor the Friends living in over 130 countries. The leaders of several World Regions expressed their gratitude to the Friends who mentor individual Friends, a country or a group of countries. The reports from mentors from different countries, including Italy, Africa, Russia and the USA were impressive. This joint, creative, responsible activity has not only contributed to informing more and more people about Bruno Gröning and his Teaching, but has also led to valuable personal friendships.

Individual leaders of specialty areas gave insights into their tasks. Thus S. Must introduced some areas of the translation work in the Circle of Friends. In the 1980s, the material of the Circle of Friends was only translated into two languages, making information about Bruno Gröning available in English and French. Now it is translated into more than 50 languages. For example, several times a year information for adults, young people and children, as well as for the Friends in the medical professions, is translated. In addition to this, original lectures by Bruno Gröning, healing reports, books, texts for the website and other transcripts are translated. More translators for all languages are still welcome.

Another important topic covered was data protection in the Circle of Friends. A team takes care of compliance with the rules of the new EU General Data Protection Regulation (GDPR), which came into effect on May 25, 2018. B. Pesch remarked that, basically, the use of personal data is prohibited unless a person gives permission for their personal data – for example, photos, film, audio recordings or success reports- to be used for a specific purpose.

**Conference for the Most in Need of Help**

In the 1980s the first healings from addictions became known in the Bruno Gröning Circle of Friends.
Friends. Grete Häusler (1922-2007), who was the leader of the Circle of Friends at the time, recognized the special need of these people and called them "Most in Need of Help."

On March 21 and 22, 2021, more than 2,900 Friends from all over the world participated in this conference. There was simultaneous translation into 25 languages. Mr. and Mrs. Hagen mentor this task worldwide. C. Hagen greeted the participants and – in the course of the conference – thanked the many Bruno Gröning Friends who regularly do Einstellen* for those people most in need of help.

The "Most in Need of Help" group has Friends who lead a World Region and mentor a country or a group of countries within this Region. Once dependence on alcohol, drugs, tobacco, medications or gambling has set in, the addicted person loses control and, as a rule, is then no longer able to free himself through his own power. Through the absorption of the Heilstrom* the affected are often healed imperceptibly, and frequently without withdrawal symptoms. The healing reports presented – for instance, from years of addiction to shopping, nicotine, drug and alcohol abuse, addiction to sweets, television, gambling or from feelings of guilt – were remarkable. Out of gratitude many of those healed have become helpers themselves.

PUBLICITYCONFERENCE
On April 10, 2021 the leader of the publicity work worldwide, J. Block, greeted more than 1,000 Friends from many countries. Noteworthy here, too, were the simultaneous translations into more than 15 languages. Mr. Häusler thanked all the Friends who are helping in this task. "It's all about people being connected with Bruno Gröning, so that he can connect everyone with God," were his words. His wife, Birgit, added, "The publicity work is in tune with the pulse of the times and can bring much good, which means that every human being can live a healthy and happy life again."

J. Block emphasized that the publicity work provides the first contact: through it people are informed that there is a Circle of Friends and lets them know how they can absorb the healing power.

Bruno Gröning’s quote: "Nothing is too difficult for the one who loves" has a special meaning for him. "They are words that always help. Nothing is impossible for this love. It heals, liberates from pain and suffering; it is the key to forgiveness and to inner peace. It is important to anchor this love within us, to be it, with our whole being and to radiate it as helper for the publicity work."

Important parts of these specialty areas were talked about, such as holding information lectures via video conferences on Zoom and the presence of the Circle of Friends on the social media platforms, YouTube, Facebook and Instagram, in many languages. Friends from different countries reported on the activities of the Circle of Friends in these social media.

SPRING CONFERENCE FOR ARMENIA AND GEORGIA
On April 17, 2021, more than 100 Bruno Gröning Friends met in an IGR for the Spring Conference for Armenia and Georgia. This conference was led by the Country Leader from Georgia, R. Adilova, and the Country Mentor, G. Römer. Several Friends shared their personal experiences and the insights they had won applying Bruno Gröning’s Teaching. While looking at photos from both countries, a strong connection between the participants was felt, Römer reported.

A German dentist who had already held many information lectures in these countries commented on the reported healings, including one from a pronounced fear of dental visits and one from 25 years of constipation.

Every virtual conference ends with the Friends doing Einstellen* together to absorb the Heilstrom.

"You shouldn't fear harm. You have the duty and obligation to establish the connection to God – and God will hold His protective hand over you."

Bruno Gröning

* See 'Explanations', page 16
Thousands of years of history are mirrored in an abundance of imposing structures. Monuments, grandiose temples and mosques, the magnificent palaces of the Maharajahs and secluded cave-monasteries are to be found all over this multi-ethnic country. For a long time India was a British colony. Thanks to a non-violent movement in 1947, Mahatma Gandhi achieved the end of British colonial rule over India.

BEGINNINGS AND GROWTH
Grete Häusler (1922-2007), founder of the Bruno Gröning Circle of Friends, asked herself why introduce Bruno Gröning in a country where there are many influential spiritual masters and where there is a temple on every corner? But in 1994, Ram Krishna Agrawal heard about the Teaching of Bruno Gröning in Germany. He realized that everybody is able to get help and healing from within and he had the express wish that the people in his country would be able to learn about Bruno Gröning and his Teaching.

In August 1996, Dr. Ereskin, a Russian doctor, worked at a hospital in India for one month. In his free time, he held information lectures about Bruno Gröning and his Teaching. He said, "When I saw the poverty and misery in this country, I simply could not remain silent. I myself experienced help and healing through the Teaching of Bruno Gröning. Why wouldn't this be possible in India as well?" He was able to speak to physicians and other interested people in New Delhi and other cities.

At the 48th Book Fair in Frankfurt in October 1996, Vichaldas Ved from Mumbai came to the table of the Grete Häusler Publishing House and met Grete Häusler.

In March 1997 Grete Häusler and Manfred Fortmann held the first information lectures in India. The Circle of Friends began to develop, Communities* were established, the help and healings became known. In November 1998 the first conference was held in Pune [translator's note: previously known as Poona] to meet the numerous new Friends, to school and support them in the various tasks. Before this conference, Grete Häusler and Manfred Fortmann attended an International Congress for Alternative Medicine in the capital city of Sri Lanka together with Ram K. Agrawal. Many high-ranking experts from medical institutions and universities were present. There, Dr. Nanubai N. Joshi heard about Bruno Gröning for the first time and was introduced to his Teaching. In 1999, while attending a Bruno Gröning Circle of Friends lecture in Germany, he experienced the healing from diabetes mellitus which he had had for 15 years.

Due to his position as professor of journalism and political sciences at the University of Surat and his work in diverse organizations, he had contact with influential persons all over India. In gratitude for the good he himself
had experienced, Dr. Nanubai N. Joshi, as Country Leader of India, committed himself to spreading Bruno Gröning’s Teaching and was supported by Anita Müller from Germany. Within a short period of time more than 100 Communities were founded. In order to optimally mentor and support the Indian Friends the country was subsequently divided into five regions.

After the passing of Dr. Nanubai N. Joshi and Anita Müller in 2007, Elfie Fuchs-Gärtner, a success report helper in India for many years, took over the task as Country Leader. Since the beginning of 2018, Shrikant Sahasrabuddhe has been responsible for this task.

* See ‘Explanations’, page 16

Ashok Behlke, from Pune has been in the Circle of Friends since 2009 and leads the Nagpur Region. "Regaining my eyesight four days after my Introduction was a miracle. This led me to resolve to introduce at least 50,000 people to Bruno Gröning’s Teaching."

Meenaksi Padmannabhan, in the Circle of Friends since 1998, leads the Hyderabad Region. "I like the Teaching because it is simple. I practice alternative healing methods but in the Circle of Friends I experience more powerful and faster healing effects."

Saiyed L. Bukhara, Leader of the Inner Circle Rajkot, found the Circle of Friends through an information lecture in 2001 and experienced healing from chronic pain in the right hand and in the right arm which developed after a splinter fracture.

Salic Abuja has been in the Circle of Friends since 2005 and leads the Delhi Region. "I looked into the Teaching of Bruno Gröning and found that it harmonizes with our holy scriptures."

Ramesh N. Joshi, from Pune found the Circle of Friends in 2007 and is leading the Mumbai / Pune Region. "I came to the Circle of Friends through my friend. I now enjoy every moment of my life, a life in which I can contribute something to this Divine Work."
Almost more than any other part of Europe, southeast Europe is marked by an abundance of lifestyles, languages and religions. The geographical seclusion of small areas has led to the preservation of widely diverse cultures that have become part of south-eastern European history.

(Regional Center for Political Education)

Despite having had the same experiences in war and peace, monarchy and republic, the people have kept the characteristic features of their culture. For Bruno Gröning it was very important to bring people together in harmony. Brotherly love was his main focus: "You should know that you belong together. You should love your neighbor as yourself. It is my wish; it is my will that this happens, that people unite again. This way everyone will have the possibility of being helped."

In 1994 at the age of 33, Inge Winder, from Austria, a single mother of two children, came to the Circle of Friends. She had been suffering from severe back pain due to a serious car accident. Uterine prolapse and depression were also negatively affecting her quality of life. When she heard about Bruno Gröning's Teaching and was introduced, she immediately felt the Heilstrom*. Two months later, after having attended a conference of the Circle of Friends in Vienna, she had no more back pain. Little by little the other burdens affecting her health also disappeared. Gratitude for all the good that she had experienced motivated her to introduce the people in south-east Europe to Bruno Gröning's Teaching. Together with her husband Jan and other Friends she founded new Communities*.

In addition to leading Austria since 2001, Inge Winder took over the responsibility for the whole of World Region 4 in 2009 after having continuously mentored individual countries in the region.

VIENNA – THE GATE TO THE SOUTHEAST

During a Hiking-Week in Filzmoos in the Salzburger Land in Austria, Winder met Grete Häusler (1922-2007), founder of the Bruno Gröning Circle of Friends. During the time of the development of the first Communities in Vienna, Mrs. Häusler asked the Bruno Gröning Friends in Austria to support the countries in southeast Europe. In 1996 I. Winder also offered her support for a planned trip to the Czech Republic with information lectures in Brno and Prague on the topic "Help and Healing on the Spiritual Path through the Teaching of Bruno Gröning". For two years running, I. Winder drove there every three weeks to lead the Communities and to mentor the Friends. Soon afterwards, this was also made possible in other countries, for example, in Hungary and Romania. "The time in the beginning, the pioneer work, that was a great challenge," commented Inge Winder. The Esperanto language also helped to make Bruno Gröning and his Teaching known. Thanks to an information lecture at the Esperanto-World-Congress in Prague in 1996, additional Communities were founded in the Czech Republic and later also in Slovakia.
Today the Czech Republic is being mentored by S. Sandl, a native of the Czech Republic. When people are confronted with an experience for which there is no explanation, they like to speak of it as a miracle. Such a miracle happened on January 5, 2020 in Prague, the capital of the Czech Republic. Together with Bruno Gröning Friends, S. Sandl was a guest at the popular Czech YouTube broadcast "Duče K" – the response was overwhelming, thousands of people got in touch via the contact page on the Circle of Friends web site and wanted to know more about help and healing through absorption of the Heilstrom (see the Summer 2020 edition, page 3). New requests still reach the Circle of Friends every day. The focus of the second broadcast in April of this year was the healings which people experienced after the first broadcast in January 2020 (see report on page 4).

BUILDING UP IN SOUTH-EAST EUROPE

At the end of 1994 many people in former Yugoslavia (Slovenia, Croatia, Serbia, Kosovo, Bosnia-Herzegovina, North-Macedonia, Montenegro) learned about the Teaching of Bruno Gröning through their compatriots living in Germany. The first Communities were founded, help and healing happened, including being able to make peace with one another again.

The traumas she suffered during the wars in Yugoslavia between 1991 and 2001 left deep wounds on S. Cosic from Bosnia. She came to the Circle of Friends and in 2002 became a Community Leader in Sarajevo. In 2003, when the then Country Leader of Bosnia-Herzegovina informed a few Friends about a planned trip to Serbia in order to establish Communities there, S. Cosic spontaneously agreed to go along, despite having sworn never to put a foot on Serbian soil again after the war had ended. But now she was sitting with other Friends in a Community in Belgrade, the capital of Serbia. All the guests introduced themselves. When it was her turn, and looking into the eyes of the Serbian Bruno Gröning Friends, something touched her heart, and she spoke about her experiences during the war and her realization as a Bruno Gröning Friend that all human beings belong together. Afterwards all her feelings of hatred had disappeared.

Z. Belko from Zagreb mentors the Bruno Gröning Friends in Croatia. Together with J. Block, the Leader of the publicity work worldwide, he organized the participation of the Circle of Friends at a congress in Zagreb on December 7, 2019. We reported about this in the Spring 2020 issue, page 3. It is impressive how many new Bruno Gröning Friends there are after the numerous positive media reports in Croatia and its neighboring countries!
"But let us not forget our neighbors. They also belong to us, as we belong to them. They also belong to the great family."

Bruno Gröning

TURKEY, GREECE AND CYPRUS

"... the area up to Greece, that is your task" Grete Häusler told Inge Winder many years ago. Other Friends also helped, for instance, Mr. and Mrs. Manninger. Starting in 2009, B. Manninger flew to Greece every three weeks to mentor and support the Friends. A couple from Croatia has now taken on this task. Because of personal contacts in Turkey, it was A. Bauer’s and E. Simsek's heartfelt desire to bring Bruno Gröning’s Teaching to the people living there. The first information lectures were held in 2004 in Izmir and Istanbul. The news about help and healing on the spiritual path spread quickly, and the first healings became known. The showing of the film "The Phenomenon Bruno Gröning" helped to speed up the growth of the Circle of Friends. Thanks to the professional help of a Turkish Friend, numerous information lectures were able to be held via Zoom in Greece and Turkey. Since 2011 there are Communities in the Turkish part of Cyprus as well. The enormous media presence of the Circle of Friends there is impressive. Radio and television interviews as well as press releases about Bruno Gröning and his Teaching helped to fill the rooms when information lectures were held. The five-hour documentary film "The Phenomenon Bruno Gröning" had already been shown on television several times. A. and W. Friesacher from Austria mentor the Friends in these three countries and are supported by the respective Country Leaders.

A "WORLD REGION"

Parallel to the growth of the Bruno Gröning Circle of Friends in the south-eastern countries of Europe, the Bruno Gröning Circle of Friends grew in Austria as well. I. Winder remarks, "In the course of the many years of growth in the World Region 4, we grew together in Austria but also in the whole region. We help each other, that connects us as Friends and makes us strong."

* See ‘Explanations’, page 16
Healing from Addiction to Sweets Things

BARBARA WISCHINSKI (53)

Even when times are very stressful, I do not need this so-called ‘comfort food’ anymore. This would have been unthinkable in the past. What a wonderful feeling it is to be liberated from this! I am deeply grateful.

From about 15 to 20 years of age I suffered from bulimia. Afterwards, I was left with an unbridled eating behavior that I couldn’t control: a strong craving for sweets which turned into an addiction. I remember that my mother often took a plate of pancakes away from me, so that I wouldn't over-stuff myself.

NOTHING WAS SAFE NEAR ME
Later on as a young mother I was easily able to eat two or three boxes of chocolates, sometimes even more. As soon as I was out anywhere, I had to buy sweets. Thinking ahead, my husband hid the sweets that had been purchased for the family. But, as if remote controlled, I looked for them in cupboards, drawers and climbed up in order to look on top of the cupboards. My husband constantly had to think of new hiding places. If I had no luck looking for something, I got annoyed and begged until I got what I wanted.

I planned my trip to work so that I could shop for something sweet beforehand. Nothing was safe from me, even at my place of work. If something was lying around, I had to eat it up. It was impossible for me to take only one cookie. Because I never felt satiated, I was only able to stop eating when everything had been consumed. During the midday break I bought several pieces of cake or cookies and then withdrew in order to greedily consume all of it. I usually felt very nauseated afterwards, but I put up with that.

FIVE BLOCKS OF CHOCOLATE
When friends invited us over and there was something sweet to eat, I did not just take a small piece like the others, but I kept on eating. Of course, this was noticeable and so I was always given an extra portion. While babysitting at my daughter-in-law’s place I even searched her apartment for sweet foods. Afterwards I apologized and replaced them. Shopping in the supermarket went like this: after paying I greedily ripped open the package and immediately gulped down all the sweets or candies. A large pack of jelly beans would be empty by the time I got home. It was no problem for me to eat five bars of chocolate in a day. It was not a pleasure but rather a compulsive feeding. But even the resulting stomach pains did not stop me from eating more. When I cooked for the family, I never ate with them because my stomach was still full from the sweet things I had eaten. In addition to that, I did not want to gain weight. If we went to a restaurant in the evening I would order a soup at most. I was on a diet my whole life to stay slim. Thanks to a good metabolism I managed this despite my absolutely unhealthy eating habits.

THE TURNAROUND
Because of various health problems I was being treated by a naturopath. One day she suggested that I have a conversation with her colleague. In each of the three following phone calls her colleague suggested that I get to know Bruno Gröning and his
Teaching. Despite being sceptical I looked up the website of the Bruno Gröning Circle of Friends and on December 2012 I was introduced to Bruno Gröning's Teaching.

**AFTERWARDS EVERYTHING WAS DIFFERENT**

After my Introduction I regularly went to the Community Hours. At home I always tuned in to the Heilstrom*. Since I had problems in several areas of my life, I always asked for complete healing.

In the summer of 2017, I participated in a Hiking Week in Filzmoos for the first time. Everything was different afterwards: during every trip to the supermarket I would walk back and forth for about ten minutes by the shelf with the sweets, I looked at them but could not decide on anything. Strangely, I had no desire for anything sweet. Then I would look at the snacks to see if I would like to eat any of these – with the same results; I did not take any of those home either.

"If you believe that you will experience salvation – healing – then you have already been helped. Just believe!"

Bruno Gröning

Once in a while something sweet ended up in my shopping cart, but at the latest. when I was at the cash register, I would hand it back to the cashier remarking that I didn't need it after all. If there was something sweet lying around at home, I wasn't completely able to resist it yet, but I felt that I soon would be able to overcome that as well.

One day my daughter-in-law brought a chocolate cake, everybody raved about it and ate with pleasure, but I didn't because it simply did not taste good to me. When somebody offered me something sweet, I simply said, "I've gone off it." This statement caused great laughter amongst family and friends, since many knew my behavior had been totally different for years.

After the Hiking Week in Filzmoos in the year 2019, I was totally aware of my liberation from this addiction. At the supermarket the sweet things still don't interest me, I ignore them totally and walk to the fruit aisle instead. At home, at work or wherever, I am able to leave sweet foods lying around without having to eat them. Even when times are very stressful, I do not need this so-called 'comfort food' anymore. This would have been unthinkable in the past. What a wonderful feeling it is to be liberated from this! I am deeply grateful.

**Psychological commentary:**
Mrs. Wischinski's extreme desire for sweets was indeed to be categorized as an addiction. Among other things, it is typical of such addictive behavior to try anything to get the sweet 'fix.' And once it was in her hands, all of it had to be consumed. Due to decades of development this pattern had become severely chronic. Normally such an addiction to sweets does not disappear on its own. Through psychotherapy successful treatment is basically possible, but not easy and not attainable with any degree of certainty. Taking this into consideration, it is indeed remarkable that the addictive behavior completely disappeared. Especially impressive is that Mrs. Wischinski's sense of taste changed so that, for example, she didn't like the taste of chocolate cake anymore. From a professional point of view such a transformation is totally beyond expectation.

* See 'Explanations', below

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**EXPLANATIONS**

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

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

**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.
Healing from Carpal Tunnel Syndrome and Lumbosacral Root Irritation Syndrome (Lumbosciatica)

PAVLA SEKANINOVA (41)
I believe that I received help because I unconditionally believe in God and trust Him.

I had pain in my left hand since 2008, especially during strenuous activity. It was the worst in the winter and during the night because the pain and the tingling in my hand disrupted my sleep. During the course of time, it became harder to button up my clothes, use scissors and perform other small tasks.

Electromyography, done by a neurologist in 2018, showed a closure of the median nerve in the left hand with the diagnosis of 'carpal tunnel syndrome'. Starting in 2019, I had additional pain in the loins radiating into my left knee down to the calf. I wasn’t able to bend my leg at the knee, had difficulties going down steps, getting up from a chair, and while walking. A physician suspected that a prolapsed disc with a pinched spinal nerve and inflammation was the cause of the pain. The prescribed medication only helped for about two weeks. Afterwards I did not go to another physician, nor did I take medication. In January 2020, I watched a video in which there was talk about Bruno Gröning. The internet-search to get more information about this man led me to the YouTube broadcast "Duše K" broadcast on January 5, 2020. I watched the broadcast repeatedly and did Einstellen* every day after work at 4 pm and [again] at 9 pm. In February 2021 I was introduced to Bruno Gröning’s Teaching.

Within two weeks the pain in my left hand had disappeared. After doing Einstellen I felt severe cramps and a feeling of pressure in the left leg. After about six weeks I was freed from these burdens as well. Now I am able to go down steps, bend my knee and perform all tasks with my left hand again. I believe that I received help because I unconditionally believe in God and trust Him.

Medical Commentary:
In 2018, Mrs. Sekaninová received the diagnosis of carpal tunnel syndrome, a condition which had existed for 12 years, as well as left sided irritation of the lumbosacral root syndrome. Mrs. Sekaninová took medication, but otherwise received no other treatment. At the beginning of 2021 – through regular absorption of the healing power – the burden in her left hand disappeared completely within 14 days, and within the next six weeks the irritation of the lumbosacral root was healed. From the viewpoint of orthodox medicine these results are unbelievable.

* See 'Explanations', page 16
Healing from a 30-Year Nicotine Addiction

JIRÍ ŽÁK (50)

The urge to light up a cigarette was simply taken from me.

At the age of 20 I started to smoke cigarettes – medium-strong and strong ones, usually one packet a day. I can’t remember if I had been especially nervous at the time. I smoked cigarettes mostly for pleasure, I enjoyed them the most at home with coffee. This addiction dominated my life for 30 years.

On January 5, 2020 I watched the YouTube broadcast of Jaroslav Dušek about the Bruno Gröning Circle of Friends. When the guests did Einstellen* during the broadcast I joined in and noticed a strong tingling in my hands and feet. I felt the same thing when I watched the broadcast again the following days. I was convinced by what I saw and heard and was introduced to Bruno Gröning’s Teaching on January 15, 2020. I continued tuning in to the Heilstrom* on a daily basis. One day during a car drive, I felt a strong stabbing sensation at the top of my head twice and considered this to be a Regelungen*. By the end of January, I no longer enjoyed the taste of cigarettes. On February 1st it became clear to me that I did not need to smoke anymore. I had no further Regelungen, everything happened completely on its own. The urge to light up a cigarette was simply taken from me.

Psychological commentary:
Mr. Žák was addicted to nicotine for 30 years. He was never able to free himself from the addiction. He experienced healing after only one month of absorbing the Heilstrom and without withdrawal symptoms that, as a rule, are a great burden for someone who is quitting smoking.

"Whoever understands this and is ready to accept help and healing, he must free himself and leave the illness here or throw it off gradually."

Bruno Gröning

* See 'Explanations', page 16
"The Divine Work"

THE TEACHING OF BRUNO GRÖNING IN HIS OWN WORDS – LAST PART
Then & Now

Bruno Gröning never put his Teaching into writing, nor did he create a structured doctrine. His Teaching is a spoken teaching which he imparted in many lectures to his friends, to those people interested and those seeking help. 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.

"Bit by bit, the souls still connected to God gather in the house of God. They pull along the souls that have already fallen away, insofar as they still have the connection. In this divine house all souls receive God’s power again. Thereby the spiritual connection between God and man is restored. One soul maintains the spiritual connection to God for the other. Collectively all walk the one path to God. One person helps another and God helps us all."

THE STRUCTURE OF THE DIVINE WORK
"It is my duty and obligation, it is my mission here, my calling: To build this work up according to God’s will, not the way people want."
"I follow only One, and that is God. And if you now also follow Him, to Whom you belong, then there will be a following. And this results in the entire Circle of Friends, in which we justifiably address each other as real friends. I don’t simply say ‘friend’, just like that. No, I am convinced of this."

"And may you also become a really true, good, honest, loving, lovable friend of this Circle of Friends."

"To build up the Work through these associations, to not only involve all strata, all strata of people of one country, but to also include the people from other countries. Later it will get to the point that it will include all nations. That is what is about for me. Well, naturally everything has to take its course."

WORKING TOGETHER
"The misery in the human being keeps increasing, instead of decreasing. There is more and more need and distress on this earth. But someone has to come along and do something. And you could be that someone, it doesn’t have to be me."
"There are always only a few who are really called to this. Really only a few who absorb so much goodness into themselves in order to absorb it for those around them, who also belong to us – those who absorb as much of this good, benevolent power as the next person really needs. That is one of the most beautiful tasks. There is no task more beautiful."

"But only the person who puts himself fully at the service of God, who listens to God, not to people, and who follows the word of God, and who really does what he has to do, can really help me in this."
"And I would appreciate it if you would also make yourself completely available so that people can be helped and healed. Then the suffering of not only one nation, but of all nations, all people, will come to an end."

"It depends on you. It is about every single person. I don’t even want us to see the legion of sick people. I don’t even want to take you by the hand, leading you from one to the other. And I do not want to lead you to a neighboring country, where the need, the misery, the illness is just as great as it is here; it is the same everywhere. They are all human beings who also have a body, who have a body like you do. And they all believe in a god. They just haven’t taken the good to heart yet. But they didn’t know about any of this either. To reach out the helping hand means to reach out to everyone. And in order to reach out a helping hand to someone who has become weak you need a lot of power. And this you can absorb. Now, dear friends, I believe that you know, or said more precisely, you ought to know, what this Circle of Friends was created for, what kind of tasks it has."

THE COMMUNITY HOURS AND THEIR SIGNIFICANCE
"It is better to be back where you belong, where everyone is on the one path. That’s a lot easier than if we were to now split up and you go the wrong way again. Then I stand alone again. Good, then others will come. Some will follow, those who affirm the good, the divine, that is, they begin by affirming themselves, then the Divine appears."

"And that, dear friends, is what the Community, the Community Hour is for. Here one receives the instruction in that each person says how he already experiences truth, of which he is convinced, in himself and in those around him. The untruth must not be brought in here, certainly not the malice, nothing evil – on the contrary!"

"Here there is no talk of illness, here you must not even take in the thought or possibly believe that..."
you must speak about illness! Or think you have the right to request that the illness be treated here. No! Not even a single syllable about illness is to be spoken here."

"When you have lost the evil, in that you have received salvation, then you can say, 'That's how it was, and this is how it is now. But it only began when I really began to believe and really detached myself from evil, when I did not want to have anything in common with it anymore!'"

"How many times have I said it here today! But one can't say it often enough: 'Only then did it begin, I felt this and that in my body, the current flowed through my body, just as I have so often heard.' It is not magic; rather it is quite natural. That is how God ordained it. That is His current. He sends us these, His rays!"

"It should be talked through sentence by sentence in the community and explained. Pay close attention to every word. The leader has to be completely calm. When there is inner peace, everything works out well. I love calmness, order, peace. Restlessness leads to disorder and discord. We learn from mistakes."

"There must always be peace – that is where I can work. If everything is in a muddle, the blessing is gone. The power works best where love and peace of heart reign."

REQUEST FOR SUCCESS REPORTS

"This is the growing Work. And it can only grow when you have gathered experiences within yourself."

"An old saying: 'Many hands make light work.' That means that the building will be finished. And that is the case here, as well. This Divine Work is in the making again, and there are many hands which belong to this project, which are to work on it as it is already in the making, so that it will and can be completed. But the material needed for this is the material that those of you who have received the healing, the good, also contribute by confirming this in writing. And this written confirmation is the building block of this great Divine Work, not only on German soil, but on the whole earth."

"With every piece of writing you contribute to it; on the one hand because I see my reward in that, and on the other, because with that many, many people can be helped more and more easily. This can be seen as a building block for this great Divine Work on this earth, needed to complete this Work one day, so that all people can be admitted into this Work, so that all people on earth can then receive help and healing."

"I ask you to check exactly to what extent one or other person got well, and then I ask you to send me a report, a report with medical attestation."

"Then I ask you again, as soon as one or other of you has received their health, submit this to me in writing. Please do not forget to have a thorough examination, so you can enclose the medical report. I also request that you include in your testimony signatures of witnesses who were aware of your illness."

THE END

"If you now follow what is good, if you now do everything good for yourself and for your neighbor, you will be rewarded by the good, you will be rewarded by God. You will notice the success yourself. And that, dear friends, is what I wholeheartedly wish for you all. I know that you will follow the good, that you will follow God, that you will be infused with happiness. By happiness, I mean everything good concerning you, and that you feel the good however you receive it during your time here, during your life on earth. And now to conclude, dear friends, so that you too can understand this little wisdom of life, I say to you:

Love life – God, God is everywhere."
With a pure heart and full of love, treat others the way you would treat yourself.
Bruno Gröning

You will have felt that you have become a different person, a new person.
Bruno Gröning

Trust and believe! The divine power helps and heals. I do not believe, dear friends, that it is possible to say it any more clearly than that.
Bruno Gröning

Whoever wants to take this path must do good, he must be good, good to his fellow human beings, not in words but in deeds.
Bruno Gröning