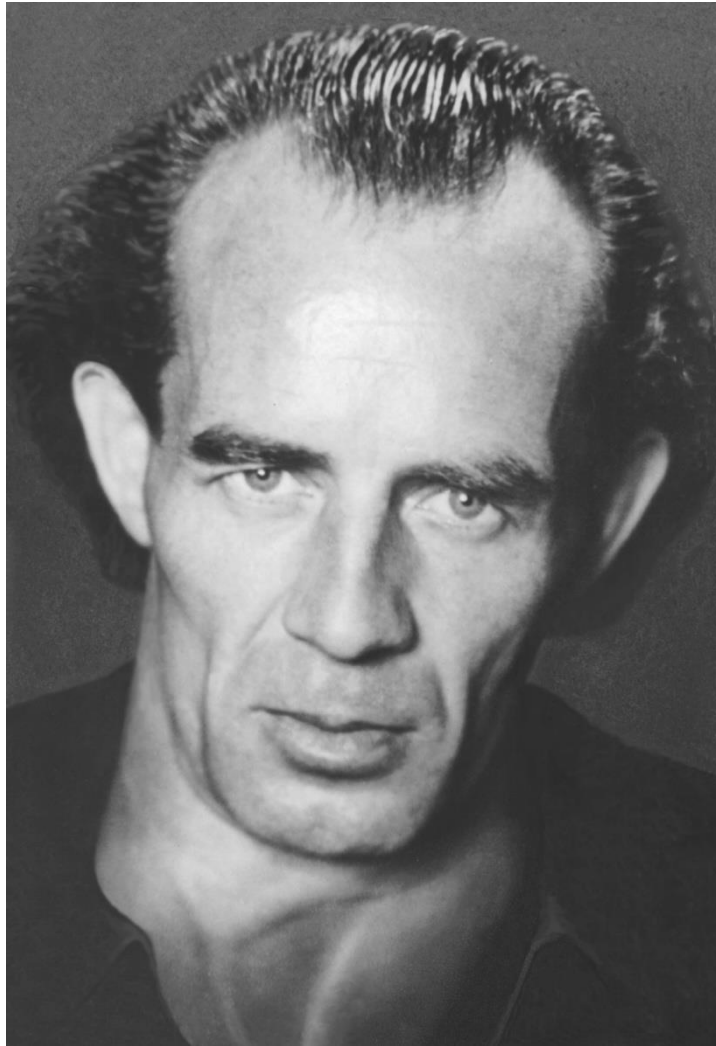


## **Bruno Groening – a true helper**



**God has given us life: our responsibility to Him is to maintain this life. When you are in distress, you always call out for God ... and that you should do...**

**I have always said: "I am here and everywhere at the same time". By that I do not mean that I am God. No, I am merely His humble servant. But I will support people with advice and help, and show them the way of good. Therefore, all you need to do is to call for me, and I will be at your side at once. Not in person, but in spirit. If you ever have pain, call for me, and what will happen, will happen.**

**Bruno Groening**

## Introduction

This little book is about Bruno Groening; about how to get in touch with him, and what he can do for you. On the first few pages I have written a little of the history of this great helper, and you can read much more on [www.bruno-groening-stiftung.org](http://www.bruno-groening-stiftung.org). There you will also find 137 photographs from his life. (\*Bruno's surname – Gröning – is written in English as 'Groening')

I clearly remember my own reaction when I first saw his picture; I just wanted to get started as soon as possible with whatever he could teach me. I instantly knew that it was something so pure, so right and so important that I could not wait. *'I had been waiting long enough, this was IT'*. And it soon proved to be exactly that, namely the energy of 'life itself' that I felt entering my body as soon as I began to contact him. I could feel it in my hands, in my legs and in my skull. When the divine power enters the body, a healing regeneration starts and all kinds of illness is cleaned out.

I found Bruno Groening 16 years ago, and during this time I have received much help and healing through this powerful helper, and have learned something about how spirit controls matter. The feeling I have had throughout my adult life; that I had to find my own way to God, has been confirmed, and my decision to reject religious dogma, as I did in my twenties, was proved right for me.

To gain help and guidance through Bruno Groening has nothing to do with religion, but it has to do with our own relationship to God, and with how we approach our life.

So, if you feel the same way as I did, you can jump to page 6 to read what you can do in order to get help, healing and divine guidance!

## Bruno Groening (1906 – 1959)

**There is much that cannot be explained, but there is nothing that cannot happen.**

Bruno Groening

From 1949 until 1959 Bruno Groening helped thousands of people who were seeking help and healing for their illnesses. Mass healings took place when Bruno spoke to the great crowds who gathered, as in Rosenheim, in southern Germany.

Thousands of people experienced healing from their sufferings, receiving the divine healing power through Bruno Groening, and just as many received essential help and guidance in many different ways.

In these important times for mankind, Bruno Groening is still a helper for anyone who wants to contribute to the 'new world' and to human survival.

**"Everybody must die, and so must I, but I will not be dead. When someone calls on me I will help them, and I will continue to help as long as God permits!"**

This statement from Bruno Gröning has been proven thousands of times, so I have to draw the conclusion that - Yes, Bruno Groening's spirit is still helping mankind.

**"If people had listened to the message 2000 years ago, I would not have had to come".**

Bruno Groening

**Bruno Groening** was born in Danzig-Oliva on the 31st. of May 1906, as the fourth of seven children. He lived his life in the Consciousness of Christ. As a little child, he had a calming effect on people and animals. He did not take part in the wild games of the other children, and was considered a loner. He became ill with diphtheria as a young boy, but did not want the doctors' help, and just lay on the floor for a whole year. He was not expected to survive, and was even given the last rites, but the illness eventually left him and he regained full health. That was his personal battle against evil - he listened only to God's advice, and he won his battle.

He went to school for 5 years, and then started learning carpentry, but never became fully qualified because the factory went bankrupt shortly before his final exam.

Bruno had many different jobs, and was always considered to be a skilled and helpful companion. Throughout this early part of his life, he often healed sick people, but hid the fact that it was actually 'himself' doing it. He just said that he 'knew someone who could help', and told the person that he or she was not sick, and would get well – and it happened!

In 1949 Bruno Groening became widely known because he healed a young boy who suffered from muscular dystrophy. From that day on and until his death, people

flocked around Bruno everywhere. Thousands of people regained their health. Many of them are still alive today, and they testify that their healings have persisted throughout their lifetimes.

Bruno Groening did not give treatments, **'because illness should never be given any attention'** He spoke to people, and they were spontaneously healed. He did not want money for his work, explaining that God's power cannot be purchased. His purpose in life was to help humanity: to make us understand that we really make our own destiny, for good or ill. He had chosen as his task to build a bridge between humanity and God, or as some prefer to say; 'the Great Creative Force'.

In the year 1949, up to 30.000 suffering people gathered on a stud farm in southern Germany, waiting patiently for a week for Bruno to come. He arrived, and the happenings before, during and after his stay there, can only be described as miraculous. Blind people became able to see again, lame people were enabled to walk... How is it that there is nothing in the history books about all these happenings? One might very well ask...

Due to intrigues and resistance from the medical profession, Bruno Groening was soon prohibited from healing and he was not allowed to help people publicly, although he never asked for money for the healings. He always said that he was God's little servant, and that all thanks should be directed to God. But as so many times before, peoples' greed and jealousy came to the surface. Slander and rumours about him were given to the journalists, and we all know how the newspapers print things in order to increase their sales! Therefore, private groups were formed, who invited Bruno Groening to come and speak privately with them, and in this way he was able to help people, but not on such a large scale as he might have done, had he been treated fairly.

***"Everybody must die, and so will I, but I will still be alive... And if someone calls on me, I will come and help, if God permits!"***

These words from Bruno are not only words, but a reality. Generations of materialism have affected our ability to know and to receive *Gods 'healing stream'*; the universal healing energy - it has just been forgotten. Bruno Groening teaches and reminds us how to receive it.

Somehow it is as if Bruno Groening regenerates our spiritual memory, he presses a button, and divine help comes through and we become open to divine guidance.

Early in his life, Bruno became convinced that he was stronger than evil, and he proved it many times. He told people that Satan exists and does everything to prevent us from finding out that we are made in God's image. He knew that all the sufferings in the world come from the lack of this understanding, and that illness comes from lack of trust and belief in love. Bruno Groening could see right through people: he saw their illnesses and he knew instantly what kind of evil they had absorbed, but he never blamed nor shamed anyone for that. He said: "**It is evil that led you to me.**" By saying that, he meant that people needed help because they were suffering, not that they had the devil in their body, although that could be true in rare cases. He said; "**give me your illness, for you are sitting on it**". In the 1950's such a statement was difficult for some people to understand, like the confused lady who said: "*... but I do not have hemorrhoids!*"

I think that people today can better understand what he meant, namely that we get sick from thinking negatively too much, and from acting on it, too. That does not mean we think like thieves and murderers, but that we **worry** about getting sick, about our children, we listen to gossip, and we exchange it, we think badly about others, we are jealous, greedy and egotistical. These are matters that we are not meant to carry in our minds, and they should not steer our lives, because they make us sick. They can also lead us into really bad conduct and consequences. In that respect we may carry evil with us all through our life. When we return to the spiritual world, we will truly regret it if we in life had not listened to our consciousness, to our inner voice, that we did not search for God within ourselves. Instead, many of us have only nurtured our own self-righteousness and have never looked any deeper.

Each time a person is healed by God's power through Bruno Groening, the evil links attached to the illness are deleted, and a gift of grace is given to the person. This is a gift from God, given through his great helper Bruno Groening, as he was called when he lived here on earth.

Looking at pictures of him, people have thought that Bruno Groening was suffering from a severe goitre, but that is not exactly the case. The divine power that he forwarded to those seeking help was somehow assisted by his greatly enlarged thyroid gland. When he spoke to the masses, his neck became enlarged, and then he felt immensely well. He was able to transmit the healing power through this remarkably developed and specialised organ. His powerful voice also became charged with the healing power as it passed close to the thyroid . (In Africa it is known that a person who has such a neck has a huge gift and a natural authority.)

*“His eyes look straight through me,” He looks dangerous,” “I dare not look at him”* - these are typical words from some people when they see his picture for the first time. They are actually looking at their own fears, because Bruno looks right into your soul and he knows what your fears are, so that is why you might feel afraid when you look at his picture. You can actually see or feel that he is alive: you are not looking into a dead man’s eyes, because, as he promised before leaving this world; he is still very much alive in the spiritual world, and is in contact with thousands of people today. There is always room for one more person within his circle of charity. Since you are also a spirit AND a human being, your spiritual part recognizes the spirit of the soul whose name was Bruno Groening when he lived in Germany, from 1906-1959.

Bruno said: **‘Trust and believe, the divine power helps and heals!’**

God equipped our body with white blood cells, and provided them to destroy any malign invaders that might come our way. Why don’t we trust that? If we think that we might get sick, e.g. because we have been in a house where there was influenza, we tell our body that with our thoughts and they create feelings in the body. So the white blood cells get confused, and our strong mind thinks the same thought over and over again, until we may even get our ‘expected’ influenza. It does not help that we think *“I must not get sick!”* Our minds are filled with fearful thoughts of sickness, and they will win again, it is demonstrating ‘mind over matter’. Throughout generations, we have allowed negative thoughts to become the rulers over our body, and our natural instincts are more or less gone, taking our natural protection and life-stimulating powers with them.

### **Spirit and science**

Bruno tells us to become aware of our thoughts, and to let go of the negative thoughts the same second they enter our mind - or even better; they should not enter our mind at all. Today I think maybe we know more about how our own and others thoughts affect us, than we knew 60 years ago. Therefore Bruno Groening’s words are becoming easier to understand as we move into the New Age.

Much is written about how good positive thinking and affirmations are for us, and the latest news is that some Russian scientists have proved that we can talk to our DNA. Quote: *‘There is evidence for a whole new type of medicine, in which DNA can be influenced and reprogrammed by words and frequencies so*

*that there is no need for cutting out and replacing single genes'*. This means that we can talk with love to our organs, and contribute to their (our) healing. Many of us have known about this ability, but it is very nice that scientists now come to the same conclusions, don't you agree?

Only 10% of our DNA is used for building proteins. It is this subset of DNA that is of interest to Western researchers, and it is being examined and categorized. The other 90% is considered "junk DNA." The Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore that other 90%. Their results and conclusions are revolutionary!

When it comes to the question about what gives life to our cells, I think that we all, at some point in the future, will have to accept the fact that spirit is above all, and that spirit creates the material world. The good thing is that we are spirits first and last, and that, while in a physical body, we have our free will, and can decide what we will believe and think. Our thoughts are powerful tools, and we should be more aware of the thoughts that we take in, that we allow to affect us and thereby also affect our surroundings. We should become more humble, and realize that our ego actually is not helping us much at all on our spiritual path, because what we need is love, plain and simple. Charity is what Bruno Groening showed to his fellow man when he lived in our physical world.

**This is what you do:**

Sit down peacefully. If you cannot sit, it is o.k. to lie down, but it is very good to sit and have your back unsupported and free. Let go of all thoughts about what you have been doing, and what you are going to do later today, or tomorrow. Let go of thoughts about problems you think you have. Just BE, and let the brain rest. Sit with your feet on the ground and put your hands on your thighs, palms facing up. Do NOT cross your legs or arms, and your hands should not touch each other. If you sit with other people, be aware that you should not touch the other people physically. This is because we all get the appropriate healing individually, and uniquely for each person.

The next thing you do is to contact Bruno Groening, and tell him that you want to be connected to the holy power, to God's healing power. You can do it mentally, you can form a sentence in your mind or you can say it aloud if you wish, or you can do it

simply from your heart. The important thing is that you use your will-power, for it must be something that you honestly want to do.

What immediately happens is that the healing power starts to flow into your body. You might feel it as a current of warmth or cold, or as something else. Let it happen, do not worry or think about how this can happen, because it is not for the mind to understand. It is a gift from God, a gift that we are all entitled to - because we are alive.

The next amazing and wonderful thing you shall do, is to **give all your worries**, sicknesses, diagnoses or whatever it is that is keeping you from living your life to the full, to Bruno Groening. **“Give it to me, because you are sitting on it”** Bruno said. So now, mentally, gather your worries and put them into a waste bag and give it to him.

Do not think that it is bad to give it away to someone else, because Bruno is not just someone. If you give it to another person, in the sense that you talk about your problems, sicknesses or other negative issues, that’s not good, because then the person you tell it to, carries it on, and these ‘worry-waves’ spread like rings in the water, affecting many other people. All things, good or bad, that we give attention to, are somehow being kept alive, or ‘maintained’ ... and by talking about it to someone, we do just that, we perpetuate it.

But to give your worries to Bruno Groening is something quite different. He wants you to do it because he knows what the burden is, where it comes from and what he can do with it to make it disappear for good.

Your challenge from this day onwards is to remember that you have given it away. Do not take it back again by thinking about it, because then you sink back into the old loop of thoughts and negativity. My advice is; if you discover that you are thinking about it once more, remind yourself that you have given it away; “Oh no, I need not worry about that anymore, because I have given it to my friend who can and will help me to clean out whatever it is that has rooted in my body and mind. All I have to do is to take in God’s power through my friend, Bruno Groening, who is a transformer of the divine power. Of course it is OK to give it away to him several times, but he heard you the first time, and a process has been started, so trust that...



To obtain healing the spiritual way is not something that is entirely unknown to us, but we have just forgotten all about it; we have to learn it over again, and Bruno Groening teaches us how. The most important thing we have to learn is ***to have trust and to believe:***

**“Have trust and believe, the healing power helps and heals. There was a distance between God and man. I have built a bridge across that gap, and I invite everybody to come on to this bridge.”**

These are powerful words left to us by Bruno Groening.

No one should do this just because somebody else recommends it. Nobody should be talked into doing it. It does not work that way. It works uniquely in each one of us, and each one of us has our own path, our own thread in the tapestry of life, and we all have our own free will. It is all about you, YOU have to convince yourself. Try it, if you feel drawn to it, or if you are curious, and find out for yourself. I just want to give the information to as many people as possible, because such a good thing is very much needed in the world, and there are many seekers out there.

The thing is, that you may not always know what you are looking for until you find it! So maybe you are not able to put it into words. That’s how it was for me, anyway...

Just sit down and make contact with Bruno Groening. Let the stream of healing power find its way. Do not be alarmed if you don’t feel anything, because it is not necessary to feel anything in particular. It often happens that sensations occur, or even pain, it can be severe pain, or you may have to run for the toilet. Do not despair. It does not last long, and it is only the physical evidence that the process has started. Do not start thinking too much (rather, not at all) because thoughts interfere with the good work that is happening in your body. Know that the power is so strong, but at the same time so gentle that it can remove your health problem – and there is plenty enough of this power, for it never ends, there is no shortage ... Allow it to happen.

I hope that I have helped you see how simple it is to come into contact with Bruno, and that you only have to trust him. Spirit rules over matter... Bruno Groening is a powerful transformer of the spiritual healing power, and he is a transformer who forwards the spiritual power from God giving specific, individual help to each person

making contact with him. Sit in an open posture, not crossing your arms or legs, with hands on thighs, palms facing up. Do not strain yourself, but relax and enjoy this time of the day. Maybe you feel slight sensations in your body, maybe a kind of electricity in arms and/or legs; warmth, cold or something else. Sit for ten minutes or more, as often as you like.

Do not judge, just sit and be happy and confident! You are in contact with a soul who has a specific task, who only wants your best interests, someone who you can really trust, who will help you.

If you are feeling pain or discomfort, be assured that it is fine, it is actually very good, it is just like it should be, it is merely '*regulations*', - a healing reaction - it is the cleaning, draining process. These regulations can also be felt like a diminishing, a reduction of the sickness you have given away. You may feel sick, you might throw up or even get symptoms of illness... But do not worry, it is only the cleansing that has started.

## **I was healed**

In 1999 I had an illness that the doctors could neither heal nor diagnose. I got very sick with a high fever for a week, plus swellings and skin rashes, after living too long in a house with water damage. I was placed in isolation in the hospital, and many doctors examined me. After I had been tested for all kind of illnesses, including HIV (!) they lost interest in me. I got some relief from herbs that I had smuggled into the hospital, and I was sent home.

I had acupuncture and healing, which helped for the blood pressure and weakness, but I was still not well. Two months later I found Bruno, and for the next year or so I felt pain in my left kidney each time I sat down to receive the power. My left kidney had always been weak. After that year I have never felt pain there again, and I do not need to get up during the night. Eight months after I found him, I attended a Bruno summer healing camp, where my illness was fully 'cleaned out'. I got acutely sick, with vomiting, fever, and skin rashes as before. But after 24 hours I was completely regenerated, and have never had any symptoms again.

Bruno Groening, who called himself 'Gods little helper', wants to help us, and he impartially helps everybody who asks him for help and really wants it: not only in the mind, but sincerely from the heart.

Do not think about how, or in what order healing may happen, or how long it takes. A problem that has manifested in the human body may need a very long time to be cleansed. Do not have any strong opinion about the healing process, just 'go with the flow'. It may even go quickly...

By having too many questions in your mind, you might prevent the good power's help. This is because the **mind cannot possibly understand** what's happening, spiritual gifts can only be gratefully received, not intellectually understood. You cannot find an answer by thinking. Let go of thoughts in order to be open to the healing; leave your senses 'on hold'. Do not bother your brain with the problem; throw the problem out of your brain. Let the brain rest. Tell yourself that you are well taken care of: that you are safe, that you can stop fighting and allow the healing.

'Allowing' in this sense, means to have confidence, not to demand anything, and to just be thankful.

Bruno always said: **"Do not thank me, thank God, who is the only healer"**.

Bruno saw right through people, he saw their past, their future and the cause of their illness, he also knew the date a person would die. He still sees through us. You may have already felt it. Some people think he looks 'dangerous', but that is only because they are seeing their own fears, mirrored and reflected back to them.

Looking at this man, Bruno Groening, who lived in a time of great poverty and misery, it is hard to understand that he never felt tempted to become rich and famous, to enjoy the material power that he could have had. Talents like his could give a person great power, but he was not even slightly interested in that. He wanted and still wants to help people to come on to the bridge that he has built between man and God, well aware of his part in the struggle between good and evil. He said; "I am the person who sows peace on this earth, again and again, and who will also harvest it. I am not 'Groening'... That is (only) the name people have given my body. But who I really am, people will not recognize ... until my body is no longer here."

**”I call for a great turnaround! Come up and cross over, I have built a bridge for you. It is a bridge that leads man away from the path of suffering onto the divine path”.**

Many of us recognize words spoken by religious leaders and clerics and their demonstrations of power. Let us forget about that, it belongs to the past. Look within yourself, where the divine is hidden. With the help of Bruno, our own divinity no longer need be hidden; it is time that we recognize our own divinity. Bruno allows us to experience God’s power and to learn that God really is within us, and that contact to God within us may grow if we let it happen, and if we understand the laws of nature and charity.

**”I will help and heal: - I myself do nothing, but I know that the powers flow to me, and that I can make use of this to heal people.”**

And you and I can say: *“I want help and healing and divine guidance, I know that the divine power flows to me from the transformer I am connected to, and that I can receive help and healing”*. Bruno keeps his promise, and I think you will be pleasantly surprised at how quickly help arrives.

When you sit and ‘tune in’ to the power, it is easy to search your mind for logical explanations, to rack the brain for understanding. Do not do that. Trust that you have a channel, tailored especially for you to receive spiritual power; and have faith and confidence that it is perfect; trying to understand it intellectually will only stop the good process.

Bruno recharges your battery, and you will always be able to obtain the power by contacting him. He also said, **” A person who I have once been in contact with can always get in touch with me again for the rest of his or her life”**.

**Bruno can help you with things other than health.** You may ask him to help you with practical matters, e.g. with exams, or to lift something heavy or to make the garden look nice. Such experiences will make you realize that spirit really rules the matter.

But never 'pray' to Bruno as if he were God, just talk to him as you might do to *a good friend*. With this helper in your life you will experience what can be called divine guidance, not just any kind of help, but the right kind of help which will make you become the person God meant you to be.

Be aware of your mental blockages, and each time you discover doubt or frustration because you can't understand something - give it away to Bruno, so that your channel is open again. Make your doorway high and wide. Forget all irritations, and give them to Bruno, and give him your doubts.

Bruno says: "**If you cannot believe, then I will believe for you, and if you cannot pray, I will pray for you.** What do you say, how much better can it get? I ask. But, you must ask him for the help yourself, it does not happen automatically.

After all, we are the ones who are the pupils here. Bruno is not in danger, but we are.

When you talk to your helper, you do not need to form words, as long as you have your prayer in your heart.

Days may come that are extra challenging, as they do for all of us. When this happens, you can ask Bruno to be with you, to take your hand and walk with you, just like you would ask a sister or a friend. The difference is that you do not see him with your physical eyes.

## **The choices we make**

All day long we make choices, some more important than others. Some of them we are conscious about, but many choices we are not aware of, we do not even know that we make them.

I will give an example: Maybe we get a negative remark from someone, so what do we do? Often what happens is that we take in what is being said, we get a feeling of being unjustly treated, it feels bad, but we hide that, and we start to think about what we might answer in order to defend ourselves. A lot of decisions are made in no time, and they are made from an old defensive pattern in our mind. Depending on who said it (what the person means to us), and how much it hurts, different 'grades' of 'punishment' may very well start to build up in our 'defense system'... But what if we had not 'taken in' the remark? What if you were able in a split

second, to see the ‘flavour’ of this saying – and see that it was dark and hurtful; and what if you were able to let it fall on deaf ears? Then no answer would be required. For as soon as you choose to answer, you signal to the other person that you have accepted their challenge, and you are in the ‘fight.’

This is just an example of choices we make without being aware of choosing. But it is not impolite to choose not to answer nastiness. It is the only right thing to do. Work out how to see what is offered to you, and become more selective about what you take in, in order to receive only the best for your soul and for your spiritual development.

### **Our thoughts and what they do to us**

We tend to think that the thoughts we think are our own thoughts. They are not. They are sent to us, and it is up to us whether we take them in or not. This is another important part of Bruno Groening’s teachings. This fact is widely contested, because most people would claim that their thoughts are their own ‘personal property’. But we are a result of all the thoughts we have taken in throughout our lives. The power of thought has shaped us, given us the place we have in the family, in society and in our work. We have exchanged thoughts with others and have thus shaped our history and everything around us. It happens all the time, we are all writing history together. We may believe that our thoughts are our own creations, but it is not true. This fact could create hopelessness, a feeling that that we cannot steer our own path, that it does not matter what we do. But the truth is that we can, by choosing which thoughts we want to take in and to accept as our own, and which thoughts we let fall on deaf ears. Those things we give our attention to, we also give energy to. Be aware of what you give your energy to!

Thoughts and opinions that we take in, we somehow pass on to others. Bruno Groening teaches us how evil thoughts can build up and lead to violent actions and even make us do things that no-one would believe. An example from the real world: A man, whose neighbor had a dog, got irritated because the dog came roaming around in his garden, although not harming anyone in any way. It happened several times, and the man told his neighbor that he did not like it. But it happened again, and the man got really irate. He warned his neighbor that he would shoot the dog if

it happened again. He took in a lot of irritation and hate through his mind, it grew and grew, and the man let it grow. One day the bucket was full. The dog came into his garden again, altogether maybe 20 times. The man had seen himself, in his imagination, so many times; shooting that 'damned dog' (a dear 10 year-old Labrador, family dog) so he took his gun and actually killed the dog! That story really reminds me of Bruno Groening's teachings about evil thoughts and what they can do to us; we take in what we accept, and then we act upon our own will. The man let evil drive him to this action, so evil had taken over. This man, himself a dog owner (!) was probably also astonished afterwards, that he had been able to kill his neighbor's beloved family member. Hatred made him do it, and self-righteousness. He actually had the law on his side – a law over 100 years old in Denmark - saying that a landowner can shoot animals that stray over their land.

What we take in, we pass on to other people; maybe not right away, but eventually, it is a law of nature. A good example is gossip; 'nothing' travels faster than that, right? Most of us recognize it; we hear of some scandal, and we pick up the phone, and the first thing we say is. "have you heard about this?" Very soon everybody knows, and it is the 'theme of the month', and every little detail, true or not, is being taken in and passed along.

Bruno Groening was a victim of gossip and false rumors in his lifetime, that ruined his plans to build healing centers, but he never acted upon it. We all know about the attitude "do not think that you are better than us!" Doctors, politicians and journalists all did their best to throw dirt on to this little man, who had only one task, one wish for his life; to help humanity back on to the right track.

This is the thing; we need to be in contact with the spiritual part of ourselves, because without this vital contact, we tend to move in a wrong direction. We all know that material things do not last, we observe that with our own eyes, nevertheless we tend to base our lives upon them. That is very shortsighted of us.

### **My own experiences of help via Bruno Groening**

'Cleaning out' of diseases, including cancer, help for my children, for my grandchildren, for strangers, being in the right place at the right time, gaining more inner peace, trusting the good in people, help with a stuck toilet, help to get rid of a smell in my flat, help for a sister who had a cancer diagnosis, help with an acute dog

leash problem, help in traffic, help with gardening, getting things done in an astonishingly easy way, help when lifting something heavy, help in a banking matter, help at work, with personal development and much, much more.

*There is a lot of information about Bruno Groening on the internet. at [www.bruno-groening-stiftung.org](http://www.bruno-groening-stiftung.org), where you will find a lot of pictures from the time he lived.*

### **How I found Bruno Groening:**

After I had studied yoga, herbs, vitamins and minerals and all kind of alternative treatments for many years, I happened one day to find a picture of a man in a magazine, a portrait. His eyes were intense and kind at the same time, and they went through me. I could not take my eyes off the picture, because it was so 'alive'.

I had been planning for some time to start a meditation group, and several of my clients were waiting for it to start up. I could not get started because I wanted something meaningful, and I had no interest in having a group where people would casually talk in the breaks about all kind of well-meaning rituals and beliefs and treatments that so many people found interesting to discuss.

Later I understood why, because Bruno says: "You people try everything. You say to each other; 'Oh, you must try this', and 'have you tried that?' STOP trying, and do what you need to do, allow the power of God to enter your body and mind". I finally knew what my 'meditation group' should focus on, namely 'the real thing', no more experimenting, no more intellectual talk, no more opinions.

The minute I saw Bruno Groening's eyes, I knew that I had found something unique and special, something real and true. I read the article about him, and I sat down, with my arms and feet apart, hands on my thighs, palms up, and thought of this man, asking him to connect me to God. I now know it is not a secret, nothing new, but is something that I had just forgotten. I immediately felt a kind of electric stream in my hands, especially in my left hand, and a tingling feeling up my spine, and I felt a pressure in my temples. It was a new feeling, and it was very concrete, very real. A real sensation, as if Life itself was entering my body. 'I have to know more', I thought. I had found Bruno Groening, the helper who teaches everybody who asks, that we are spirit in a body lent to us by God. I felt those things in my body, but in addition to that, I grasped something that I cannot put into words. It is of another realm, it is spiritual, very real, very near to me, like waking up a part in me that had been lying dormant throughout my whole life. Now I know that it probably has been dormant throughout many lives. I feel it is urgent that I acknowledge it and begin to trust it and use it in my life. I had found my helper. It is that simple: once you have seen him and made contact, he is your helper whenever you ask.



Instantly I knew what kind of group I would start.

A silent group, where each person would start a new path, each walking their own way, but doing it together, each one of us using this divine helper to take the first steps towards a better life and a new understanding of who we are. Not necessarily an easier life, but clearly better in so many ways. A silent group, because we are about to learn to focus in a different way than our life so far has taught us: not the linear, intellectual way, but the spiritual way. We were not to start going to the church, but to go inside, within our own heart and soul, to find our divine spark, to believe and to have trust. Man is waking up to understand that we are, first of all spirit, and that the real world is the spiritual dimension. We live in the physical world as spiritual beings, just like everything that God has created.

This book is my way of telling about what I have learned and understood about Bruno Groening, and some of what I have experienced during the 16 years since this helper came into my life. I more or less quit the alternative medical work, because when you know that you finally have found something 100% true in life, you cannot continue to support beliefs that are only 80%. If I listen to clients telling me about their sufferings, I give my attention to something that is not authentic, but symptoms of something else, coming from the dark side. We are all 'in it up to our necks', for we all believe in sickness, we live from it, we give illnesses names, organizations, medicines - every house has become a hospital in our culture... Everybody talks about their problems, continuing to pay attention to these problems and thus boosting and magnifying their malign hold on them. We often listen to it, because it is our friends and family speaking. We take it in, and we pass it on to the next person we meet, exchanging energy, even stealing energy from each other. We are drowning in this toxic brew, and at the same time our scientists try to solve all the problems in their way, splitting everything up into smaller and smaller pieces. Yet Science never looks at the whole picture, the wholeness of mankind, the whole person, the humanity of the human beings.

I wish you an exiting new life on the spiritual path of your soul with the helper Bruno Gröning!

You are welcome to contact the author of this little book. You are welcome to tune in with me and many other Bruno Groening-friends on our net-meetings.

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