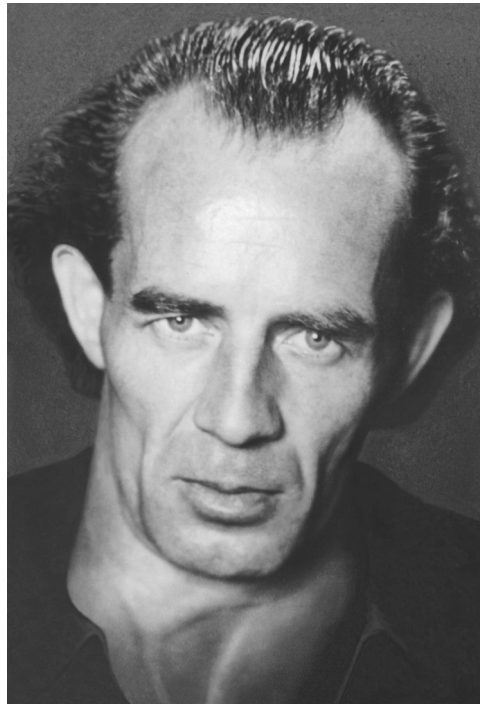


Bruno Gröning - a true helper



This little book is about Bruno Gröning, about how to get in touch with him, and what he can do for you. On the first pages I have written some of the history of this great helper, and you can read much more on www.bruno-groening-stiftung.org. There you will also find many pictures from his life.

I remember my own reaction when I first saw his picture; I just wanted to get started as soon as possible with whatever it was 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 life itself entering my body as soon as I began to contact him. I could feel it in my hands, legs and in my skull.

This is now 20 years ago, and all these years I have received much help and healing through this powerful helper, and

moreover, I have learned a lot about how spirit rules matter. The feeling I had inside me throughout my adult life; that I had to find my own way to God, has been proved, and my decision to reject the clerical ‘truths’ as I did in my twenties, was right for me.

To gain help and guidance through Bruno Gröning has in my opinion nothing to do with religion, it has to do with our own relationship to God.

So, if you feel the same way as I did, jump to page 7 and read how you do in order to get help and healing and divine guidance!

Bruno Gröning (1906 - 1959)

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

Bruno Gröning

From 1949 until 1959 Bruno Gröning helped thousands of people who were seeking help and healing for their sicknesses. Mass healings took place when Bruno Gröning talked to the masses who had gathered in Rosenheim, Germany.

Thousands of people experienced healing from their sufferings by obtaining the healing power of God through Bruno Gröning, and just as many have received help and guidance in many different ways.

"Everybody must die, also I, but I will not be dead. When someone calls me, I continue to help as long as God wants me to!"

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

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

Bruno Gröning

He was born in Danzig-Oliva on May 30th.1906, as the fourth of seven siblings. His father was Polish, his mother was German. Already as a little child he had a calming effect on people and animals. He did not want to take part in the wild play of the other children, and was considered a loner. He got sick with diphtheria as a young child. He did not want any doctors' help, and lay sick on the floor for one whole year. He was not expected to survive, and was given the last oil, but one day he stood up, completely healed. He had won the battle over evil because he only listened to God.

He went to school for 5 years, and then he started a commercial apprenticeship, later carpentering, but he never got the journeyman, because the factory went bankrupt short before his exam. Bruno had many different jobs, and was always considered a skilled and helpful companion. All this time he often healed sick people, but hid the fact that it was actually himself who did it. He just said he knew someone who could help, and ,told' the person that he/she was not sick, and would get well - and it happened!

In 1949 he was widely known because he healed a young boy who suffered from muscular dystrophy. From that day on and to his passing over, people flocked around him everywhere. Thousands of people got their health back, and many of them testified that the healing stayed with them throughout their life. Bruno Gröning did not give treatments, **because the illness should never be given any attention.** He spoke to people, and thus they were spontaneously healed. He did not want money for his work, claiming that Gods power is not for sale. His purpose in life was to help humanity. To make us understand that we really are our own fortune. He had chosen the task to build a bridge between humanity and God.

In the year 1949 up to 30.000 suffering people gathered on a stud farm in Bayern, waiting patiently for one week until Bruno came. The happenings before, during and after his stay there, can best be described as miraculus. Blind was able to see again, lame could

walk. How come there is nothing in the history books about these happenings? One could very well ask.

Due to intrigues and various resistance from the medical profession, Bruno Gröning was prohibited his actions, he was not allowed to help, although he never took money for the healings that happened. He always stated that he was Gods little tool, and all thanks should be directed to God. As so many times before, peoples' greed came to the surface, bad reputation and rumors about him was given to the journalists, and we all know how the newspapers print anything in order to increase the sale, and he soon got a written ban from the authorities against healing. After that groups were formed, to whom he was invited to come, and in this way he was able to help, but not in a scale as he could have done had he been treated fair.

"Everybody will die, also I, but I will still live. And if someone calls me, I will come and help, If Gods wants me to."

These words from Bruno are not just words, but a reality. Generation's materialism has destroyed our ability to receive Gods healing stream, it has been forgotten. Bruno Gröning teaches us how to do it, he regenerates our spiritual memory.

Bruno Gröning was early in life convinced that he was stronger than the evil, and he proved it many times. He gave the people to know that Satan exists and does anything to prevent people from finding out that they are made in God's image. He knew that all the sufferings in the world come from lack of knowing this, and he teaches us that illness comes from lack of trust and love. Bruno Gröning could see right through people, he saw the illnesses, and he knew instantly what evil they were carrying, but he never put anyone in embarrassment for that reason. He said: "It was the evil that led you to me. Give me your illness, for you are sitting on it". In the 1950's such an opinion was difficult for people to understand, like the lady who answered: "but I do not have hemorrhoids!"

I think that people today better understand what he meant, namely that we get sick from thinking too much evil, and doing it, too. That does not mean we think like thieves and murderers, but who can deny that we worry about getting sick, worry about our children, we

listen to gossip, and we talk it, we think bad about others, we are jealous, greedy and selfish. 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 to really bad conduct and consequences. In that respect we carry the evil with us all through life. When we return to the spiritual world, we will truly regret it if we have not listened to our consciousness, to our inner voice, that we did not search for God within while we lived our lives here on this earth. Instead many of us nurtured the self-righteousness, and we never dug deeper to find true substance in life.

Each time a person is healed by Gods power through Bruno Gröning, the evil strains attached to the illness is deleted, and a gift of grace given to the person. This is a gift from God, given through His great helper Bruno Gröning. Bruno said; "I do not heal; IT heals, the power of God."

Looking at the pictures of him, people have thought that Bruno Gröning was suffering from a severe goitre, but that was not the case. The power from God that he forwarded to those seeking help, was stored in his thyroid gland. When he spoke to the masses, his neck was tremendously big, and then he felt just immensely well. His voice also became charged with the healing power as it passed close to the thyroid gland. In Africa it is commonly known that a person with such 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 claims from some people when they look at 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 you fears are, that is why you might feel afraid when you look at his picture, he is mirroring you. You can see that he is alive, you do not look into a dead man's eyes, because, as he promised before leaving the material world; he is still very much alive in the spiritual world, having contact with thousands of people. And there is always room for one more in his sacred room of charity. Since you also are a spirit AND a human being, the spiritual You

recognizes the spirit of the soul, named Bruno Gröning when he lived in Germany from 1906-1959.

He said: **Trust and believe, the divine power helps and heals!**

God equipped our body with white blood cells, and told them to destroy destructive enemies that might come our way. Why don't we trust that? If we think that we might get sick, because we have been in a home where there was influenza, we tell our body that with our thoughts. So the white blood cells get confused, and our strong mind thinks the same thought over and over again, until we get our expected influenza. It does not help that we think "I must not get sick!" Our minds are filled with fear and thoughts of sickness, and they win again, it is 'mind over matter'. Through generations we have allowed our mind to become the big chief over our body, and our natural instincts are more or less gone, taking the natural protection and the life-stimulating powers with them.

Spirit and science

Bruno Gröning tells us to become aware of our thoughts, and to let the negative thoughts go the same second as they enter our mind, or even better; they should not enter our mind at all. Today we know much more about how our (and others) thoughts affect us than we knew 70 years ago. Therefore Bruno Gröning's words are becoming easier to understand as we move into the Aquarian age.

Much is written about how good positive thinking and affirmations are for us, but even the scientists who study the human DNA, have, by the help of what is called the Epigenetic (the link between inheritance and environment) proven that we can influence our DNA with our thoughts, and that our genes thereby can generate positive changes in our bodies.

When it comes to the question about what it is that gives life to our cells, I think that we all, at one point in the future, will have to surrender and recognize that spirit is above all, and that spirit creates, maintains and rules the material world. The good thing

then, is that we first and last are spirits, and that we, while being in a physical body, have our free will, and decide what we believe and think. Our thoughts are powerful tools, and we should be more aware of which thoughts we take in and allow to affect us and thereby affect our surroundings. We should be more humble, and realize that our ego actually is not helping us at all on our spiritual path. Because what we need is love, simple and plain. Love for our next is what Bruno Gröning showed his fellow man when he lived in our physical world.

Masaru Emoto (1943 - 2014) was a scientist who found that human consciousness has an effect on the molecular structure of the water, that water could react to positive thoughts and words, and that polluted water could be cleaned through prayer and positive visualization. He proved it by taking pictures of ice crystals as they melted. We know that our body consists of 80 % water. Since thoughts affect water, our thoughts surely affects the water inside our bodies. It makes sense to me that we, for this reason, must have a huge amount of feelings packed inside our cells. I find it very interesting to experience heavy dreaming after a Bruno meeting. I can't help but think that there is a connection between the healing power and the water in my cells.

This is what you do

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

The next thing you must do is to contact Bruno Gröning, and tell him that you want to be connected to the holy power, to Gods power. You can do it mentally, you can form a sentence in your mind, or you can say it loud 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 you honestly want to do.

What immediately happens is that the healing power starts to flow into your body and mind, your heart and soul. You might feel it as a current or warmth/ cold, or 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 all are 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 Gröning**. "Give it to me, because you are sitting on it," Bruno said. So now, mentally, gather your worries and put them in a waste bag and give it to him. Do not think that it is bad to give it to someone else. If you give it to another person, meaning that you talk about your problems, sicknesses or whatever other negative issue, that is not good, because then the other person carries it on, and these 'worry-waves' are spreading like rings in the water, affecting many others. All things, good or bad, that we give attention to, are being kept alive, and by talking about it to someone, we do just that.

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

Your challenge from this day on is to remember that you have given it away, and not take it back by thinking about it again, sinking into the same loop of thoughts and negativity that you used to do. My advice is; when you discover that you once more are thinking about it, 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

will and can help me clean out whatever it is that has manifested in my body and mind. All I have to do is to let it go, and take in Gods power through my friend, Bruno Gröning, who is a transformer of God's power."

Of course it is OK to give it to him several times, but he heard you the first time, and a process has started, so trust that. NB: Do not ask Bruno to take it from you, it is your job to give it away.

To obtain healing the spiritual way is not something that is unknown to us, but we have forgotten all about it; we have to learn it over again, and Bruno 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 gap between God and man. I have built a bridge over the gap, and invite everybody to come on to this bridge."** These are powerful words given to us.

No one should do any of this because someone else is praising 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 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 information to as many as possible, because such a good thing is very much needed in the world, and there are many seekers out there.

Just sit down and make contact. Let the stream/ray of power find its way without your help. Do not be alarmed if you can't feel anything, because it is not necessary to feel something in particular. It happens often that pain occurs, it can be severe pain. Do not despair. It does not last long, and it is the physical evidence that the process has started. Do not start thinking too much, rather not at all, because thoughts interfere the good work that is happening in your body. Know that the power is so strong, but at the same time

so mild that it can remove your health problem – and it is enough of it, it never ends, no rationing. Admit it to happen.

Bruno Gröning is a powerful transformer of healing power, and he is a transformer who forwards the spiritual power from God giving specific, individual help to each one of us who makes the contact to him. I say it once more; Sit in an open posture, not crossing arms or legs, hand on thighs, palms facing up. Do not strain yourself, relax and enjoy. Maybe you feel small sensations in your body, maybe a kind of electricity in arms and/or legs, warmth, cold or something else.

Do not judge, just sit and be happy and have confidence! You are in contact with a soul who has a specific task, who only wants your best, someone you can trust. We know him by the name of Bruno Gröning. He did not want to be put on a pedestal.

If you are getting pain or discomfort, you now know it is fine, it is actually very good, it is just like it should be, it is regulations, it is the cleaning, draining process.

Bruno, who called himself God's little helper, wants to help, and he helps everybody who asks him for help and really want it, not only in the mind, but from the heart.

Do not interfere, do not think about how, or in what order things happen, or how long it takes. A problem that has manifested in the human body, may need a very long time to be driven out. Do not have questions about the process, just give yourself over.

By having many but's and how's in your mind, you will prevent the good power's help. This is because the ***mind cannot possibly understand*** what's happening, spiritual gifts can only be received and thanked for, not intellectually understood. You cannot find an answer by thinking. Let go of the thoughts, do not bother your brain with the problem; throw the problem out of your brain. Let the brain rest. Tell yourself that you are taken care of, you are safe, you can stop fighting, allow the healing. Allowing means in this sense to

have confidence, not demand anything, and just be thankful. Bruno always said: "Do not thank me, thank God, who is the only healer". Be grateful for the fact that you are developing your spiritual sense, and for the fact that you are just where you are supposed to be, you are moving forward, just like everything in nature is developing. Bruno saw right through people, he saw the past, the cause of the illness and the future, he also saw the persons dying day. He can still look through us. You probably have felt it already. Some people think he looks dangerous, but that is only because they are faced with their own fears.

"If man had listened to the message 2000 years ago, I would not have had to come." Bruno Gröning

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

"I call upon the big conversion! Come up and over the cleft, I have built a bridge for you. It is a bridge that leads man from the path of suffering to the divine path".

Many people recognize words spoken of religious leaders and clericals and their demonstration of power. Let us forget about them, they belong to the past. Look within yourself, where the divine is hidden. With the help of Bruno our own divinity no longer need to be hidden, it is time we recognize our own divinity. Bruno

allows us to experience God's power and to learn that God is within us, and that God within us may grow if we let it happen, and if we understand the laws of nature.

Bruno said; **"I will help and heal. I myself do nothing, but I know that the powers flow to me, and that I can use it 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 get help and healing. Bruno keeps his promises, it is all up to each person to have trust and to believe.

When you tune in and receive the power, it is easy to search for logical explanations, to engage 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 stop the good process.

Bruno has restarted your channel, and you will always be able to obtain the power by contacting him.

Be aware of your mental blockages, and each time you discover doubt or frustration because you can't understand; give it to Bruno, so that your channel again is open for arrival of power. Make your door high, and your port wide. Forget all irritations, and give them to Bruno, give him your doubt.

Bruno says: **"If you cannot believe, then I believe for you, and if you cannot pray, I will pray for you."** What do you say, how much better can it get? I only ask. But, you yourself must ask him for it, it does not happen automatically. After all, we are the ones that are the pupils here. Bruno is not in danger, we are.

When you talk to your helper, it is not that you need to form words, as long as you have your pray in your heart. You need not explain

anything to Bruno, he knows your situation from the moment you contact him.

Days may come that are an extra challenge, as they do for all of us. When it happens, you may ask Bruno to go with you, to take your hand and be with you, just like you would ask a sister or a friend. The difference is 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 are we conscious about, but many choices are we not aware of, we do not know that we make them.

I will give an example: We get a negative remark from someone, what do we do? What mostly happens is that we take in what is being said, we get a feeling of being unjust treated, it feels bad, but we hide it, and we start to think about what we might answer in order to defend us. A lot of decisions are being made in no time, and they are being made from an old defense pattern in our mind. Depending on who said it (what the person means to us), and how much it hurt, different 'grades' of 'punishment' may very well start to build up in our 'defense system'... But what if we had not taken the remark in? What if you were able to, in the split of a second, to see the color of this say - and see that it was a dark one; what if you were able to let it fall on deaf ears? Then no answer would be required. Because, as soon as you choose to answer, you signal to the other person that you have accepted the accusation, and you are in the 'fight.'

This was just an example of various choices we make without being aware of it. But it is not impolite to choose not to answer evilness. It is the only right thing to do. Find out how to see what is offered to

you, and become more picky about what you take in and what you disregard.

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 being sent us, and it is up to us whether to take them in or not. This is another important part of Bruno Grönings teachings. This fact is being contested on a wide scale, because most people would claim that their thoughts are their own 'property'. But we are a result of all the thoughts we have taken in through our lives. The power of the 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 thus shaped our history and everything around us. It happens all the time, we are all writing the history together. We may believe that our thoughts are our own product, but it is not true. This fact could create hopelessness, a feeling that that we cannot steer the development, it does not matter what we do. But the truth is that we can steer, by choosing which thoughts we want to take (to accept as ours) in, and which thoughts we let fall on deaf ears. The things we give attention, we also give energy to. Be aware of what you give your energy to!

Thoughts and opinions that we take in, we somehow give on to others. Bruno Gröning 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, was annoyed because the dog came into his garden, walking around, however 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 irritated. 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 had come into his garden again, all together maybe 20 times. The man had so many times seen himself, in his mind, shooting that 'damned dog' (a 10 year old dear Labrador, family

dog) So he took his gun and shot the dog! That story really reminds me of Bruno Grönings teachings about evil thoughts and what they can do to us; we take in what we wish, and then we act upon our own will. The man let evil drive him to his action, the evil had taken over. This man, himself a dog owner (!), probably (hopefully) also was astonished afterwards, that he had been able to kill his neighbor's loved family member. Hatred made him do it, and self-justice. He actually had the law on his side - an over 100 year old law in Denmark, saying that a landowner can shot animals (probably meaning cattle) that comes over his land from a neighbor...

What we take in, we send on to other people; maybe not right away, but it will happen, it is a law of nature. A typical example is gossip; 'nothing' travels faster than that, right? Most of us recognize it; we have heard about a scandal, and we take the phone, and the first thing we say is; "have you heard it?" Very soon everybody know, and it is the theme of the month, and every little detail, true or not, are being taken in and sent onwards.

Bruno Gröning was a victim to gossip and untrue rumors, and it ruined his plans to build healing cities, but he never acted upon the evil. We all know about the law of Jante; "Do not believe you are better than us!" Doctors, politicians and journalists did their best to throw dirt on this little great man, who only had one task, one wish for his life; to help humanity back on the right track.

Today Bruno Gröning cannot be stopped, and the word about 'Gods little helper' need to be spread around the world. This little book is my little tribute.

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