



**BRUNO GRÖNING**

*A True Helper*

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*«These are not my teachings, they are the teachings of Christ.  
If you had listened to His message 2000 years ago,  
I would not have had to come.»*

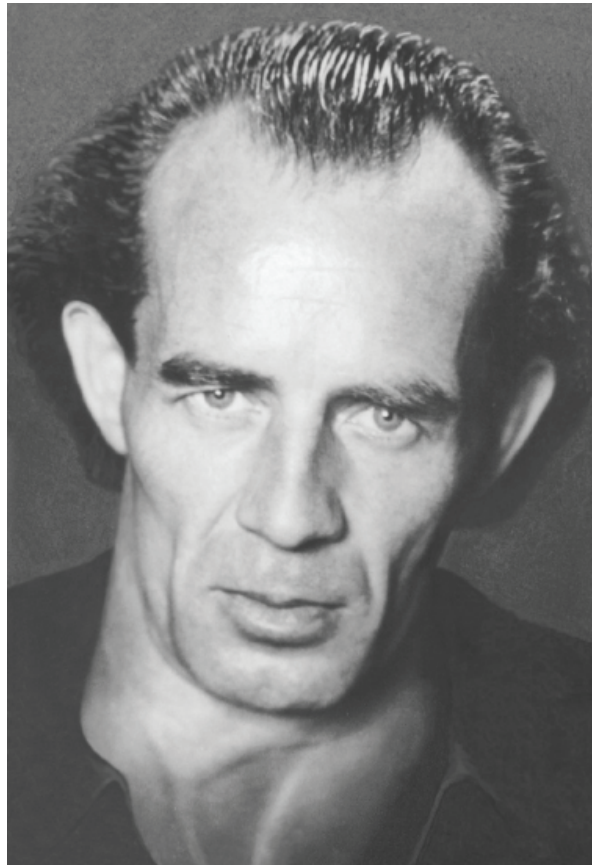
- Bruno Gröning

This little booklet is about Bruno Gröning, (1906 – 1959) about how to get in touch with him, and what he can do for you.

I remember my own reaction when I first saw the photo below; I just wanted to get started as soon as possible with whatever he could teach me. I instantly knew that it was so pure, so right and so important that I could not wait - I had been waiting long enough - this was IT. And soon it proved to be exactly that, namely, the energy of “life itself” which 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 illnesses are flushed out. I found Bruno in 1999. Since then I have received much help and healing through this powerful helper, and I have learned how spirit governs matter. The feeling I had had throughout my adult life; that I had to find my own path to God - has been confirmed, and my decision to reject religious dogma, as I did in my twenties, has been proven to be right for me.

To gain help and guidance through Bruno has for me nothing to do with organized religion, it has to do with our own relationship to God, and how we live our life.



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

From 1949 until 1959 Bruno Gröning helped thousands of people seeking help and healing. Mass-healings took place when he spoke to the great crowds who gathered, as in Rosenheim in southern Germany. Thousands of people were healed from their sufferings, receiving divine healing power through Bruno Gröning.

The world has had many healers. What is unique about Bruno is that he is helping after his departure from earth. Bruno remains a helper for anyone who need help or wants to contribute to human survival. He said: *“Everybody must die: I as well, but I will not be dead. When someone asks for my help I will help, and I will continue to help as long as God permits!”*

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

To quote the Bible: *"By their fruits they shall be known."*

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Bruno Gröning was born in Danzig-Oliva (now Gdansk) on the 31st. of May 1906: the fourth of seven siblings. He lived his life according to Christ and his teachings. As a small 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 lay on the floor for a whole year. He was not expected to survive, and was 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 that fight.



*Bruno, his mother and his siblings.  
Bruno is the second person from left on the front row.*

Bruno went to school for 5 years, and then took up carpentry. He did not get his certificate however because the factory where he worked went bankrupt shortly before his final exam.

Bruno had many different jobs, and was always considered a skilled and helpful companion.

Throughout this early part of his life, he often healed sick people, but he hid the fact that it was actually he himself doing it. He just said that he 'knew someone who could help', and told the person that he or she was not really sick, and would get well - and it happened.

In 1949 Bruno became widely known because of the healing of a young boy who suffered from muscular dystrophy. From that day on and until his death, people flocked around Bruno everywhere, and thousands regained their health. Many of them have testified in writing and given interviews that their healing have persisted throughout life.

Bruno did not give treatments, he said that 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, he had taken on the task to build a bridge between humanity and God.

In 1949, thousands of suffering people gathered on a stud farm in Rosenheim in southern Germany. They waited patiently for one 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 were able to see again, lame people were able to walk. Why is there nothing in the history books about all these happenings? One might very well ask.

Due to intrigues and resistance from the authorities as well as from the medical profession, Bruno was soon banned from healing and he was not allowed to help people publicly: an official ban was issued, although he never asked for money for the healings. He repeatedly claimed that he was God's little servant, and that all thanks should be directed to God. But greed and jealousy arose.

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 to come and speak privately with them, and in this way he was able to help, but not on such a large scale as he might have done, had he been treated fairly.

Generations of materialism have wiped out our ability to know and to receive Gods "healing stream": it has been forgotten. Bruno teaches and reminds us how to receive it. Somehow he regenerates our spiritual memory, he touches a "button", and divine help come through.

Early in life Bruno found out that he was stronger than evil, and he proved it many times.

He told people that Satan does exist and does everything to prevent us from finding out that we are children of God. Bruno knew that all the suffering in the world comes from the lack of this knowledge. Bruno saw 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 it.

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.

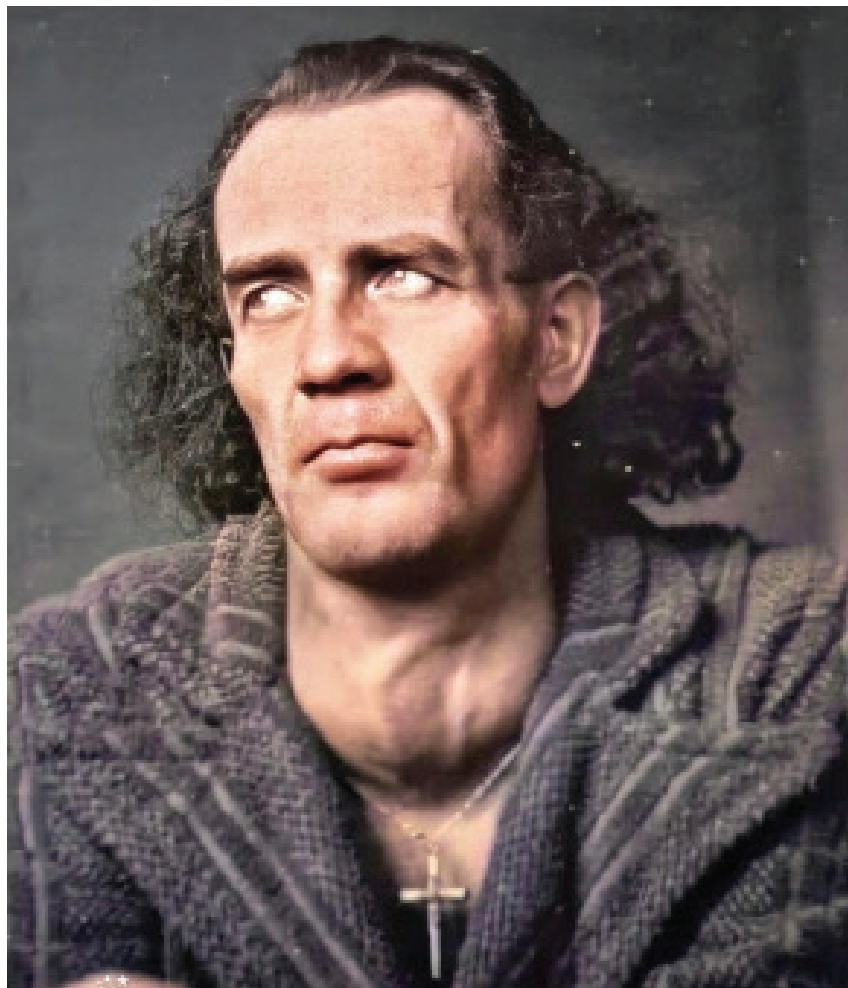
Bruno said; *"give me your illness, for you are sitting on it"*.



Bruno teaches us that illness comes from accepting evil. That does not mean we think like thieves and murderers, but that we listen to gossip, and we exchange it, we think badly about others, we are jealous, greedy and egotistical, and we worry about so much. We are not meant to carry such evil in our minds, because it makes us sick. It also functions as a basis for worse evil in the world.

Our thoughts can lead us into really bad conduct and its consequences. In this way we carry evil with us throughout life, and it has a negative influence on ourselves and our surroundings. When we return to the spiritual realm, we will truly regret it if we in life have not listened to our conscience, to our inner voice, that we have not searched for God within ourselves. Instead, many of us have only nurtured our own self-righteousness and have never looked any deeper than that.

Each time a person is healed through Bruno, it is a gift and a blessing from God. Bruno did not want people to thank him, but to thank God, our Heavenly Father.



*«Do not thank me, thank God, who is the Only Healer».*

Looking at pictures of Bruno, people have thought that he was suffering from a severe goitre, but this was not 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. Incidentally, in Africa it is known that a person who has such a neck is hugely gifted and of natural authority.



*«Trust and believe, the divine power helps and heals!»*

- Bruno Gröning

God equipped our body with an immune system in order to destroy any malign invaders that might come our way. Why don't we trust that? When we think that we might get sick, e.g. because we have been in a house where there was influenza, our thoughts create feelings in the body, affecting our immune system, and our strong mind repeats the same thoughts over and over again, until we may even get our 'expected' influenza. It does not help that we think "I must not get sick!" Then our minds are filled with fearful thoughts of sickness, and they will win again, it is demonstrating 'mind over matter'. 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. When it comes to the question about what it is that gives life to our cells, I believe that everybody at some point in the future, will have to accept that the spirit of God creates life in everything in nature and all living beings. We are souls, and while we are in a physical body we have our free will, we can decide what we want to believe. Our intellect is a powerful tool, and we should be more aware of the thoughts that we take in and allow to affect us and thereby also affect our surroundings as well.

### **How to receive divine healing power through Bruno Gröning:**

Sit down peacefully. If you cannot sit, it is ok to lie down, but it is recommended you 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. Simply 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. If you are with other people, be aware that you do not touch them physically. This is because we all receive the appropriate healing individually, uniquely for each person.

Now contact Bruno and ask to be connected to the Holy power, to God's healing power, or the healing wave. You can either do it mentally, you can form a sentence in your mind or you can say it aloud, or you can do it simply from your heart. You do not have to form words, simply tune in on Bruno and his healing wave like you tune in the radio for your favorite program, it is that simple!

The important things are that you use your will-power, and that 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, or warmth or cold, or as something else. Do not think about how it happens, because it is not for the mind to understand. It comes from God, a gift that we are all entitled to - because we are God's children.

The next thing to do, is to give your worries, sickness, diagnosis or whatever it is that is keeping you from living your life to the full, to Bruno.

*"Give it to me, because you are sitting on it"* he said, and he further explained:

*"in your mind you are still hanging on tight to everything that doesn't belong to you and only causes discomfort. Hanging on tight is the same as sitting on top of it."*

So now, mentally, give it to him. Bruno 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.

Your challenge from this day onwards is to remember that you have given it away, and when regulations come, know that they are part of the healing.

The term regulation, from the German "Regelungen", is used to explain the sometimes painful process in the body when the healing power begins to work, and drives out the illness.

Regulations are therefore a positive sign that the body is adjusting itself back to health.

Do not take it back again by thinking about it. My advice is: if you discover that you are thinking about it once more, then remind yourself that you have given it away:

*"I need not worry about that any more, because I have given it to my friend who can and will help me to clean out whatever evil which has settled in my body and mind. All I have to do is to take in God's power through my friend, Bruno Gröning, who is a transformer of the divine power".*

Of course it is OK to give it to him several times, but he heard you the first time, and a process has been started, so trust that, and do not interfere by thinking of it again. We can talk to our organs, and thus contribute to their (our) healing. I find it helpful to talk to my cells when I tune in, telling them that I love them, and that they must take in the good power – it works for me!

To be helped the spiritual way is not something that is entirely unknown to humans, we have just forgotten how. A wonderful "side-effect" from encountering Bruno is that you find back to your belief in God, it just happens, even if that never had been in your mind.

Bruno said:

*«Trust and believe, the healing power helps and heals.*

*There was a gap between God and man. I have built a bridge across that gap, and I invite everybody to come on to this bridge.»*

Powerful words given to us by Bruno Gröning, who called himself "God's little helper".

No one should do this just because somebody else recommends it. We walk our own path, and we have our own free will. It is all up to you, to be convinced. Do it if you feel drawn to it, and find out for yourself. I just want to give this information to as many as possible, because such a good thing is very much needed in the world. You may not always know what you are seeking until you find it! Contact Bruno and let the stream of healing power come to you. Do not be disappointed if you don't feel anything, because it is not necessary to feel anything in particular.

When we tune in it happens that sensations occur in the body. Pain for instance, it can even be severe pain. Or you may have to run to the toilet. This is the physical evidence that the regulation process has started, which means that the good work has started, regulations are a good sign, not a worsening. The good power drives evil out of the body; that it may be felt, goes without saying.



Know that the power is so strong, but at the same time so gentle that it can remove your health problem – There is a plenitude of this power, for it never ends. There is no shortage, so 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 can trust him. Spirit rules over matter! Bruno 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 who contacts him. He repeatedly said *«these are not my teachings, they are the teachings of Christ. If you had listened to the message 2000 years ago, I would not have had to come.»*

I received a healing 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 flat 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, the doctors gave up and lost interest in me. I got some relief from herbs that I had smuggled into the hospital, and after a week I was sent back home. I then 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 I felt pain in my left kidney each time I sat down and tuned into the power. Eight months later I attended a Bruno camp, where the illness was fully “cleaned out” in that I got acutely sick, with vomiting, fever, and skin rashes as before. After 24 hours I was completely regenerated, and have never had those symptoms again.

Bruno impartially helps everybody who asks him for help and sincerely wants it from his heart. Do not think about how, or in what order healing may happen, or how long it takes, then you interfere the healing process. A problem that has manifested in the human body may need long time to be cleaned out. Bruno said: *“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.”* He also stated that there is nothing that can not be healed, but there are persons that cannot be helped.

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. Let go of thoughts like that. Spiritual gifts can only be gratefully received, not intellectually understood. You cannot find an answer by pondering. Thoughts are very energy-consuming and very powerful, and thoughts and doubts hinder/delay the healing process. *Trust and believe, the divine power helps and heals!*



*“I am he who sows peace on this earth, again and again, and who will also harvest it.”*

Bruno could see right through people: he could see their past, their future and the cause of their illness, and in some instances he also knew the date a person would pass away. Some people think that in his photograph he looks “threatening”. That is because they are facing their own fears, mirrored back to them from the photo.

Looking at this man, who lived in a time of great poverty and misery, it is hard to understand that Bruno never felt tempted to become rich and famous and 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.



*«I call for a great turnaround! I have built a bridge for you.  
It is a bridge that leads man away from the path of suffering back to the divine path».*

Bruno helps us experience God's power and really to turn around. Now trust that you have a channel, tailored especially for you to receive divine energy; trying to understand it intellectually will only hinder the good process. Your intention for contacting Bruno does not need to be that of illness, it can be the simple need to refill your batteries, for Bruno can help you with things other than health. You may ask him to help you with anything. Do not demand, and remember to add: *"Not the way I want it, the way God wants it"*. He also reminded people: *"A person with whom I have once been in contact, can always get in touch with me again for the rest of his or her life"*.

Hard to believe? Well, we often doubt that we can get healing or help for serious matters. Therefore, ask for small things that do not matter too much, like something in the everyday work. Such uplifting experiences will make you realize that spirit really rules matter, and you build confidence.

You can also ask for help to find your purpose in life. But never "pray" to Bruno as if he were God, just talk to him as you would do to a good friend. With this helper in your life you will experience 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.

Days may come that are extra challenging, as they do for all of us. When that 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 there are 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 it, and we start to think about what we might answer in order to defend ourselves. Many decisions are made in no time, and they are made from an old defense 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 "ego defense system". But what if we had not taken in the remark? What if you were able in a split second, to see the "color" of this statement – 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 an example of choices we make without being aware of it. But it is not impolite to choose not to answer nastiness. It is the only right thing to do in order to have peace and calm within.

### **Our thoughts and how they affect us.**

We tend to think that the thoughts we think are our own. They are not. They are sent to us, and it's up to us whether we take them in or not. This is another important part of Bruno'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 and feelings 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 every minute. We may believe that our thoughts are our own creations, but this is not true. The things we give our attention to, we also give energy to. Be conscious of your thoughts and what you give your energy to! The thoughts that we take in, and the opinions we choose to have, we pass on to others. Bruno was a victim of gossip and false rumors in his lifetime, which ruined his plans to build healing centers, but he never acted upon it, he never retaliated. He simply said: *"I have nothing in common with evil."* Doctors, politicians and journalists all did their best to throw dirt onto this little man, who had only one task, one wish for his life; to help humanity back onto the right track. This is the crux; we need to be in contact with our soul, because without this vital contact, we move in a wrong direction. We all know that material things do not last, we observe it with our own eyes, nevertheless we tend to base our lives upon them. That is very shortsighted of us.

Evil thoughts can build up and lead to violent actions, and even make us do things that no-one would believe. Here is an example from the real world: A man, whose neighbor had a dog, became 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 irritated. He warned his neighbor that he would shoot the dog if it happened again. He took into his mind thoughts of irritation, self-righteousness and hate. It grew and grew, and the man let it grow. One day the bucket was brimful. The dog came into his garden again. The man had seen himself, in his imagination, so many times: shooting that "damned dog" (a dear 10 year-old Labrador, a family dog) so that he took his gun and actually shot the dog! That story really reminds me of Bruno Gröning's teachings about evil thoughts and what they can do to us: what we accept, we take in, and then we act on it, for God has given us a free will. The man let evil drive him to this action. This man, being a dog owner himself (!) was probably also astonished afterwards, that he had been able to kill his neighbor's beloved family member. Irritation, hatred and self-righteousness made him do it. He actually had the law on his side, a law more than 100 years old, saying that a landowner can shoot animals that stray onto his land...



Bruno was very fond of animals, here with a four legged friend.

## How I found Bruno:

After I had studied yoga, herbs, vitamins and minerals and all kind of alternative treatments for many years, I happened to find a photo of a man in a magazine. His eyes were intense and kind at the same time, and they pierced through me. I could not take my eyes off the picture, because his eyes were 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. Somehow I could not get started for I wanted it to be meaningful, and I had no interest in having a group where people would casually talk in the breaks about all kinds of well-meaning rituals and beliefs and treatments that so many people found interesting to discuss. I find such issues interesting too, but some other force was driving me further. When I found Bruno and could feel the current in my body, I knew what kind of group I wanted to have, a group focusing on the real thing. It is wonderful and uplifting to find out that spirit rules matter, that the material limitations can be overruled.

I have experienced so much help via Bruno: healing of disease, help for loved ones and for strangers, for being in the right place at the right time, gaining more inner peace, solving practical issues in my house, help in traffic, with gardening, getting things done in an astonishingly easy way, help to lift heavy things, help in a banking matter, help at work, and much, much more.

This little booklet is about what I have experienced and am fully convinced of.  
I will end with the following words from Bruno:

*“Even when someone is completely blameless as far as the laws of the state are concerned, they can nevertheless – from a spiritual point of view – be a servant and instrument of evil. As soon as individuals doubt the divine and only let the material world count for something, because they assume that they can live their lives in a neutral zone without any further consequences, they have already started to be influenced by evil and such people will sooner or later end up being completely and helplessly at its mercy. In reality there is no grey zone that something can occupy without further consequences. So no one should be surprised if the body also falls into disorder – as a result of the psychological burdens that have previously been allowed in, and for which the individuals themselves are responsible. On the other hand, a spiritual healing of the body is only possible when the persons concerned moves towards inner peace, and finally have the will and determination to get along with themselves and the world in peace and NEVER to squander the divine power on anything that is not good, no matter how it has been picked up.”*

(from ‘Spirit of the Power’ by Alfred Hosp.)

There is always room for more people in Bruno’s circle of friends!

You are welcome to contact the author of this little book. You are also welcome to tune in with me and many other Bruno Gröning-friends for our weekly online-meetings.

For more information please visit:

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Norway 2024



*“Love life - God.  
God is everywhere.”*