

# Spiritual Healing

## The teachings of Bruno Groening

Summary from the web site: [bruno-groening.org](http://bruno-groening.org)

Bruno Groening was born with healing energy. While still an infant, people in the same room with him would become peaceful and well. When a child he spent most of his time in the woods to be near God. He picked up wounded animals and they recovered. He didn't touch people, he simply spoke to them and they overcame everything from supposedly "incurable" diseases to physical annoyances to business and financial problems.

When you get to the web site, look at all the photo's. You'll see his neck – it looks like it's swollen with a goiter – when he spoke, his neck got quite large – it's the sign that he's transmitting healing energy – he called it a "healing gland."

*"It is so, my dear Friends, that there is really so much that man cannot comprehend with the intellect. You will not have a rational understanding of this, that is, you won't understand the whole thing. Here you have to be present with your heart; here you have to feel it." ~Bruno Groening*

The teachings of Bruno Groening are based on the influence that spiritual forces have on incarnate beings. This influence is greater than most people realize.

Bruno Groening compared a person with a battery. He pointed out that everyone burns up vital energy. However, new energy to replace it is often insufficiently absorbed.

In the same way that an empty battery is incapable of functioning, a body without energy is also unable to fulfill its tasks. The consequences are: fatigue, exhaustion, nervousness, anxieties and finally, illness.

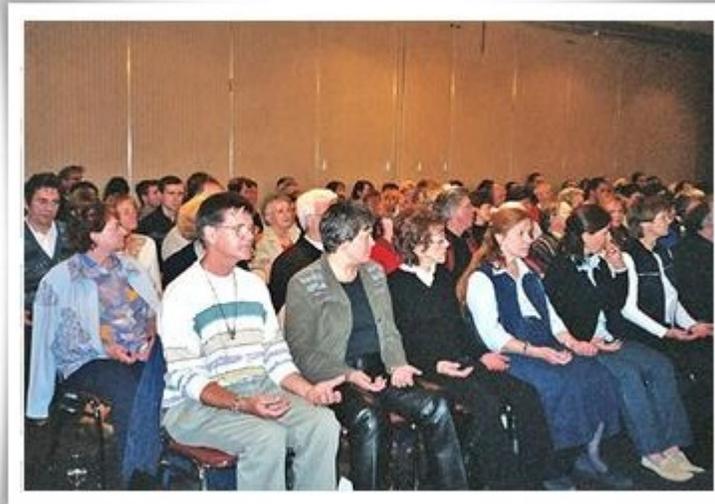
Bruno Groening's teachings explain how an individual is able to obtain new energy. To this end, the belief in goodness is as necessary a prerequisite as the will for health.

The human body is constantly envired by healing waves which only have to be absorbed. According to Bruno Groening, no illness is incurable, and this fact is confirmed by the healing that have occurred and have been medically verified.

These healing are spiritual and therefore independent of Bruno Groening's

physical presence.

In order to absorb this healing stream, the person seeking help sits with his hands open, palms upward. His arms and legs are not crossed, for this blocks the free flow of the healing stream. Thoughts about illness and personal problems have an inhibiting effect, while thoughts about something pleasant are beneficial.



As the healing stream flows through the body it makes contact with the sick organ and begins its purification effect. This may lead to pain, which is an indication that the body is being cleansed. Since the illness as such is not the will of God, it will gradually be removed.

In some cases this can be spontaneous. This is why it is essential that the person concerned does not dwell on his

illness but should rather believe that for God, no illness is incurable.

It is also helpful to listen to lovely classical music while inviting the healing stream into your body. [You can download music here.](#)

In order to remain healthy, the friends of Bruno Groening tune in to the healing stream every day. A healthy body is the basis for all life in harmony with oneself, other human beings and Nature.

The aim of the teachings of Bruno Groening is to transform a sick person into somebody who is full of the joy of living and free from physical and emotional problems.



Listen to 40 minutes with Dr. Christiane Northrup while she interviews other doctors that have healed themselves. Learn how to tune-in right now! [Click Here to download the audio file.](#)

The following information came from [Bruno-Groening.us](#)

Basically, he believed in an all powerful healing energy that comes directly from God. He termed this the healing stream or *heilstrom* in German. This divine energy has been recognized by many cultures around the world and been given different names such as life force, vital energy, prana, chi, or divine power. In order to access this healing stream, one has only to tune into it. The tuning in process is similar to entering a meditative state. You first relax your body and then try to clear your mind of all distracting thoughts. Bring your attention into your body and connect with it there. Do not focus on any one particular part of the body, but instead focus on its entirety.

Bruno felt that the position of your body was also important. If possible, he recommended people sit up with their back as straight as possible. Your hands should rest in your lap palms up. The most important part is to make sure that neither your arms nor your legs are crossed in any way. He likened the human body to a battery. If the arms are crossed it can cause an electrical short in the upper body and if the legs are crossed it can cause a short in the lower body. If you are not able to sit up, you can lay down. Just make sure your palms are up and no limbs are crossed. And most importantly relax. Check in with your breathing once in a while and make sure that you are taking nice cleansing deep breaths. Don't try to hold your breath or unnaturally slow it down.

If you attend an introductory meeting held by the **Circle of Friends** you will learn the following protocol. At the meeting the moderator gave everyone a very helpful tool to assist in the tuning in process. She used the acronym of **DARE**. I guess you can think of it as DARE to heal. The DARE stands for **Detach, Allow, Receive and Experience**.

Broken down, the detach stands for detaching from your illness. So many times when someone is sick or in dis-ease we become focused only on the illness. We allow it to become a part of us and in some instances to define us as a person. So we must detach from this illness and recognize that we no longer choose to be sick or ill. This illness no longer serves us, so we must let it go and detach. It is unfortunate, but many people have a hard time letting go of their illness as it has served them in some way. Be true and honest with yourself. I believe that we are all creators and have created everything in our lives. If this is so and you also believe in your power of creation, than you must ask yourself why you created this illness or disease in your life.

Bring the light of truth to it and set it and yourself free.

The allow part speaks to our ability to allow God to move through us and heal our bodies. Our egos are constantly fighting to stay in control. We want to be the one to heal. We want to be the ones in charge of our lives. The art of allowing can be really difficult for some as you are literally letting go and letting God.

It takes a lot of trust to hand over our illness to God, but believe me that God is more than willing to take it from you. You have only to intend for it to be so.

Receive is exactly that. You must be open to receive the healing energy. Remove any blocks or doubts from your mind or body that would impede the flow of loving healing energies from God.

Lastly, the experience is about sitting back and noticing exactly what is going on inside your body. Feel the healing energies enter and spread throughout your entire body. It may be felt as a tingling or a warming sensation. Healing or health is not just a state of being, but rather an experience within which the healed receives the greatest freedom and joys they have ever known. Revel in the joy and happiness you receive through this healing time.

It is very important that you remember above all else that it is not you who is the healer but God. It is God who has created this healing stream and it is God who is entering your body to bring about the highest good and the highest healing.

Give thanks only unto God.

This was an important teaching of Bruno Groening. Many people would come up to him after being healed and give him thanks, but he told them over and over again give thanks to God for it is God who has healed you not me. **With God all things are made possible, nothing is incurable.** This was another important teaching of Bruno. You must believe that God is the greatest healer and that nothing is too difficult or too far gone. God along with each of us is a creator of infinite possibilities.

An important facet of this spiritual healing which Bruno taught was what he called the regulations. In essence the regulations are the pains of healing. He had found that some people during the healing process felt greater pain or an increase in severity of their symptoms. This is the same principle or idea behind what most of us know as the healing crisis. It is the crisis right before the healing. Bruno warned that it is up to the person to determine which is stronger the healing or the illness. This is the precise moment where the individual must choose whether to be continually shackled by their fears of illness and disease or be reborn in the freedom and joy of health and healing. As the knight says to Indiana Jones in the Search for the Holy Grail, ""Choose wisely.""

This is just a brief summary of some of his teachings. For a greater in depth study you should check out the web site, do some online research or even find a good book about him. My only caution would be to remember that Bruno Groening is an example of our own human potential and not another figure to be worshiped

or prayed to. He was here to show us not what he was capable of but what we all are capable of within the realization of our own divine power. You and I are just as powerful as Bruno Groening or any other spiritual miracle healer that has ever existed. The only thing that limits us is **us**. Therefore, do not give away your power to anyone or anything whether it is a religion, a saint or a prophet. We are divine creators seeking greater unity with each other and God. We are all here to re-member this simple fact.

There is a world wide group that continues Bruno Groening's work today called the [Bruno Groening Circle of Friends](#). There is no charge to participate and receive healing from the group. They do support themselves through donations. They meet about all life. They are focused on all forms of health; physical health, psychiatric, addictions, etc. Fantastic help and healing have occurred too for relationships, family, friends and businesses.

You can learn more about them at the web site. There may be a chapter in your country, even in your city. If not, consider starting one for your own sake and the sake of your community. This knowledge is a blessing to all who encounter it and especially now, here in the USA, with health care reform not going in the direction good for all of us.

If we undertake to care for ourselves daily as suggested by Bruno Groening in the most natural way, there will be less need for toxic medications from big pharma, fewer unnecessary surgeries from the physicians practice and perhaps, once and for all, we can reduce the dependence on insurance companies who separate us from appropriate help.

Transformation of our negative health care system is now available to each of us if we take this up today. Transformation of our personal lives is one peaceful moment away if we take the time to sit, relax and recharge.

Within the Circle of Friends, there is a physicians group. If you like what you have seen so far, please share with your personal physician and even your veterinarian. There is a special professional group for physicians and scientists and they are interested in Bruno Groening's work.

BTW – I was able to find a Yahoo Group in my local area hosting four meetings per month! I feel soooo abundant! Do a search where you live and see what's going on locally. Check out **Yahoo Groups** and **MeetUp.com** for meetings in your locale.

I hope you find this message stimulating.

Peace be with you,

Patricia Winston  
360-694-7095 Pacific Time USA

*"Health can't be bought; it is a gift from God! He who has had the good fortune to recover his health through me should always thank God from the bottom of his heart - I am only His tool and servant." ~Bruno Groening*