

Note

This translation is based on a faithful transcription of a recorded talk by Bruno Gröning. The decision was taken to leave any grammatical or verbal slips in the German original unaltered, in order to preserve the authenticity of the source. In the English version these have mostly been corrected.

Numbers marked <1> indicate the corresponding CD tracks. CDs of the original tape recordings can be ordered from the following internet address: www.bruno-groening-stiftung.org

Bruno Groening often stated that he came to help everybody, regardless of their language, nationality, race or religion, and his intention was to transmit the healing energy to everyone on earth. He derived his teaching from that of Christ and therefore used the language of Christianity. However, this was in no way intended to exclude people of other faiths, who can transfer his teaching to the context of their own religions.

Talk by Bruno Gröning, Karlsruhe, 5.10.1957

“I know that it is very difficult...”

First CD

<1>

Herrmann Riedinger: I am delighted that I am able to give you the opportunity, here in my home, of hearing this important and unique man, Bruno Gröning, and of being able to learn about his experiences from the man himself. We – due to various circumstances the time is now well advanced, I will be very brief; in any event my wife has already spoken to you, especially to those who are new. I assume that you know that you have not come here to see a doctor or a healing practitioner or anything else of the sort, as you have been used to doing previously, and that therefore you must not describe your afflictions or even think about them at all. No treatment is given here. Here an exceptionally gifted man will speak, in his own way, in his simple speech that contains many analogies, the word of God. He tries... he “tries”, that’s already a – I have already spoken a forbidden word. He leads human beings on the right path towards harmony, to closeness with God, to harmony with the infinite.

My wish for you is that you will receive a rich reward from this evening. It is up to you. Open your hearts to great faith and you will also experience the divine. Before Mr. Gröning speaks now, we would like to play a piece of music, so that we can all let go of our everyday concerns more easily and reach those spheres which we need for our experience and for a great and complete experience (*unintelligible*) this evening.



Music: Romance for Violin No. 2 in F Major by Ludwig van Beethoven

<3>

Bruno Gröning: Good evening!

The people present: Good evening!

(Pause)

<4>

Bruno Gröning: I know that it is very difficult, so very difficult for people these days to understand me. I know that you today, as you stand in life, still do not know what to make of it. I know that you have been so drawn into worldly life that you feel that you have been forgotten, that you have been abandoned, and that today you no longer know what to make of yourselves anymore. Understanding me means that each person understands themselves for the first time; that they know who they are and that they know why they possess their bodies, why they received them in the first place for this, their life on earth. I know that everyday people, as I must call them now, know nothing anymore. They must be honest with themselves and say: "I know that I know nothing!"

But not that they are so taken with themselves, for this being taken with themselves shows that they are very misinformed and deluded people and can no longer believe in that which, in reality, in truth, they are. I know what they, human beings, cannot understand - what they know nothing about anymore they do not believe in. [I know] how they call all this, that is, all these occurrences brought about by God, hocus-pocus, or they say to their neighbours just as they say to themselves: "Who can believe in that? These are things that have never been and won't ever be either."

But now, my dear friends, am I the kind of man who allows himself to be surrounded by people who only say: "I am your friend?"

No, I go to those who today are not yet numbered among my friends. For I do not have to accomplish just anything here but precisely this: to make it clear to human beings what, in reality, in truth, they are and what has therefore been ordained by God for each human being, on behalf of each human being. But there are these conceited bigheads, as I quite straightforwardly call them, who believe that they are everything if they possess a lot of what belongs to the world, so that they have many earthly goods at their disposal, which they call their own, and then they feel as if they were, just as in the saying that I have often heard people say, "a little god in France." [... "like pigs in clover."]

Yes, my dear friends, to comprehend yourselves, to know so much about yourselves, this requires more. I will never tolerate it that people sneer at the plight of those who are ill and suffering. I have only one duty, to give back to human beings the divine good that was lost and to lead them back onto the path from which they went astray, where they find themselves today on the wrong paths and do not know anymore

where the path is that has been ordained for them, for every person, for every living being.

If human beings were aware of how many powers they have at their disposal and of how they could use these powers, the divine power, for themselves; they would say at once, without thinking about it: "Now I am able to rip up trees, I possess such a power in my body."

But as it is, my dear friends, I know that human beings are very taken with themselves. They fancy themselves to be a great living being, and in doing so they are actually only a very small spirit. Naturally we human beings possess... That is, where we have received on loan a human body from God for this our life on earth, it is larger than many other bodies, many other living beings have their own bodies at their disposal, that is, where they are significantly smaller than ours.

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Now, my dear friends, just compare yourselves now with an ant. The ant is fully aware of this power it has; the power where it is nevertheless entirely given over to God and is in a position to carry objects that are more than five times heavier than its own body. Just put yourself in this position and carry five times the weight of your own body. You would then say right at the outset: "That's impossible. I can't carry this load; it's certainly much heavier than my body. It is impossible!"

Consider the ant, as small as it is, and how nimble it is when it is carrying a load, when you bear in mind how small the creature is and how large we are, that is to say, our body is. And the many mountains that the little ant travels over; it knows no obstacle. It manages it and it overcomes, that is, with a distinct lightness it transports the load, without becoming exhausted. If you load a burden onto your body, you would then walk slowly and go on getting slower, so that you would finally be out of puff; but not the ant, it runs as it does this. Have you ever considered such a little creature, such a tiny little creature before? Who has really taken a close look at it? They will know how nimble and how industrious this little creature is.

And what is a human being in comparison? How far have they sunk? What do human beings here know about the divine power? They don't believe in the slightest that they are divine. They don't believe in the slightest that God created them, that this is the work of God. And they don't believe in the slightest in everything that has to do with order, that is, with God. They just attempt everything possible. The ant, on the other hand, attempts nothing; it does it. Human beings attempt. Though, yes indeed, in the final analysis they do have their understanding, their reason as well.

But people believe that the ant would have no understanding. People believe that a living being that is even much smaller than an ant also has no understanding. My dear friends, if you knew how these tiny little creatures have been equipped and everything that they take into themselves. They detect danger already hours, even days

in advance, while human beings, on the other hand, do not. Why not? Because they are caught up in the bustle of everyday life. They have no time, they do not know who they are, and they do not know, nothing, absolutely nothing about themselves anymore. Naturally, they attempt everything possible to manufacture as much as possible here in their earthly life and on the other side to pursue their career and thus carry out their duties, just as they once inherited them [took them over] from their forefathers, who also laid this upon them as a duty. But everything is like this and thus they bring themselves into oblivion and have taken absolutely no thought for their body, where it, their body, is nevertheless of primary importance for them. It is not of secondary importance. They always consider the other body, the body of one of their neighbours, which possibly has better or even worse clothes than theirs does. Must it be like this? And they're always on the look out for this, how the person is placed, whether they are poor or rich. If they've got a poor person in front of them, from the financial point of view that is, then they feel themselves to be superior. But if they've got a person in front of them who possesses a great deal of earthly goods, then they say: "He is the high and mighty one. He possesses more," and they bow down – not before God – before money, before what he possesses. And back once again: They feel superior when they have in front of them one of the poor, the poorest of the poor, who is himself standing in front of a void, they say then: "I have more than he does. What on earth does this wretched creature want? He should be working, he should be doing this, that or the other rather going around begging or whatever." But in any case, they feel themselves to be superior.

Yes, my dear friends, pride still comes before a fall, and it is in this way that human beings run into danger. They are arrogant; they are who, or what, they naturally only imagine themselves to be. But [that is] here, just as in the example I have just given you, that they are more than both the one and the other of the people around them, just as also happens when people consider one of their neighbours who has a weak, degraded body; it can't be seen from the outside. They never believed that he can be sick, that he has disturbances in his body and that he cries out because of the pain. They do not see the pain. The others do not see it, they don't feel it either. They also see nothing, and therefore they do not believe.

They themselves also do not live in the belief that they can help their neighbour; they sit down beside him and say: "Just have a try. You have everything. All the possibilities have been given to you. Go to that person; he will help you," and so this helpless person attempts everything possible. He feels himself abandoned, and he also does not feel that his neighbour is supporting him and he is just someone who has been abandoned.

<6>

Yes, my dear friends, if [only] people knew the duties that have been laid upon each individual, how we are mutually to help each other and that by doing so we will then

also experience health and wholeness in ourselves. What a person sows, they will reap.

Now, if you have sown an evil seed, you have taken evil into yourselves, and what you have taken into yourselves, you pass on, and it then comes back to you again. Whoever has not yet had this experience, well, they are certainly close to it. It should not be like this. Human beings must know for what reason they are allowed to be here on this divine earth, as people say, their whole life long, and why God has loaned them this one body of theirs. An ant, an ant will help its neighbour, it will do everything to get it out of danger, should it ever have been injured in any way. But you will seldom come across this, that an ant has been injured. You can go as far as doing this on occasion, you, on occasion, can persecute this tiny little animal body and you can do it as well, you yourselves can also go as far as this, when the ants are still living mostly in the grass, where they have their proper ground, you can calmly walk over them there, you won't be in a position to kill this little animal when it is there; then of course there might be something that has been fashioned by human hands, that people have made solid ground, let's say concrete, and the ant runs over it, and yes, then you can kill it. So, human beings have made this. God did not make this hard ground like this. It should be loose. Now naturally human beings have nevertheless made a hard and fast path for themselves and they now believe that this is the right thing. Yes, that is the worldly way, but it has nothing to do with God's way.

But as long as the ant stays in the place for which it was ordained, you will not be able, with your great body, to kill the animal. You can trample on it as much as you like, and you will not be able to kill it. That's right, have you never noticed this? Yes, everything that God has created God has arranged in such a way that one cannot kill the other so easily.

Now, if human beings were aware of these powers, just as if they take them in, so that they, human beings, are completely handed over to God, what do you believe it would be, my dear friends, everything that you could do with this power? But I warn you about doing evil. I warn you about picking up even one evil thought. I warn you about listening to human beings, who speak evil, for then you pick it up and you will then pass it on. For this reason I do not need to go into such great detail; in the short time we have it is not possible. Indeed we are here on this earth rather longer. I too was not born yesterday, but that is to say that my being here has been ordained for me and that the hour when I will be able to depart from here has also been established; for you as well. But I know just as well, since I am already on this subject, that human beings live in the belief that someone could rescue them from dying, that someone could free them from this. But this is the best indication to me of how little human beings know about themselves, or rather that they know nothing anymore about themselves and about life in general.

<7>

Now, when they have a body that is in pain, when they have noticed that there are disturbances in it, they have then attempted everything possible. Did they ask God? Uh-uh! What do they know about God? What do they, human beings, know about themselves? Absolutely nothing. They believe that they are here on this earth to make every possible attempt, to try everything possible. Now, dear friends, have you not made enough attempts already? Whoever has not yet finished with this, they will want to go on doing it, until they have drawn the lesson from it that these attempts have only brought them misfortune, lack of health and well being. That is, they have made their own attempts; they have led themselves and their bodies into temptation, and this has turned into something evil for them.

Instead of finding their way back to themselves, so that they would have to know that they are divine creations, that God created them and that God has placed them for a certain time on this his earth. And for this purpose he has loaned us a body. I also have such a body, just like you. As long as I make proper use of my body, I retain the connection with God, and God will make proper use of my body. He will also make use of your bodies, if you will truly live in God's will. But I know that human beings do not know what to make of this little word "life" anymore: "What is life? Is that a life? That's a dog's life!"

Or the other says: "This is a good life. I wouldn't ever like to leave this earth now. Now I have everything, now I would like to go on living the high life." And yet another says: "It can't go on like this. I am a man in torment. I can't do anything with my body anymore! No, this is..."

He counts himself amongst those who have fallen, and it is precisely now that he should have hung on to the lesson, that is, for this. He has it as well; only he does not get to the point of realizing that it is a lesson for him, that he had to do the right thing from the word go and allow to come to his body what belongs to it, just as God has also ordained it for him, for his body.

Just as the ant does it, just as the ant is entirely handed over to God. Now I could tell you about these species – that is, you would say, races, human beings, there are races and animals, there are tribes amongst the ants as well – and I could tell you about how they lead such a good life, how everything goes so hand in hand. Yes, to present the ant to you now in such detail would take us too far. But you certainly have time at your disposal; just make use of your time, and just consider once in a while a tiny living being like this, then you will get it. How would it be, my dear friends, and we really can't negotiate about this, if you too were entirely handed over to God, so that you gave yourselves over entirely to God? Naturally you must first of all have recognized yourselves and must stand by yourselves. You have absolutely no need to stand by Gröning, but to yourselves, to recognize yourselves. Self-recognition is the best way to improvement. And once you have done this, and once you remain with it, and once you continue doing it, you will already be receiving everything that is

necessary for this. How would that be? Just imagine, if you were entirely handed over to God, if you did not delude yourselves anymore, but that you really did become what God had ordained you to be? Who would you be then? But you are not this anymore! And if you took in the power, what do you believe all the things would be that you could do with it!

<8>

I'm now thinking back to our friend, who at that time in the newspaper, he is a medic and a journalist, "Das Neue Blatt", where, not during my last law suit, but the one which still hasn't been completely finished with, where are great deal still needs to be cleared up. Here too, these people do not understand, they know nothing. Someone first of all must speak the truth to them, just as I speak the truth to you here today. Back then, this doctor had heard from friends, that is, they had approached him and said: "Doctor, you know the woman who was disabled for 49 years, you have met her haven't you?" "Yes indeed!" he said. "Well, this woman is today in the best of health!" "Really, is that possible?"

Now he did not follow up just one case, he followed up many cases and I expect it of all my fellow human beings that they should not be so quick to believe everything they hear. In order to experience the truth, you have at the same time the duty to follow it and here too to follow the one to whom we belong and here too not to go in search of / research the truth, but rather to go into all things as deeply as you can and the experiences that you will then accumulate, in them you will establish that what you experience here really is the truth. You actually have it easy. To begin with you only need to restrict yourselves to your own body. Provided you pay attention to it, you will also experience it, and I know that people also live in the belief that it had to be like this, that Gröning comes here as often as is at all possible and makes this all very easy for you, and that you have nothing further to do: "We're waiting again for the next evening." Wrong! More and more people are coming and I will be able to come here, even here, less and less. You must already be clear about this today!

But as long as you know how to use your time, you will do not just anything but actually that which you need for your body. That that [my physical presence] is not necessary I myself have read that a few days ago, I myself have heard it from people who have never seen Gröning but have just read or heard something – no matter what country they were living in.

<9>

And what if I were to read out to you now a letter from South Africa; well, was I ever over there, that is to say, this body? No! And these people have written so full of faith in order to ask for help. I'm thinking here of a letter where a woman wrote: "Dear Gröning, over here too I have read 'Das Neue Blatt' and I believe that you are also able to free me from all of the suffering that has gripped my body. I am subject to the most severe pains. My doctor and other doctors have all attempted everything possi-

ble, and the pains kept getting more severe so that I can hardly bear them now. Please, please help me."

Naturally I had not opened the letter before. It is impossible for me to open all of the letters that have been coming in recently; there are countless thousands of calls for help, that is, that have come in, written in letters like this. And now only a few days ago, the letter was still unopened. I came across a second letter which also came from there and which has the same name, only there is another first name on it that is different from the previous one, and now the daughter writes: "I thank you from the bottom of my heart. As a result of her calling on you for help, when she wrote to you and told you all about her distress, misery and illness, my mother is now completely free." I know that people would now say: "Quick! Off to South Africa!" You would also say: "Yes, come quick as a flash!"

Friends, what has been playing itself out recently, what I, what I have had to deal with is indescribable. But I am not standing here today to make this at all palatable to you. No, I am only here in order to speak the truth to all, how God has arranged everything so well for us, for every human being, and that we only have to follow him and take in for ourselves that which God has ordained for us. And so I could pose several questions, how it is possible at all that human beings become free.

I'm thinking now about a woman who is very helpful to me in these things and answers the letters. If someone says to me that they have no time, then I will tell you about a person who also has no time, who has to do difficult physical work every day: agricultural work. She is a woman who must work long and hard from sunrise until well after sunset. And in the evenings she sits herself down and answers the letters that I have passed on to her, and so it goes, day in, day out. She doesn't get to bed before two in the morning. It's always a little after that. At five o'clock she must leave her bed again. So there are only three hours left for this woman so that she can prepare for her daily work, her daily physical work. But she simply manages it. Why? Because she is doing good; not for herself, but for her fellow human beings as well, and in doing so she receives so much power.

This woman has just recently informed me, over the telephone indeed, that she has now answered all of the letters. It was certainly a laborious job, but she did it willingly and today she is so delighted, so inspired by all that she has already received from these friends in reply. She has already compiled a thick file that shows that people who have asked me for help here have actually already received the help they need. They feel well. Many of these people also write quite expressly that a miracle has happened.

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Numbered amongst all of these there is also a woman who had been completely given up on by other people. She only had one single wish left, to write a letter, a letter to Gröning – yes, a small, insignificant fellow – asking for help. This woman had fin-

ished writing the letter, in which she had brought her wish to paper, she had sealed the letter and had had it placed on the table, and then she tells me that the following happened:

First of all it felt so strange in her body. It's a feeling that was unfamiliar to her, and her whole body was gripped and became free of all the evil by which she had been tormented for years and for which people had attempted everything possible. She is completely free. She is counted today among the healthiest of people. Obviously, her doctors and her relatives, her friends and neighbours all stand before a great puzzle. How is that possible? She has never seen Gröning, has never once heard him, she'd only read something. Then the thought came to her: "I believe this man can also give me help; he will help!" That is self-confidence; that is faith, my dear friends.

Yes, and you too will say to yourselves: "How is that possible? It happened so quickly with her." Yes, for she had only the one single wish and this wish was the divine one. People had the desire, the demand, that their bodies get back complete order again, and they even made a promise to God at the same time. You would say: They made a vow, in that they promised God that they would always be a good person from now on. So long as they now stand by this, it will remain. But if they fall prey to evil again, if they listen to evil again, if they take evil thoughts into them, they really will gradually lose the good again.

Yes, you have believed that that's the way it goes, and now here comes Gröning, just as you have got used to from people when you go to the doctor or to the health practitioner. They do their hocus-pocus and – (*Bruno Gröning claps his hands together*) – done! No, friends, it is not like that. It does not come down to Gröning, it comes down to yourselves. It's no use, you see; it doesn't even come down to God; it comes down to you. God is already doing what is right. God has already ordained everything. All you have to do is have faith. I know that people today are so taken with themselves, that they are so arrogant. "Who still believes in God today? Only the riff-raff of course! Yes, we must certainly have a religion, and the stupid have to be led somehow, and the belief that there is a God must be instilled in them." There really are even people like this.

<11>

Now, my dear friends, if you too are affirming the good, then you need the good for yourselves, for your bodies, and also for your neighbours, and today you still do not believe that you can also help the people around you. If this has happened, then I warn each and every person; only not, that they then become deluded by it and start making assertions about themselves, that they can heal. Be careful! I warn you about this! I too am not able to heal. But I am able to lead you, I am able to lead every person, back to health and wholeness. I can help and I can give back to each person the connection that they really need, the connection to God. But you must pick it up. You must listen to God, and you must also pick up this transmission, this broadcast of his

which, just as he has ordained it for us, for all people, for every living being. Just as the ant does it, just as every plant does it, just like every animal; only human beings have no time for it. They cannot believe that they are in a position to take so much power into themselves, into their bodies and, if they are of good will, that they can help the people around them.

Indeed, whoever is new here today will say: "But where has there been anything like this before? Who can believe in it?" But, my dear friends, even if they still cannot believe today, you will nevertheless be able to take from this that it is a personal duty of yours, a responsibility even, to help those around you. If they cannot have faith anymore, if they see themselves as lost, then you must step in for them, you must do it for them: My life is your life. It is all of your lives, I live for you! And all that I have done is simply that which human beings do not think about anymore, where people already do not have time anymore, even for themselves, where they have brought themselves into oblivion. And that is why I say with justification: I do not heed people; I heed nothing but God! I am doing not just anything, but I am doing only what human beings need, what humans beings laid aside long ago, what they have lost, what really did become lost for them and they no longer live here in divine order today, so that I am leading them back there again and making it clear to them who they are, who created them and to whom we all belong. God does not belong to us; we belong to God!

<12>

I know that there are people who pray to God, who demand everything possible of God. They even demand that God should give them a full accounting for everything, and people have also demanded everything of me. They demand everything possible. They even demand, just as they say to God himself, that is, what they imagine to themselves that God is, but let's just leave that where it is for the moment, but they say it right out: "Give me my health back."

Certainly God gives them everything, but they would certainly not draw any lesson from it all if God were to give them all of it at once. They have no right and not the least right to demand the least thing from God. They can only attain it! And as long as they, human beings, detach themselves from evil, as long as they are willing to take the good, the divine into themselves, and then they will be doing what is right and then they will also experience this in themselves, in their own bodies.

We can demand nothing, absolutely nothing, or do you believe that this is possible? Now I say it again, what does such a little, I say it openly, "creature" – only do not understand that in the wrong way – what does such a little living being want? Indeed, you still have absolutely no idea who God is, what God is like and how many powers he has it his disposal, and everything that he has created, you take it all as a matter of course: "Here we are, living here now, and all is as it should be." Hmm, no, friends, it is not like this for him. God has loaned us this body just as he ordained it, as he

created it himself, and the bodies grow and multiply here just like in a great factory. And one is just like the other. Nothing has been forgotten in the body!

It happens of course that it is not entirely free of problems, not that there are mistakes in it, but that it has not been fully and completely wired up. But this is not due to God, rather it is due to the individual person, in that they have already sinned against themselves, against their neighbour. And then after this they have a "cripple", then after this they have a child, as they would say, that is "not normal", that is "not in order" – that's right! But we do not want to go so far today. If human beings would only not delude themselves about things quite so much, if they at least go back again to that for which they were ordained and that they remain the entity that God created them to be. And that they do what they have to do. For then I'll have no need to speak. With justification I say: Love life, God!

But human beings do not know what to make of life. They have no idea what life is; life is simply God. And just love life, God! God is everywhere! But use it and do not squander it! Human beings live away their lives. They do not live them, experience them anymore, not ever in themselves anymore, not ever in their own bodies! But now it is high time that you pay attention to your body now. And then you will feel not just anything, but actually that which shows itself in your body: That is truth! What use is all the chatting if you don't feel anything as you do so, and if you only want to get to know one of your neighbours? How is this possible anyway, seeing that you yourselves don't even know who you are? You still have not recognized yourselves! So, let us not go on and on talking about it! But so long as you really do pay attention to your bodies now, and you detach yourselves from evil – and then it is good!

I'm thinking now about yesterday: I had already been at home for a few days – for me the day has 24 hours. But I do not become tired. I know no hunger and I do not become any less eager for the fight – on the contrary: always stronger! The less sleep, the less to eat, the stronger one becomes! One makes use of time. But I certainly do not use it for myself – for you! I don't get tired. I fight for you! I live for you! But don't you want to do something towards it as well? Do you not want to follow? You need it though!

<13>

And so I am thinking now about a woman, who yesterday would not allow herself to be restrained by my neighbours: She absolutely had to say "thank you, thank you" to Gröning, and as you know, I refuse to accept any thanks! Thanks do not belong to me: let us thank God for it! This woman was in such a bad way, she had suffered for a good five years from problems with her spine and the other disabilities she had as well. Naturally she had attempted everything possible, as they, the woman and her husband, informed me so briefly yesterday, they had attempted everything possible. The papa says: "Well, there was no lack of money, and I have already sought out the greatest experts. They attempted everything, but my wife continued to be subject to

pains and she was a wreck! And now, one day your neighbour, whom we had already known for some time, came to see us. My wife spoke with him and the name Gröning came up. Well, she was very interested. She needed it too! And my neighbour said: "But you really don't need to go to Gröning. That really is not necessary!" He explained it to her briefly: He told her, even if only in brief outline, what he had already experienced by way of truth and how it comes about and how it is possible. "Why do you want to "hang on" to my neighbour, as he is always saying? He has no time, he is so utterly busy that I hardly get to speak to him." The woman says: "Well, then I must make the best of it myself." He says: "Yes, that's right." My neighbour says: "But you will soon be telling me what you have been waiting for, and should you ever have the good fortune to meet with Gröning, just do not come to him with a thought about illness! He has nothing in common with it, and do not expect anything evil from him, but don't you come with any of it either!" The woman says: "Yes, I really do believe that he has these powers!" and so forth. Please, I don't want to talk about myself so much, but otherwise this might have come up against the problem that you would believe that it was suggestion. I have nothing to do with this either, and certainly not with hypnosis. Now, from this very moment, this woman has been entirely well, as she ascertained in her own body; she had never felt as young before. And she told her husband about this first, after a few days. She wanted to convince herself first, and she is convinced. And now there is nothing else for it: "I must go, I must go, I must go, I must go to Gröning!" To deprive him of his precious time. But, then again, if a human being has already taken the divine into themselves, then I cannot show them the door; even if time is tight, even if I really do have to make good use of it. They, this human being, gave me the confirmation of it.

But how often it happens! How often am I called to the telephone! And how the people are then, when I ask one of them to go to the others: "Well, what do you believe, dear child – that is how I speak to people – do you believe that I myself, that I have to be there in person, as you understand what "in person" means. Have faith and believe! You can help as well: Go to your father! Go back to him and just touch his body and he will be free from all the pains that he could hardly bear! And sleep, he needs sleep – and he will sleep. But do not say that to him! Don't say anything! Just go to him. Call me again afterwards." And that is what this child did. After a good half hour she called me again: "When I touched my father's body, all the pains disappeared." Yes, so what's all this then? Is this sorcery? No, friends: This person had taken in what is good, the good, divine power – really! – and she had passed it on to her father's body, by touch. You can't make anything of this; you give your hand, that's it, over and done with! "How do you do?" Sorted, finished! There is nothing at all heartfelt about all these handshakes, when there is nothing heartfelt in human beings anymore. That is just the force of habit, giving your hands like that. But here something else is happening, and it actually ended up like this, just as the daughter said: "And then my father fell into a deep sleep." And he needed it as well. Yes, and when he woke up, he is only, he is still very young, he is only 81 years old and he says: "Children, I feel as if I've been reborn." Once again, this man too had received help,

where his doctor, since I had also asked him to keep him at hand, did not know what was going on here. He stands before a puzzle and says: "A great miracle has happened with your father!" He had given up on him. Now I don't really want to recount for you now in detail how he had to exhibit the damage to his body. And now, at the end of it all, he was still at the mercy of the pain, after such a long time. But no one knew how to help him. Now, and if you too listen well and follow all that is good, you too, and your neighbour as well, will have success. Do you believe this?

CD 2

<1>

What were the disciples of old like, who kept on going up to Christ and saying: "Lord, I cannot help. It is too difficult a case, and they have too much pain; I can't help here." Christ said: "You can help, but you cannot believe. You do not believe that you can help. You can, if you want to, if you affirm, say "yes" to the good!" And Christ continually made his way to the sick and struggled on their behalf and demonstrated it to his disciples and gave them evidence for it, using many parables as well, so that they first understood him and then afterwards ascertained it for themselves, and yet over and over again they kept falling into unbelief. They could not believe, that they could help even more.

Now, do you believe that you can already help your neighbours? If you are not entirely handed over to God, you cannot help. But if you have already taken the divine into yourselves, you can help. And I give you the evidence for it over and over again. I know that the men of medicine have come to me and said: "Gröning, don't tell people that they can help each other!" And so much else beside; but let's leave that to one side. But here, if I just take one single woman, whom I have already briefly told you something about, the peasant woman bears the name Thomsen, and in one year she has led a good thousand people in North Germany onto the good path. These people have experienced the truth in their own bodies. You would say: "They have all become well." Yes, and precisely from illnesses that human beings had designated as "incurable"! And to list all of them individually would take us too far and that must not be. But she simply believed. And she followed as well. And she did, not just anything, but only that which I said, that which is of primary importance. And I asked her to put aside everything that is of secondary importance, but not to consider herself as of secondary importance but of primary importance, and then to embrace that which is of primary importance; always to embrace that which all of her neighbours, the people who are around her, need, to embrace it for them.

Now, what would happen if I were to say now: So then, here you are today, and yet every one of you knows where someone is, one of your neighbours, whose body is no longer in divine order, who has come into complete disorder, you would say that they are "ill". And don't you believe then that you can help? What if I were to say

"yes!" and you were really to believe, but really believe, so that your whole heart was in it, so that you actually knew why your heart is beating in the first place. You can help!

In the state as it is today it is certainly like this: Whoever helps their neighbour and they then become healthy is punished. I have been punished at the hands of human beings. Yes, but this still goes on. And I am not one of those people who points the finger at his neighbours. I point the finger at myself. You still do not understand this. But I understand it! So I am the prosecutor and the defendant at the same time. Now, I'll soon be finished with Gröning. And if not with Gröning, then with Bruno. Bruno will be finished with Gröning or Gröning will be finished with Bruno. We are already agreed about it. But people should see this, they should experience this, how it happens. And I question myself over and over again. If only you would question yourselves and consider these questions yourselves and then resolve them, then that would be good. I am not as cowardly as human beings are, who are never once honest with themselves. They do not say that they are responsible; no, someone else is responsible! I know that I am responsible, that I have helped people to health and wholeness, that people today are truly living in divine order, that people have perceived the order that is in their bodies as God and that they feel well, that they are healthy! And our father the state, justice forbids it. Yes, you may not help!



And so with this we have ascertained that human beings here on this earth only want evil. If I were to do evil, if I were to listen to all of them who want evil, so that I become obedient and attentive to human beings, then I would get a reward; then the way would be open – open to evil! But I will not go there. I have nothing in common with evil! And I will not make an alliance with them, I will not make a pact with it – on the contrary! And that is why, again and again, I advise all my fellow human beings to release themselves from evil and that they have nothing in common with evil anymore. Then it is good! Even if today you are still in part, in part hostile towards me, in that you still cannot believe today, I'll make it easy for you, friends: just don't believe in Gröning then; put him entirely to one side. At the very least, believe in yourselves and in that which you need for yourselves, for your own bodies! And that which your neighbour also needs so that order is established in them. Strictly speaking, how would you even be able to believe in Gröning if you don't believe at all in yourselves and in that which you need? Certainly, you too cannot believe, many more do not believe in Gröning, in this Gröning body. Whether they are Smith, Jones, they could just as well be called Smith, Jones or Brown. Hm, can they?

The other brothers of Christ and all those who knew him, that is, those who had known him since his childhood, also did not believe in him and said: "Yes, but we grew up with him: He's just a carpenter!" Forgive me, but I too am no more than that; I too am just a carpenter. And should one believe in him? No, friends! It is still the same today just as Christ himself said: "A prophet..." How does it go?

The people present: "... has no honour in his own country!"

Bruno Gröning: Pardon?

The people present: "... has no honour in his own country!"

Bruno Gröning: Aha, and you must be aware of this as well, that you too will have no honour in the place where you live and that people cannot put any faith in you. But in that case, have faith for yourselves, and have faith for your neighbours. That is good!

Now we do not need to get on to this, as people are otherwise used to doing, but since we are now so comfortable with each other here, I would like to put a few questions to you. You do not need to be anxious! I am not your enemy, I am your friend. And if you still do not want me as your friend now, if you still cannot accept me— it makes no difference. But let it at least be the case that you are honest, that you tell the truth, and that you now really do follow the good. So I am now telling you what the most important thing is. At some point you must be clear on this, that you, that everyone, is a divine creation. And that everyone of you and so many of our fellow human beings need the good, the divine. But, before all else, you! And that you now, that you now release yourselves from all evil, that you have nothing in common with evil! Do not think about it anymore, that is, do not pick up these evil, bad thoughts anymore. Do not have any doubts about it, the good. Finally have done with evil!

This was just how it happened today, just before I came here, right up to the last minute. I wanted to come but I couldn't. A man would not get away from my door. "No," he said, "I'm not going, I just want to see your husband. I only want to shake his hand." And he had already got in. I said: Dear friend, how did you imagine it? "Yes," he said, "the thoughts came to me and I could not get away from them, and I was a wreck, even as I was just coming in. But I feel that I am entirely healthy. And I don't ask anymore how this is possible. I am truly healthy!"

It happens that quickly. Yes, you can have this too. But this person really knew what he wanted and also paid attention to his body: "That's what I need! This body of mine was in agony, it was weak, it is sick, it is not in order anymore. I want order to be established in it!" Yes, then it happens quickly. The person has truly released themselves from evil. So long as they now always stand by the good, by God, then it will always go well for them. And you want the same thing too.

<3>

People accuse me, before the court, if I ask questions such as how they are feeling. They think that they have the right, according to human law, to forbid me from doing this. Hm, I don't ask about that. I am certainly not obedient to human beings. I am struggling on your behalf – even more now before the court! And in fact there are not only trials, but now great trails and processions of them, mark you, endless like this, until the path is free for you. For me you are worth it, and that is also why I am here.

This is what I am doing for you, and what are you doing for yourselves? You do not need to do anything for me! What are you doing for yourselves?

So you must now be clear about this. Now pay real attention to your body and release yourself from evil! And what do you notice as you do so?

Woman 1: I feel well!

Bruno Gröning: Pardon?

Woman 1: I feel well!

Bruno Gröning: What kind of feeling do you have in your body?

Woman 2: A pulling feeling.

Bruno Gröning: Has it ever pulled before as it is pulling now?

Woman 2: No.

Bruno Gröning: Is it strange to you?

Woman 2: Yes.

Bruno Gröning: It has become strange, I reply at once. What are you aware of in your body?

Woman 3: I am all creepy-crawly.

Bruno Gröning: What? Are you creepy-crawly or is it creepy-crawly?

(Woman 3 says something unintelligible)

Bruno Gröning: Pardon?

Woman 3: In my body.

Bruno Gröning: Dear woman, please don't brood about it so! Just do not pick up the evil, the sick thoughts anymore. They must have no way in anymore. I certainly do not pick up any evil thoughts. You can try all you like. If someone comes up to me and wants to tell me about something bad, even if it's only about another article in the smear campaign, then I just say: Shhhhh! I don't want to hear it! It does not interest me! It's all being collected, and one day someone who can deal with it will take it up, and the filth will soon be swept away. But I do not need to tell you today about what is still to come in my programme.

And do you believe that order is being established in your body?

Man 1: Yes, I do.

Bruno Gröning: If you should ever stop believing, because you cannot believe anymore, because you are still surrounded by people who bring you away from your faith and belief, then I will go on believing for you, for as long as it takes, so that it does not stop, that is, so that you will always have the connection with the one to whom you too, to whom we all belong. That is what I am doing for you, and you can believe in that. But then don't just become comfortable and say: "Yes, he's doing it for me. So now I can become unbelieving again, so now I can doubt my faith, and so now I can just let myself go. He should do it for me!" No, friends! Each one of you must continually pay attention to their body! They must never leave it unattended to! And whoever is doing this, just as they have done it up to now, I put this question to them: Do you not need your body? Has it become of such secondary importance to you?

<4>

Oh, I could reel off for you many analogies for the way people are today. It's just like this, I arrive in Monaco, hm, in Monte Carlo and I see a sign: "German is spoken here." I say to my wife: Well then, I don't need you anymore, I say, as an interpreter here. I don't really need an interpreter. But I was just having a joke. And then the shop girl comes running out: "Gröning!" And I say: "Steady on, dear child! I'm married!" A healthy joke is always a good thing. But how this girl beamed with happiness, and then she said: "I came to see you in Munich!" And I say: Yes, I know! And I told her the questions I had asked in Munich, just like here, I don't forget. "It's already a long time ago," as she said. "But it really isn't all that long ago: it was in 1950. And you sat there and there, and I asked you these and those questions, and you gave me these and those replies." "My God," she said, "do you know all that?" "Yes," I say, "why not?" I am certainly not absentminded, and I certainly have my order and I certainly only ever pick up that which is worthwhile; for you as well! I forget no one. Just as you do it with your cameras: you focus on somebody and snap them, and then you have them. And then you can look at the picture here and now.. But I have it up here! (*Bruno Gröning points to his head.*) You can have this too.

I don't want to go straight on to the wonders of modern technology now, how we, that is you, could also draw lessons from this as well. Yes, well, in any case this girl followed my advice. I had said – she came from a long way away, spoke perfect German –: "But as soon as you get home, please go to your doctor and have yourself thoroughly examined! Just as you are amazed here that all this is possible, all that you have seen here, what you have experienced here from people, how they all suddenly regained complete order again in their bodies! You too will experience the same thing in your own body, but it is not visible outwardly, that is, it was stuck deep in your body, that is, the disorder was complete in your body."

And the way was not too far. Do not imagine that this child is rich, that is, in money, in possessions – no! She took her last money and borrowed some more on top. "But to me my health is worth it, so no way is too far and no money is too much, even if I have to work for it the whole of my life," these were the thoughts, and this was the

conviction of this human child. Yes, and when she got back home, then her doctors said: "Well, what's happened with you then? A miracle has happened here." Yes, and every single one of them was amazed like that. Look, friends, but not only there alone in Monaco, but elsewhere too I have, even in France, one thinks, well, France, no one there will know me, but I met so many friends, that is, there were German people there as well, yes, but there were also French people or people from some other country. Yes, and they all come like this to one man and want to go on hanging onto one man. And here too I must say and ask: Do you see, friends, why I ask my questions? There is certainly a reason for it, there is only this reason for it, that you then reflect on it!

"Gröning, when I saw you for the first time, I was there and there in that and that community, and you asked these and those questions, and I answered you like this and like this. I won't forget it in my life!" Well, it doesn't need to be as long as that, and for that reason I would also like to speak with you so briefly that you will not forget it. Naturally it gets construed otherwise from the human point of view. I have nothing to laugh about here, but I must nevertheless laugh about it, about how people are just so deluded. How people delude themselves, imagine something to themselves on the basis of their profession. Would you like it, dear friends, if I too were now to be counted amongst the deluded, so that I said: "Ah, what do you little creatures want?" Hm? Should I be like this? And should I keep what I know all for myself? Should I not share it with you? Should I not also give it to you as knowledge to help you on your way? How do you want it?

I know that previously, amongst the people who were around me, there were those who sat there grandly in their chair, smoked cigars, naturally with a cravat and well dressed.

Yes, and I must also speak about what they grabbed for themselves and that these people – oh, what do you think, when they were wanting to come to Gröning, hm, then they had to give a lot, a lot and these gentlemen hardly allowed them to speak! But only in as much as they deluded themselves were they gentlemen.

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And when I came in, well, that was another picture. Just as natural as this, not unnatural, not distorted by over-education, not deluded, or do you want to have that, that I should be that too? So next time I'll come with a high upright collar and goodness knows what else, hm? I can also adorn my body like this, just as you always like to say in other cases: "He's got himself up like a dog's dinner." But it strikes you as unnatural and you too certainly notice and you certainly feel as well that a person, how they are when they are deluded. Why do they delude themselves about things?

Do you believe, dear woman, that you can manage everything, that in your body too? – but please not with your hands together, hold them open, just open yourself! Yes, to sit there so comfortably – "Just you speak now, Gröning, and we'll soon see what

you know." No, I don't know much! I only know what people these days no longer know; I don't know any more than that. But when I call the one just like the other to order, just follow! I certainly do not demand, and I don't attempt either. I beseech you, just to be different now; to be as you must be: completely natural!

And that is a weakness, if you sit there like that and use the armrest. When you've managed it you can let your body sprawl: "I've managed it now." But not yet! How do you intend to take in the power like that, when you're shutting off everything in your body and on top of that you're folding your hands together? Why do you want to receive it?

Just as a few days ago another woman was also saying: "I saw the aluminium foil ball that someone had, and I would also like to have one." I said: "Now what do I have at this moment? What do you have here?" "That's my handbag." "Yes, as far as you're concerned, but I say it is something else. Pick it up!" And then she says: "What are you up to?" "Me? Nothing," I say. "Apologies, I touched your bag. Forgive me, but I have washed my hands, they're clean. You won't find a single mark." "No, no, but what is this?" "Ask yourself that!" And at that point she was feeling a power that pulsed through her body, and afterwards she said: "I am so free, I feel like I've just been born. I have power, I can stand up freely, I can do everything! Yes, it's true; how is this possible?" "Ah, you believed you had the right to demand an aluminium foil ball from me? No, no," I say. "That does not have to be, though it can be. If you do have one, you won't need to take your handbag, I understand that very well."

But with justification I say: Love life, God! God is everywhere!

Only human beings must know it as well. Nuclear physics, it is already coming round to this; yes, well, that is more or less a strange word. It is already coming round to this, in that it has already got as far as all this in that it says: "Everything has its own radiation." Yes, that's right; you too, and every radiation is distinctive. What a human being has inside themselves they radiate. If they have only one evil thought, they at once give off radiation according to what the thought is. Or do you believe that it is otherwise?

And you have absolutely no idea how one can deduce the thoughts like this; you have absolutely no idea about it! "He certainly can't see them." And you don't believe, you believe: "Well, if so, he must see them." But you believe, because he cannot see them, he doesn't know them.

How often have I caught people out like this, ah, how often have I told them, and how often have I described to them the life they had left behind them up to now. And then they became cautious. For once they spoke the truth; indeed they had to speak it. And I also wanted to motivate them to this, that, for once, they take on the truth and that, for once, they stand by the truth, and thus I have it too. That is also why it was given to me, my ability to do this, not to experiment with, no, but only to lead people back onto the path of truth again and it is wonderful that they do take on the truth and

that they have recognized that it is truth and that they then declare it. Led a long way, led well. And then I say: Now follow further!

<6>

Do you believe that you will manage everything? Too slow! I can't wait that long. It would be just like this, dear woman, the way that you generally are in life! You've fallen in the water! I say: "Come, I'm stretching out my hand to you." Don't you believe that I can help?

Woman 3: Oh yes!

Bruno Gröning: But still only after great thought! No, friends, here human beings need to be quick off the mark, and I hope and wish...

Woman 3: No, I feel it!

Bruno Gröning: Stop, stop, stop, stop, stop! Don't say anything to me now, please, please, don't! When you have recognized it, then it's good. I know that, that you are hearing it.

Woman 3: *(says something unintelligible)*

Bruno Gröning: But slowly, follow slowly now, dear woman; otherwise you will disrupt everything. I know you still do not know me; and for this reason, that you still have not known yourselves. But if for once you speak the truth, it is good. But now please, please don't become slow and tedious and stand in doubt now t:

"Well, can I really release myself from evil now? Is that good? Should I now have faith in the good that I don't have yet?"

Yes, you can believe! And you certainly need it, to believe, is the reply from me. Just loose yourself from evil, evil just does not belong to you, and not to your body either. And you can't deal with evil either, just as you have not experienced it as good, what have you got in common with evil?

What human beings give off from themselves and what human beings sow, they will reap again. Then they fall prey to evil over and over again.

We do not need to be slow. It goes much quicker, which is something you still cannot believe today.

And do you believe that you can manage everything?

Woman 4: Yes.

Bruno Gröning: Have you paid attention to your body?

Woman 5: Yes.

- Bruno Gröning:** Now, what have you noticed?
- Woman 5:** Cold hands, a cold current in my hands.
- Bruno Gröning:** A cold current?
- Woman 5:** Yes.
- Bruno Gröning:** Go on, and how is it in the rest of your body? What kind of feeling is it?
- Woman 6:** I have felt nothing in the rest of my body.
- Bruno Gröning:** Pardon?
- Woman 6:** Nothing in my body!
- Bruno Gröning:** How do you feel in your body?
- Woman 6:** Good!
- Bruno Gröning:** I have to cut it up into bit-sized pieces for my neighbours, until they understand what I am saying to them, oh!
- Woman 6:** But I can hear nothing, Mr. Gröning!

Bruno Gröning: Yes, I'd already thought that. I'll just have to speak extra loud. Friends, do not come to me with illness; I'll leave the room at once! I have not been given the right by human beings and certainly not by God. I have nothing in common with evil! And the sinful thing is this: That human beings time and time again give themselves over to evil, time and time again go chasing after evil. "I can't hear!", "I can't see!", "I can't stand up!", "I can't walk!", "I can't eat!", "I can't sleep!", "I can't do this, I can't do that, I can't do the other any more!" They occupy themselves with this. "My pain", "My illness" and everything else they reel off. They are making assertions that this belongs to them. No, it does not belong to them! And: "I can't hear!" Well then, one has to speak loudly to you, then you'll hear, yes? Now don't clam up on me! I am being quite clear or should I become even clearer? Don't clam up, dear woman!

- Woman 6:** No!
- Bruno Gröning:** So speak then! And why is it necessary, that people always have to speak loudly to you?
- Woman 6:** I didn't understand you!

Bruno Gröning: Well, I'll speak even louder then. If you're so stiff, if a person sits themselves down on it here: "I can't hear! I would like to hear! I can't hear!" – they are occupying themselves with it, and they will never be able to hear. And whoever does

not hear also cannot feel! They are not following – and yet they can, if they want to. But how careless human beings are: How often have you switched off your hearing! Something didn't interest you, you had something to do and were so very busy, and then your mum or your dad can come along, then whoever you like can come along: "I'm not listening! I'm busy here!"

<7>

And when one says afterwards: "Yes, I just said it. I didn't hear it!" And really, they did not hear it! Why? Because they switched off their hearing! Indeed they had to switch it off. But if they can switch it off they can also switch it on again! And if they are interested in things again, then they hear, and that is why it is so often said about people: "They hear what they shouldn't hear!" And that is always the case. But every person has moments like this, they shut many things off – and afterwards they forget to switch them on again! And it is always risky for the people close to them as well, when it becomes known that they are hard of hearing. And then afterwards it's a matter of, when Gröning's around, well, there's no risk at all. Then it's a matter of: "So, now come and do it, heal, heal, heal! Even if you go to jail! It doesn't matter at all, if you have to slave away for years for it, if you then have to get the money together so that you can then pass it on to them, because they want to have it!"

I have made a little balance sheet – I say it openly, friends: I did not believe it, that I have paid so much for it already. I never added it up! It is certainly only earthly goods, it doesn't matter to me at all, but, and nevertheless I have to stump it up. And if you want to know in even greater detail: This legal action, all these legal proceedings have been brought against me by people who said of their own accord: "Gröning, I am your friend! I'll do everything for you!" And in fact: They did set to work, but they committed wrong deeds, used false words. They portrayed everything in the wrong way; not as it corresponds with the pure truth here. And then the judicial system picked it up, and says: "Hopla, there is a word, there is a word, and there he spoke like this, he spoke like this, and now we will convict him."

That's how it happens to me! And then I can go on getting things done. Only one has to get a great many little Marks together for the one case, in order to make good again what the other has done wrong! And I do not ever go up to them and say "please." I could list a great load of people for you today, who really, they still stand by it today, indeed they could not live without it! But that they themselves are the ones, that they have done this to me, I would not want to say this to them. I want them to get to it themselves; that's what I want. Yes, that's how it is with me. But what would you do? If I were to denounce someone, you would fasten on to it and say: "Yes", the first time, and the next time you would whisper and gossip and after that you would finally make denunciations yourselves. Hm, should I do that? But what more must I do now? I must make good again what these fellow human beings of mine, who nevertheless wanted to be good, only they weren't, and if I say that to them, if I tell them the truth like this, and then they would go to pieces.

But here I see a great task, to teach human beings more about this, until they have grasped it and until they draw a lesson from all of this, from what they have done and what they have not done. This is indispensable.

<8>

That is just what it was like in the last trial but one; a clergyman comes along, appears as a witness and says: "Yes, I saw..." – So, he meant well, naturally he had no bad intentions, no, he wanted to defend Gröning. – "I saw that they brought in a sick person on a stretcher. I ascertained to my own satisfaction that he was completely paralysed. And after the talk, Mr. Gröning was standing outside in front of the doors and he was speaking with a few friends there, and then I saw that this man has stood up and he says: 'Mr. Gröning, I can walk!' 'Very well,' he says, 'if you can walk, walk then; why are you still standing around?'"

You have understood me, but the court understood it differently and said: "Aha, he gave him instructions that he should walk." You see, that is how it gets construed for me. But how careful one has to be. Don't you understand this? For human beings are different. Well, I can certainly do even more for all of you.

You there, fidget head, you! Why are you not sitting calmly? Come on then! But you go on sitting there like that! Come on then, come on then oohhohoho, you must hear. You can hear everything, if only you want to.

Woman 7: I want...

Bruno Gröning: Now don't go bending your ears like that, no! If you are willing, good! Then you can do it as well! Only don't tense yourself up like that! When someone speaks to me, I don't do this! (*Bruno Gröning puts his hand behind his ear.*) I have my outer ear here; I don't need to amplify it, that must not be. This is all you need, you must just switch it on. But that is not all. There is still much more.

So, have you paid attention to your body?

Woman 8: Well, and what have you become aware of?

Woman 8: Like vibrations in my body.

Bruno Gröning: What's that?

Woman 8: Like vibrations in...

Bruno Gröning: What kind of vibrations? So, how can you explain them to us?

Woman 8: I don't know how I should put it.

Bruno Gröning: Have you ever had them before as they are today?

Woman 8: Yes, since the first time I was with you, since that time.

Bruno Gröning: And previously?

Woman 8: No.

Bruno Gröning: It is new for human beings! This is what was lost to human beings. It has all become foreign to them. And that is why these questions, how I put them to you, my dear friends, nevertheless have their purpose, so that you, so that I can teach you further about this; that is the only purpose they serve. I could save myself the time and I could say: Should I go on asking? And just sit down on the sidelines. But once you come to me, or if you come anywhere, and just as you read letters, yes, you then have to open them, you have to read them. For this one must not squander one's time; you can also read like this. But you just don't believe it. You believe in a television set, you believe in a radio, in everything that exists today by way of technology, what these miracles of technology present you with, but the divine miracle, you still cannot believe in that.

<9>

Do you believe that you already have everything that you need?

Woman 9: Yes.

Bruno Gröning: Do you believe this?

Woman 9: Yes.

Bruno Gröning: You're convincing yourself, right, yes?

Woman: Yes!

Bruno Gröning: Not only now, but always! Monitor your bodies, keep them under surveillance. Do not neglect them anymore, do not have anything more to do with evil! Now, what do you believe?

Woman 10: I also believe...

Another woman: (*whispers*) I too!

Bruno Gröning: Pardon?

Woman 10: I also believe that it is good!

Bruno Gröning: How do you feel with us here like this?

Woman 11: Good!

Bruno Gröning: The question is more specific: How do you feel now in your body? We are around you, around your body. But: How do you feel in your body? And that's what's decisive! Not just to be curious and to have a look at what is over there, but what is here. I must first direct it properly. I must first pay attention to it, to this body that has been given to me for a life on earth; that is what is important.

Do you believe that you will manage everything?

Man 2: Not entirely yet.

Bruno Gröning: He does not believe entirely... You can't force belief onto people!

Do you believe that you will manage everything?

Man 3: With your help I can manage everything.

Bruno Gröning: And you believe, that I can lead you to health and wholeness?

Man 3: Yes, I do, deep down inside...

Bruno Gröning: You must be involved as well, if you do not follow...

Man 3: Yes, indeed.

Bruno Gröning: Yes, how will you achieve it?

Man 3: I believe, that through you something in my disorder is being brought back into order again.

Bruno Gröning: Disorder? Well, disorder is being eliminated. Only order is being established. But I have nothing to do with a pile of dirt. Hmmm, no, I say! That does not belong to order. The filth must come out! Well, I must put my hand to it, I must tackle it myself. Order is being... disorder is being eliminated. Then we have order; it just comes of itself. Do you not understand that?

If we have a pile of dirt in front of us; that is disorder. If I get rid of this pile of dirt; at this moment the dirt has been got rid of, and order has been established again. Is that not clear to you? If you really release yourself from evil, you are free. Is that clear to you? But it's always disorder again, it's always the pile of dirt! Now please, what is the point of this, friends! And you lose a great deal if you always concern yourselves again with what you yourselves have experienced as bad.

<10>

So, and what do you believe?

- Man 4:** In the good.
- Bruno Gröning:** What have you already noticed in your body?
- Man 4:** A warm current is passing through my body.
- Bruno Gröning:** Hm, what did you notice at the beginning?
- Man 4:** The same thing.
- Bruno Gröning:** Hm, could you have faith like this straight away?
- Man 4:** Yes!
- Bruno Gröning:** Straightaway?
- Man 4:** Yes!
- Bruno Gröning:** Hmm? And also in what you yourself have felt?
- Man 4:** Yes!
- Bruno Gröning:** You are convinced that it is truth?
- Man 4:** Yes!
- Bruno Gröning:** Right! Have you felt anything like this in your body before?
- Man 4:** During your last talk.
- Bruno Gröning:** Hmm, and the time in between – no time?
- Man 4:** But yes!
- Bruno Gröning:** Really?
- Man 4:** Yes!
- Bruno Gröning:** Hmm, he should be a lesson for us, that is, you, you had good reception, yes?
- Man 4:** Yes!
- Bruno Gröning:** Have you always had good reception?
- Man 4:** Yes!
- Bruno Gröning:** Was there never any disturbance?
- Man 4:** No.

Bruno Gröning: So your surroundings must be good. And have you used your time and have you taken note of the opportunities so that you were undisturbed? Search out this little place for yourselves as well, friends. Use your time, and be aware of every opportunity to take the good into yourselves.

Do you believe that you will manage everything?

Man 4: Yes!

Bruno Gröning: Completely?

Man 4: Yes!

Bruno Gröning: The dirt is coming out?

Man 4: Yes!

Bruno Gröning: I am there!

Man 4: Yes.

Bruno Gröning: Indeed!

Well, how is it with you?

Man 5: I feel fine!

Bruno Gröning: Do you believe that you will manage everything?

Man 6: Yes indeed!

Bruno Gröning: Well?

Woman 12: Me too!

Bruno Gröning: Completely? But on account of this, dear friends, you are also making a mistake if you have no trust in your doctor, no trust in your fellow human beings, but only distrust. When you do this your doctor, your neighbour will already be picking up this distrust.

Have you not also had the feeling, that is, have you not made the observation that if you have ever taken in one evil thought and gone to your neighbour with this evil thought, that you were noticed at once? Or if someone came up to you, who did not trust you, who had mistrust, did you not feel that this person was not honest? You found no contact; you had no connection with them. Have you not noticed that?

And believe me, I know that people have not understood me when I say: Have faith in your doctor! By doing this, if you have genuine trust, he too, the doctor, will be

guided. But if he becomes aware your distrust – and not all of them know it, only a fraction of them – but if you have distrust, they feel it, and they become detached and will do everything just to get rid of you. But if you have trust, then they pick up this trust and they get an entirely different feeling.

Recently I have mostly been speaking with a great many doctors, who said: "Yes, I have never trusted myself to them, and then one day a man came into my practice who was so open. I felt it. And I said: 'Well, what kind of person is this? He is someone else entirely!' And I had such a feeling of assurance, calm, and I am usually overworked," as he said, "nervous, but then I was calm myself. Then the thought came to me, and what I was going to do at first, 'No, don't do that, do this, and give him this' and it was quite definite. I also had self-confidence with this patient of mine."

I indeed have no patients; only he has them. Yes, friends, and then it happens. And it will certainly not be a long time now before these doctors appear as such, that is, a certain few of these experts, that is, a few of these people who really stand by the good, who want the good, who also have feeling for their neighbour.

<11>

Not long ago, a female doctor from the Russian zone came to me, who, who could no longer master her body, could barely even stand up. She just couldn't. How did she come to this miserable condition? She was a deluded human being! Hm, and how deluded she was!

Now, I always hit the nail on the head! Do you know why? I'm a carpenter, you see, and I don't miss the head. You must hit it on the head to force the nail in to where you want it. It's my job, my profession. And now here as well, one must always hit the nail on the head; one must tell people what the truth is to their faces, on the nail. So I also said this to this female doctor. She had certainly got to know me and I told her how previously, on account of her profession, on account of her past, she had become deluded and I told her about the experiences she had gathered from the people by whom she was surrounded, in whom she had put her faith and so on. And then one day she... I said: "Once you saw a film that was not good and you took it into yourself so. And from then on you have had this, these disturbances in your body. She said: "My God – yes!"

Look friends: She just saw something, it was immediately taken into her body, and then she can't stand, she can't walk, two have to support her; two people have to support her! Well, where is there anything like this? No power in her body, everything lost; fallen prey to evil. The evil remains picked up.

Now, do you want to pick it up as well? Do you want to go on hanging on to it, hm? You have no idea about how you have passed everything on to your body, and that you yourselves are what you have to take care of, so that your body really lives in order again, that you have to live in the will of God and that you owe yourselves all

this, that you have brought yourselves into forgottenness and that you have to recall what you have forgotten, to direct what has fallen into disorder back to order again, that is, to God; indeed, God is order! But you must want it! And Paracelsus is right when he says: "All illnesses can be healed, but not all people."

It is not the body that is ill, but the spirit, the person himself, and it is this that takes all the illnesses, all these disturbances into its body, which then subsequently become illness. I usually don't use the word "illness", it is just disorder. You say "illness" and so everything accumulates in the body and then comes unbelief! The person despairs. They do not believe that they will get back their order again if they will only put their hand to it, if they will only involve themselves in it. In other matters you are otherwise so clever and so sensible, so that you know, if you are hungry, and if I were to eat for you then, would you then be satisfied?

You say: "I need that, I must give it to my body!" And this is also how you must take in the power that you need for your body. For this power, these energies, they are life itself. Now, I could go on to speak about a great many more things, and I always ask myself: Why? How so? For what reason? Let us restrict ourselves to what is most important, today as well.

<12>

Have you really paid attention to your body?

Woman 13: Yes!

Bruno Gröning: How do you feel as you do so?

Woman 13: Good.

Bruno Gröning: Do you believe that you will manage everything?

Woman 14: Hm, pardon?

Bruno Gröning: Do you believe that you will manage everything!

Woman 14: I don't understand!

Bruno Gröning: Whether you believe that you will manage everything?

Woman 14: Whether I believe that I can do everything?

Bruno Gröning: Yes, yes?

Woman 14: Yes.

Bruno Gröning: Yes, friends, there are bodies such as you have certainly never seen in your lives before. You would have said: "What does this wreck want? What does this person want? They're still thinking about health, and there is nothing decent left there, that's plain to see!" Often one says: "You can even smell it. It's just not

possible. How can they believe in the good, how can they still believe in order," you would say, "in health?"

Well? And yet: They have not lost their belief; their belief in themselves, their belief in their own order, which they are in need of for themselves, for their bodies. They have not given themselves up.

Well, what do you believe?

Woman 15: It's vibrating in my body.

Bruno Gröning: Pardon?

Woman 15: It's vibrating in my body.

Bruno Gröning: Is it unpleasant?

Woman 15: No, it's quite gentle!

Bruno Gröning: Just switch off the evil, dear woman, then it is already good.

Excuse me! Yes, you!

Woman 16: I, I feel...

Bruno Gröning: No, here, the young man here – yes, you!

Man 7: I am also very warm; increasing heat.

Bruno Gröning: How long have you had this increasing heat?

Man 7: The whole evening.

Bruno Gröning: Ah, do you want to have more? I can give you even more!

How is it now?

Man 7: It's still hot.

Bruno Gröning: What else is going on in your body?

Man 7: Good.

Bruno Gröning: (*unintelligible*) you, friends: But this only comes about if you pay attention to your body. How indeed could you want to feel something in your own body if you don't pay any attention to it? And so you couldn't believe either, because up to now you had still not felt anything, because you were at the mercy of pain, because you had fal-

len prey to suffering. And you could not have faith. And why did you not do it straightaway, so that you paid attention to your body?

Do you believe that you will manage everything?

Man 8: Yes.

Bruno Gröning: Do you believe that you can also help the people around you?

Man 8: Yes, I do.

Bruno Gröning: Do you believe this too?

Man 9: Yes.

Bruno Gröning: But don't then be deluded about it!

Man 9: No.

Bruno Gröning: Don't say: "Now I can do something, now I am somebody, and I have already helped them and them!"

Don't speak about it. You might just as well let yourselves be decorated with medals and badges of honour; it makes no difference – it's the same thing; but don't speak, just go on helping. Otherwise you are no helper. A lifeguard is a person who remains one and goes on helping again and again – he doesn't speak – and he is delighted and happy about it when he has once again rescued a person from drowning. And we must all be helpers like this. Don't be afraid of the Healing Practitioner law; it will soon be changed. Or do you believe that it will stay like this?

Hm, if I were to read something out to you now, how I have written it down and how I understand it, that is, how I also give evidence of it, then you would say: "Only you can do that, Gröning." No, you can do it as well!

But you have never dared to do it and you couldn't do it either, because you still do not know the distinction: What is truth, and what is lies? And what really is the case and what is not?

Well, mama, how are things with you?

Woman 17: I believe that I am obedient to God!

Bruno Gröning: Indeed, don't go making me big promises now. I have asked you to pay attention to your body. And it is only ever meaningless repetition when human beings say: "I believe, I believe, I believe."

What do they know at all about what that little word "belief" signifies? What that little word "belief" is? Indeed there are people who are still saying today: "I have always

believed," but they say: "but this and this has certainly not happened yet. And that one, that other person, he hasn't believed at all, as far as I know, and he has become healthy."

O human being, what do you know about your neighbour?

You don't know anything about yourself and you're talking about your neighbour. You believed that he cannot believe and yet he had the real belief. He just didn't have belief in the way that people usually have it, in that they don't have one, in that they have many beliefs, but which is the genuine one amongst all of these?

I have already told you this here in this community; there are even people who say that they believe in this, that they can get a good soup out of a pound of beef. That is also a belief! And the salesman also believes that, when he goes to his customers, that he will do a deal. Why does he believe? Because he lies to them and deceives them or goes on and on about the goods to them or turns on the charm or gives them something. He offers them cigarettes, cigars or something else again or a couple of percent more, whatever, but he believes that he will do a deal. Indeed, this comes down to him, himself: his tactics, his skill, how he has to bring this about – and that is why he believes.

But do you know how you can put belief into practice, how skillful you must be in this? But you must be involved in it, you must actually do it! But here it is not a matter of worldly things; here it is a matter of divine things. Here it is a matter of human beings themselves, who indeed are divine.

<13>

But do not comfort me with words, friends. That is wrong! Simply do it! I would prefer it if you said: "Oh, Gröning don't give us this nonsense! You're crazy. I don't believe in that. But I do believe in myself, and I do believe in what I need for myself, for my body."

That is more decent, Friends; then you are being honest. And afterwards, when you have experienced the truth in your own body, then you can come to me. But then you don't need to say anything. Spare yourself the time. I understand even so. Indeed, I've told you so.

And don't go praising me to the skies, let us praise God; let us pray to him, let us make our requests of him, and let us believe that he will grant them to us; all I do is establish the connection. As far as I am concerned you should compare me with the young lady from the telephone exchange who establishes the connection you want for you, and you will have the connection for as long as you hold the receiver in your hand. But as soon as you put down the receiver, that is, once you are not listening, then you do not have a connection anymore. The young lady from the exchange will cut you off at once. Without you knowing the young lady from the exchange personally! You don't need this at all, you only need your mouth to speak. She does it. She

stands on duty. You also stand on duty, only you did not know this. Certainly, your duty has become a different, a worldly one, not a divine one anymore. But now one thing, which is the most important: That you have to accomplish the divine on yourselves! That you take in for yourselves, seeing that you are divine, what has been ordained for you! Let's not make any noise about it!

So, dear woman, how are you feeling now then?

And now here comes something that is not all that good, something that people have latched onto time and again.

The public prosecutor says: "He asked you how you feel?" So, who wants to forbid me from doing this? Or should I just use another language instead? Should I, so that I won't use this word and won't need these words "How do you feel?" anymore. Should I then ask: "How do you do?" [*In English*] Hm? "How do you do?" [*In English*]

(Laughter)

Well, what's all that about then? Eh? What's that all about? Where is it written in the law, where someone greets someone else, and always, at the greeting "How's it going?" "Well, thank you" or "Not good."

But this is how it's done amongst human beings, and I took this on as well, but I know, that I am not allowed to; there is danger there! And this is a great lesson for me, and yet I must struggle on your behalf, because you are not free from error. Note, this is where the danger lies.

(Whispering)

What, must you be off already? Are you in a hurry?

(Unintelligible reply)

Pardon?

(Several people speak at once)

If I were sitting here amongst you, friends, and it turned out that the last train was leaving in ten minutes – alright then, so it's leaving! That's all!

<14>

Just one little story: I was deep in Russia, no soldier, I'd only been thrust into a uniform. Even there I knew how to do my duty. But let's leave that to one side. And the Russians were perhaps just 300 meters away from us. They are human beings too! I was not afraid. But there were so many explosions around and about us, and the debris was just flying around. And I was so utterly alone. They had all abandoned me. I ambled along without a care in the world – hmm. And then I come near to the station, and then carpets were laid, especially for me – it's possible, I don't know. But certainly carpets were laid for me.

Indeed, why not? And there were still a couple of troops there and they said: "Here, come on, quick, quick, quick, it's the last train." Alright then, so it's the last train; it makes no difference. But to give away your peace in order to catch the last train? No! Danger? Why? I have nothing at all in common with evil. And indeed nothing did happen after this, and I ambled on without any hurry, and they kept on laying carpets for me. They did it from overhead, it's all so comfortable in war. The aircraft would come over like this and then they would lay carpets just like that before one's feet; it was certainly not hard, everything was well softened up afterwards. I'm not used to hard things, I want the ground to be soft and loose. So that's how I took it and I just kept saying: "That's nice." But those who are anxious then, those who run then, have already run straight into danger. It was the anxiety, the evil that was moving them.

But in the event I didn't miss this last train, and yet I made it in complete calm.

Indeed, if I had got worked up then, I don't believe that I would have managed it. For then I would have taken in the evil and would then have attracted even more evil. But for the moment this is too high for you; you still don't understand this as yet. But keep tight hold of this point, and later you can ask me questions as to how this is meant. It is only meant as I say it.

Human beings must be like this: Do not lose your peace, my dear friends, do not pick up agitation. If you take agitation into yourselves, then disorder arises, establishes itself in some organ or other or even in the whole body. Whatever you see, whatever you smell, whatever you taste, whatever you feel, you take into yourselves! Hmm, must it then be like this?

<15>

Wait a minute, mama's peering up at me now like this and says: "Didn't he understand me, then? And I certainly do want it, and I meant it well and I said it well too!"

Yes indeed – but wrong! That's an error, and I must make you aware of where the errors lie so that you don't fall into the same errors again. Have you understood that now, mama? Yes? I must say it; I also said it to my grandmother. I've said it to many people, many – and yet they have persecuted me! One man, who speaks the truth, one man who does that which all of them have not done. It is just the same if I were to say to you: Hm, if you have ever heard or read something, about when my body was still small. Recently a woman comes in and says to my secretary: "Yes indeed, I know Mr. Gröning, I'm half related to him. And my relatives have told me this, that and the other, and he is an absolutely wonderful person and ... But today I need it!"

Hm, and then she came and reported what my closest relatives said and also the more distant ones, how they knew the little one from his earliest days. Only did the truth, only spoke the truth, nothing untrue, and it is right like that. I haven't changed, hm? Human beings have changed; more and more they have fallen prey to pride.

Why do human beings delude themselves, even when they just have a new, a good set of clothes. Have you ever considered people, on Sunday like this, who otherwise have nothing? Though they certainly have a nail in their head, these people on Sunday! But it is obvious that they are not used to something like this. But they delude themselves a great deal: "And she is still so filthy today, that Lisa, I'm not going to look at her!"

Do you know why human beings are like this? Does it come down to their clothes? Does it come down to their wallet? No! It comes down to human beings. Human beings want to have everything so that it's pretty. They are all more or less focused on what is pretty, not on the good. It is the good that you have to take; the outer is certainly not the inner! And what the body looks like or how it is clothed is of such secondary importance. "A good heart," you say, it is a few of you who say it, "is what a human being should have." They must be good and they are good. As a friend in Munich recently said: "Yes, I met a woman who is so good."

But I said: Her body is a real wreck, but the person is good, she has a good core. Yes, but the outer is not the inner. When both are the same – yes, then it is good. But do not judge by the outer! Indeed, human beings still cannot yet judge themselves, still less therefore can they judge their neighbour. What they have done up to now: they have prejudged and condemned their neighbour. That is very easy. Without knowing, without being convinced, they condemn their neighbour. By doing so they have condemned themselves. By doing so they have certainly handed out their visiting cards, for they are certainly demonstrating who they are. But in order to judge one of their neighbours, they must first of all find their way back to themselves, so that they judge themselves and then they can judge their neighbour. So, is that clear to you? The distinction is as great and as sharp as that.

CD 3

<1>

Bruno Gröning (*to Woman 2*): Dear woman, don't brood so about things, where are you off to again now? You pick up so many, I must say, stupid thoughts. But you don't pay any attention to your body! You are not getting clear with it. Just take what you need! Why do you pick up so much of that stuff? Hm? Don't always be drifting! Do not pull in thoughts that you certainly don't need, that you don't know what to make of, you'll never be done with them, and afterwards the person gets confused, and then it really does become a matter of their own power, of their own energies. Yes, in order to pick up thoughts, you need a lot of energy. I've already told you that here, in the last but one community hour. Or don't you know that anymore, hm? In the last community hour I also mentioned something else, you were here then as well, yes? But yes, there is still much, much more to say. I certainly do not believe

that you will take this as a rebuke from me. No, I must call you to order, or don't you want that? Calling you to order means to call you to God.

It is just as if someone were to come to you, and as they have already come to you, and mum has done the housework, and dad has just come home, and you see that he wants to come in with these filthy shoes. Then the man of the house goes to him and says: "Dear friend, my wife has just finished the housework, you see, and here you are carrying all this muck in," and then haven't you given him something so that he can scrape his shoes. And then you give him a cloth, usually you don't do this, but only when they're a really filthy fellow. No, he only has the dirt on his feet, and yet you take care that he does not bring the dirt in with him, no?

But this is only order *around* human beings; but now how is it managed *in* human beings? He didn't mean to do any harm, but you have to be helpful to him; you must give him something so that he scrapes off the dirt in front of your door, no? Or at least you take a brush and brush it off him. Or, well yes, many people say: "I certainly don't need to do that, he should do that himself!"

Well, if he doesn't want to, then you show him that you are not ashamed to scrape off the dirt. Be cheerful; it's better to scrape the dirt off there than to bring the dirt in to you. Then you'd have to clean the whole house!

This is the way you should calculate, and it is a good calculation, and it is a very economical calculation.

It's better to clean your neighbour's shoes before he makes the whole house filthy! And by doing this you've also helped mum as well, hm? Mum is certainly not aware of it, and doesn't notice it. And so, how must human beings be? They must be calculators.



Have you also calculated that things are like this? Or have you reckoned that they are otherwise?

Man 10: No.

Bruno Gröning: Well, how is it with you?

Man 10: In my body?

Bruno Gröning: Yes, but look: That is only half a question or even no question at all. And how is it with you? You should never restrict yourselves to the questions I have previously posed to your neighbours, but to how I am asking you – yes? – how to answer that, and then we have landed somewhere where there is once again confusion. Everyone should be with themselves; with their own body.

They should pay attention to their body, and they should always...

... answer from there, from how they themselves feel. That is right, no? Yes, so, as far as I'm concerned, in your body, good!

Man 10: Very warm in my body.

Bruno Gröning: Yes, well, you're sitting beside the stove.

Man 10: Well, it's not the stove that's causing it!

Bruno Gröning: It's not causing it?

Man 10: No!

Bruno Gröning: Well perhaps it's because you've got a thick coat on? You've got a pullover on as well!

Man 10: That doesn't make any difference!

Bruno Gröning: No?

Man 10: No!

Bruno Gröning: Rather be thinly dressed in winter and thick in summer; that is better. The heat has nothing to do with it, no? Yes? Do you believe it is something else?

Well? Yes, please!

Woman 18: I feel well!

Bruno Gröning: Yes!

Woman 19: Me too!

Man 11: I feel good!

Bruno Gröning: Well! Then you'll soon be done with Gröning!

(Laughter)

Bruno Gröning: Please! *(unintelligible)* Yes, please!

Woman 20: Yes, I feel well!

Woman 21: I feel well!

Woman 22: Could I ask you something?

Bruno Gröning: But why? Why not just stay as you are? That is the capriciousness of human beings. When I imitate it, there is certainly a reason for it! Just look, when a person is like this, so awkward and self-conscious: I must say it! I must demonstrate, that is, imitate for you what and how you have done it before. But what a picture that is! Have you not noticed on my face, on – my whole bearing, hm? It's just as it should be! No, don't tense yourself up, but if a human being is shy and awkward, well, what should come of this?

Yes, dear fellow human being, do not forget yourself. Just take everything that has been ordained for you, that has been ordained for your body. And I am only telling you the truth, and that is why they do not need to be depressed all of a sudden. Many people, who do not like the truth, they take their leave and are, are still not mature! But here it really is not all about Gröning; here it is all about each individual themselves, about their life, about the order that they need to take into themselves again. That is important!

<3>

So, how is it now?

Woman 23: I feel good!

Bruno Gröning: Yes?

Woman 23: I feel good!

Bruno Gröning: And so no more of this, dear woman! Be sensible, remain entirely natural! You don't have to strain your body with me. I want you to feel well in your body as well, yes? If there is order in your body, you will then establish order around you as well as within your body. Then you can make use of your body as well. And then you too will be numbered amongst those who love order. Then later you will have put everything in order here. Then you will also know what you have to pick up and what not. That which is irrelevant for you, why do you pick that up, which you do not know how to do anything with? Only pick up the most important, that which is of primary importance. Let's leave what's of secondary importance to one side. It is just of such secondary importance what the one and the other are doing outside now. It is of primary importance that you do what is right, so that by doing this you can also teach your neighbour as well; that is important! And there are so many people who cannot use their bodies at all anymore, who can't move them, because they have become powerless.

And then you can go to them. And you can take up power for them and give it to them. You can and will believe in this afterwards, once you have done it.

<4>

Well, and how is it with you now?

Man 12: I feel well!

Bruno Gröning: He's sitting like a prince! (*unintelligible*) Do you feel particularly princely?

Man 12: I feel free.

Bruno Gröning: Free? Are you married?

(*Laughter*)

Bruno Gröning: Are you married? Your wife isn't here? When a person feels that they are free, why don't they say what they feel free of? "I feel free of all the afflictions I had previously been aware of in my body!"

He says: "I feel free!" Hmm? So is there danger here or not? Danger for the husband as well as the wife: "I feel free!" No?

(*Laughter*)

Slowly! Someone could very easily come in and say: "Aha, he feels free!"

(*Laughter*)

Are you also foot-loose and fancy free, no? Yes! No, friends, let's speak clearly! This is why I must speak so much, so that I can make this intelligible for you, until you have finally grasped it. That is why I say, as I said at the beginning: "Whoever wants to know who I am must first know themselves, and once they have recognized themselves they will then recognize me as well; they will then also understand me, once they have finally understood themselves. But whoever still does not understand themselves, how will they understand their neighbour?"

If we want to speak about professional matters, then you must first of all learn the profession. As a layperson people can't speak to you about it, you would not understand it, and then you can easily be lied to and deceived. Or else you say: "I don't believe the man who is telling me that. He presented it all so technically to me. What kind of expressions were those! I've never heard anything like it. What on earth was that all about?"

You are being educated just like apprentices. And here the apprentice becomes a master after so many things, which don't even exist, no? So that he attains it, so that he is bound to it, so that he also masters the technical expressions and so that he won't be led astray anymore. And it is in just this way that you need nature, what is natural. You must know what is important for you, so that you will no longer be lied to and deceived by human beings.

<5>

Whose train is leaving soon?

Woman 24: Around eleven o'clock.

Woman 25: Mine goes at ...40.

Bruno Gröning: Pardon?

Woman 25: Mine goes at 10:40.

Bruno Gröning: Eleven o'clock? It's already eleven!

Woman 25: 10:40!

Bruno Gröning: What is the time?

(Murmuring)

And now stop thinking about your train; you'll certainly manage it. And if you don't manage it, is that anything terrible?

Woman 26: One leaves later.

Bruno Gröning: You can go on foot. Fortunate is the person who can travel the path on foot, no? But human beings are too lazy in this, hmmm? They are able to toddle along for hours on end. "But why? I've got my return ticket, so I can go by train."

They can't go by train anyway, but why not? Do you believe that walking doesn't do you good? If you've got an hour's journey by train, well then, you could then walk ten or twelve hours on foot: It'll do you the world of good!

(Laughter)

But it is then that the power is gathered; you need this movement, I would absolutely recommend it to you. I would love to walk and yet I am so tied up; I must sit and I hardly ever get to move around. But then I must take it all in very quickly, so that everything is free, so that I can use my body fully and completely, so that I can loan my body to you, that is, put it at your disposal, so that I can speak by means of this my body, and, yes, we certainly do want to see something as well. As people usually say, they want to see something for their money; there's that as well. No, friends, that is not what is decisive. The decisive thing is that each person knows about themselves, what they are and what they need.

<6>

Now, who of you has already had experiences in their own body, hm? Who can report something now? But not half things, only complete things. Who has had experiences, definite experiences? Well?

Woman 27: I've had experiences!

Bruno Gröning: Yes?

Woman 27: I've experienced something!

Bruno Gröning: Yes? You have? What have you experienced? (*Aside*)
Come, I'll give you something as well! No, here! It's really small. (*He gives the woman an aluminium foil ball.*)
Don't always go approaching things the same way!

(*Unintelligible*)

What have you experienced?

Woman 27: I had always been susceptible to colds and sniffles; all of that is no longer here, it's all gone away!

Bruno Gröning: It is still somewhere; it's only not with you anymore.

Woman 27: It can be wherever it likes as far as I'm concerned; only not with me!

(*Laughter*)

Bruno Gröning: Now that it is not being picked up by human beings it drifts back to where it came from, yes?

Woman 27: Yes, of course!

Bruno Gröning: But what do you believe all of this is that human beings pick up, hm? What do you believe as to how these disturbances arise in the human body in the first place? They arise in the person first of all and they then pass them on to their body, as they pull it all onto themselves, they have that much power. Evil certainly comes of itself, and if they submit to it they will never get free of it. And indeed, what is still left for human beings by way of natural things? Whoever is no longer natural with themselves can certainly not believe in it anymore. But I believe that once you have had your own experiences and continue to have them, then your belief will be firmly established in you and then you can also tell your neighbour about how you became aware of it.

Now it is just a matter of small details, if I go through the reports like this, that people, that is, who had been gripped by evil for decades, by disturbances, for which people had attempted everything possible to free this person from this evil thing. But the attempts did not succeed, it didn't help! They just became another evil for the person concerned. And just think: For fifty years (*he breathes heavily*) hardly able to get your breath, and after this so suddenly, when the person had experienced the truth, just in a community... I'm not making any propaganda for the community because of this, but this is how it was! They had not seen Gröning and they were free of it. But not

only this evil alone, but many people have become free of a much greater evil that had fastened upon their body. How is all this possible?

But no one ever said as much to them as you have heard here today, but they actually did it, they paid attention to their bodies and did not allow themselves to be pulled to pieces anymore. They did not pick up any more evil, quite the opposite, and suddenly the evil felt so lonely there; no more attention was paid to it, the evil, and it vanished. The person picked up the good and wherever good appears – the good is always the divine, which is God Himself - , evil vanishes. Well, should I say it to you even more clearly? It would take us too far if I were to spell it out for you here in black and white. I ask myself over and over again: Why? To what end? For what purpose? Wouldn't you rather experience it for yourselves? It's much better if you do! Why must I bore you silly with all of this first of all, so that you can believe in it? That's just not right!

<7>

So, how are you today?

Man 13: I feel as if a burden has been lifted.

Bruno Gröning: Just don't hand yourself over to evil anymore, for you don't need to drag the evil after you.

Man 13: Yes.

Bruno Gröning: I simply do not tolerate evil in my body. You be like that as well!

Man 13: The worst of it [*(unintelligible)*] happens at night. The illness ambushes me!

Bruno Gröning: Yes, that happens so quickly; in the evening you get into bed healthy, having picked up a great deal of evil, many of you still irritated, that is, they have picked up irritation, agitation, and in the morning they wanted to get out of bed; it wasn't possible.

Man 13: *(unintelligible)*

Bruno Gröning: So, who has now decisively separated themselves from evil? And who has made the promise to themselves that they have nothing in common with evil anymore, that they will never again hand themselves over to evil and that they will only stand by the one to whom we all belong – that they will stand by God, by all that is good? And then we will also establish order!

Do you believe that you will manage it?

Woman 28: Yes!

Bruno Gröning: ...manage everything?

Woman 28: Yes.

Bruno Gröning: Hm, it's not only a matter, as you have mostly picked up the thought, a matter of health. Yes, you must achieve that, but: "Don't speak so much! Make me healthy – and have done with it! Then I'll believe!"

(Laughter)

That happens. Yes! But I also know that it would be going too far to give it to people, hmm, to give it to them in such a way that they don't need to do anything else at all. What would I then be making out of human beings, if I did this? Hmm? I would then really be luring them into evil. Should I be like that?

Woman 29: Nooo!

Bruno Gröning: Hm?

Woman 29: Nooo!

Bruno Gröning: If we here in Europe, just like all of you here, are familiar with the teaching of Christ, even if not in our later years, but at least from our school desks, hm? And so much was made known to you in it. And what does the teaching of Christ mean for us? Only that we have it up here (*Bruno Groening points to his head*), that we are complacent and don't think at all about the fact that we are it, that we have to put this teaching into practice here and now. In no other way can we follow Christ. It will never happen in any other way, if we do not get around to doing it. We must simply do it!

And that is why I always set out from this humble little analogy. I say: Yes, if you are hungry, then you say that you must eat. Someone else can't eat for you, for then your hunger would not disappear. And that is how it is here. You must take in power, when your body has become powerless. You must want it! You must say "yes" to it! You must take it in, but it will not be possible before you have released yourselves from evil. There's no other way!

So I believe that it is clear to you. And now just do it! It's just so easy! Unless of course you deny yourself the confidence and say: "I can't manage that!" ...

The ant has not denied itself the confidence: "I can do it! I am doing it!"



Yes, one says: "I'll carry fifty kilos," and the next one says: "I'll carry one hundred, but no more!"

(Laughter)

Yes, and the other one says: "I can certainly carry a little more, but not a long way and uphill or up steps – impossible, I can't carry the weight!" And it believes precisely in what it is actually able to carry. What do you believe? How much power you would then receive! But you just don't dare to. And by the same token, if larger animals were aware of their powers, of this power that they have in them, what do you think would then be left of us human beings, hm?

I'm now comparing you with elephants and I'm putting the ant in front of you now. The ant is now the human being and you are the elephant. What does the ant say, as small as it is, as small a body as it has, hm? "Human being, if you were aware of your powers, which you have in yourself, in your body... Ha, you would then be making something else of me, but you are not aware of your powers and just go on trampling around like this. You can't do anything to me!"

It's exactly the same thing. But now, what would it be like if we now equate ourselves with this little ant and are so completely handed over to God, take up so much power, that we too manage this? But you should not now become load carriers, no! But you can take into yourselves many, many reserves of power, with which you can help your neighbours. Isn't that something good? Wouldn't you also like to be a helper? Wouldn't you also like to put yourself fully and completely at the service of God? Must there be only one, then? Can't you also be this? So that you become just as active here in the divine work and so that you also really stand loyally at God's side and only do everything as he wants it? So that we manage it in accordance with his instructions, so that it becomes once more the work to which he has ordained it?

Have not human beings allowed their work here, which he arranged for us, to degenerate? Yes, they have! They have not paid any attention to it anymore. Nature says nothing to them anymore; the unnatural, the worldly, that is everything to them. And I believe, my dear friends, it is also very good and I also know that you would then reckon yourselves to be truly happy, if you really put yourself in God's service and really did that and did not serve two masters. You don't need the other one, or have you still not had any experience as to who he is?

Have you not become aware of enough evil in your own body? That this evil has penetrated you? That evil is all around you? And that this evil knows no bounds and has already penetrated others, that is, all your neighbours, who over and over again make the influence of this evil effective in that they seek to influence you, until you should listen to it? I believe that this good service is better!

But the first service is this, that you make yourselves free of all of this, that you become worthy of being allowed to serve God, that you really release yourselves from

evil. That is the most beautiful, that is the greatest task; and that is how it continues afterwards. And that is why I have declared it so clearly and definitely, that everyone, if they want to, if they have satisfied the necessary prerequisites for all this, so that they have really loosed themselves from evil, that they can then help their neighbour, yes? They can clean his boots for him, that was it; they can serve him, yes? Or do you feel that you are still too fine for this, hm?



Woman 30: Mr. Gröning, could I briefly tell you about a little experience?

Bruno Gröning: Sorry, me?

Woman 30: Yes!

Bruno Gröning: Us! – *(to Woman 31)* Must you leave?

Woman 31: I must!

Bruno Gröning: Hm...

Woman 31: Thank you!

Bruno Gröning: So, whoever needs to go now – you can speak up, it doesn't matter – Who else needs to go? Who believes that they must go now? Please, I don't want to detain you now. And do you believe that you have received so much that it will last from this time to the next time?

Woman 31: Yes indeed.

Bruno Gröning: Make use of your time, and be aware of every opportunity. I wish you all the best!

Woman 31: Thank you very much! Goodbye!

(Several people say goodbye and leave the room.)

Bruno Gröning: Please, tell your story!

Woman 30: Well, at our last meeting... it was here on Friday, and I came here with the wish for one of my close acquaintances, who had a very severe affliction, at least to take away the pain that he has in his legs.

Bruno Gröning: Weren't you afraid that you would come into conflict with the healing practitioner law, that they would drag you off into the dock?

(Laughter)

No? That's good then.

Woman 30: And when I sat down here, I also had fearful pains myself and it took me all my strength to endure them. It then wore off again, after a certain time. But the state I was in here, it was terrible! I could hardly go on sitting!

Bruno Gröning: Yes, not all of you in this community are as far along as this.

<10>

But I'm thinking back now: It was a good two years ago, wasn't it? You were all sitting like this, and I was standing there, and the young man was sitting here. You see he had picked up illnesses from neighbours, hm, whom he didn't even know. (*unintelligible*) You pick it up as well. But you don't know what to make of it. And in fact: it became true. He – yes, he once confirmed it – and his friend. I said: "He's not here! I asked you to bring him in with you, so that we could meet him. No," I say, "he's just not here!"

But – I looked closely at him – : "Yes," he says, "that's my friend; I'm here for him today." It was the first time that he was here; he sat there then or he sat here. You used to sit differently then. It's not that long ago.

Woman 32: Two years.

Bruno Gröning: And... Yes, a good two years... And, well, and now? In fact: He became healthy, the friend, without knowing that his friend was intervening on his behalf, that he was here for him, had asked for him. He certainly doesn't need to say it out loud. But how one calls it all onto oneself like that, friends, if I were to tell you, tell you about all of this, when some of you are still new here, you certainly could not understand it. You would say: "How is that possible?" That is why I say: Let us confine ourselves to what is most important:

If you are studious, if you really take the teaching into yourselves and follow the one whom I also follow, whom I obey, you also obey – yes, then that is good! Then you

will also have an understanding for it and afterwards we can then go further, that is, you will then receive more of the truth, and it will accumulate more and more and then, when you look back, you will say: "Yes, I would never have been able to believe in that before, but today I am convinced of it." And that is what is necessary, that you convince yourselves about this. Yes, and... and was he helped, is he free now, yes?

Woman 30: Yes, my husband went to see him on Sunday. And he told him, beaming with joy, that since... he woke up on Saturday morning and had no more pains in his leg.

Bruno Gröning: Hm.

Woman 30: Well, he has died in the meantime. But I was delighted that...

Bruno Gröning: Yes, death is fixed, one can't do anything about it!

Woman 30: Yes! ... that the pains were taken from him.

Bruno Gröning: Hmm... "I carry your cross, I carry the burdens of all mankind!" – That's right. Who else can carry it? And cannot cope with their own, that is, what they call their own. How can we help our neighbours? How can we carry their suffering? How can we take it from them? Didn't Christ take all sufferings on himself? And do you believe human beings – and I can already show you a great many today, except that I don't hold it to be necessary – , that they take this suffering into themselves but that they also get rid of it again very soon and the other is free.

How can salvation be explained anyway? And how do you believe that salvation can come to pass in the body?

Look, this is what is most important. And how often this all happens! Yes, friends, if I wanted to begin there now, we would certainly have come to a point: That is a beginning without end! And yet you would say: "This is really very interesting, listening to this, he should just go on telling us about it. I've never heard anything like this before, I have never experienced anything like this before, I have never read anything like this before; I have never believed in this before. But it is really interesting, Mr. Gröning, please go on telling us about it!"

That is why I always ask: Wouldn't you like to experience it for yourselves? That is the right way; human beings have certainly experienced this as well. Of course later on you will come across something that is foreign to you, so that you won't know what to make of it.

But later on you will also feel it, until you have the maturity, until you have really released yourselves from all evil, and then you will already be able to pick it up, that is,

take it from one body to another; you certainly don't need to do anything like this with your hand, it comes of itself.

<11>

Just as you will also have read "Das Neue Blatt", yes? You must have read it, at least in part. Yes, and something like this happened there, and I say, "That's strange; that's nothing! And yet it's a big deal for people. Tja, and everyone is amazed at it and wonder: "How is that possible?" But it's entirely natural. Just like the journalist and doctor, he was both, yes, he comes to me, he comes into the apartment and he comes and then says: "OK then, could you now tell me who I'm thinking about and..." I said to him: "You just seem so daft to me!

(laughter)

Do you believe, then, that you have the right to put questions to me or to require something like this of me? (*unintelligible*) I said even more and then I said: "No, not as you want it!" He says: "But that's why I've come, I'd just like to know this, for the press, the newspaper, I just want to publish something." So, I said: "Just step out onto the balcony, get a breath of fresh air," I said, "you need it!"

And what now? I then go right up to him and he observed Gröning closely then, Gröning's body, and what do you think? "What's he up to now? What's he doing now?" Well, what should I do then? I smoked a cigarette and then I said: "Just you observe carefully!" And then I went on and said to him: "I'll do it! I will now tell you your thoughts. But how I do it, you have no right to ask about that, and in any event I will fulfill that which I have to fulfill.

"How will he do it?" And now he really observed my body closely. "How will he do that now?"

Look friends, I also need a little bit of one so that the other notices it. You only observe what's on the outside, the body. But it's not the body that does it but the one who owns it, and him you don't see. And you don't see how it happens. You also don't see that your neighbours are here, that is, so long as you have taken them into your thoughts, they are here. But you just don't believe this. So you say afterwards: I'm crazy, I'm mad. But to give people this proof for it – that would really be something!

But, I say, why should I do it as he wanted it? No, I'll do it through someone else. Then my neighbour, Mrs. Bauer, came in, and she picked up straightaway who he had been thinking about at first and then she tells us all about the birth. I must make it clear that Mrs. Bauer has never brought a child into the world. She has no idea what it is like and yet she felt it, just as it all happened. Yes, and afterwards all I said was when, what the time of birth is – and it turned out that I was right.

What do you think happened then? He phoned Hamburg! I told him how his wife was now, in what condition she was in now, what she had just gone through. What she told us about she (*Mrs. Bauer*) had also felt – and your neighbours will feel it in just the same way, they will have the same feelings, if they pay attention to their body. They'll find it strange: What is that?

And in the same way the woman in Hamburg had also experienced it, just as I had said it to this good man. He was able to convince himself at once. And still one more thing: Everything had been right. He was whiter than the tablecloth, yes: His hair was standing on end, even though he had combed it over. It wouldn't obey him anymore, it wouldn't follow him anymore. It was twisting all over the place. Then I said: "That's a nice antenna you've got there!"

But he simply did not know how it all happens. They were just over eight hundred kilometres away, and: no names spoken, absolutely nothing, nothing, nothing, nothing, nothing, nothing. There's no need to speak. But you see, I must speak to you so that you understand me. But you really don't need to do it. I just do it like that.

And it turned out that I was right. He was able to convince himself. The birth was on the Sunday. In the end I said to him: "Hm, do you still believe that I don't know who it is; it's your wife." "And now can't I keep anything secret anymore?" "No," I say, "not in this matter." "I'm interested in that. That's why I'm here!"

<12>

Do you know, why you are here on this earth? Hm? Shouldn't you first of all have had the greatest interest in yourselves, in your own body? That's what I think! And certainly before you go on to what your neighbour is.

Now, my nextdoor neighbour told him his second thought, the person he was thinking about. But you have already got that from the newspaper, when you read this very article. Hm, how is this possible, no? Yes.

But, dear friends, that is not why I am here on this earth, to perform some kind of experiments, as people believe. Oh no!

All this that lies behind me, it's evidence which you yourselves, if you would only motivate yourselves to this, to gather the evidence here, and you, I'll say it once again, you are what is most important, what is most valuable for yourselves. You are no longer of secondary importance to yourselves, but consider yourselves now of primary importance. And also allow that which is of primary importance to come to your bodies! Yes, and then afterwards you can also take up ample powers. So long as there are no disturbances in your body, it will be charged up, and you, you can do everything possible. Don't believe these words for my sake, but believe in yourselves and in that which is ordained for you.

You have the duty and the responsibility to convince yourselves of all of this. I know that you here have still not experienced all that much. Every community, I've already told you that – how does one say it? Not the last time, not the time before last, not the time before the time before last, and how does one say it? – I said it in the community hour. I explained it to you there, if you were already here then that is.

Yes, friends, and there are so many, many occasions like this, there are so many, but there is only one time, and there is opportunity everywhere. There is only ever one opportunity, which you have to make use of. You have opportunity again today. Today you have had tasks given to you. Today you know again, what your duty and responsibility is, what you now have to do, what you owe to yourselves, what you owe to your bodies and that you also then live in such a way in God's will and do all of this as he wants it, so that you help your neighbour. Then reach out a helping hand to him! But first of all make sure that you are free. And a mother, a father, a human being does not know – (*aside*) He's coming to me afterwards – absolutely does not know what is all around them here. They do not know that they can help. Human beings are completely unaware of all this!

Do you feel bad? The air's a bit thick in here, isn't it? Yes, well you should attend a trial one day! There's more than thick air there!

It's only a little tin foil ball, don't lose it! And don't swallow it either!

(Laughter)

Only don't be afraid, no matter what is standing before you. Next month I have another trial. And so, that is... I had the wish – it will be fulfilled for me. Yes yes, one can do that as well, what comes from human beings, one can still put it off, but I'm not worked up and that is already something, no? And they're all hacking at one man, no? But they don't want to help Gröning, but to destroy him. That's the difference!

And here, just as when a person puts themselves into other people's hands, you want to help. Do you believe that you can help? Yes?

Man 14: If you want, yes!

Bruno Gröning: No, if you want, yes!

(Laughter)

Is this your wife?

Wife: Yes!

Bruno Gröning: And when you annoy your wife, that is, even if she then does not want to, she feels it all the same: "Something is disturbing me about my husband! I know, I feel it!" And it's the same the other way round, no? "My husband isn't saying anything, but there's something up!"

<13>

So, my dear friends, I've kept you here for a long time now, so that you won't miss your eleven o'clock train, and I believe that I have given you so much to take with you on your way today, that you must know, what your chief task is now, without us having to put it all in big words, yes? Mama, have you also understood me now, yes? Well come on, mama: have you understood everything now?

Woman 17: No, I have not understood everything!

Bruno Gröning: No? But have you understood yourself? Do you know, what you want?

Woman 17: Yes, I have...

Bruno Gröning: Do you know what you need?

Woman 17: Yes, I do!

Bruno Gröning: That's what's most important. In any event you can't retain everything that I've said and how I've said it, how I've explained it; you can't do that. If I were to say now: Come on then, now say back to me everything that I've spoken here – perhaps it was a complete mess – how, where or what, you are not in a position, you are still much less than a technological marvel, which has been recorded here over the microphone. Is this a memory aid, or what kind of an aid is it? But why do human beings inflict this nakedness on themselves? Even years later you can take this recording and have the same thing that's been recorded on it served up to you again and again. You can also do the same thing; what you have picked up years ago, you can play it back again from yourself, and then you'll say, when a person is able to do this: "Yes, that's a miracle! How on earth can he do that?"

Yes, one does not record a load of old filth on the recording, it's too expensive, and people don't want to listen to the filth, they only want to listen to good things. That's why it's been set up here today, so that you can listen to it again, what has been said. Yes, but why are human beings so little for themselves? Why must they just accept it? Why can't they pick it up, record it for themselves here? But it is worthwhile for you. I believe that our friend Riedinger has thought that he will play it to you, what I have said here. Yes, friends, and then think about the hour here today! And it is always the same hour, which human beings have to make use of for themselves. They must always make use of it; time wants to be used. If human beings make use of it, then they will have it. Then they will experience, not just anything, but precisely what they have to experience here.

<14>

Is there someone here today who believes that they need to ask questions, someone who is here for the first time? No questions? There's none left – that's what I've thought to myself – there's no question left. But let's leave it at that – good! I want to

teach you even further. Please, ask the questions you thought about asking, you can still ask them, please!

Woman 33: Mr. Gröning, please could I get a little tinfoil ball like that from you?

Bruno Gröning: What's that? What did I say? Is it necessary that a person, that you must have a foil ball? Didn't I say this? And yet they pick up this thought, and then hold onto tight inside: "I'd like to have one!" Of course, so that you won't always have to carry your handbag. I haven't touched anything of yours, indeed, I must not. But it is not absolutely necessary that there has to be a foil ball. And I'll also say that there are people who don't know how to value them: "Yeah, yeah, I've got a foil ball...". And then they put them in the laundry basket and they have absolutely no idea, and then they come to me and they have absolutely no idea where it is. Then I have to go rummaging around in their house, where I'd never been inside and had never been with those people, and then I say: "Yes, well you left your foil ball lying around and your wife put it in there!" "Yes, I asked my wife, she knew..." I say: "So go home and pull it out of there!" Then I listed the items of laundry to him. Then he says: "Gröning, who are you?" "Yes," I say, "you see, you don't know that!"

But how far one can see. One can even look back in time. But with this I want to emphasize and to give human beings the evidence for how little they know about themselves, and about what's around them as well; how little – absolutely nothing! It's not of primary importance to them, but it's of such secondary importance to them. And how I am alert everything! But friends, what I can do, as it has been granted to me, will also be granted to you, as soon as you have done what you have to do for yourself and then also for your neighbour. But you can't *require* this and say: "Now I want to be just like him."

Slowly, slowly; if I were only to *require* something, I too would not receive it. I *acquire* it always at the right time; always then, when I need it – always! And I must not wish for anything either! If there were to be a real confused mess here, of questions even, oh, I must then change gears quickly. But provided that I am tuned in to the questions, then it goes quickly, then I get it quickly, no? I'm certainly no scribe, and yet I know my way around all that legal stuff well enough, no? I don't need to have read it. But I always open it up at the right place and know where the word or the sentence is. That's so remarkable. Yes, I use time properly, friends; not that I get engrossed in it and afterwards get all confused – no! When I need it, I already have it. And it's just the same for you as well: If you need it, you will receive it – if it is necessary.

(To woman 33) Please don't be upset. All the best!

<15>

Do you already have some foil balls?

Woman 34: No!

Bruno Gröning: She says she certainly does not have any yet! Come, I'll give you one!

(Laughter)

Bruno Gröning: *(unintelligible)*

Woman 34: Thankyou!

Bruno Gröning: So that you won't freeze. I wish you all the best! Don't lose it!

Must we give me another foil ball. But you're giving me everything together there, everything that you have in you like that, no? And I must then see how I'll sort it out. Or don't you believe that? If you've made a good start... And who still does not have a foil ball? All of you still don't have one? Not one? Not one? Ohohoho!

(Laughter)

Now you're turning me into a factory worker. You're actually turning me into that, as I said to the judge: Yes, I made them! And I'll go on making them! And who indeed believes that they have a right to forbid me this?

Woman 35: No one!

Bruno Gröning: I would go on making them and always give them to anyone who wants one. I'm doing it today as well: Come! But don't sell them – no, don't lose them! But there are people who have sold them you know!

(Murmuring)

(unintelligible)

And you still don't have one? Come here then! Happy now?

<16>

Yes, dear friends, if only you knew! I once sent a friend in Brazil a couple of foil balls and a couple of sheets. And now on Monday – what's the day today? – yes, this week, it was Monday, I met him here, he's on holiday. And can you imagine, what he, this good friend, knows how to report on everything possible? He knows how to value the foil balls! He has been able to give something to this and that person here and there.

Now one case: How other... how great the danger of infection is! He met an elderly gentleman, and he complained about his suffering and said: "My fingers are stiff; I can't do anything with my hands anymore! And I've had this for years already. But I simply cannot use my hands. Now I've got to go to the doctor, and he wants to do an operation and he bends it back, but it's still stiff! I'm just a stricken man! I've lost out for years already and have never been able to do what I wanted to do!" And this

friend of mine thinks to himself: "Gröning says: 'If you meet someone, give one to them; if you want him to be helped.' Yes, I'm going to give him a foil ball." He reached into his briefcase and gave him the ball. And just put it into his hand like that; nothing said about Gröning. Just as the public prosecutor thought when the name "Gröning" comes up: Oh! Well, they know nothing. O Lord forgive them, for they know nothing!

Well, and this good man now takes the ball in his hand. "Well then," he says, the person who gave it, now, the friend, "just calmly hold it firmly." Now he wants to ask, but he certainly doesn't get to the question, what's this all about, this ball. He then holds it so tightly, but his finger was stiff now, and he draws the other fingers together and now he says... (*unintelligible*): "Yes, but, yes what is, what is that? Look here!" "Yes, and that is the reply of our friend, the one I got the ball from, and who asked me to give the ball to the person who needs it."

So, it was years and more. But that's really bad, isn't it? That gets in the way! You can't grasp hold of anything properly. And now he is free! Why? He can believe now! That is how far human beings have fallen.

<17>

And his son had met with an accident – after this. He'd fallen from a bridge so that he was laid up in hospital in a plaster cast. He couldn't move his body and was also not clear in his head and he had already been lying like that for a year: given up on!

The doctors said, they can't do anything here: everything has been smashed. It's no longer possible! The man's wife said to her husband, he hadn't yet thought of it himself: "What about this, then? The foil ball helped you!" – Well, you see, its not a punishable offence in Brazil, the tin foil ball – "What about it?" "Yes," he said, "I don't know where I can find this Finger..." – This friend was called Finger, you see, he wasn't called Thumb, but Finger. I didn't mention his name before, he was called Finger – "Where can I get hold of Finger then? I don't even know his address. I don't know where he works either. I don't even know what his full name is!" And then one day the two of them meet, and then he gets from him, or rather his wife, the mother of this child, gets from him a sheet of aluminium foil and he says: "Here you are! A ball? I don't have that many balls left; that's why I'm giving you a little piece of aluminium foil! You don't need to say anything to your son." "Well," said the mother, "he wouldn't understand it anyway." "But get it somewhere near him." Well, they got it near to him in his pyjamas. They brought them into the hospital, put them on him, done! When she wanted to speak with him then, it was not possible. But she had brought him his clean laundry. On the following morning she comes in: "Why am I still here, mum? Haven't I been lying in bed long enough? Why haven't I had anything to eat? Give me something to eat!" – for he had hardly been able to eat anything up until then.

And later, a short time after this: "Mum, I'm not staying in here! Why should I always be lying in bed?" He got his body out of the plaster cast and stood on his own two feet again. And this friend, Finger, not the father with his finger, but the friend, Finger, subsequently took him on in his firm and he is still a fine upstanding person today. You don't need to believe it. But look, this is the question we're left with: Must I, what you call my person, always be there? Must my body be present? Must the name of my body crop up? I say: no!

And I get this confirmed daily, the things, the other things that have already occurred in our fellow human beings. I'm not making this palatable for you; and I'm not making it easy for you either, for you should come to realize it for yourselves. And if you achieve self-realization, if you get to this point, then you have achieved a great deal! So that you have trust in yourselves and faith! And you can also believe now – but convince yourselves of it – that you can then help your neighbours!

<18>

And this friend, who emigrated to Brazil, was a real wreck himself. He came into a flat where Bavay was and made good use of his place there. He knew absolutely nothing about Gröning, nothing! But he was a wreck; he was a refugee from Czechoslovakia and could hardly do anything at all anymore, his body was such a wreck. And he sits there and suddenly his chest expands so that soon his shirt bursts open! It was looser than this one of mine, and yet afterwards it was stretched tightly against his body, his body had swollen up so much, and he says: "What's this?" So that this friend Bavay said to him then: "Well yes, that's no surprise really, ha-ha. You're sitting in the place where our friend always sits." "Who is this friend here?" he says. "What is this? Who is it?" Yes, and so on. Well, from then on he was free and from then on he could even emigrate abroad. Otherwise he would not have been able to cope with it, and he also became a helper, a true servant of God. This is how one can help people. But first of all you need the help. First of all you must gather experiences, experiences in your own body. And if you have had them, that is good! Otherwise I would have (*unintelligible*) sent. I have not forgotten!

Woman 36: No!

Bruno Gröning: I have not forgotten, no! But first you must have got this far!

Woman 37: So, I am completely well!!

Bruno Gröning: If you still have time after this, we can speak then. Well then, must I now produce another foil ball? And who still does not have one? It's cheap today, isn't it?

Woman 37: (*several people speak in the background*) Can I give you mine?

Bruno Gröning: Give you mine, yours?

Woman 38: *(unintelligible)*

Bruno Gröning: Give it to me! Yes, thank you! I also once... *(murmuring)*, but you won't get it back again!

Woman 37: I don't need it anymore!

Bruno Gröning: You don't need it anymore?

Woman 37: No!

Bruno Gröning: Hm? Oh, now I understand: That's why I don't need one anymore! But who has ever given me one? *(aside)* Yes, I'm coming right away! Who has ever given me one? No one! But you will still need it! Take it back again!

Woman 37: Thank you!

Bruno Gröning: We'll speak again...

(Murmuring)

<19>

This is a ball – not a ball or a bullet with which you can kill people, with which you can do evil, rather it is a ball that stands categorically against evil, that will not accept evil! With it you only have protection against evil! Hm?

Yes!

Woman 39: For my young one?

(Laughter)

Bruno Gröning: And you again? Well then, so I still don't have one: Give it to him!

Woman 40: Mr. Gröning, might I have a really little one for *(unintelligible)*?

Bruno Gröning: Friends, I don't want to spoil you! That cannot be. That serves...

Interruption from woman 40: *(unintelligible)*

Bruno Gröning: One moment! It serves no purpose at all if you demand something. If you leave me like this in the future! Now I always give to everyone what they need and in the way they need it! That is better! Otherwise they just get hung up on the foil balls, and then they become nothing. You want more than the foil balls, don't you?

But then I come to this all on my own. Otherwise you'll just preempt everything for me, and then you won't draw the least bit of instruction from it! I often reach like this into my pocket or somewhere or other, where there is not just anything but precisely that which the person needs, and I give that to them: "I didn't say anything to him, and he said it to me; he gave it to me!" But you should not anticipate this from me or preempt it! Here!

Woman 39: Me?

Bruno Gröning: Yes, yes!!

Woman 39: Thank you!

Bruno Gröning: And you've all got one now? You're all provided with little balls, so that you'll all be able to stand up against evil?

<20>

Please, I am certainly not so stupid! But I must also instruct you when you make a mistake! And it would be wrong if I did not give you instruction about this. And now, dear friends, so that we have everything complete and together on the recording, let us address ourselves once more today to a technological marvel like this, and so that we get the tape as full, or rather, that is, so that we get all of this onto the tape, just as it also has its end here. Only with us there will quite simply never be an end; this never stops, this is only the beginning, yes? And now I believe that you have understood me properly. And I believe that you know how to assess the worth of the good for yourselves as well. And I also believe that you will then, if you are worth so much to yourselves, that you work on yourselves, that you will then also know how to value and protect this precious thing, so that you will be able to give it to your neighbours! And with this I now want to say goodbye to you today, with the one heartfelt wish that you, as you work on yourselves here, will be crowned with complete success! I wish you all the best and God's rich blessing!

The people present: Thank you!

Bruno Gröning: Serving yourselves is the same as serving God! So once more, I wish you all that's lovely, all that's good – for your neighbours as well!

The people present: Thank you!

Bruno Gröning: God keep you! All the best!