

Talk by Bruno Gröning, Pirmasens, 1957

“God sent us a son, His son...”

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, Pirmasens, 1957

“If you have followed well what you have just heard...”

<1>

Song: O have you not heard

O have you not heard of that beautiful stream
That flows through our Father's land?
Its waters gleam bright in the heavenly light,
And ripple o'er golden sand.

*Refrain: O seek that beautiful stream,
O seek that beautiful stream;
Its waters, so free, are flowing for thee,
O seek that beautiful stream.*

Wherever this stream in its fullness is poured
The heart rejoices and sings.
Forever it will this sweet blessing enjoy,
Released from care's bitter stings.

Its fountains are deep and its waters are pure;
And sweet to the weary soul;
It heals the sick and restores their strength,
And makes the unholy whole.

Let all those who thirst come and drink their fill!
Thus calls the Spirit of grace.
Only those who have washed in this beautiful stream

Shall ever behold God's face.

Refrain: O seek...



Song: In the end it's not at all hard

In the end it's not at all hard
To be a noble man:
You give yourself over to the Lord entire
And depend on Him alone.

You're not a master, you're not a slave,
You're just a happy child.
The closer you hold your Lord in love
The more blest will you always become.

You work on in full activity
And you do what you can unbid.
Just as a tree in its season brings forth
Its blossom and its fruit.

You don't look on your labours
As drear and wearisome.
The Lord already for us has done
What he requires of us.

Always fit in happily.
Then wherever you may be
Will always be the very place
Where you delight to be.

So blest a faithful Christian is,
So pure and from care so free.
And if you are not blessed by this,
You will not ever be.



Song: I stand all bewildered with wonder

I stand all bewildered with wonder
And gaze on the ocean of love,
And over its waves to my spirit
Comes peace like a heavenly dove.

Refrain:

The cross now covers my sins.

The past is under the blood:

I'm trusting in Jesus for all.

My will is the will of my God.

I struggled and wrestled to win it,
The blessing that setteth me free;
But, when I had ceased from my struggling,
His peace Jesus gave unto me.

He laid his hand on me and healed me,
And bade me be every whit whole;
I touched but the hem of his garment,
And glory came thrilling my soul.

The Prince of my peace is now passing,
The light of his face is on me;
But listen, beloved, he speaketh:
My peace I will give unto thee.

Refrain: The cross...

<4>

Song: Beneath the cross of Jesus

Beneath the cross of Jesus
I fain would take my stand,
The shadow of a mighty rock
Within a weary land;

A home within the wilderness,
A rest upon the way,
From the burning of the noontide heat,
And the burden of the day.

O safe and happy shelter,
O refuge tried and sweet,
O trysting place where Heaven's love
And Heaven's justice meet!

As to the holy patriarch
That wondrous dream was given,
So seems my Savior's cross to me,
A ladder up to heaven.

There lies beneath its shadow
But on the further side
The darkness of an awful grave
That gapes both deep and wide.

And there between us stands the cross
Two arms outstretched to save
A watchman set to guard the way
From that eternal grave.

<5>

Dear friends, if you have followed well what you have just heard, you will know precisely what is at stake here. What's at stake is, simply said, you yourselves. What is at stake here is every individual person. What is at stake here is the real true faith. What is at stake here is faith in God. And this only ever begins when a human being here comes to reflecting on themselves, so that they know what they need, for themselves and for their body. I know that most people, indeed I would have to say almost all people, don't of themselves know what is right anymore. But if we, dear friends, follow this teaching precisely, that is, the teaching of Christ, then will we, just as also will everyone seen individually, be able to chalk up success for themselves.

Naturally, in the course of the centuries human beings have fallen prey to a completely other, a purely human and earthly teaching. Today human beings know nothing about themselves anymore. They have put aside the natural, the divine. They have given themselves up. They themselves have no longer found it necessary to pay attention to their bodies. They simply do only that which they hold to be right of themselves, as they have understood it. Dear friends, I also want to present myself very briefly to you here over the microphone, not so that you might go and fall prey once again to yet another belief. I say it to you absolutely plainly: I don't know much. In fact I know nothing more than just that which people today do not know anymore, are unable to know anymore. Just as I said just now, that they have fallen prey to the human and that human beings take everything in such a human way and no longer in a divine way.

That is why, dear friends, every individual human being finds themselves in such a wretched, wretched condition. They no longer find the way, as this way has been pointed out to them by Christ. They no longer know, what truth is. They, human beings, have become more and more superficial. They have, practically speaking, fallen prey to the great sin, without knowing it, without being aware of it at all, without their conscience troubling them in any way. That is, they more or less don't feel it at all anymore. What they do feel is this one thing, that the lack of harmony is no longer just around them, but has penetrated inside them as well.

And each one of these people, you too, dear friends, will ask yourselves the question: 'Just how is all this possible?' How has it come to this at all, that evil has gripped

your bodies, so that you really do not feel well anymore, so that you have made the observation yourselves, that your body does not obey you anymore, that you cannot give it any instructions anymore. For to a certain extent it has gone on strike. It pinches here and there, and here and there there are organs that no longer work with each other. That is, in as much as they have to do their job, so that this body of yours, just as it, the body, is nevertheless one complete work, from which we, that is every human being, should draw the lesson that God has given us his work, has put his work in our body and from this we are then, we are then are able to recognize how great and powerful God is.

But I know that many, you too, dear friends, have not been aware of the least little bit of this. You have a completely different outlook on life. You lived in just the same way as your forbears lived before you and who then gave you a teaching to take with you on your way. And with the result that human beings now conform themselves more or less to the earthly law and that they do just about everything for this, so that they follow it as well. But I would not like to reach out too far now, for then you would not understand me.



For the time being I'll restrict myself to one thing, and that is always only this, that human beings now finally come to taking thought for themselves for once, and that they know that they are a divine creation, a divine being. And that it is God himself who has loaned them this body of theirs for a life on earth. That is, that God sent us here and that God, with all of this, his glory and magnificence, wants to say and also to show to us not just anything but precisely this. But we are now earthbound, earthbound through this body of ours. And that, though, is where our first duty is: the first task of any and every individual is that they pay attention to this, their own, individual body. And that they allow to come to this their body what God has ordained for it.

For if I now move on to certain specific analogies, my dear friends, you will then understand me even better. But I realize that I must do this for the following reason as well, so as to give you, along with them, the genuine understanding for this. So that you understand yourselves for the first time, and so that you come to a recognition of yourselves for the first time. But this will only ever be possible on this condition, that you pay attention to yourselves, or to put it more clearly, to your body.

And in that you, or to the extent that you, that is, your body has been gripped by evil, as a result of this you yourselves say it is not in order. You would use the one word, it is 'sick'; or the 'illness' is here and there. You even assert that it is 'your illness'. Yes, friends, that might very well be right as seen from your perspective. But seen from the real and true divine perspective it is fundamentally, fundamentally false. For the evil is around us and human beings can easily, very easily, take it into themselves if they are forgetful of themselves even only for a single moment, in that they actually only listen to human beings – whether they have gathered experiences or not. For in

our life here it is just like this with human beings, that the majority of them, straight off, without thinking about it, just tell you their opinion, not their conviction. And if you go further, you will then have realized that people say over and over again: ‘Yes, I have really attempted everything possible!’

Human beings have attempted to free their neighbours from evil. You yourselves, dear friends, will also have attempted everything possible in order to become free of this evil. And if you now ask yourselves the question – well, what has this brought you? Should you not reach out at once to that to which you belong and which belongs to you, so that order will reign in your body as well? Should you not immediately do what is right? Or should you first of all perform experiments, make attempts? Should you first of all live in accordance with the opinions of your fellow human beings? Or should you in general only ever be exposed to these attempts, these experiments? For you, for every human being actually is the evil, that is, in that they abandon themselves to the evil instead of freeing themselves from it. In that they treat the evil. In that they actually only attempt to become free of this evil, but have never taken in the thought that they have every duty and responsibility to release themselves from this evil, to free themselves from this evil.

They have never got around to this for they remained on the path of attempting, of temptation. It’s a fact! But it is absolutely certain, as you yourselves will also say, that all these many attempts, these experiments, became something evil for them. That the evil did not disappear from their body but rather gripped it more and more and thus completely degraded it, so that today they cannot use it to the full anymore.

<7>

I know that many of you will say: ‘Yes, but I do believe. I pray. I go to church. Simply said, I am a person of faith.’ They will also say: ‘I am a Christian.’ Yes, dear friends, it takes much, much more than that to be a real Christian.

It means, to begin with, that we have to follow the guidance of our Saviour and simply do that which we have to do: actually to walk the path in the way that God has actually mapped it out for us in advance. That is, we must walk the path that has been mapped out. And we must also believe that we will reach our goal then. And not go on comforting ourselves with this one word, in that you say, you really do believe, you are a believer, you are a Christian. No friends: Speak less and so get around to doing it sooner. Doing it, that is, that you should get to the point of acting on it and that you now really do take the good to heart. For the good wants to be taken in.

And it is possible that you will nevertheless not believe that the good, the purely divine will then find its way into your body, so long as you go on busying yourself with evil, busying yourself with all of that which is actually never order but only disorder. And you too have actually noticed this up to now. You too have actually become aware of this now. And it is precisely for this reason, dear friends, that you have come together here today, so that now you can finally hear the truth for once. But I

want to go further: not only that you hear the truth but that you feel it as well, that you perceive it, perceive it in and on your own body. But this only ever happens on the condition that you pay real attention to your body. If you follow Him whom you have to follow and that you really believe that order will be established again in your body as well. And I say it once again: This will not be the case before, before you have really released yourselves from the evil, so that from now on you have nothing more in common with evil. That is, that you no longer simply abandon yourselves to this evil, to this disorder, and that you now simply walk the path in the way in which it has been mapped for you, that is, for every human being, for every living being, by God.

If human beings do this, they will then soon become aware that, as soon as they find themselves on this path, they feel better and better, they feel freer and freer, so that subsequently they are people who really affirm life and take joy in it.

<8>

But here, dear friends, if you now intend to walk this path, you really cannot abandon yourselves to evil anymore and cannot go on living in it. Possibly even think back to it here and go on doubting the good over and over again.

Or else, as is nevertheless very, very easily possible, just as it was also possible with you, that you were surrounded by your nearest and dearest and still are today too, who did not carry the good in them, not by a long chalk, and who did not believe in the good, in the divine. For they say themselves: ‘What I don’t know I don’t believe in. What I don’t see, and what I don’t feel, that does not exist for me.’ And so the person is simply an unbeliever then, in that they go on at you time and time again: ‘Yes, just try this, try that, try the other’ or: ‘Have you already tried this, that or the other? You must try!’

See here, dear friends: Even here you are continually beset, even by your nearest and dearest, by your closest relatives. It doesn’t matter who it is: it could be your father, your mother, your sister, your aunt, your uncle – how do I know who they all are? Or possibly even a good friend, a good neighbour. Or else just as it happens when a deluded bighead shows up, who believes that he already has some kind of knowledge at his disposal in that he has only ever experimented, performed experiments in this life of his.

But everything is not the same, that is, each person is not attuned in the same way, and each person is not surrounded by the same good and also not by the same evil either. The one more and the other less. But for the time being let’s leave the people around us quite to one side now. Let us reflect on our being here, on our life on earth. Let us reflect on our body. Let us reflect on ourselves. And then, dear friends, you will soon come to self-recognition. For you must give yourselves a promise and stand by this promise as well. And if you have given yourselves this promise and if you then stand by this promise, this word, so that you say to yourselves: ‘Yes, I will. First of all I will separate myself from evil. I will have nothing in common with evil. And I will

connect myself with the good now, with the truly divine, so that from now on I will have the direct connection with God.’

I know that human beings know nothing about themselves. Today people certainly speak about body, spirit and soul. And yet time and again there are people who more or less do not believe in the soul, in the psyche, though on the other hand they go on saying that that is a ‘psychological’ affliction. Yes and where, time and again, will the effects of this be felt then, dear friends? This should have been just as well known to you as it is to me. But it cannot have been well known to you precisely for this reason, which is that you have not really entirely handed yourselves over to all of this, that you have never really, not by a long chalk, done that which you should have done, that is, not leave yourselves out of consideration.

Seek the truth with yourselves, in yourselves. For the feeling that you are now becoming aware of, you yourselves will also say: ‘That is a feeling that is foreign to me. That’s a really strange feeling!’ But very soon afterwards you’re already switching yourselves back onto evil. And then you perform tests, to see whether it still twinges or whether you are already able to do this or that now. It is here, dear friends, that I am given the proof that you are immediately tuning yourselves in to a demand. No friends, that is too much. It can’t get as far as that yet.

You only have to tune yourselves in to it in order to receive, or better said, attain, the divine transmission here. As to how you attain this transmission, you’re certainly aware of that. But I must say over and over again that this only ever happens if you pay real attention to your body, if you give your attention to what is happening in it, still much less around it, but only in it, in your own body.

If you are being distracted by your surroundings, by the people around you, then simply close your eyes. And don’t demand that this, that or the other feeling must now make itself felt. No friends, that’s not how it is. But if you pay attention to your body, you will notice not just anything but precisely that which is revealing itself in your body, just as you feel it. And that is what at some point you must now finally accept as the truth. But you must also take it to heart. And this is what I was talking about just now, that you say: ‘That is a strange, a curious feeling to me!’ Yes, it is curious, that you should now do things differently from how you’ve been doing them up to now. Only in this way, yes, dear friends, only in this way and no other is it possible.

<9>

I know that, if I were to tell you today, that is, if I were to list for you the individual cases, by cases I mean, if I were to tell you about (the case of) one individual fallen human being, who had lost the good, first around him and then inside him, and how he succeeded in getting back to the good again. That is a person who, through evil, just as he had become aware of it himself on his own body, has really become aware that it is certainly nothing good, but rather that this had been attached to him only,

only as something bad, so that he comes to self-recognition, that evil only ever leads him to evil and never to the good, never to God.

But here, dear friends, it is always like this in all the cases: If I say hundreds, then it is thousands of them, where people had been definitively given up on by their nearest and dearest, who had said it themselves, ‘I,’ or, ‘we have attempted everything possible to free them from this evil. But we can’t do it.’ That is, the one and the other are just speaking the truth here, in that they, just as many others, are letting them know: ‘We cannot help here.’

Look, dear friends: it’s only here that the truth now begins, if the person has tried everything possible, not only you, seen as individuals, no, but also the people around you, or where you believed that they could still help you. But after this you certainly hit upon it, even if it was very late in the day. But let’s stay with this. I say it once again: Where you have once experienced the truth, in that your neighbours have said: ‘Well, I can’t do anything here. I have tried everything. And that is simply,’ well yes, just as human beings know how to say it, ‘incurable, there is no way of treating it. We still can’t do anything about it.’ Yes, I believe that to a certain extent you too have got to this point.

<10>

Now, dear friends, here begins the truth. Here they came to self-reflection, that is, the human beings who have experienced health and salvation in their own bodies. Here they knew for certain: ‘I have been given up on by my neighbours, by my relatives and by all those who have concerned themselves with me, have cared for me, and who have attempted everything possible, and yet who say it themselves: ‘We can’t do anything.’ As a mother says: ‘I have tried everything possible for my child!’ As a husband says: ‘I have tried everything to be able to go on helping my wife!’ But it was only ever an attempt. And so it is with a brother for his sister, with a sister for her brother and vice versa, and so it goes on. Yes, dear friends, the one has not been able to help the other here for they, they had no advice to give and so they could not go on and put it into practice. They had nothing they could say or do.

Look, friends, hm, it’s precisely when a human being has acquired this understanding and that they now know what it’s about, that is, if they have got to the point of self-reflection, they will then know. And then they will find their way back to the one to whom they belong. Easy to say but hard to do – seen from your point of view – that they belong to God. And that they are now truly mindful of God, who created them and who has given them all of this, who has ordained so much good for them, but which they must actually take into themselves.

If they do this, it is good. But if they try, if they attempt, then every attempt will become something evil for them. For afterwards they will say: ‘Every attempt has failed.’ But if they must make an attempt, perform a test then, is that not a testing, a tempting of God? Are you clear about this? I say: yes. But soon you too will also say ‘yes’, that

what you've been doing up to now has just been a testing, a tempting of God. No friends, it can't go on like this!

And now I come back to it once more: These people who have experienced health and salvation in their own bodies were always those people who knew precisely what they wanted. In that they had found their way back to God. In that they truly believed. In that they had only one heartfelt wish, that this body of theirs becomes free of evil. But as long as they go on moving around where evil is at home, they will never become free. It's just as if I were to say to you that a man had fallen into a pit, that he was then pulled out of it and was placed beside it. And he does not possess the power, and he does not have the support either, to keep himself up there, but he will fall back in again. And everyone who has grown up in here, who have become dirty, they are stained. And if you live amongst these people, you too will become stained and will never be free and also never be clean. Yes, friends, the truth is just as I say it.

I say, yes, I don't want to go on to too many analogies today, as it would be too much. And it would also be too much for this reason, which is that you cannot immediately understand the abundance, the good that has been ordained for every living being. And that is why I am now giving you the one good piece of advice: Do that which is completely good, something that many people have already done, so that you now come to self-recognition and that you now know what it is all about. And then it is good. So then: Release yourselves from that which you have experienced as evil in your body, so that you also have nothing in common with evil, and so that you now really connect yourselves with the one to whom you, to whom every single person belongs.

<11>

I know that many people, without thinking about it, were saying: 'It is necessary that Gröning makes an appearance here now.' No, friends. All that's necessary, all that's necessary is that you come to self-recognition. The person, the body of Gröning tells you nothing. But God tells us everything. And if we now take the good, the divine to heart, and especially you – I am already there –, then you too will say: 'Yes, now it is different. It is a completely, completely different feeling. Strange.' I say it once more: 'A strange feeling.'

Yes, if you would only have faith now, but really have faith. And if you would only maintain your connection with God now. And if you would only really listen to God as well. And those are the words of Christ, that we should listen to God, and we can only follow him if we also walk the path as well, if we do it, not just say, 'I want to,' or comfort ourselves with this and say: 'I will.' No, simply get around to it now. That is, get off the evil path. I summon you all, dear friends, to the great return!

The path that you have been on up to now was a false one. I don't need to emphasise this all that much, for you know it well enough yourselves. The path that you

have been walking was the wrong one. It is the evil path. And this, on this path you had all that evil not only around you, but you had to take the evil into yourselves as well. And thus you have become aware of the disorder in your body. Disorder is and remains evil. Order, dear friends, is the good. Order is God himself!

I know that there are even people who, without thinking about it, say: ‘God belongs to us.’ No, friends: We, every living being belong to God. And God has a, that is, his law. Whoever does not know this law, does not take this law to heart, does not follow this law, will not have any success either.

And so every human being must, of their own accord, do what is good and what is right, but never what is bad. I’ll put it very briefly: A person who wants to be clean does not walk into filth and muck, and they also don’t wallow in the filth and they don’t wallow in the muck, because then they’ll stain themselves. But if they do everything just to stay clean, that is, if they are clean to begin with and if they stay clean, then they won’t walk onto, onto or into the pit of filth, rather, they will walk around it, and then they’ll say: ‘That’s where the filth is. That’s where the muck is. I don’t want to go in there! I want to walk the good, the secure, the ordained path. I want to walk the path just as God has ordained it for us.’ For he has created a path for us, for every living being, which leads to him, that is, to God. And so we must walk this path.

And when any person walks this path, they are protected there, they are supported there. That is, they receive the true divine power there, which is never destructive, no, but which is constructive. They feel strengthened there. They feel a current flowing through their body. They feel that they feel really well on this path, that is, that a feeling of delight has come over them. Yes, and this feeling of delight is God! God also wants us to experience this delight. He gives us everything good. Only we must take into ourselves, all that he sends us of himself. And so: Do it!

<12>

Dear friends, if you really get as far as doing this now and really pay attention to your body now, and if you really release yourselves from all the evil that you have been aware of up to now. For you know that evil degrades you. I have already said it before, but I must say it over and over again, so that you know what it comes down to. What it’s all about, this might well be known to you: here it really is about divine order!

So then: pay attention to your body now. Take in no thoughts from outside, but follow the feeling closely, the effects it has in your body. And don’t think about things at home now. Don’t think about your business. Don’t think about your company. Don’t think about your work. Don’t think about your nearest and dearest. No! Be attentive to yourselves now. And now, if you pay attention to your body, you will receive so much understanding that you yourselves will say: ‘Yes, it’s true, what he told us just now, I certainly see that. And this is new to me. But I will follow it further, for I certainly want the good.’

Now friends, there is still more to this. The evil that is still around you will not leave off, especially now that you have really started to become acquainted with God. And now that you are resolved to walk this path to God, the evil will want to do everything it can to get you under its influence, so that you only take in evil thoughts. Or so that you even just hear something evil from one or other of the people close to you. And so that you will now fall prey to this again and again. And so that you say: ‘Yes, that just can’t be believed. I certainly can’t believe, and it can’t go on being as good as this, it will become bad again.’ Yes, you have gathered experiences. But up till now you have only ever really been on the evil path. And that is why I have called on you to turn around and to walk the right path now, to walk it as it has been ordained. It does not go downhill, rather, it leads uphill!

So now, friends: really release yourselves from evil now, and pay attention to your body. Only take in that which really leads you to the good. Take the good to heart. And this taking to heart can only ever come about if you no longer regard yourselves as unworthy, but rather as worthy. And if you are really resolved now to take in the good. And if you stand by your word, by your promise, so that you say to yourselves: ‘I don’t want to have anything in common with evil anymore!’ So then, we cannot negotiate about this. I can’t tell you anything other than that which is the truth.

So then: let’s not wrangle about it, and don’t be saying to me – it is good that I am not now present in person, otherwise you would be saying: ‘Yes, Gröning, but I must think about it because it still hurts. It still twinges. And I still can’t move my limbs, my extremities. I still don’t feel any life in them. And will this really happen? Can I believe it?’, and all of this kind of thing. No friends, by now you are probably well aware of the fact that I have forbidden this to everyone: to tell me anything about the evil! How often have I been approached by people who were living in the belief that they had to recount the misery to me, that is, to put it clearly from your point of view, the illness, that they had to speak about it and that then they also had to demand of me that I treat the illness. No friends, wrong, completely wrong! That is the force of habit, for you have been living in this force, and thus you have got into the habit of speaking about evil in order to get it treated. But here you will certainly know that I want to know nothing about evil. For the very reason that I want to have nothing in common with evil.

So then: You must have noticed a great deal here already, so that you say to yourselves: ‘Yes, well, he doesn’t want to know anything about illness, about evil, as he calls it. We shouldn’t say anything to him.’ And now you are standing before a big question: ‘How is it possible that I will become free of this illness?’ I really do not like taking this word ‘illness’ into my mouth at all, but you have said it so often and you still go on saying it even today. Leave it alone, friends! That is the misery, the lack of health and salvation, not salvation. Misery will never lead you to health and salvation, but only to more misery, to evil. It will degrade you.

And so, just as I distinguish myself from other people, in that I have nothing in common with evil and do not treat evil either, here too you will say: ‘Yes, why does he go on and on about evil like this?’ Yes, you mean illness, or you refer to evil as illness. Yes, and so it is! Now friends, I have nothing in common with evil and I don’t want to have anything in common with evil either. And I beg of you now that you too separate yourselves from evil now and don’t go on treating evil.

<13>

Now friends, I believe I have told you so much. And now I’m going to go back once more to what you listened to at the beginning. There the life and also the will of Christ were clearly presented to you. Only take it to heart. And if today, tomorrow or on one of the coming days you visit a church and a place of worship, then you will also know how you receive the connection to God in that place, so that you bring the wishes of your heart before God completely naturally, just as you have determined them in your heart, and then, if you have faith, these heart’s wishes will be fulfilled by God. But every person must first accomplish the precondition themselves. They must make the first step. They themselves must acknowledge the one to whom they belong. That is, they must come to self-recognition. Then, friends, then it is possible.

Now you will say: ‘Yes, I really do have a feeling now, just as Gröning says.’ Yes, and then comes the second thing: ‘Will it stay like this?’ Then it continues: ‘Will I really become healthy? Can I really have faith?’ Yes, friend, you can! But you must also want to be able to, that is, you must also put it into practice. And it’s not only a matter of paying attention to your body now – no, always, absolutely always!

The wastage of energy is very great. Human beings need power, they need energies in order to take in just one thought. And that is why they really must always take care that they take in new energies every day. It is just like when they take oxygen into their bodies, you would say that they just fill them full of air, that they just breathe deeply, take in the air, in order to get rid of the nitrogen, that is, the used up oxygen. Otherwise your body could not exist. No, you certainly do that very often, you’re always doing it, and it happens all on its own, that is, it comes about all by itself. If the body needs new oxygen, you breathe in deeply, then out deeply, and then you feel well again. Then the body is able to exist again. Then you can exercise control over it again. Then you can stir it and move it. Then it can also carry the heaviest burdens. But how is this possible at all, that we can take oxygen into our bodies? It is only when we have certain specific energies at our disposal that the organ obeys us and that, by means of the organ, that is, by means of the body too, we are able to take in the air, the oxygen.

But how is it when it comes to the taking in of thoughts? And when they have spoken these thoughts as well? Woe to them if they were evil thoughts, for then they, the human beings, are speaking evil. Woe to them who have taken evil into themselves, for they must then do evil. When they have heard something evil, they have then also

immediately repeated the evil they heard and they also became evil. What would it be like, friend, if it was the other way around? Well, I believe that you have now come to this realisation. That is, now do the opposite of what you have done up to now, so that you no longer follow evil, but only good. That is, follow God.

And, just as I have said before – I must say it often –, if you pay real attention to your body every day, and if you know that it is well worth your paying attention to it – for after all you need it, after all, you depend on it –, and if you also know that, day after day, you have wasted, wasted a great deal of power, a great deal of energy, yes, and just because you have taken in unnecessary stuff: things you have heard, things you have seen, or something you have smelt or tasted or felt – whatever. And so, don't debate, activate! That is right thing, dear friends.

<14>

Take thought for your body every day. Every day take in new, that is, good power. And this happens precisely when you shut yourself off from the world around you. That is, when you have now come to reflecting on yourselves, you then automatically shut yourself off from the world around you. Now take thought for yourself. Now take thought for your body. Now take thought for the well-being of your body. Now give it nourishment. Now let the power come to it, just as it needs it. And do it every day!

And then later on, if you have taken in sufficient power, you will say: ‘Now I feel well. Now I feel free.’ Yes, in order to dislodge the evil, friends, one needs a great deal, even a very great deal of good power for it. And certainly a very great deal of good power is needed when evil has lodged itself so firmly in the body that up to now you could not believe that it would disappear, and that you must now take in enough good power, that is, a superabundance of power in order to have a reserve at your disposal. Then you will say: ‘Yes, I have managed it now soon enough!’ And so it does not come down here to Gröning, rather, it comes down to you yourselves, to every individual.

And I know this, that people were living in the belief that, if they prayed to God, then God would have to listen to them and God would have to give them just what they wanted, just what, to say it with one word, they demanded. Friends, that is wrong. Each and every person can only take the good, the divine for themselves. And this only becomes possible when they know how to switch on and tune in to the real, the true divine transmission. And so: We can, every single person can pick up God's transmission for themselves. And if they have taken in sufficient power, sufficient energies, then they will have acquired the conviction that disorder no longer prevails in them and no longer around them either, since they are now living in the true divine order. And then they can teach their neighbours, provided that they only tell them the pure truth, just as they have experienced it in themselves, in their bodies, and just as they have become free of evil. And so your neighbours will listen to this. And they will also begin to believe. Because they feel that you are telling them the truth. Because

they had previously seen how degraded your body had been and that it is now joyful and life-affirming. Then they will say: ‘Yes, you my dear friend, I want this too. And I believe that you have simply told me the truth.’

Yes friends, that is truth. Seek the truth not only around you but on and in yourselves. That is where it begins. And that is how it has happened for many of your neighbours already, dear friends, and God gave it and God gives it still.

And that which he gives us we must receive.

If you still cannot have faith today, then I will do it for you, until you truly have faith. And if you still cannot ask, if you still cannot pray today, then I will do that for you as well. Make yourselves free of that which you have experienced as suffering. I am helping you. And this help leads you to your health and salvation, leads you onto the path onto which Christ, our saviour, has led us. And that is what makes us holy. I wish you all much happiness and God’s rich blessing. God bless you!