IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerte Healing®

Newsletter July 2025

This newsletter has been translated into English mainly using ChatGPT.

- Eva's letter
- Channeled message from Ignatius
- Feast Day of Saint Ignatius – July 31st
- Intensive course on the *Song of Songs* with Assumpta
- Pilgrimage stay at Montserrat: November 10–18
- Open Healing Days in the autumn and updated calendar

All courses and Open Healing Days in **2026** are now available:
in the calendar on our website – see **HERE**
and in our booking system – see **HERE**

Dear Friends,

Summer is upon us. It is warm, lush, and peaceful outside… here in our country.
Elsewhere, people are struggling with unimaginable suffering, such as in Gaza. In Ukraine,

lives are in constant, grave danger. Afghanistan has become a prison for women and others who think more freely than the Taliban—just to mention a few countries in the world. Furthermore, compassion, honesty, and a humanistic attitude are virtues that no longer seem to matter in various parts of the world.

That is why it is especially important that we find the strength to hold on to fundamental qualities.
Paul writes in the Letter to the Galatians, chapter 5: *"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."*

We must insist on striving for goodness despite the madness that surrounds us and use the life we have been given to the fullest. In doing so, we will be able to receive boundless help from the Divine.

We must continue to pray and send healing for the suffering and harshness in the world. In general, we must continue to support and uplift—both in the physical and in the Spiritual.

But how can we find joy, trust, and strength within ourselves?
I believe we find it by being attentive to our own shadow landscapes—our own darkness. Getting to know ourselves in those areas frees us in a wondrous way—if we truly wish it, if that is our intention.

Sister Joan Chittister, whom I came to know through Richard Rohr's newsletters, describes darkness (the darkness we all share) as a fertile place for our questions.

She writes, among other things:
"The light we gain in the darkness is the awareness that, no matter how bleak that dark place was for us, we did not die there. We now know that life begins again on the other side of darkness. A different life. A new life. After the death, the loss, the rejection, the failure—life goes on. In a different way, but it goes on. After having sunk into the cold night of black despair—and survived it—we rise into a new Light, calm, clear, and confident in the belief that what is to come will be enough for us."

Growth is the boundary between the darkness of ignorance, unconsciousness, and the light of new wisdom, new insight, a new vision of who and what we have become.
After darkness, we are never the same again.
We are only stronger, simpler, more certain than ever before that there is nothing in life we cannot survive—for even though life is greater than us, we are made to grow into our full dimensions within it.

I wish you all a wonderful and blessed summer.

Warmest regards,
Eva

Channeled Message from Ignatius

Healing is deeply associated with The Heart of Christ Healing, my dear beloved friends, is deeply associated with Christ - The Heart of Christ, which is The Heart of Love. There is an unconditional openness to it, where there are rooms for everyone - for all, irrespectively of religion, spirituality or faith. Because everything - all are included, once there is a concent - a deep concent to Healing.

When you look into the situation of Healing, you will perceive an openness - a complete openness, and in the receiving. It is a Sacred Circulation taking place. It is a manifestation of Love in the person involved.

You see, the Consiousness of Christ is universal. In itself it is not a religion. What it is, is an intention of Love, of goodness and of bringing Life to Earth - to mankind.

Jesus Himself was picking up on this consciousness of Christ. He was receiving and concenting to the task of becomming Christ, giving His Life in order to bring Love and forgiveness to the Earth - to mankind. You do not have to be religious to accept this, because this is a universal virtue.

Let us rejoyce that He, Jesus Christ, was undertaking this task, showing us what it means to be a full human being that is the True Image of God. In this way He becomes the Divine Example for all of you, of what you can be, what you can become, once you concent to Gods Love and resurrect as the full human being you were ment to be. **Amen.**

Ignatius' Feast Day – July 31st

Let us celebrate Ignatius' Feast Day together on Thursday, July 31st at Ignatius Healing and Retreat. We have so much to be grateful to Ignatius for – all the help he and others from the spiritual world provide to everyone who comes to retreats and courses.

Everyone is welcome – even if you have not visited Ignatius Healing and Retreat before. Ignatius' Feast Day is a wonderful opportunity to get an introduction to the place and the work that takes place here. Participation is free!

If you plan to attend, it is important for our planning that you register for the event. You can do so by Ctrl+clicking **HERE** – or via our website Ctrl+click **HERE.**

Program:
2:00 PM – Welcome by Eva Høffding
Around 2:45 PM – Group meditation
Around 3:30 PM – 5:30 PM – Cozy gathering with coffee, tea, and cake

To make the day run smoothly, we – if you're able – would appreciate your help by bringing cake/buns (preferably homemade) and assisting with practical tasks. Please email tove@ignatiushr.dk to let us know how you would like to help.

We look forward to seeing you!

REMEMBER! GPS doesn't work very well out here, so make sure you have access to our driving directions, which you can find on our website by Ctrl+clicking HERE.

Intensive Course on the Song of Songs by Assumpta

"*All Scripture is holy, but the Song of Songs is the Holy of Holies*" — Rabbi Akiva

Once again this year, Assumpta Arasa Altimira — psychologist, theologian, and former nun at Sant Benet, Montserrat — will be visiting Ignatius Healing and Retreat in August.
Last year, the theme was ***Lectio Divina***. This August, the theme will be ***The Song of Songs***.
Assumpta herself describes the course as follows:

This year, I would like to propose a journey into one of the most enigmatic and luminous books of the Old Testament: The Song of Songs. Throughout the centuries, these love poems have captivated the hearts of mystics, monastics, and theologians, becoming a privileged space for contemplating the mystery of divine love.

The title Song of Songs employs a typical Hebrew superlative form, meaning "the most exquisite of songs." While the surface of the text appears to celebrate human, even erotic, love between two lovers, both Jewish and Christian traditions have consistently discerned in

it a deeper spiritual dimension. This is a song not merely about desire, but about the infinite desire that God has for humanity, and the soul's restless longing for union with the divine. the nuptial love between Christ and the Church, and the intimate dialogue between Christ and the individual soul. For the mystics, it became a mirror of the inner path: a school of love, purification, and divine encounter.

The Song has thus been read as an allegory of the covenantal love between God and Israel, Our course will be structured in eight sessions that will combine rigorous theological, historical-critical, and literary analysis with spiritual reading through the ancient tradition of Lectio Divina.

Each class will open both the mind and the heart to the symbolic depth of these texts, inviting participants to experience Scripture not merely as an object of study but as a space of prayer and transformation.

Through this approach, we hope to rediscover the Song of Songs not simply as literature, but as sacred revelation—a text that speaks to the deepest yearning of the human heart and the self-giving love of God. I warmly invite you to take part in this spiritual and intellectual exploration. May it be a space of encounter, insight, and grace.

See you in August, Assumpta Arasa Altimira

Residential Course: August 23 at 10:00 AM – August 27 at 10:00 AM

Limited number of spots available

The course is conducted in English. See more on our website **Here**

Feel free to contact us for more information: +45 3030 6142

Retreat at Montserrat – November 10–18

Save 1000 DKK by registering before September 1 **Pilgrimage**

Once again this year, we are embarking on an unforgettable pilgrimage to Montserrat. Montserrat is a mountain in northern Spain that has been a destination for pilgrims since the 9th century. Mystics such as Francis of Assisi, Teresa of Ávila, St. Ignatius of Loyola, and many others have come here to kneel before the Black Madonna.

"The energy of the Madonna and the Montserrat mountain offers a unique opportunity to go deeply into one's spiritual process. I have often seen how participants experience profound openings on both personal and spiritual levels during their stay at Montserrat. Many express that the experience is life-changing," says Eva Høffding, and continues:

"The strong presence of the Madonna in the Ignatius Healing and Retreat groups stems from our stays there. She plays a vital role in the work we do. Her presence brings repeated healing into deep traumas and wounds in the participants, while also opening the connection to the Divine Consciousness in the Heart."

Ignatius began his spiritual journey at Montserrat. It is a powerful experience to walk and stay in the very place where Ignatius once lived. There is something truly special about Montserrat that makes it possible to connect with the Divine Persons and the Divine Presence. The experience of this connection is often easier to access due to the Energy and Consciousness that has been cultivated there over the past 1200 years.

Learn more on our website – Ctrl + click HERE

Open Healing Days in Autumn 2025

- **Saturday, September 13 and Sunday, September 14 at Søtoftekur**
- **Saturday, December 6 and Sunday, December 7 at Ignatius Healing and Retreat**

You can sign up for the Healing Days HERE.

In autumn, there is usually a high level of interest in participating in the Healing Days. So if you feel the need to attend, we encourage you to register as soon as possible. The same applies if you wish to stay overnight — we recommend booking a room well in advance, as availability may be limited.

Calendar – Ignatius Healing and Retreat

31 July – Ignatius Feast Day
23–27 August – The Song of Songs – Intensive Course (23th at 10:00 to 27th at 10:00)
13 September – Open Healing Day, Søtoftekur
14 September – Open Healing Day, Søtoftekur
26–28 September – Ignatius and the Way of the Heart 1
23–26 October – Ignatius and the Way of the Heart 2 + 4
10–18 November – Pilgrimage to Montserrat, Catalonia

Address: Ignatius Healing and Retreat, Palsgårdvej 10B, 8766 Nørre Snede, Denmark

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