



IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerter Healing®



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Open Healing Days in December

Sant Benet / Montserrat March 2026

Calendar

This newsletter has been translated into English with the help of ChatGPT – with the exception of Ignatius' channeled message.



The Fishing Lake at Ignatius Healing and Retreat

Tove's Letter from Montserrat

On a November day at Montserrat in northeastern Spain, while Eva and I are preparing for the group arriving on the 10th, I cannot help but feel a deep joy at being back in this wonderful place. It is always a special experience to feel the Montserrat energy again – to take part in Lauds and Vespers, to walk in

the mountains and let the stillness settle. And once more the view over the valley and the mountains captures me completely – the sunrise above the clouds that wrap the landscape beneath Montserrat in cotton wool, and the evening lights sparkling and shimmering in the valley.

Since the Corona lockdown, the number of visitors to Montserrat has almost exploded. One might find it annoying that “our” peaceful place is becoming more visited. But I understand why more and more guests come to Montserrat. It is natural that others, too, seek the Sacred, the Divine. Montserrat is a place where monks, nuns, pilgrims, hikers, and tourists search for something greater than themselves. They pray, surrender, seek comfort and inspiration in the sanctuaries and the breathtaking landscape. Just as Ignatius once did – drawn by Divine Longing. Several places on Montserrat remind us that Ignatius was here. In the forecourt of the Basilica, there is a beautiful statue of him as a pilgrim, and just outside the Chapel of the Black Madonna we encounter a glass mosaic depicting him as the nobleman he originally was.

The journey toward Montserrat is a story that has unfolded through centuries, and perhaps it is precisely today, in a world marked by unpredictability and at times absurd events, that more people find their way to this spiritual place. We search for places where we can find peace amidst chaos. And maybe that is also why more people now attend Lauds. The morning gathering in the Basilica at 7:30 has not always been well attended. It *is* early! – Even the monks can seem a bit sleepy now and then. – But during our stay this November, it is different. Surprisingly many have found their way to the pews. The same repeats itself in the evening. There, too, more people are present than usual.

And above it all, in the choir of the Basilica, sits the Black Madonna. When you lift your gaze to her, you can sense a special quiet yet penetrating power. It is said that her energy is becoming more active in these times, as if she is drawing closer to help us through all that shakes and transforms the world.

The Black Madonna invites us into our darkest corners and further into our deepest essence, into truth, so we can see through the illusions of the world. Perhaps that is also why Montserrat attracts so many right now. We sense that we need the Madonna’s strength, calm, and motherly wisdom to carry out the transformation that is so necessary.

Fortunately, it is not only on Montserrat that we can encounter the Black Madonna and Ignatius. The Madonna’s power and Ignatius’s deep insights also manifest in the groups at Ignatius Healing and Retreat back home in Denmark. In the healing meditations on the Open Healing Days, they both support, guide, and heal us, offering their wisdom channeled through Eva. Faithful, persistent, and loving like two immensely patient teachers, they take each of us by the hand and lead us to that very place in our life’s process where the Opening is, where the next steps on the Path can be taken in the light of the deeper meaning of our life and existence.

Warm November greetings from Tove.

All courses for 2026 are scheduled. See the calendar [here](#)



Channeled Message from the Black Madonna.

My Joy is to nourish and care for you. To comfort you, to tend to your wounds. My Joy is to fill you in every possible way. Let me assure you that this Joy, this Love, never ceases, for it is an unending flow. How can a mother stop loving her children?

Let my Love stream into the very core of your being. Let me melt all resistance, fear, and pride. Let us be together in this deep, intimate Love in complete freedom, in perfect union



Channeled Message from Ignatius

Love is the determining factor in Healing

Love is the determining factor in Healing and in your lives, my dear beloved friends. What else could it be? God creates out of Love, and man too often creates out of greed. Your task is to open yourselves to Gods Love and follow that, the best you can. This will enable you to endure hardships and use them to strengthen you.

The best thing you can do, is to fall in Love with God, with Christ or with a Divine Person. In this way, and through this you will be healed in ways you can not imagine. And when you do this you are as safe as you can ever be. Because then God lives in you and you have something to hold on to. This means, that the outer physical world will be less threatening to you. And the only thing for you to do are to go along. To go along with Gods Love in you, Gods Grace will prompt you to act, when necessary Gods Grace will sustain you through and through.

It will be of big help when you endeavor to perceive the world as it is, with constant challenges. But these challenges will no longer be a threat to you because you are held in the palm of Gods hand. Let us conclude this wonderful day feeling Gods Love as a constant Smile in all our Hearts and let this Smile of God flow through every cell of your bodies dear beloved friends. **AMEN**



Open Healing Days, December 6 and 7

For almost 20 years, Eva Høffding has been hosting Open Healing Days. These healing days are inspired by her collaboration with Spiritual Helpers—especially Saint Ignatius of Loyola, after whom the center is also named. Together with Ignatius and other Spiritual Helpers, we create a space for deeper healing. The healing energy flows into your body and into your mind, supporting you in your challenges and your spiritual development. The Healing Energy works in you and with you, and Ignatius and the Spiritual Helpers often offer advice and guidance through Eva.

You may benefit from participating if you

- wish for a deeper spiritual approach to your life and life purpose
- want to work through and heal areas of your mind and soul
- have a physical condition, stress, or work-related strain reactions
- wish to develop your healing abilities

It is always a particularly rewarding experience to be part of the Open Healing Days—to experience Deep Healing, Spiritual Therapy, and Guidance from the divine helpers, and to feel how the support flows toward you.

We always offer two consecutive Open Healing Days. You may register for one or both days, although we recommend attending both so your process can go deeper. Each day, you receive a personal channeled message and healing energy twice during the healing meditation. You also have the opportunity to receive a spiritual operation, which the Spiritual Helpers will advise on through Eva. The Healing Days are an excellent place to begin if you wish to become more familiar with the work at Ignatius Healing and Retreat. You are also welcome to return again and again to the Healing Days if it feels right for you.

The Open Healing Days are not only filled with meditation, healing, and contemplation. Our beautiful venue, Hærvejens Ferie, offers wonderful surroundings in every season, with opportunities for inspiration and movement in magnificent nature, as well as excellent facilities if you wish to book accommodation.

About the Open Healing Days – read more [HERE](#)

Book Open Healing Days [HERE](#)



Morning at Montserrat

Pilgrimage Stay at Sant Benet / Montserrat March 23–31, 2026

The time calls for deep reflection and presence in your own process. You will have ample opportunity to do so by participating in this pilgrimage stay at Montserrat, where the healing energies of the Black Madonna, Ignatius, and other spiritual helpers flow through and support our inner work.

The first part of the pilgrimage stay takes place at Sant Benet. This Benedictine nunnery is the first monastery we encounter as we ascend the Montserrat mountain. Sant Benet is very peaceful. The area around the monastery is not large, and we are very close to the nuns' spiritual practice in the church. We participate in Lauds, Sext, and Vespers, and we have access to the church throughout the day. The monastery provides a group room for us, where we meet for sharing, healing meditation, and channeling. The quiet and profound atmosphere at Sant Benet calls for personal reflection both indoors and outdoors, where we have access to a small garden.

The final part of the retreat takes place higher up on Montserrat at the Santa Maria monastery, where the Benedictine monks reside. The area around Santa Maria is much larger than Sant Benet, so among the monks there are many other pilgrims and visitors besides us.

We each stay in our own small apartment. We will meet in the group for sharing, healing meditation, and channeling, and there will also be ample opportunity to deepen your process through Masses, meditation, and prayer in the Basilica, Our Lady's Chapel—the Black Madonna's Chapel—as well as other chapels in the Basilica. There will be abundant opportunity to be in God's free nature on the mountain, in silence, on walks, or both. At both the monks' and the nuns' monasteries, you can enjoy being immersed in the healing energy of the Black Madonna.

The price of the retreat is DKK 14,150 – only 8 places available on this pilgrimage stay.

The price includes:

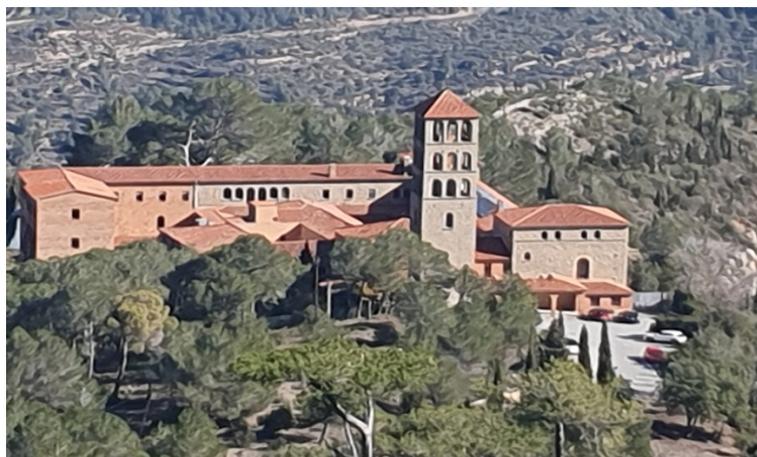
- Taxi pick-up and return from Barcelona airport
- Private apartment on Montserrat
- Private room at Sant Benet
- Full board at Sant Benet
- Taxi trip to Manresa, where we visit the Ignatius Church

The additional costs are:

- Flight ticket – details on departures will be provided
- Your own meals while staying in the private apartment on Montserrat – further information on shopping will be provided
- One group dinner at the Montserrat restaurant, approx. €35
- Donation of €3 at the Ignatius Church

Read more about our retreats at Sant Benet / Montserrat [HERE](#)

Sign up [HERE](#)



Sant Benet

Calendar

Open Healing Days – December 6

Open Healing Days – December 7

Ignatius and the Way of the Heart 7 – January 14–18

Open Healing Days – January 24

Open Healing Days – January 25

Group for Healing and Deeper Spirituality – February 7 (full)

Ignatius and the Way of the Heart 8 – February 11–15 (new group)

Ignatius and the Way of the Heart 1 – March 7–9

Pilgrimage Stay at Sant Benet / Montserrat – March 23–31

Ignatius Healing og Retræte

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