



IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerter Healing®



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March 2026

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At the end of March, it is warm springtime in Northern Spain. This is when we hold our retreat at Sant Benet / Montserrat – you can read more about the retreat further down in the newsletter. There is one place available on the retreat (not anymore), so if you feel that it is your time for immersion in the healing energy of the Black Madonna, please contact us soon.

We also share information about the Open Healing Days in Copenhagen and in Nørre Snede. We call them Healing Days because healing is the central focus.

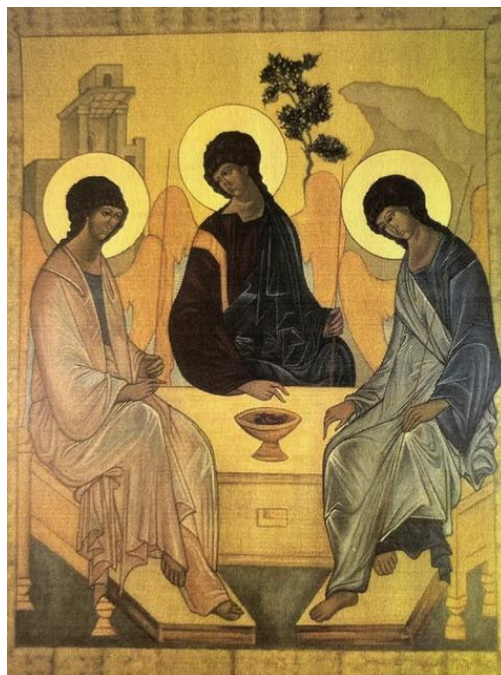
We see healing as a process, whether your challenges are physical, psychological, or spiritual – a process that often requires time, leading to deeper insight, understanding, and meaning. It is also often a doorway into your connection and relationship with a more profound spiritual approach and a sense of spiritual belonging.

Therefore, it may often be necessary to attend the Open Healing Days several times and, in this way, to see your recovery as a healing process that works on deeper layers within us, and to accept that it can take time for us to access these layers.

The desire for healing takes us deep – it brings us into an opening, an awakening that asks us to surrender unconditionally to the innermost core and authenticity within us, which carries the divine light that we all are part of.

It may seem overwhelming how to begin such a journey; however, the Healing Days are an ideal place to start. Under the skilled guidance of Eva Høffding, and with essential support from Ignatius and other Spiritual Guides, we are helped to cleanse old wounds and perceptions of ourselves.

Both Eva and the Spiritual Helpers offer all their love and deep insight to help us find within ourselves that which leads to healing. It does not require complex thinking or complicated insights—only our willingness to embrace healing and our decision to surrender to the process as it unfolds.



Se kurser i 2026 i kalenderen [her](#).



Channelled Message from Ignatius

Healing is the most wonderful thing on earth

Healing is the most wonderful thing on earth because it redeems and sets you free from different aspects of suffering. Please remember to put a name to the suffering, so it is acknowledged as that with compassion and tenderness, so you can leave it in the Hands of God – in the Hands of Christ.

When you have left the suffering in the Hands of God you really leave it there, so you can move on to explore the real you, that is not your problems. The real you that holds the Divine Light in your Hearts, my dear beloved friends. It is as I have said before: Let God mold you and shape you, so that Love and upliftment can come forward in you.

In this way your burdens become light and meaningful. You will understand that you have good reasons to trust. You are no longer a slave to your psychology – but instead you move forward in your lives as the full human being you were meant to be.

There is a radicality in this where you need to let go of old attitudes, and instead move your focus on to something higher, that which is God, that which is The One Loving Consciousness. You abandon all together the old ways of being in your life, so you can explore the deeper aspects of who you are. Open yourselves to deep conversations with God – that is a way of surrendering – and how you can fall in Love with God.

AMEN



**2 days in your own presence and deep immersion
– profound spiritual guidance and healing**

Open healing days with Eva Høffding in Copenhagen, April 29 & 30

Are you challenged in your health? Do you seek help for emotional pain or feeling stuck? Would you like to deepen your spiritual process, or do you long to open your heart on a deeper level? If so, you may greatly benefit from participating in the open healing days.

During these days, we co-create a healing space together with Spiritual Helpers. An opening is created into the deeper layers of existence, allowing each participant to enter into dialogue with the deeper parts of themselves and the spiritual realm. In this space, the healing power of love can enter body, mind, and soul to support transformation. This power of love can transform hardness, resistance, fear, and feelings of inadequacy into gentleness, openness, joy, and presence. We will sit in healing meditations twice daily, inviting divine helpers to bring healing into the areas each participant brings with them. There will also be an opportunity to receive a spiritual operation, provided you are able to take a week off afterward.

The days are led by Eva Høffding, who will channel and convey messages and guidance from St. Ignatius and other spiritual helpers twice daily. Eva Høffding has 20 years of experience with this practice and 45 years of experience working with healing.

Participation on both Wednesday and Thursday is expected.

Price: 1,700 DKK for both days. *Address:* Store Kannikestræde 19, 1st floor, Copenhagen

Wednesday: 10:00 – 17:15 Peace meditation at 17:30 – 18:00 (optional)

Thursday: 10:00 – 16:30

Registration for the open healing days [here](#)

Read more: about healing meditation [here](#), about spiritual operation [here](#)



Open healing days at Ignatius Healing and Retreat in Nørre Snede

We also offer open healing days at our homeaddress at Palsgårdvej 10 B, Nørre Snede. The dates for the spring/summer healing days are:

May 30 & 31

June 27 & 28

You may participate in one or both days. We recommend two days, as this allows you to go more deeply into your challenges. Each day you will receive a personal channelled message and take part in the healing energy during healing meditation twice.

Together with Ignatius and other Spiritual Helpers, we create a space for deeper healing during these days. The healing energy flows into your body and mind, supporting your physical and emotional challenges as well as your spiritual development. The healing energy works within you and with you, and Ignatius and the Spiritual Helpers often offer guidance and advice through Eva. It is always a particularly rewarding experience to attend the open healing days—to personally experience deep healing, spiritual therapy, and guidance from the Divine Helpers, and to feel how the help flows toward you.

The healing days are a good place to begin if you would like to become more familiar with the work at Ignatius Healing and Retreat. You are also welcome to return again and again, if it feels right for you. The open healing days are not only filled with meditation, healing, and immersion—our beautiful place, Hærvejens Ferie, also offers something special in every season, with opportunities for inspiration and movement in abundant nature, as well as good facilities if you wish to book accommodation.

Registration for the healing days [here](#)



The path by the cave at Montserrat where the statue of the Black Madonna was found

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

This is a time that calls for deepening and presence within your own inner process. You will have ample opportunity for this by participating in this pilgrimage retreat 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 retreat takes place at Sant Benet. This Benedictine nuns' monastery is the first monastery we encounter as we ascend the Montserrat mountain. Sant Benet is a place of great peace. The area where the monastery is located is not large, and we are in close connection with the nuns' spiritual practice in the church.

We participate in Lauds, Sext, and Vespers, and have access to the church throughout the day. The monastery provides us with a group room where we gather for sharing, healing meditation, and channelling. The quiet and profound atmosphere at Sant Benet invites personal immersion, 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 monastery of Santa Maria, where the Benedictine monks live. The area around Santa Maria is much larger than Sant Benet, and there are many other pilgrims and visitors besides us.

Here, we stay two people in each apartment, with your own bedroom and shared living room, kitchen, and bathroom. We will gather as a group for sharing, healing meditation, and channelling, and there will be ample opportunity for personal immersion through mass, meditation, and prayer in the Basilica, Our Lady's Chapel – the chapel of the Black Madonna – as well as other chapels within the Basilica. There will also be abundant opportunity to be in God's open nature on the mountain, in silence, on walks, or both.

Both with the monks and the nuns, you can enjoy being in the healing presence of the Black Madonna.

The price for the retreat is 13,750 DKK, including full board at Sant Benet.

Included in the price:

- pickup and return by taxi to Barcelona airport
- shared apartment at Montserrat – private bedroom
- single room at Sant Benet
- full board at Sant Benet
- taxi trip to Manresa, where we visit the Ignatius church

Not included (self-paid):

- flight ticket – more information will follow
- your own meals while staying in the apartment at Montserrat
- one shared dinner at the restaurant at Montserrat (approx. 35 euros)
- donation of 3 euros at the Ignatius church

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

Registration [here](#)



Sant Benet



Lectio Divina / Jobs Bog – intensivt kursus v. Assumpta

22. – 26. August

Kurset er på engelsk!

“You are talking nonsense! When God sends us something good, we welcome it. How can we complain when he sends us trouble?” — The Book of Job

The Book of Job confronts us, above all, with human misery and with the enigma of suffering. In the face of pain and injustice, a question emerges that has traversed centuries and consciences alike: why does God do nothing? It is precisely in the heart of misfortune that the human being tends to lift their eyes toward heaven — seeking meaning, consolation, or an answer — or else, in an equally profound gesture, to turn away, rejecting God and refusing to acknowledge Him.

In the figure of Job, we behold a person disoriented at the decisive hour of trial, overwhelmed by a succession of calamities that defy all moral logic. It is within this space of

dispossession that the true struggle of faith unfolds. Job embodies the human tragedy before incomprehensible suffering and, at the same time, the silence of God that we so often experience, especially when pain falls upon innocent people and children. In this silence, which is not absence but mystery, faith ceases to be quiet certainty and becomes instead struggle, lament, and inner endurance.

For this reason, the aim is to offer a week-long course centered on the study of this book and related biblical texts, creating a space for attentive reading, theological reflection, and shared inquiry. Alongside the academic exploration, time will be devoted to meditation inspired by the practice of Lectio Divina, as well as to themes of care and healing, understood in their spiritual, personal, and communal dimensions. In this way, study and contemplation seek to remain united, allowing the ancient text to speak to present wounds and to open paths toward deeper understanding and restoration.

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**

Assumpta Arasa Altimira is a theologian, clinical psychologist, and biblical scholar with a degree in Fine Arts, and a deep commitment to bridging academic study and contemplative practice. Her research focuses on biblical spirituality, the mysticism of the Old and New Testament, and the role of symbolic language in Scripture. She has taught courses on the Psalms, Wisdom literature, and prophetic texts, and regularly leads workshops on Lectio Divina and the spiritual reading of Scripture.

Ignatius Healing og Retræte

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