



# IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerter Healing®



Content: Letter from Eva

April 2026

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Translated using ChatGPT



Dear Friends,

A few days ago, I happened to come across a channeled message from Ignatius that I received as far back as 2012. It appears further down in the newsletter.

I was happy to see it again, especially because it simply puts into perspective what it is all really about in what we do at Ignatius Healing and Retreat—namely, Love.

To be touched by Love, to have an experience of Love, to know it in a deeper sense, is the greatest healing that can take place. Experience shows that everything in life unfolds from there, the more we are able to give and receive from Love.

It lies within all of us like a seed, like a germ. It is the deeper reality that we are all invited to awaken into, so that we may become the whole human being we were meant to be.

In these times, which are so difficult for our world, we must anchor ourselves in Love, in Trust, in Faith, and in the Living Hope that carries a flow of Power and Strength into us. We must continually strive to carry on when the world trembles. Let that be our deepest intention in everything we do, no matter what happens around us.

Rev. Cameron Trimble writes in Richard Rohr's newsletter: "The holy Saint Benedict encouraged his communities to stay: to put down roots in place, in relationships, in the shared life. Stability, he explained, is what allows love to survive the breakdown and collapse around us. One does not run away every time the world shakes. One commits. One tends and nurtures the good. One remains."

In continuation of the above, I would like to point out that, in addition to Ignatius' intention of showing the way into God's Love, there is a deep connection to the healing offered at Ignatius Healing and Retreat, which is especially close to Ignatius' heart precisely because the healing is grounded in Love.

It can be difficult to connect with this if one is deeply affected—either in one's health, or unable to find a way out of inner pain... or if one has lost one's way in relation to the spiritual. This can often give rise to a feeling of hopelessness, confusion, and discouragement.

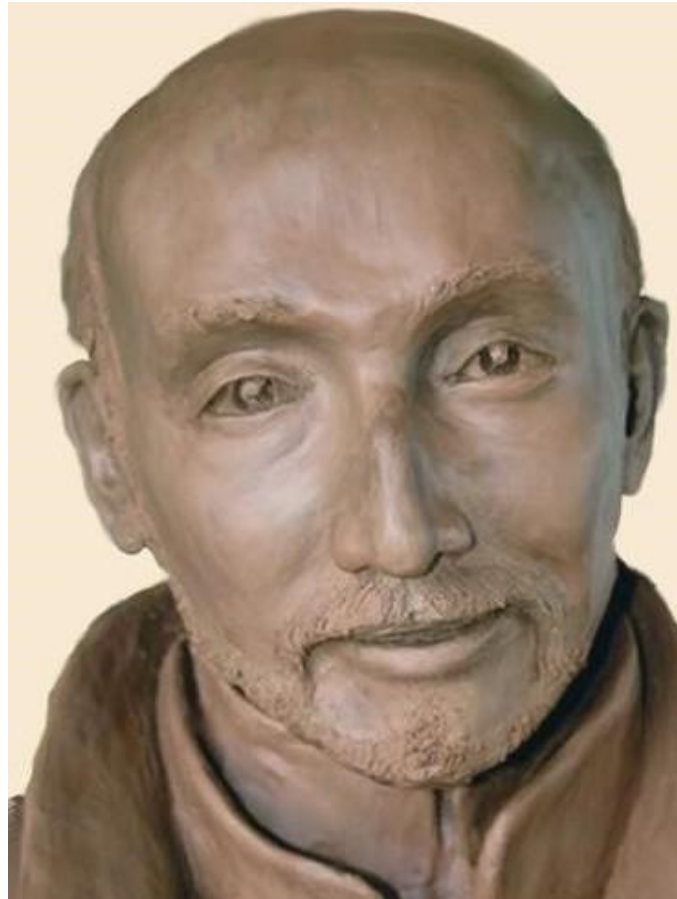
This is why it is so crucially helpful to receive a deeper healing and guidance into the layers of pain that may stand in the way, so that one may rise again and open to the deeper inflow and healing that connects with the full meaning, truth, and purpose of our existence.

With many heartfelt April greetings,  
From  
Eva

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

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## Channeled Message from Ignatius

### When Love touches and becomes a reality

When Love touches and becomes a reality within a human being, the whole perspective changes within that person's mind. You see, this is the very core that mankind is looking for and longing for. This is the whole purpose, the whole reason for us to be here with you to this day and age to bring forward the reality of Love that lies as a seed in every one of you.

This seed must be nurtured so it can grow and become a flower and through its beauty, this inner beauty, become an example for other people. In this way they can be attracted and feel a motivation to contact their own seed of Love. This will eventually heal the Hearts and Souls, which will bring immense upliftment within you and other people around you.

The reality of Love is profound and must be established within the physical existence of a human being in order to manifest on Earth.

For Love to become grounded on Earth, you must include the three lower chakras so that balance and strength can come into circulation. In this way, you ground Love, you make Love solid on Earth. And thus, it becomes a tangible reality for others: an open Heart, an open mind, and an open body.

**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:

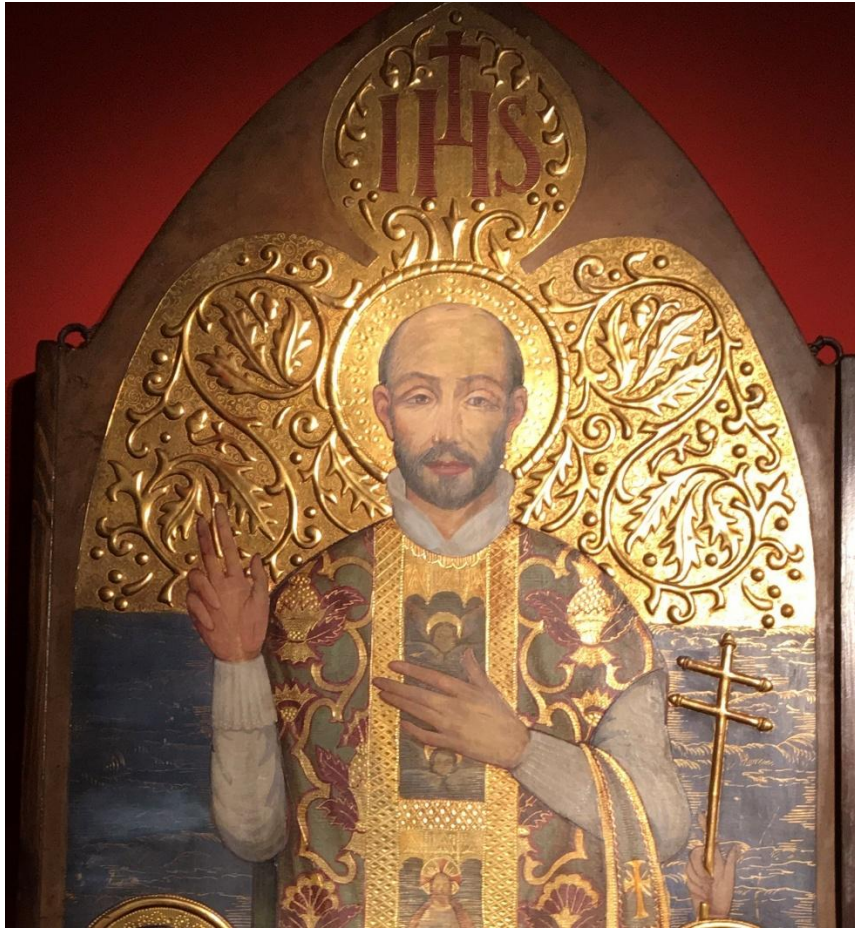
**May 30 & 31**

**June 27 & 28**

You 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.

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





## Ignatius' Feast Day on July 31

Let us celebrate Ignatius' Feast Day together with meditation, coffee and cake, and pleasant time together on Friday, July 31 at 2:00 PM 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 give to everyone who attends retreats and courses.

Everyone is welcome — even if you have not previously visited Ignatius Healing and Retreat. Ignatius' Feast Day is a wonderful way to make a first acquaintance with the place and the work that is carried out here. Participation is free of charge!

If you plan to attend, it is important for our planning that you register for the event. Please sign up via the calendar on our website [here](#).

To help the day run smoothly, we would appreciate your help — if possible — by bringing cake or rolls (preferably homemade) and assisting with practical tasks. Please write to [tove@ignatiushr.dk](mailto:tove@ignatiushr.dk) to let us know how you would like to help.

We look forward to seeing you!

NOTE: GPS does not work very well out here, so please make sure to have access to our directions, which you can find on our website.



## 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.



## Channeled message from Ignatius

### What is healing?

What is healing, my dear beloved friends? What is the deepest healing that you can receive? That is to receive God fully into your lives in such a way that the grace of God is circulating - and permeates everything that you are, body, mind, and soul.

When this happens, God is in full control of your lives and there are no longer egoic obstacles that hinders this. This is a process of maturing into that. In the meantime, healing can work with love and tenderness in your body, mind, and Soul, helping you and supporting

you. This simultaneously promotes the deeper approach to what healing really is and means. To receive God's influence on your body, your mind, and your Soul, will help you in the way you need most.

This can sometimes be challenging, but if you can go along with this, it will bring you more help than you can ever imagine. Therefore, your focus should be on how you can develop more trust and more Love for God. When you pray for this, you will find that it will be given to you, increasingly.

The more you invite and involve God in your lives, the more you will receive. Please do not give up on this, but keep insisting and keep opening yourselves to God. You see, your intention means almost everything - and your intention will take you there, to God.

God bless you all.

**Amen.**

## **Ignatius Healing og Retræte**

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