



IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerter Healing®



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June 2026

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Translated into English with the assistance of ChatGPT.



Dear Friends,

Summer is upon us in all its lush abundance, with birdsong and wonderful beauty.

As mentioned in previous Newsletters, this is not how things look everywhere in the world. Division, war, and oppression characterize the picture in many places. Let us all strive to find an antidote and a resilience against this.

Five hundred years ago, Ignatius gave us his famous phrase: “To see God in all things.” I imagine that this phrase was born out of the great Enlightenment he experienced while sitting in a particular place in Manresa by the river, immersed in deep prayer and meditation, where, according to his own account, he was shown the interconnectedness of all things.

“To see God in all things” opens us to an awareness of Unity and Interconnectedness—that we are all one and connected to one another.

I have encountered a remarkable person on YouTube. His name is Greg Boyle SJ. He is a Jesuit priest (SJ) who, for the past forty years, has worked with some of the most hardened, brutal, and violent gang members in Los Angeles. He says that in the forty years he has worked with gangs, he has never met an evil person, but rather that violence and brutality arise from pain so profound that it is rooted in severe childhood trauma. Violence and brutality grow out of deep wounds and trauma.

He has succeeded in creating a sense of community among gang members, including members of rival gangs, based on the conviction that all human beings are unshakably good when we open ourselves to the deeper truth of who we are. At Homeboy Industries, gang members are met with the clear understanding that every single one of them is exactly as they are meant to be and as God created them, and that all are precious and connected, that all belong together, and that all belong.

This entire approach creates Healing, Unity, and Love. At Homeboy Industries, they continually insist on this perspective and open the mind to this truth, which brings people together, heals, and uplifts them in ways that might seem impossible.

See more on YouTube [here](#) (English or Danish subtitles can be activated).

When we see the fundamental goodness in another human being, it also becomes possible for that person to see this Light of Goodness within themselves and gradually learn to trust it. This becomes more accessible to us when we stop judging, criticizing, and evaluating others. It brings humility to the mind, allowing the heart to open more unconditionally in relationship with others because we recognize the Light within them.

That we are created in the image of God, or, as the Buddha said, “Oh, you who are all born noble,” refers precisely to this deeper Nature of Goodness that exists within us all.

This Nature of Goodness, which may also be called the One Loving Consciousness, is what we all live within and what nourishes and sustains us when we say Yes to it. May it reveal itself within each and every one of us.

With many heartfelt summer greetings, Eva

See the courses in 2026 in the calendar [here](#)



Channeled message from Ignatius

You are already Loved with all that you are

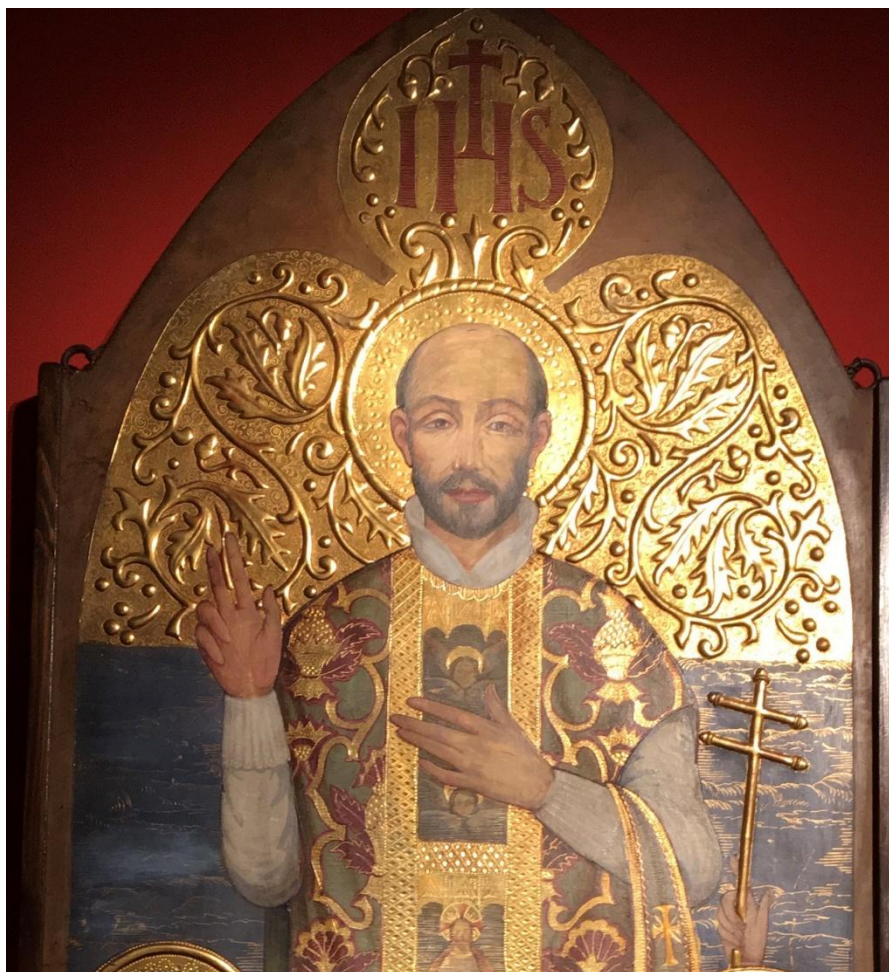
The only way to build up a relationship to God is first and foremost through Love, to love God with all you are. You really come to love God when you truly realize that you can be completely honest with him, because He loves you unconditionally. In a way it is so simple.

It is all about Love, that you allow God to love you. You see, He has loved you into existence: His love brought you into existence, His love created you into existence. He created you in his own image!

What does this mean to you? Please reflect on this. When you get into the deeper truth about this, you will find that your feeling of unworthiness and that you are not worthy of love is an illusion. You are already loved with all your faults. You are already loved because God is in you - you are the image of God. It is the ego or the false self that keeps you imprisoned in the illusion of separation and unworthiness.

Please explore the deeper truth of who you are. Please be interested in how you can love God fully and completely. When you love God, you are free. When you love God, your life will unfold in accordance with the depth of your being.

God bless you all, my dear beloved friends. **Amen**



Ignatius' Feast Day on July 31

Let us come together to celebrate Ignatius' Feast Day with meditation, coffee and cake, and enjoyable fellowship 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 provide to everyone who attends retreats and courses.

Everyone is welcome – even if you have never visited Ignatius Healing and Retreat before. Ignatius' Feast Day is a wonderful opportunity to become acquainted with the place and the work 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. Register via the calendar on our website [here](#). You can also register by writing to tove@ignatiushr.dk.

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

We look forward to seeing you!

PLEASE NOTE: GPS does not work very well out here, so be sure to have access to our driving directions, which you can find on our website [here](#)



Individual and Couples Sessions

Receive a supportive, in-depth, and uplifting session with Eva Høffding at Ignatius Healing and Retreat.

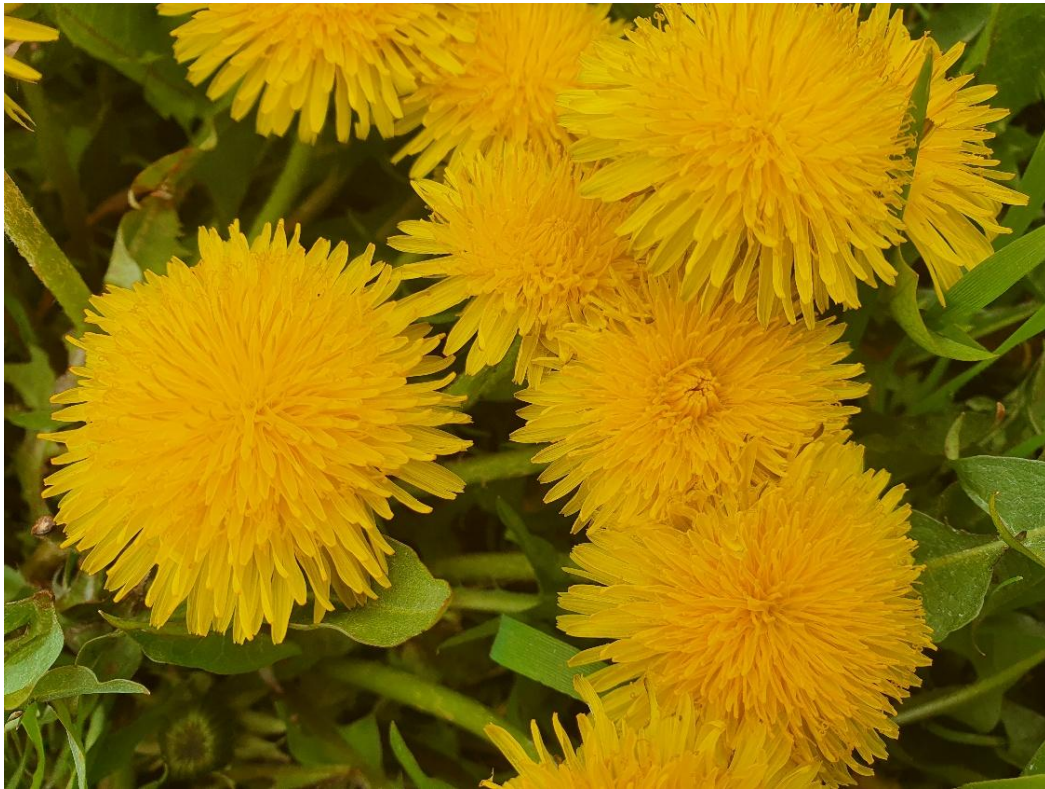
Through personal and spiritual guidance, as well as channeled messages from spiritual helpers, you will be supported in going deeper into your life process. This can help you gain a deeper understanding of your situation, see the connections and meaning in your life circumstances and purpose, and discover whether there may be changes you need to make. It is also possible to supplement your session with healing or a crystal bath.

You can meet with Eva for a session at Palsgårdvej 10B, Nørre Snede, or online via telephone, FaceTime, or WhatsApp. Healing can also be given by telephone and online. Sessions are available for individuals as well as couples.

A full personal session typically lasts one hour, although shorter sessions are also available. A telephone session – including FaceTime or WhatsApp – can be conducted as a full individual session, but shorter sessions of either 14 or 29 minutes are also available.

To book a session, please call +45 30 30 61 42 on weekdays between 10:00 and 10:30 AM, or email: mail@ignatiushr.dk Read more about sessions on our website [here](#).

If you have not visited Eva Høffding before, you can find driving directions on our website [here](#).



Open Healing Days

Participating in Open Healing Days is a unique and enriching experience. Here, you will have the opportunity to receive deep healing, spiritual therapy, and spiritual guidance from Eva and Ignatius, and to experience how this support is offered to you unconditionally.

Eva shares:

"I am always deeply moved by the powerful Presence and Healing Energy that flows from Ignatius and the Spiritual Helpers to each and every participant. Even though I have worked in this field for many years, I continue to be amazed by the steadfast, loving, and faithful support that is offered again and again by Ignatius and the Divine Dimension. It is a gift to witness the encouragement and upliftment that participants receive."

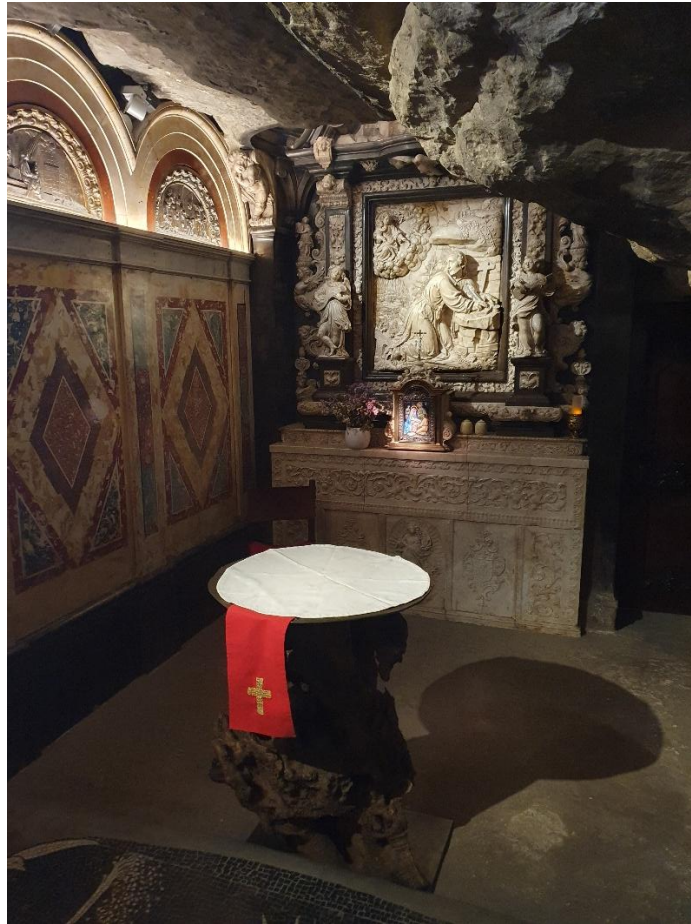
Healing Days this Autumn:

September 12–13 at Søtoftekur near Ringsted

October 10–11 at Palsgårdvej, Nørre Snede

November 14–15 at Palsgårdvej, Nørre Snede

Register for the Healing Days through our online calendar [here](#).



The cave in Manresa, where Ignatius began writing the *Spiritual Exercises*

The Spiritual Exercises of Ignatius ... Once Again!

This autumn, a new Ignatius and the Way of the Heart group will begin. People who have already completed the Exercises are signing up in large numbers. Why is that? Over the coming issues, we will share reflections from former participants in the Spiritual Exercises who have chosen to embark on the journey once again.

Hanne shares:

I have chosen to go through the Spiritual Exercises one more time.

Why would I do that? Haven't they already been checked off the list? Or perhaps I didn't really gain much from them? Did I encounter resistance along the way?

I certainly gained a great deal from the process, but I have come to realize that the journey through the Exercises is, in many ways, an ongoing journey. It is a journey of experience shared with the people we encounter in the texts, where we often meet aspects of ourselves—both familiar and previously unknown.

We must continually practise allowing our thoughts, ideas, and our desire to understand to gently settle into the heart and simply feel what is stirring within. In this way, we can sink into one text after another and allow ourselves to be moved. Nothing more.

Through contemplation and meditation, we may encounter our own present or suppressed feelings in our meetings with the people we encounter in the texts.

All our feelings are universal and timeless, and through empathy and compassion we can share our responses with the people we meet there. It is an ongoing exercise in meeting other human beings, both within the Exercises and in our everyday lives.

Strong emotions and reactions may arise along the way, triggered by our encounters with the texts, but certainly also through encounters with the other participants. It may be the food, the programme, restless sleep, confusion about the texts—which can sometimes seem difficult to understand—or perhaps they may even awaken resistance within us.

It takes courage and insight to recognise the opportunity for healing and release through quiet, meditative presence. Reactive responses in the outer world merely send these feelings back into the unconscious, only for them to return later when a similar situation arises.

That is why I have chosen, once again, to meet myself in silence and contemplation; to allow myself to be touched within a spiritual fellowship with others, under the skilled and loving guidance of Eva, Ignatius, and the Spiritual Helpers.



When Our Own World Changes...

We have been informed by the Danish Travel Guarantee Fund that they consider us a travel provider and that we are therefore required to pay an annual contribution to the fund. At the moment, we are working intensively to find our way through this situation.

The challenge is that both the one-time registration fee and the annual base fee we are required to pay are the same as those paid by major travel operators such as Spies, TUI, and other large travel companies. We need to carefully consider how to proceed. Hopefully, we will arrive at a clear solution before long.

The retreat on the Book of Job with Assumpta, originally scheduled for August this year, has been postponed to August 2027.

Ignatius Healing og Retræte

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