



IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerter Healing®



July 2026

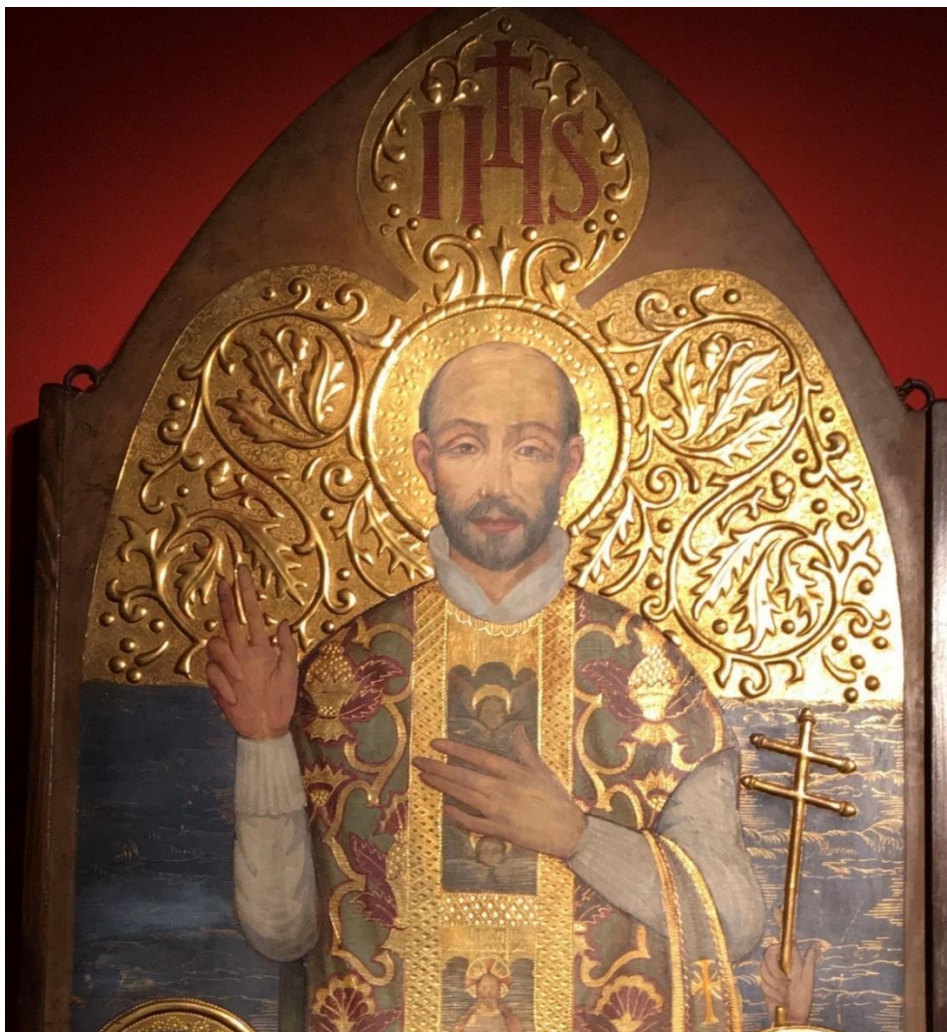
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Invitation to Ignatius Feast Day

Friday, July 31 at 2:00 PM

We are excited once again this year to bring people together at Ignatius Healing and Retreat to celebrate Ignatius' Feast Day on July 31. Just like in the many years before, we invite you to

a present and inspiring afternoon where togetherness, reflection, and spiritual inspiration are at the heart of it.

The event takes place on July 31 at 2:00 PM at Ignatius Healing and Retreat, Palsgårdvej 10B in Nørre Snede. The day will include a small healing meditation and a talk by Eva Høffding. In addition, there will be plenty of time for cozy socializing.

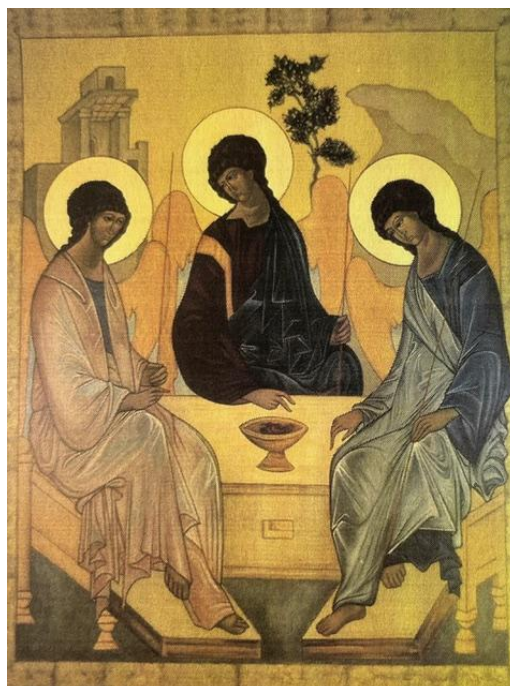
The celebration is also an opportunity to gather in gratitude for the inspiration, support, and guidance that Ignatius and the spiritual world have shared over the years with the many people who have participated in the center's courses, retreats, and events.

After the program, we invite you to coffee and tea as well as some social time together. Feel free to bring homemade cake or buns to share on the communal table, and feel free to invite friends, family, or acquaintances who haven't visited the center yet. Please be sure to let us know if you're bringing baked goods.

The day is open to everyone, and you don't need any previous knowledge of Ignatius Healing and Retreat to participate. On the contrary, the day is a great opportunity to get to know the place better, meet other interested people, and get an insight into the activities and spiritual practice the center offers.

There's no participation fee, but for the sake of planning, we ask that you sign up in advance. You can register via the link [HERE](#) or by sending an email to tove@ignatiushr.dk. We look forward to welcoming everyone to a celebration of Ignatius' feast day.

If you haven't visited us before at Palsgårdvej 10 B, Nørre Snede, we recommend using our directions, which you can find [HERE](#). We know from experience that GPS isn't always reliable in our area.





Channeled Message from Ignatius

When you are authentic, you are in God

Dear, beloved friends, to be who you truly are is the most wonderful thing you can be. Because, when you are, who you truly are, you merge into God. When you are, who you truly are, you are your own wonderful and sacred self. Then everything relaxes in you and joy, fulfillment, and love grows in you. Then you become more generous, because you know that you cannot lose.

Why can you not lose? This is because, when you are authentic, you are in God and when you are in God, you cannot lose, you can only gain.

You see, the wonder of life is to discover your own authenticity, which is divine. To be authentic brings forward joy, deep joy. This opens your Heart to deeper levels of Love. Remember, love is the opposite of fear. When you truly love, you become a servant because when you truly love, you wish to give to others, to the world.

Authenticity brings forward strength, an inner strength of mind which enables you to follow that, which is your true calling, my dear beloved friends. Your true calling is your gift and contribution to the world – and this is, what the world needs to receive. This is sacred synchronicity.

God bless you all. **AMEN**

Courses 2027 at Ignatius Healing and Retreat

Courses for 2027 are now added to the course calendar on our website.

Follow the link below if you want to get an idea of what we offer this year and next year. The calendar also shows which courses take place in Copenhagen and at Søtoftekur.

See courses in 2026 and 2027 on the calendar [here](#).



Individual Sessions and Couples Sessions with Eva

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

Through personal and spiritual guidance, together with channeled messages from the spiritual helpers, you will be supported in exploring your life process more deeply. This can help you gain a deeper understanding of your life, see the connection and purpose in your current situation, and discover whether there are areas where change may be beneficial. If desired, your session can also be complemented with healing or a crystal bath.

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

A full personal session typically lasts one hour, although shorter sessions are also available. Telephone sessions including FaceTime and WhatsApp can be booked as full individual sessions or as shorter sessions of either 14 or 29 minutes.

To book a session, please call +45 30 30 61 42 on weekdays between 10:00 and 10:30 a.m., or email mail@ignatiushr.dk. For more information about sessions, please visit the website ignatiushr.dk

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



Open Healing Days at Søtoftekur near Ringsted

September 12 and 13

We do not always have to carry or struggle with our physical, personal, or spiritual challenges alone. In the spiritual world, there is an overwhelming desire to help us.

For many years, at Ignatius Healing & Retreat, we have worked together with the spiritual world to offer the deepest and most profound healing to those who come to us.

Eva Høffding channels guidance from Ignatius and other spiritual helpers for you and the other participants. We also gather in healing meditation, during which Ignatius and the

spiritual helpers become present and direct healing energy into your system. Through this, you receive support in releasing blockages and trauma, and physical conditions may also receive healing. At the same time, you may experience this as a profound spiritual opening that brings greater meaning and purpose to your life.

Together with the spiritual helpers, we create a healing field that brings love and healing energy into your body, mind, and soul. The power of love and healing can transform hardness, resistance, fear, and feelings of unworthiness into gentleness, openness, joy, and presence. In this way, it helps open and transform the inner pain and emotional restrictions that may have shaped your life.

Our experience is that the spiritual helpers are always ready to offer their healing power. Their desire to help and support us is so infinitely loving that it is almost beyond our comprehension. Yet it is possible to experience this field of love for yourself—a boundless stream of love and healing that is available to you and to everyone who wishes to receive it. You are welcome to register for one or both days.

Comfortable accommodation is available at Søtoftekur. Guests have access to a shared kitchen, and a communal dinner will be arranged on Saturday evening. Further information will be sent after registration.

Register for the Healing Days through the calendar on our website [HERE](#).

For further information, please email tove@ignatiushr.dk.

Ignatius Healing og Retræte

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