IGNATIUS HEALING OG RETRÆTE

Kærlighedens Hjerte Healing®



August 2026

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Dear Friends

Late summer has arrived with the beauty that is characteristic of it. The sun is different from in spring and high summer. The heather is in bloom. Here in nature, there is peace.

But the world continues to make noise. Many are affected by tragedies through war and violence. Others are affected by natural disasters, such as in Nepal.

Much of this has to do with how we think, how our thoughts affect our feelings/emotions, and how this affects the world and the climate around us.

When we identify with the ego's demands for power, money and success, etc., we bring imbalances into our relationship with ourselves, other people and the climate. We can, for example, look at Trump, Epstein, Putin and others.

But this should not trigger us into condemnation and self-righteousness.

There may probably be psychological reasons for this: There may be deep layers of pain within these people.

But we must learn how to distinguish between the deeper thoughts and feelings that are connected with the heart within ourselves, and the thoughts and emotions that are carried by the ego in our personality.

In Ignatius' Spiritual Exercises, which he wrote about 500 years ago, there is one of the Exercises that deals with how we use our minds and our thoughts, and how we can break free from negativity. The Exercise is called: 14 Rules for the Discernment of Spirits (thoughts).

In the last part of Rule Number 12, he says in his 500-year-old medieval way:

> "When one acts firmly against temptations by doing the opposite of what the temptations entice one to do, the evil one will flee; but when one acts weakly and loses courage in the face of temptations, the evil one will furiously pursue with his wicked plans."

What does Ignatius mean by temptations and the evil one? I understand it as the manipulative ways of negativity, which may seem enticing at first, but which subsequently pull us down into a mire of pain and darkness.

For example, we can counter the tempting negativity in this way: if a person has hurt us, instead of closing our hearts, we can insist on continuing to love that person anyway and open our hearts unconditionally to that person. It gives a wonderful sense of upliftment and freedom.

And we are still free to say yes or no openly.

Fr. Timothy Gallagher has a great and deep knowledge of Ignatius' Spiritual Exercises. He uses the image of the negative as a snowball at the top of a mountain.

Right at the very beginning, when the snowball begins to roll down, one can stop it with a finger; but when it gains momentum, it grows into a large mass, which can become dangerous and difficult to stop.

The early moment is the easiest moment to resist what is tempting about the negative. Later it becomes more difficult and the pain grows. The negative can be: hopelessness, self-pity, hurt, pride, aggression, inferiority, superiority, self-righteousness, etc.

The 12th rule is also demonstrated in the Bible in Genesis, where Eve enters into dialogue with the serpent, who tempts her with the apple. This allows the snowball effect.

In contrast, Jesus in the desert immediately meets the devil's temptations with the Word of God.

One way allows the negative to grow. The other way stops it immediately.

There is great freedom in being able to leave behind the tempting manipulations of negativity when we see and acknowledge that this is what is happening. We may be unsentimental when we encounter the negative within ourselves, and instead turn towards The One Loving Consciousness.

This requires a certain discipline with regard to patience, perseverance and endurance.

Bob Moore also dealt extensively with this. He said that one must bring something higher in relation to negativity. This could, for example, be prayer and meditation. It stops or dissolves the negative structure, so that it no longer has power over us.

This is an example of moving from self-development towards a deeper, more unconditional opening of the heart – a deeper opening of Love towards God – The One Loving Consciousness, and thereby a deeper opening of Love towards other people and towards all Living Beings.

In this way, we can experience that The Heavenly Heart is and always will be open to us.

Many heartfelt late-summer greetings from Eva



Exercitia Spiritualia by **Ignatius of Loyola**, kobberstik af Gilles Rousselet, 1644.



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**



Open Healing Days at Søtoftekur on September 12 and 13

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

For almost 20 years, Eva Høffding has held Open Healing Days. The Healing Days are characterized by the cooperation with Spiritual Helpers – not least Saint Ignatius of Loyola, after whom the centre is also named. This cooperation provides the best and deepest healing for the people who come here.

Eva channels guidance from Ignatius and other Spiritual Helpers to you and the other participants. In addition, we sit in healing meditation, where Ignatius and Spiritual Helpers become present and circulate healing energy into your system. Through this, you receive help to release blockages and traumas, just as the healing reaches into physical ailments.

In addition, you will experience this as a deep spiritual and meaningful opening. Together with the Spiritual Helpers, we create a healing field that brings love and healing energy into body, mind and soul. The power of love and healing can transform hardness, resistance, fear, hopelessness and feelings of inferiority into gentleness, openness, joy and presence, and in this way open up and transform the inner pain and feeling of being stuck that may characterize your life.

Our experience is that the Spiritual Helpers always make their healing power available to us. Their desire to help and support us is so infinitely filled with love that it almost lies beyond our ability to comprehend. You can choose to participate for one or both days, but we warmly recommend taking part in both days, so that the Healing can go even deeper.

There are good accommodation options at Søtoftekur. Read more **here**

Registration for the Healing Days **here**



Sessions with Eva

With personal and spiritual guidance as well as channeling from the spiritual helpers, you will be helped deeper into your life process. This can assist you in gaining a deeper understanding and seeing a connection and meaning in your life situation and purpose, as well as whether you might need to change something. Additionally, it is possible to supplement with healing or crystal bath.

A full personal session typically lasts one hour, but can also be shorter. A phone session can take place as a full individual session, but can also be shorter in either 14 or 29 minutes.

It is possible to book 4 different types of sessions/consultations with Eva:

- Phone session
- Individual session, where you meet with Eva
- Couple session, where you as a couple meet with Eva
- Session via WhatsApp or Facetime

Book a session by phone at 30 30 61 42 on weekdays between 10:00 and 10:30 or by email: mail@ignatiushr.dk

See more about sessions on the website **here**

If you have not visited Eva Høffding before, you can find driving directions on the website **here**

We humans really struggle with uncertainty and lack of control.

But it is precisely when our sense of security is shaken

that we get the chance to get acquainted with

the Wisdom of Uncertainty.

Quote: Eva Høffding



The Basilica of Saint Francis in Assisi

Lecture on 12 years of living in Assisi by Elna Breinholt

Sunday, September 20 at 2:30 PM

at Ignatius Healing and Retreat

When Elna went home from Assisi, she was told – first by the Great Mother on Mount Monte Subasio (the holy mountain at the foot of which Assisi lies) and later in Porziuncola by Francis and Clare – that what she had received in blessings and integrated was her task to pass on in a transmission. She has been doing that for the past roughly 5 years.



What Elna talks about is her work in Assisi. She also takes us on a walk in the beautiful medieval town - Assisi

It was a life-changing experience for Elna to be in Assisi for 12 years. Elna says: "My heart just kept growing. Not necessarily from going to the churches. It could just as well be sitting in the square with a cappuccino and a croissant. And I connected with my soul on the way up the mountain."

Everyone who comes to the lecture will receive Elna's book: 'Soul's Home Assisi' A story about an inner and outer journey – for free. The lecture takes about 1 hour and includes pictures on PowerPoint.

Coffee/tea with cake will be served. There is time for questions afterwards.

Price for the lecture: 150 DKK. - Sign up with Elna: Phone number: 28 44 65 80 - Payment for the lecture via MobilePay: 28 44 65 80



The Basilica of Saint Clare in Assisi

Following the lecture, Elna Breinholt will show some of her icons – including those shown below. Elna has painted icons, among other places, in Assisi. The icons are in the Byzantine tradition and are for sale and can be purchased on the day.



The Mother of God of Vladimir. 35 x 25.5. Price: DKK 3500

Written on a curved board by Elna Breinholt



Open Healing Days
at Ignatius Healing and Retreat in Nørre Snede

The dates in fall/winter for the Healing Days held at Palsgårdsvej 10 B, Nørre Snede, are:

October 10 and 11

December 5 and 6

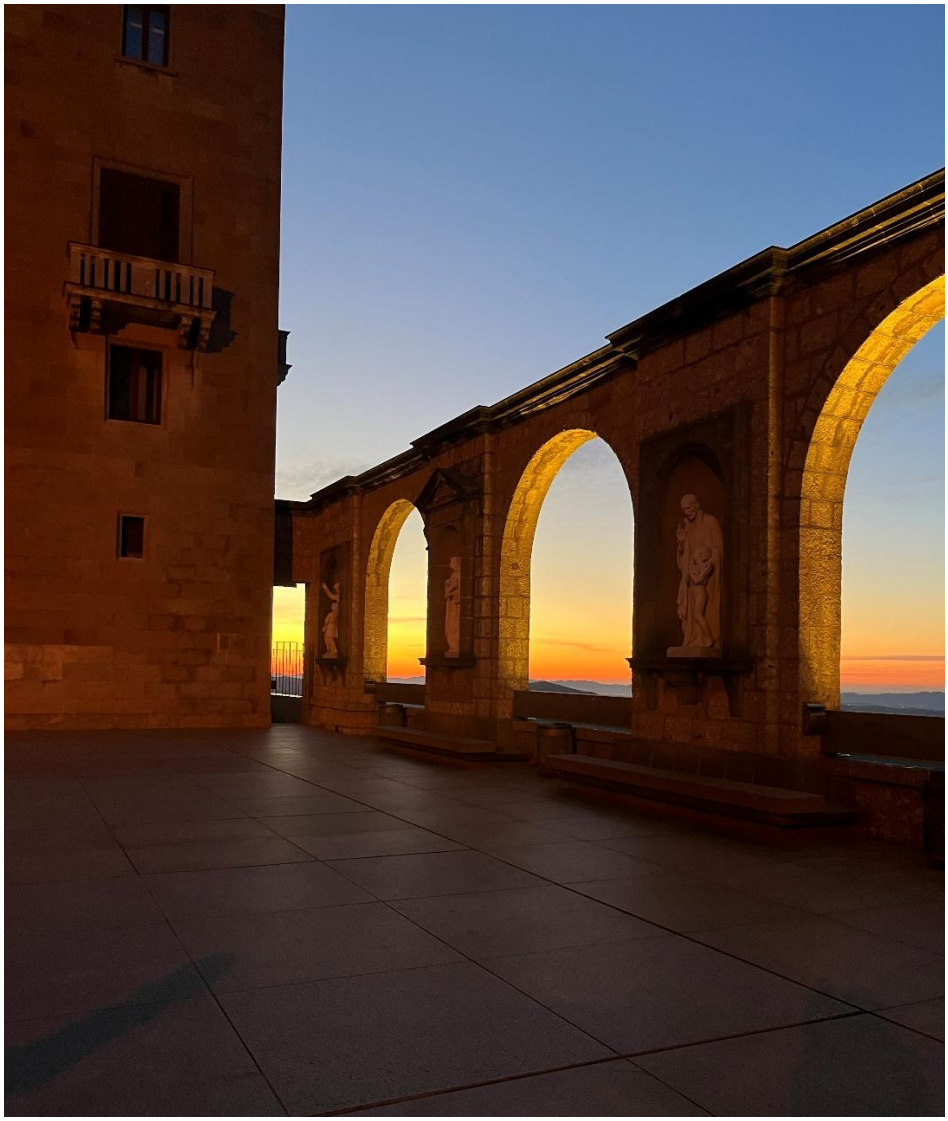
You can attend one or both days. We recommend 2 days, as the healing can then go deeper into your system. Each day you will receive a personal channeling/guidance from Ignatius or another Spiritual Helper. You will receive the healing energy during the healing meditation twice during the day.

You can read more about the Open Healing Days **here.**

There are good options for overnight stays. See more **here.**

Register for the Healing Days **here**.

See courses in 2026 and 2027 on the calendar her.



Morning at the square in front of the Basilica of Santa Maria de Montserrat – foto: Christina

Pilgrimage stay at Sant Benet / Montserrat
March 15–23, 2027

Some of you may have already noticed that our pilgrimage stay in Montserrat in November has been canceled. The Travel Guarantee Fund has the legal authority to require us to pay them a large amount of money or ensure that we have an approved travel organizer.

This has meant that we are working on establishing a new contact with a travel organizer. This will not affect the form or content of the pilgrimage trips themselves. We are in the process of making arrangements with a travel organizer that complies with the law. This means that we will only be ready for the next trip in March 2027.

The spring stay is a combination of a stay at the Sant Benet Monastery and the Santa Maria Monastery on Montserrat, where the Black Madonna is in the beautiful Basilica. We cannot yet provide the final price of the stay. The price will include the flight ticket.

There is a limit on the number of participants, as there are only a few rooms at Sant Benet. So if you have already decided that you want to join the retreat in March '27, you should contact us as soon as possible. Write to tove@ignatiushr.dk. If you haven't previously participated in a pilgrimage stay at Montserrat – or been on a stay where Sant Benet is part of the program, we provide our description of the stay from March 2026.

Pilgrimage retreat at Sant Benet / Montserrat

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 ????

Included in the price:

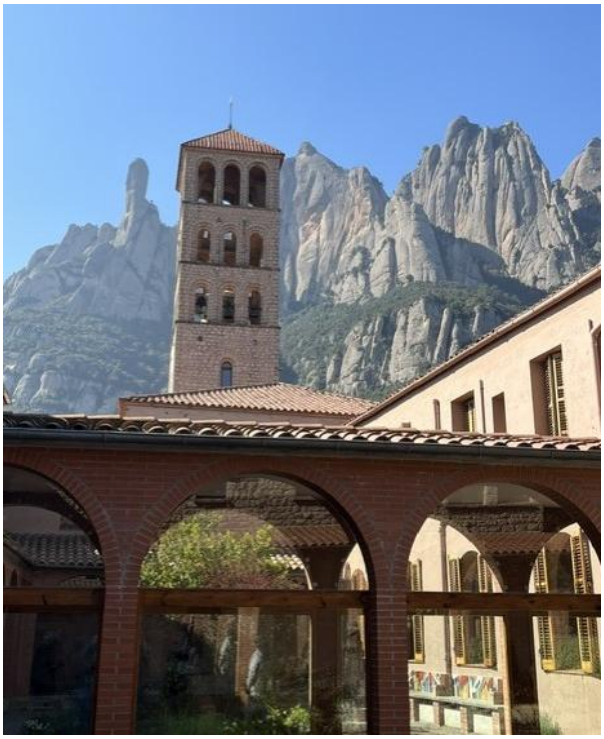
- flight ticket
- pickup and return by taxi to Barcelona airport
- shared apartment at Montserrat – private bedroom
- single room at Sant Benet

- full board at Sant Benet
- taxi trip to Manresa, where we visit the Ignatius church

Not included (self-paid):

- 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**



Sant Benet, Montserrat – foto: Christina

Ignatius Healing og Retræte

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Afmeld nyhedsbrevet ved at returnere det til: tove@ignatiushr.dk