

Welcome to a hybrid course where you will be able to participate either online from your home or physically at the Martinus Centre, Klint, Denmark. The course aims to provide participants with a spiritual and cosmological perspective on how our thinking and behaviour affect our health for good and ill. We will investigate our inner universe of living microbeings and look at what we can do to be more loving towards them. There will also be opportunities for mutual reflection and dialogue about the significance of Martinus' analyses for our health and well-being.



## Practical information

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We will meet on 8th October at 19.00/7 pm. Those attending onsite will meet in study room 6 (in the lecture hall building). Those attending online will check in on Crowdcast, where you will also listen to the presentations. The group talks will take place on Zoom with a camera and a microphone enabling participants from both groups to see and talk to one another. Tea and coffee will be served in Restaurant Terrassen. All times mentioned are Central European Time (CET).

### Online participants

You register on our Crowdcast channel [here](#), where you will also receive a link to our Zoom room. Price: 250 DKK.

### Onsite participants at the Martinus Centre, Klint

You can check in at Reception from 15:00/3pm, where you will be given your key and course material. If you arrive later than 18:00/6pm, please contact the reception, tel. +45 30 35 62 80.

During our spring and autumn courses we offer a complete course package including accommodation, lunch, tea/coffee, snacks and dinner. In the café (open daily 12:00-16:00/12 noon-4pm) you can buy breakfast cereals, tea, coffee, cold drinks and snacks.

Price: 350 DKK (course + tea, coffee and snacks), 600 DKK (course and meals: lunch + dinner), 950 DKK (course and accommodation), 1,100 DKK (course, meals: lunch + dinner, and accommodation)

You may bring your own bed linen and towels or hire them from Reception. Please clean your accommodation after use so that it is ready for the next guest. Alternatively, cleaning can be ordered at an extra charge at Reception on arrival.

Booking online at: [www.martinus.dk](http://www.martinus.dk)  
Phone: +45 38 38 01 00 (Monday-Thursday 9:00-12:00)  
E-mail: [info@martinus.dk](mailto:info@martinus.dk)

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# The Martinus Centre, Klint



Hybrid course (online and onsite)  
Health and Spirituality

8th-10th October 2021

# Health and Spirituality

Mary McGovern, Pernilla Rosell and Anne Pullar

"The well-being of microbeings is experienced as the health and pleasure of the macrobeing."  
(Livets Bog, vol. 2, sect. 597)

"The reason we know about the human organism is because we are the life in it. Our consciousness is in the organism; it is in the empty space between the particles."

"But this world is not everything that exists; there is something outside it. This something is that which is stillness, that which experiences the movements, it is behind the particles of light, the atoms and the solar systems. It is the I in the living beings' organisms. There exists not one single living being that is not inside a macrocosmos. The beings exist inside a larger organism, which also has an I. No living being can do anything without there being a connection between its own I and the I of this macrobeing."  
(The Eternal World Picture, book 5, symbol no. 45)

## Programme

### Friday, 8th October

19.00–20.00 Meet and Greet and introduction to the course

Course room for onsite participants: Study room 6

Course room for online participants: [Crowdcast](#) with Zoom link for group talks.



Photo: Marie Rosenkrantz Gjedsted

### Saturday, 9th October

- 9.00 Morning tea and coffee
- 9.30 Lecture: The Ideal Food
- 10.00 Questions and dialogue
- 10.30 Break – tea and coffee
- 11.00 Lecture: Health, Ill-health and the Power of Thought
- 11.30 Questions and dialogue
- 12.00 Lunch
- 13.00 Reflection on selected texts in smaller groups
- 13.45 Break
- 14.00 Lecture: The Importance of Prayer in an Unpredictable World
- 14.30 Questions and reflection
- 15.00 Break – tea and coffee
- 15.20 Final session – summary of the day

### Sunday, 10th October

- 9.00 Morning tea and coffee
- 9.30 Lecture: Creating Harmony in our Inner Universe, part 1
- 10.00 Questions and dialogue
- 10.30 Break – tea and coffee
- 11.00 Lecture: Creating Harmony in our Inner Universe, part 2
- 11.30 Questions and dialogue
- 12.00 Lunch
- 13.00 Reflection in smaller groups
- 13.30 Final gathering
- 14.00 Tea and coffee