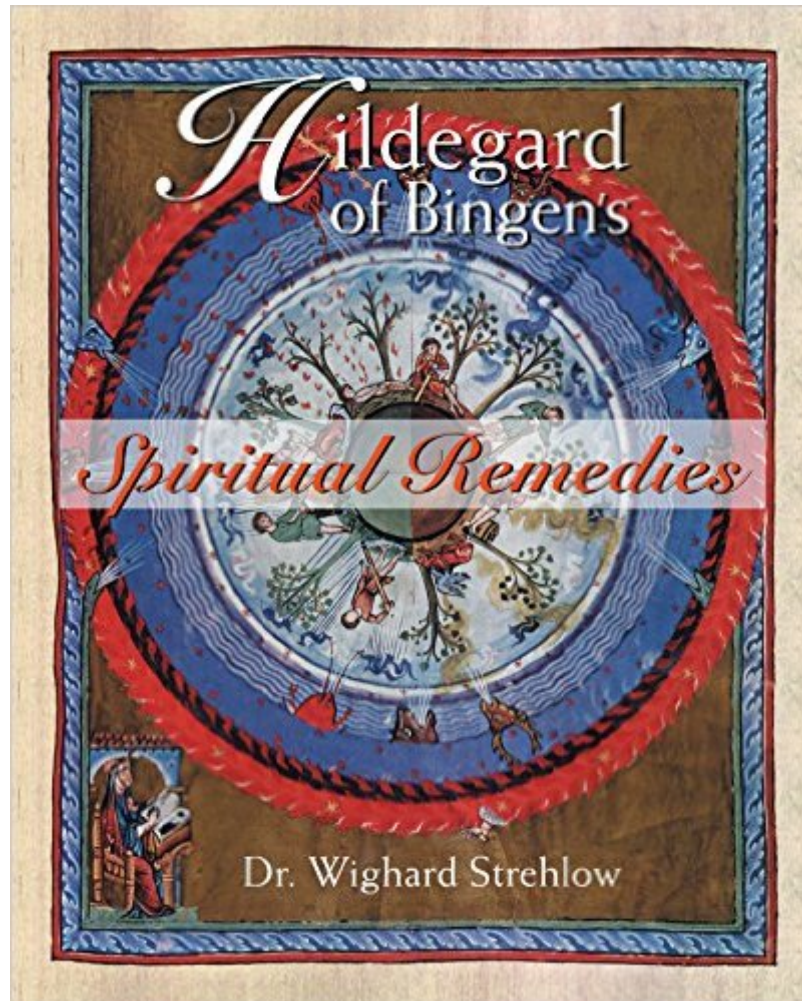


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# Hildegard Of Bingen's Spiritual Remedies



## Synopsis

Synthesizes the holistic wisdom of Hildegard of Bingen to offer the modern reader her spiritual and psychological healing principles. • Takes a holistic view of psychological or spiritual illness and its physical repercussions. • Shows how to incorporate healing words into thoughts in order to prevent negative energy. • Companion volume to Hildegard of Bingen's *Medicine*, a collection of remedies for physical ailments (30,000 sold). A 12th-century mystic, visionary, and healer, Hildegard of Bingen recognized what the holistic health movement has only recently restored to our consciousness: that full health can only be experienced in a state of spiritual balance. Psychological trauma, emotional distress, and other maladies of the soul often lead to illness and chronic diseases. Healing the body begins with the self-healing of the spirit. Dr. Wighard Strehlow explains the natural methods used by Hildegard of Bingen to treat weaknesses of the soul--problems that are today treated by drugs such as Prozac. Based on his clinical work with this effective energetic medicine for more than 20 years, Dr. Strehlow gives readers a complete program for a lifestyle of "spiritual fitness." His practical suggestions are based on the integration of 35 spiritual forces of the human soul in order to "cure the soul within," which he synthesized from five of Hildegard's books on spiritual and psychological healing principles. He suggests that the recovery of Hildegard's insights into cultivating the health of body and spirit may even provide solutions to the challenges currently frustrating Western medical science.

## Book Information

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## Customer Reviews

Hildegard of Bingen, also called the Sybil of the Rhine, was a great mystic, poet, musician and

healer in 12th century Germany. An early holistic practitioner, she used stones, crystals, herbs, words and music in her healing art. Strehlow's book is based upon Hildegard's Book Of Values In Life, in which she discusses 35 risk factors that are harmful to humanity plus the 35 healing forces that counteract these negatives. The book makes the connection between physical illness and the sickness of the soul and recommends Hildegard's spiritual remedies instead of surgery, chemical treatment and radiation. The mind controls the body, in particular the autonomic nervous system and all major systems like digestion, sexuality and the immune system. This ties in with modern theories on spiritual healing, like psycho-neuro-immunology. Hildegard's wisdom connects the 35 vertebrae of the spinal cord to the aforementioned 35 spiritual forces of the human body, making clear the connection to every organ. These 35 factors are discussed in chapters 3 - 7: The Eastman, The Westman, the Northman, The Southman and The New Elders' Ascent To The Summit under sections titled Crystal Therapy, Harmful Words, Healing Words, Organ Relationship and Spiritual Healing. Chapter 6: Fasting, deals with fasting as a way to discover one's true personality. Throughout, the importance of the unity of the body, mind, and soul is stressed. Good health is the result of the right ordering of the relationship of the emotional, physical, mental and spiritual dimensions into a harmonious whole. For a general introduction and overview of Hildegard's various writings, I recommend the book Selected Writings: Hildegard of Bingen (Penguin Classics) by Mark Atherton. I would also like to recommend the CD Monk And The Abbess.

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