

Spiritual reading
with Hildegard of Bingen
1098-1179
Feast Day September 17



Pathways of Grace note: This is provided in case you want to continue the practice of spiritual reading. You may decide you'd like to reflect on the short quotes and/or the longer passages from her writings.

We cannot live in a world that is not our own, in a world that is interpreted for us by others. An interpreted world is not a home. Part of the terror is to take back our own listening, to use our own voice, to see our own light.

Holy Spirit, the life that gives life: You are the cause of all movement. You are the breath of all creatures. You are the salve that purifies our souls. You are the ointment that heals our wounds. You are the fire that warms our hearts. You are the light that guides our feet. Let all the world praise you.

Listen: there was once a king sitting on his throne. Around Him stood great and wonderfully beautiful columns ornamented with ivory, bearing the banners of the king with great honour. Then it pleased the king to raise a small feather from the ground, and he commanded it to fly. The feather flew, not because of anything in itself but because the air bore it along. Thus am I, a feather on the breath of God

The fire has its flame and praises God.
The wind blows the flame and praises God.
In the voice we hear the word which praises God.
And the word, when heard, praises God.
So all of creation is a song of praise to God.

Praise to the Trinity—the sound and life
and creativity of all within their life,
the praise of the angelic host
and wondrous, brilliant splendor hid,
unknown to human minds, it is,
and life within all things.

Love
abounds in all,
from the depths exalted and excelling
over every star,
and most beloved
of all,
for to the highest King the kiss of peace
she gave.

How wonderful it is,
that the foreknowing heart divine
has first known everything created!
For when God looked upon the human face
that he had formed,
he gazed upon his ev'ry work,
reflected whole within that human form.
How wondrous is that breath
that roused humanity to life!