

her name (something quite common in the Middle Ages). The oldest writings date back to the 13th and 14th century – long after Hildegard's death.

It should also be considered that for more than 1000 years these writings did not have any influence at all on European health therapies. Some experts even think, that Hildegard herself only collected such knowledge, but never applied it herself.

Is Hildegard Medicine a bridge to the esoteric world?

The inventors and marketing people behind Hildegard Medicine, claim to belong to the Catholic faith, but they made no effort to clearly differentiate themselves from esoteric ideologies. Many of these books were from the very start published in one of the largest German esoteric publishing houses and mostly contained a great deal of advertising material for other esoteric writings. The book published in the 1980ies "Precious Stone Medicine after Hildegard von Bingen" is medically untrustworthy and in its basic structure it is coherent with elements of the esoteric

world view. **Many writings on the subject of Hildegard-Medicine" contain** **Whoever** **ideas of the esoteric world view** accepts the

proposed thinking which in many writings can be found in Hildegard Medicine publications, is in danger of losing his or her Christian orientation. The worldview contained therein is largely esoteric, because many authors unashamedly sell as "Christian" their many totally esoteric ideas under the name "Hildegard von Bingen".

How to deal with Hildegard Medicine?

Hildegard Medicine as an all-encompassing system is not a well founded concept, according to the experts, it is expendable.

Those, who nevertheless want to use individual therapeutic or dietetic suggestions on offer under the name of Hildegard Medicine, because they personally think it comforting or helpful, should at the same time also consider, that these ideas are only natural human considerations, without any mystical origin and without any religious authority.

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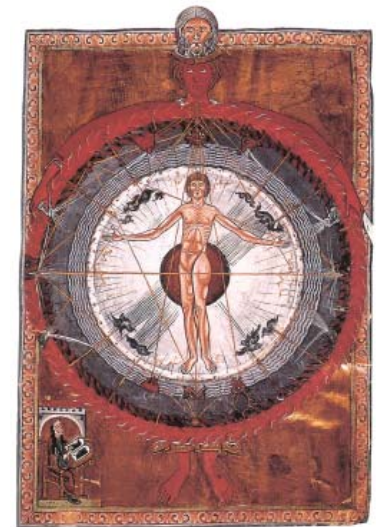
Catchword

Hildegard Medicine

In our society today everything to do with health has become a highly important subject.

While the so-called traditional medicine encounters

more and more criticism, the alternative therapies are enjoying great popularity. Much of it is dubious, many therapies are considered to be esoteric magical salvation processes. What then should we think of the so-called Hildegard Medicine? Is this a medical approach which is unobjectionable for Christians?



Who was Hildegard von Bingen?

Hildegard von Bingen was one of the most important women of the German Middle Ages. Born in the year 1098 she was placed under the care of the hermit Jutta von Spohnheim on the Disibodenberg near Bingen. At the age of 16 she became a novice and when she was 38 she was elected abbess of the Disibodenberg convent. From her eighth year onward, she



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was instructed in Benedictine spirituality and scriptures and soon entered into a lively letter exchange with the most outstanding scientists of her days. From her earliest years, Hildegard possessed an intuitive ability, which she herself called "visio". From her fortieth year onward, she was graced with deep mystic visions, written down in her important works: "Scrivias Domini" (Know the ways of the Lord) and the "Liber Divinorum Operum" (Book of Divine Works). Additionally to this visionary epos, where her experiences were taken down in writing, Hildegard's literary work contains an extensive exchange of letters with outstanding personalities from all over Europe. Finally between 1150 and 1160 the natural science oriented teaching documents "Naturkundliche Lehrschrift" (teachings on nature studies) were composed, handed down to us as "Physica" and "Causa et Curae". Hildegard

also created poetic songs, for which she composed her own melodies.

Already during her lifetime, she was given the honorary title "prophetissa teutonica", she was called the "precious stone of Bingen" and also the "Sibyll from the Rhine". Her prophetic gift consisted not only of futuristic visions, but of a deep understanding of the mysteries of Holy Scripture. Hildegard died on the 17th September of 1179 and even though she was never formally pronounced a saint, the people venerated her as a saint and she is also mentioned within the Church's official Calendar of Saints.

What is Hildegard Medicine?

Hildegard Medicine is an invention of the 20th century. Only in the 1970ies were her "naturkundliche Schriften" (writings on nature studies) consulted and marketed in connection with the beginning esoteric and wellness boom. It was claimed that this medicine had a special quality, since it originated in divine revelation. This is why many call Hildegard Medicine a divine medicine, which cannot be questioned. Around Hildegard Medicine a whole cult has developed, which is being carried out in the so-called Hildegard circles. Above all, Hildegard Medicine has become established as a business idea, since ordinary natural products can be sold for a much inflated price, when labelled Hildegard Medicine.

Is Hildegard Medicine of divine origin?

Many Hildegard Medicine fans believe that all of



Hildegard von Bingen's precious stone medicine is very popular. Only: This medicine cannot be ascribed to her, say the historians.

Hildegard's writings were dictated to her directly from heaven and that therefore they should be accepted, as should be the authority of Holy Scripture. But this is not even correct in relation to her mystical writings, and thus even less for her collection of nature oriented writings. Hildegard von Bingen, one of the most learned women of her times, the Middle Ages, has collected

the scientific knowledge of her times, taken down and processed it in her own original way. Her "naturkundliche Schriften" contain the scientific knowledge on nature of the Middle Ages. Moreover these "naturkundliche Schriften" (writings on nature studies) have not been preserved in their original form. All that could still be found, are commentaries and corrections of various ("naturkundliche") nature oriented and medical texts, which were only published under

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