



## Hildegard of Bingen's Spiritual Remedies

By Wighard Strehlow

Healing Arts Press. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.8in. x 8.0in. x 0.7in. 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...



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