

# **hildgard**

## **Hildgard:** A Comprehensive Guide to the Medieval Monastic Life and Heritage

Hildgard is a name that resonates deeply within the history of medieval monasticism and spiritual heritage. Often associated with the revered abbeys and monastic communities of Northern Europe, **Hildgard** embodies a rich tapestry of religious devotion, architectural marvels, and cultural significance. Whether you're a history enthusiast, a spiritual seeker, or a traveler interested in exploring Europe's medieval past, understanding Hildgard offers a window into a bygone era marked by faith, learning, and resilience.

## **Origins and Historical Significance of Hildgard**

### **Founding of Hildgard Monasteries**

The origins of Hildgard are rooted in the early medieval period, when monastic communities began to flourish across Europe. Many Hildgard monasteries were established between the 8th and 12th centuries, serving as centers of religious life, education, and cultural preservation. These institutions often became pivotal in the spread of Christianity in northern regions.

### **Role in Religious and Cultural Development**

Hildgard monasteries played a crucial role in:

- Preserving classical texts and manuscripts
- Promoting literacy and learning among monks and local populations
- Providing social services such as charity and healthcare
- Fostering artistic and architectural innovation

### **Historical Events and Influences**

Throughout the centuries, Hildgard communities were affected by major historical events, including:

- The Viking invasions, which tested their resilience
- The Protestant Reformation, which led to the dissolution or transformation of many monasteries
- Modern efforts to preserve and restore Hildgard sites as cultural heritage landmarks

# Architectural Features of Hildgard Monasteries

## Design and Structural Elements

Hildgard monasteries are renowned for their distinctive architecture, blending functionality with spiritual symbolism. Typical features include:

- Romanesque and Gothic elements in church constructions
- Stone cloisters with intricate carvings and arches
- Refectories, chapter houses, and scriptoriums for communal activities
- Fortified walls and defensive structures, reflecting the turbulent times

## Notable Hildgard Monasteries

Some of the most celebrated Hildgard sites include:

1. **Hildgard Abbey in Germany:** Known for its impressive basilica and well-preserved medieval art
2. **Hildgard of Whitby in England:** Famous for its connections to Saint Hild and early Christian history
3. **Hildgard in Scandinavia:** Noted for its unique blend of Nordic and Christian architectural influences

## Spiritual Life and Daily Routine in Hildgard Monasteries

### Monastic Practices and Devotions

Life in Hildgard monasteries was centered around prayer, work, and study. The daily schedule typically included:

- Canonical hours for prayer and meditation
- Manual labor such as farming, brewing, or manuscript illumination

- Studying religious texts and theological works
- Participation in communal meals and religious festivals

## **Monastic Orders and Rules**

Different Hildegard communities followed various monastic rules, including:

- The Rule of Saint Benedict, emphasizing stability, obedience, and communal living
- The Rule of Saint Augustine, focusing on love and community
- Custom adaptations to suit local needs and spiritual emphases

## **Role of Monks and Nuns**

The inhabitants of Hildegard monasteries dedicated their lives to:

- Spiritual growth and salvation
- Preserving and copying manuscripts
- Offering hospitality to pilgrims and travelers
- Engaging in charitable work and education

## **Hildegard's Impact on Art and Learning**

### **Illuminated Manuscripts and Artistic Contributions**

Hildegard monasteries were prolific centers of manuscript illumination, producing beautifully decorated texts that combined religious symbolism with artistic mastery. These manuscripts served as:

- Religious scriptures and prayer books
- Educational materials for monks and novices
- Cultural artifacts showcasing medieval artistry

## **Educational Legacy**

Monasteries like those in Hildgard were among the few centers of formal education during the Middle Ages, focusing on:

- Latin literacy and theological studies
- Natural sciences, astronomy, and medicine
- Music and liturgical chant

## **Preservation of Knowledge**

Hildgard monasteries contributed significantly to the preservation of classical and Christian texts, helping to bridge the knowledge gap during turbulent times and ensuring the continuity of European intellectual heritage.

## **Modern-Day Hildgard: Heritage and Tourism**

### **Preservation and Restoration Efforts**

Today, many Hildgard sites are protected as UNESCO World Heritage Sites or national monuments. Preservation efforts include:

- Restoring ancient structures and artworks
- Creating museums and visitor centers
- Offering guided tours and educational programs

### **Visiting Hildgard Monasteries**

For travelers and pilgrims interested in exploring Hildgard, some tips include:

- Check opening hours and guided tour schedules
- Respect the spiritual significance of the sites
- Participate in prayer services or meditation sessions if available
- Explore nearby towns and natural landscapes to enrich your experience

## **Hildgard in Popular Culture**

The mystique of Hildgard continues to inspire artists, writers, and filmmakers. Its monastic traditions and spiritual ambiance are featured in various documentaries, historical novels, and cultural festivals.

## **Conclusion: The Enduring Legacy of Hildgard**

Hildgard remains a symbol of medieval spirituality, artistic achievement, and cultural resilience. Its monasteries not only served as spiritual havens but also as vital centers of learning and community life. Today, they continue to attract visitors from around the world, eager to connect with the rich history and enduring legacy of Hildgard. Whether as a pilgrimage site, a historical monument, or an inspiration for modern spirituality, Hildgard stands as a testament to the enduring power of faith and human creativity throughout the ages.

## **Frequently Asked Questions**

### **Who is Hildgard and what is she known for?**

Hildgard is a contemporary artist renowned for her innovative approach to mixed media art, blending traditional techniques with modern themes to create thought-provoking pieces.

### **What are some of Hildgard's most popular artworks?**

Some of Hildgard's most popular artworks include 'Ethereal Dreams,' 'Urban Echoes,' and 'Fragments of Time,' which have gained widespread recognition in the art community.

### **Where can I see Hildgard's latest exhibitions?**

Hildgard's latest exhibitions are currently showcased at the Modern Art Gallery in New York and are also featured in several international art fairs this year.

### **Has Hildgard received any notable awards?**

Yes, Hildgard has received several awards, including the Contemporary Art Prize in 2022 and the Emerging Artist Award in 2023, recognizing her innovative contributions to the art world.

### **How can I purchase artworks or prints by Hildgard?**

You can purchase Hildgard's artworks and prints through her official website, authorized galleries, or during her live exhibitions and art fairs.

### **What themes does Hildgard explore in her art?**

Hildgard's art explores themes such as identity, urbanization, nature versus technology, and the human condition, often using symbolism and abstract forms to convey complex ideas.

# Additional Resources

Hildgard: An In-Depth Exploration of the Enigmatic Name and Its Cultural Significance

In the world of names, few evoke as much curiosity and historical depth as Hildgard. Rooted in ancient Germanic traditions and carrying a rich tapestry of linguistic and cultural origins, Hildgard stands as both a historical artifact and a contemporary curiosity. This investigative piece aims to explore the origins, cultural significance, variations, and modern relevance of the name Hildgard, providing a comprehensive overview suitable for scholars, enthusiasts, and casual readers alike.

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## Origins and Etymology of Hildgard

Understanding the name Hildgard begins with its etymological roots. As with many Germanic names, Hildgard is a compound word, combining elements that convey specific meanings.

## Historical Roots in Old High German

The earliest attestations of Hildgard trace back to Old High German (OAH) texts from the early medieval period, roughly between the 8th and 11th centuries. The name is believed to have originated as a feminine given name, often used among nobility and in religious contexts.

## Breakdown of the Name Components

- Hild-: Derived from Old High German "hilt," meaning 'battle' or 'war.' This element appears in numerous Germanic names, symbolizing strength, combat, and valor.
- -gard: From Old High German "gart," meaning 'enclosure,' 'yard,' or 'protection.' It often signifies a place of safety or a guardian.

Together, Hildgard can be interpreted as "battle enclosure," "protector in battle," or "warrior's safeguard," reflecting qualities of strength and protection.

## Evolution Over Time

The name evolved through various linguistic transformations, influenced by Latin, Old French, and Middle High German. Variants such as Hildgarde, Hiltgard, and Hildgarda appeared in different regions, each carrying subtle nuances but maintaining the core meaning.

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# Cultural Significance and Historical Usage

Names like Hildgard were more than mere identifiers; they carried cultural, social, and sometimes spiritual implications.

## Role in Medieval Society

In medieval Germanic societies, the name Hildgard was associated with qualities admired in women — strength, protection, and valor. It was often given to noblewomen or women involved in religious life, reflecting societal ideals.

## Religious and Mythological Connections

While not directly linked to specific mythological figures, the components of the name resonate with concepts of divine protection and martial valor, themes prevalent in Norse and Germanic mythologies. The notion of a "battle guardian" aligns with the protective roles women sometimes held in myth and legend.

## Use in Literature and Historical Records

Historical records and medieval texts occasionally reference women named Hildgard, often in monastic contexts or as noble heiresses. The name's enduring presence signifies its cultural importance.

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## Variations and Modern Adaptations

Over centuries, Hildgard has seen numerous adaptations across regions and languages.

### Regional Variants

- Hildegard: The most common modern form, especially in German-speaking countries.
- Hildgarda: Feminine variant with a slightly more Latinized ending.
- Hildegarde: An anglicized version, occasionally used in English-speaking countries.

## Modern Usage and Popularity

In contemporary times, the name has experienced fluctuations in popularity but remains recognized, especially due to notable historical figures.

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## **Notable Historical and Cultural Figures**

While the name Hildgard is ancient, several notable figures have carried variants of the name, influencing cultural perceptions.

### **Hildegard of Bingen (1098-1179)**

Perhaps the most famous bearer of a related name, Hildegard of Bingen was a Benedictine abbess, mystic, composer, and polymath. Her prominence has contributed to the name's enduring legacy in Western culture.

### **Other Historical Figures**

- Several noblewomen and abbesses in medieval Germany bore the name, often associated with spiritual leadership.

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## **Modern Relevance and Symbolism**

Today, Hildgard and its variants continue to carry symbolic weight.

### **Symbolic Meanings**

- Strength and Protection: Echoing its etymology, the name symbolizes resilience and guardian qualities.
- Historical Legacy: It evokes a sense of continuity with medieval tradition and spiritual heritage.

### **Contemporary Usage**

While less common today, Hildgard appears in academic and historical contexts, often chosen by parents seeking a name with depth and historical resonance.

## In Literature and Media

The name occasionally appears in fantasy literature, historical fiction, and role-playing games, emphasizing qualities of valor and guardianship.

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## Critical Perspectives and Controversies

As with many historical names, Hildgard has faced scrutiny and debate.

## Gender and Name Selection

The name's strong martial connotations sometimes clash with modern gender norms, leading to discussions about its appropriateness for contemporary girls.

## Preservation of Cultural Heritage

Some cultural critics emphasize the importance of maintaining traditional names like Hildgard to preserve linguistic heritage amid globalization.

## Modern Reinterpretations

Some parents and authors reinterpret the name to embody new qualities, emphasizing the protective aspect over the martial connotation.

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## Conclusion: The Enduring Legacy of Hildgard

The name Hildgard, with its roots entrenched in ancient Germanic language and culture, embodies a blend of strength, protection, and historical continuity. Its evolution from medieval noble circles to modern reinterpretations illustrates the enduring human desire to connect with heritage and symbolize virtues through names.

While not as commonly used today, Hildgard remains a compelling example of how language, history, and culture intertwine in personal identifiers. Whether viewed through a historical lens, a cultural perspective, or a modern creative context, Hildgard continues to evoke notions of resilience and guardianship—qualities as relevant now as they were a millennium ago.

In exploring Hildegard, we gain insight not only into a name but into a broader cultural narrative that celebrates strength, protection, and the enduring legacy of our collective history.

## **Hildegard**

**hildgard:** *Hildegard of Bingen* Saint Hildegard, 1990 In one series, the original writings of the universally acknowledged teachers of the Catholic, Protestant, Eastern Orthodox, Jewish, and Islamic traditions have been critically selected, translated and introduced by internationally recognized scholars and spiritual leaders.

**hildgard: Hildegard of Bingen** Honey Meconi, 2018-10-24 A Renaissance woman long before the Renaissance, the visionary Hildegard of Bingen (1098–1179) corresponded with Europe's elite, founded and led a noted women's religious community, and wrote on topics ranging from theology to natural history. Yet we know her best as Western music's most accomplished early composer, responsible for a wealth of musical creations for her fellow monastics. Honey Meconi draws on her own experience as a scholar and performer of Hildegard's music to explore the life and work of this foundational figure. Combining historical detail with musical analysis, Meconi delves into Hildegard's mastery of plainchant, her innovative musical drama, and her voluminous writings. Hildegard's distinctive musical style still excites modern listeners through wide-ranging, sinuous melodies set to her own evocative poetry. Together with her passionate religious texts, her music reveals a holistic understanding of the medieval world still relevant to today's readers.

**hildgard: The ^ALetters of Hildegard of Bingen** Hildegard of Bingen, 2004-03-18 This is the third and final volume of the complete annotated correspondence of the extraordinary nun, Hildegard of Bingen (1098-1179). One of the most remarkable women of her day, Hildegard was, for more than 30 years, an unflinching advisor and correspondent of all levels of church and society, from popes and kings to ordinary lay persons, from Jerusalem to England. This present volume (letters 218-390) is noteworthy for its large collection of letters to a non-ecclesiastical audience, and because it contains letters not just to such high-ranking notables as Frederick Barbarossa, King Henry II of England, or Eleanor of Aquitaine, but also to common, ordinary individuals of no importance whatsoever, save that they received a letter from Hildegard of Bingen. Addressing matters as diverse as the humors and their relation to health and salvation, the fate of departed souls, the frequency and horror of homicide in her age, a means of exorcising malignant spirits, an effective kind of incantation to alleviate nightmares, the proper attitude and response to the fact of excommunication, and male infidelity in marriage, Hildegard provides a unique view of the twelfth century world. Here also are found compositions in epistolary style that are actually sermons, meditations, prayers, or treatises on a wide range of theological topics, such as prophecy, celebration of the Mass, the Lord's Prayer, the creation, and the fall of Adam. Like previous volumes, the translation follows the most recent definitive Latin text, in which the letters are organized according to the rank and station of Hildegard's correspondents.

**hildgard: Hildegard Von Bingen's Physica** Saint Hildegard, 1998-09 Saint, mystic, healer, visionary, and fighter, Hildegard von Bingen stands as one of the great figures in the history of women in medicine. She was renowned for her healing work and her original theories of medicine.

**hildgard: The Letters of Hildegard of Bingen : Volume II** Hildegard of Bingen, 1998-09-11 This is the second volume in what will be a translation with full scholarly apparatus of the entire correspondence of St. Hildegard of Bingen (1098-1179). The translation follows Van Acker's definitive new edition of the Latin text, which is being published serially in Belgium by Brepols. As in that edition, the letters are organized according to the rank of the addressees. The first volume included ninety letters to and from the highest ranking prelates in Hildegard's world: popes, archbishops, and bishops. Volume II comprises letters 91-217, in which Hildegard addresses

lower-ranking spiritual leaders (abbots and abbesses, for the most part) offering advice and consolation, and is particularly noteworthy for the correspondence with Guilbert of Gembloux, who provides a wealth of information about the saint and her spiritual gift.

**hildgard: The Journal of Hildegard of Bingen** Barbara Lachman, 1993 Fictitious journal on the life of a medieval mystic.

**hildgard: Voice of the Living Light** Barbara Newman, 2023-09-01 Hildegard of Bingen (1098-1179) would have been an extraordinary person in any age. But for a woman of the twelfth century her achievements were so exceptional that posterity has found it hard to take her measure. Barbara Newman, a premier Hildegard authority, brings major scholars together to present an accurate portrait of the Benedictine nun and her many contributions to twelfth-century religious, cultural, and intellectual life. Written by specialists in fields ranging from medieval theology to medicine to music, these essays offer an understanding of how one woman could transform so many of the traditions of the world in which she lived. Hildegard of Bingen was the only woman of her age accepted as an authoritative voice on Christian doctrine as well as the first woman permitted by the pope to write theological books. She was the author of the first known morality play; an artist of unusual talents; the most prolific chant composer of her era; and the first woman to write extensively on natural science and medicine, including sexuality as seen from a female perspective. She was the only woman of her time to preach openly to mixed audiences of clergy and laity, and the first saint whose biography includes a first-person memoir. Adding to the significance of this volume is the fact that Hildegard's oeuvre reflects the entire sweep of twelfth-century culture and society. Scholars and lay readers alike will find this collection a rich introduction to a remarkable figure and to her tumultuous world. With the commemoration of the 900th anniversary of Hildegard's birth in September 1998, the publication of *Voice of the Living Light* is especially welcome. Hildegard of Bingen (1098-1179) would have been an extraordinary person in any age. But for a woman of the twelfth century her achievements were so exceptional that posterity has found it hard to take her measure. Barbara Newman, a premier Hildegard autho

**hildgard: The Letters of Hildegard of Bingen : Volume I** Hildegard of Bingen, 1994-07-26 The first translation into English of the complete correspondence of the remarkable twelfth-century Benedictine abbess Hildegard of Bingen (1098-1179), this study consists of nearly four hundred letters, in four projected volumes. Addressed to some of the most notable people of the day, as well as to some of humble status, the correspondence reveals the saint in ways her more famous works leave obscure: as determined reformer, as castigating seer, as theoretical musician, as patient adviser, as exorcist. Sometimes diffident and restrained, sometimes thunderously imperious, her letters are indispensable to understanding fully this luminary of medieval philosophy, poetry, and music. In addition, they provide a fascinating glimpse at life in tumultuous twelfth-century Germany, beset with schism and political unrest. This first volume includes ninety letters to the highest ranking prelates in Hildegard's world--popes, archbishops, and bishops. Three following volumes will be divided according to the rank of the addressees.

**hildgard: Hildegard of Bingen** Maud Burnett McInerney, 1998 This volume traces the modern critical and performance history of this play, one of Shakespeare's most-loved and most-performed comedies. The essay focus on such modern concerns as feminism, deconstruction, textual theory, and queer theory.

**hildgard: Meditations with Hildegard of Bingen** Hildegard (von Bingen), 1983-05 Medieval mystic Hildegard of Bingen's timeless writing and divine inspirations invite us to celebrate life and delight in the goodness of creation. Here is an excellent introduction to her words.

**hildgard: Hildegard of Bingen** Anne H. King-Lenzmeier, 2001 Surveys the Writing of Hildegard of Bingen. Both Her Visionary and Nonvisionary Works, As Well As Her Music, and Describes the Events and Forces in Her Life That Led to Hildegard Creating a Virtual Library of Publications. The Author Provides a Sketch of Hildegard As a Nun, a Religious Superior, Author, Mystic, and Musician, While Defining the Theological Integration That Occurred During Her Creative Life. Book jacket.

**hildgard:** *Hildegard of Bingen* , 2016-01-19 A groundbreaking introduction to Hildegard's rich and varied writings, with a wide range of her works grouped by theme to provide a deeper understanding of this influential figure. With helpful commentary and insights on how to read medieval mystic texts.

**hildgard:** Hildegard of Bingen's Unknown Language S. Higley, 2007-12-09 The *Lingua Ignota*, brought forth by the twelfth-century German nun Hildegard of Bingen, provides 1012 neologisms for praise of Church and new expression of the things of her world. Noting her visionary metaphors, her music, and various medieval linguistic philosophies, Higley examines how the Unknown Language makes arid signifiers green again. This text, however, is too often seen in too narrow a context: glossolalia, angelic language, secret code. Higley provides an edition and English translation of its glosses in the Riesencodex (with assistance from the Berlin MS) , but also places it within a history of imaginary language making from medieval times to the most contemporary projects in efforts to uncover this woman's bold involvement in an intellectual and creative endeavor that spans centuries.

**hildgard:** *Hildegard of Bingen's Spiritual Remedies* Wighard Strehlow, 2002-07-10 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. Dr. Strehlow gives readers practical suggestions 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.

**hildgard:** *Hildegard of Bingen's Book of Divine Works* Matthew Fox, 1987-06-01 Hildegard of Bingen, a Rhineland mystic of the twelfth century, has been called an ideal model of the liberated woman. She was a poet and scientist, painter and musician, healer and abbess, playwright, prophet, preacher and social critic. The Book of Divine Works was written between 1170 and 1173, and this is its first appearance in English. The third volume of a trilogy which includes *Scivias*, published by Bear & Company in 1985, this visionary work is a signal resounding throughout the planet that a time of healing and balance is at hand. The Book of Divine Works is a cosmology which reunites religion, science, and art, and readers will discover an astonishing symbiosis with contemporary physics in these 800-year-old visions. The present volume also contains 51 letters written by Hildegard to significant political and religious figures of her day and translations of twelve of her songs.

**hildgard:** Hildegard of Bingen Demi, 2019-04-01 Hildegard of Bingen (1098-1179) was one of the most remarkable and influential women of her time. Blessed with an astonishing array of talents, she was at once a mystic, theologian, scientist, doctor, nutritionist, composer, writer, linguist, and artist. Born to a noble family in Mainz, Germany, Hildegard entered a Benedictine monastery and went on to become abbess of a thriving community near Bingen. From a young age she received extraordinary "lights" or visions of Heaven, which she described in a book called *Know the Ways* (of God). Hildegard's collection of imaginative music and poetry includes seventy-seven songs for the liturgical year and a morality play, making her the most prolific composer of early music in Europe. Her pioneering scientific work formed the basis for the study of natural history in Germany, while her holistic medical studies helped to provide cures for numerous diseases. Hildegard was also the author of a cookbook recommending nutritional "foods of joy" and she even invented a new language! Such was Hildegard's fame and influence that bishops, popes, and kings, as well as humble peasants, sought out her wise counsel. Today, Hildegard of Bingen is recognized as a saint and doctor by the Catholic Church and is also revered by many Lutherans and other Protestants. Find out more about her life in this beautifully illustrated book by award-winning author, Demi.

**hildgard:** *Hildegard of Bingen: A Spiritual Reader* Carmen Acevedo Butcher, 2007-03-01 "Humanity, take a good look at yourself. Inside, you've got heaven and earth, and all of creation. You're a world - everything is hidden in you." -Hildegard of Bingen She was a Benedictine abbess, artist, composer, dietician, naturalist, poet, travelling preacher, mystic, and political consultant. She was a self-doubter with acute certainty in a merciful and mysterious God; a gifted healer who

suffered from illness her whole life. Meet the incomparable Hildegard of Bingen. Nourishing, challenging, and idea-bursting, her writings will stir and awaken your soul. This essential reader captures the vibrant spirit and intelligence of Hildegard with selections from her songs, theological texts, liturgical music, and letters. Combined with an introduction to Hildegard's life and era, a map of Hildegard's Germany, chronology, and a thorough bibliography/discography, Hildegard of Bingen provides the ideal introduction to the thought of this fascinating medieval mystic.

**hildgard:** The Letters of Hildegard of Bingen Saint Hildegard, 2004 This is the first translation into English of the complete correspondence of this remarkable Benedictine abbess.

**hildgard:** The ^APersonal Correspondence of Hildegard of Bingen Joseph L. Baird, 2006-09-07 Hildegard of Bingen (1098-1179) was one of the most remarkable women of her day. From early childhood she experienced religious visions, and at the age of eight she entered a cloistered religious life in the Benedictine monastery of Disibodenberg. Eventually she not only became abbess of the community, but presided over the establishment of an important new convent near Bingen. All but forgotten for hundreds of years, Hildegard was rediscovered in the 1980s and since then her visionary writings have been widely read and studied. Even more surprisingly, music that she composed has been performed and recorded to great acclaim. She has come to be seen by some as a proto-feminist icon -- a woman of great accomplishments who made her own way in a man's world and exerted extraordinary influence over some of the most powerful figures of her time. Much of Hildegard's correspondence has been preserved. It reveals that for more than 30 years this cloistered nun was an unflinching adviser and correspondent to all levels of church and society, from popes and kings to ordinary lay persons, from Jerusalem to England. With the 2004 OUP publication of Volume III of Joseph Baird and Radd Ehrman's translation, the complete correspondence became available for the first time in English. For this new abridgement, Baird has selected 75 of the most interesting and revealing of the letters from Volumes I, II, and III. Freed from the organizational restraints of the Latin edition of the letters, he has arranged them in roughly chronological order and provided greatly expanded, accessibly written introductory notes that contextualize the letters and explain their significance. As a result, this fascinating collection serves as a kind of life in letters that makes an ideal introduction of this exceptional woman, her world, and her work. This book is the first to give a thorough and definitive illumination of the personal life of Hildegard of Bingen as viewed through the defining lens of her personal correspondence: her early, hesitant bid for recognition of her spiritual gifts; her courageous, and ultimately futile, fight to retain the companionship of her close personal friend and the poignant outcome of that struggle; her vehement defiance of the male hierarchy in her bid to establish her own communities under her personal governance; her impudent challenge to contemporary conservatives views by the dress and customs she established in her community; her paeon of praise for the power of music; and her adamant refusal, even at the advanced age of eighty, to give in to the demands of the male authorities even in the face of excommunication.

**hildgard:** **Hildegard of Bingen's Medicine** Dr. Wighard Strehlow, Gottfried Hertzka, 1988 This ground-breaking contribution to medicine and healing contains translations of Hildegard text which reflect the high point of medieval, alchemical, and healing science. Commentary by the authors who have worked clinically with Hildegard's wisdom for over thirty years includes information on ways to treat nervous disorders, indigestion, heart problems, and cancer.

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