

## **OPENING MUSIC**

### **SONG 1: O quam mirabilis est (Antiphona)**

<https://www.youtube.com/watch?v=G2eImImInWA>

#### **ENGLISH:**

**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!**

#### **LATIN:**

O quam mirabilis est  
prescientia divini pectoris  
que prescivit omnem creaturam.  
Nam cum Deus inspexit faciem hominis  
quem formavit,  
omnia opera sua in eadem forma  
hominis integra aspexit.  
O quam mirabilis est inspiratio  
que hominem sic suscitavit.

## **SONG 2: O VIRIDISSIMA VIRGA**

<https://www.youtube.com/watch?v=esO-mdkUFJA>

O most verdant branch! who didst spring forth in the windy blast of the inquiry of saints—all hail!

Who when the time was ripe, didst blossom in thy boughs—all hail! all hail to thee!—for the heat of the sun exuded in thee a fragrance like balsam.

For in thee didst bloom  
the beautiful flower, which gave fragrance  
to all dry spices.

And all things appeared in full verdure.

Wherefore the heavens set down dew upon the grass  
and the whole earth was made glad,  
because her womb brought forth grain  
and the birds of heaven made their nests in her.  
Food was then made ready for men,  
and a great celebration for banqueters.  
And so, O sweet Virgin, no joy is lacking in thee.

All these things Eve didst despise.  
But now, praise be to the Most High.

## **SONG 3: O VIRTUS SAPIENTIAE** <https://www.youtube.com/watch?v=jdLlkRIxJJA>

*Beautiful spiritual medieval antiphon by St. Hildegard von Bingen with Tibetan bowl and singing. A mystic chant very suitable for meditation, introspection, relaxing, sleeping, praying... or just enjoying some minutes of peace and calm.*

*For your information, the singing bowl (also known as Tibetan or Himalayan bowl) is used for soundtherapy in order to reduce stress, improving sleep, lowering blood pressure, reducing depression, stimulating the immune system, relieving pain or balancing and harmonizing the body.*

You can listen to or download the track here - <https://www.hildegard-society.org/2014/07/o-virtus-sapientie-antiphon.html>

### **ENGLISH:**

**O Wisdom's energy!  
Whirling, you encircle  
and everything embrace  
in the single way of life.  
Three wings you have:  
one soars above into the heights,  
one from the earth exudes,  
and all about now flies the third.  
Praise be to you, as is your due, O Wisdom.**

### **LATIN:**

*O virtus Sapientie,  
que circuiens circuisti,  
comprehendendo omnia  
in una via que habet vitam,  
tres alas habens,  
quarum una in altum volat  
et altera de terra sudat  
et tertia undique volat.  
Laus tibi sit, sicut te decet, O Sapientia.*

### **FURTHER READING FOR ALL OF THE ABOVE:**

<https://www.hildegard-society.org/p/home.html>

# **BASIC FACTS ABOUT HILDEGARD VON BINGEN**

**By Mother Marcia**

DATES: 1098-1179 A.D. 'HIGH MIDDLE AGES'

- 12<sup>TH</sup> CENTURY RENAISSANCE
  
- BENEDICTINE ABBESS, 'POLYMATH':"
  - A PERSON WITH IMMENSE KNOWLEDGE ACROSS MULTIPLE DIVERSE FIELDS, OFTEN ACHIEVING EXCELLENCE IN SEVERAL AREAS."
  
- NO FORMAL EDUCATION
  
- WRITER, COMPOSER, MYSTIC, VISIONARY, MEDICAL
  
- WRITER, ADVISOR AND PRACTITIONER IN CHURCH POLITICS, NATURAL HISTORY.
  
- ENTERED RELIGIOUS LIFE AT AGE 8, FOSTERED, ENTERED AN ANCHORESS, VOWED BY AGE 11, NUN AT CONVENT IN DISIBODEN, 1136, RUPERTBERG, 1150, EIBINGEN, 1165. MAGISTRA OR MOTHER SUPERIOR, LIVED ORIGINALLY IN

A 'FRAUENKLAUSE' AN ENCLOSED GROUP OF WOMEN NUNS ATTACHED TO A MALE MONASTERY.

- VISIONARY: SAW FIRST VISION AT AGE 3, 'SHADE OF LIVING LIGHT'. "FROM MY EARLY CHILDHOOD, BEFORE MY BONES, NERVES AND VEINS WERE FULLY STRENGTHENED, I HAVE ALWAYS SEEN THIS VISION IN MY SOUL, EVEN TO THE PRESENT WHEN I HAVE MORE THAN 70 YEARS." In the vision in my soul, as God would have it, I see high in the vault of heaven to the changing sky and the light spreads itself out among different people, although they are far from me, in distant lands and in places..I do not hear them with my outward ears, nor do I perceive them in accord with my thoughts but with my heart, nor by any combination of my five senses, but I see them wide awake, day and night/ And I am constantly fettered by sickness and often in the grip of pain so intense that it threatens to kill me but God has sustained me until now."
- POSSIBLE POLIO?
- FIRST THEOLOGICAL TREATISE, AGE 42, 'SCIVIAS', 'KNOW THE WAYS'.
- INFLUENCER IN DIFFICULT POLITICAL SITUATION BETWEEN GERMAN EMPEROR AND POPE IN ROME.

## **HILDEGARD VON BINGEN QUOTATIONS**

*"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."*

*"A HUMAN BEING IS A VESSEL THAT GOD HAS BUILT FOR HIMSELF AND FILLED WITH HIS INSPIRATION SO THAT HIS WORKS ARE PERFECTED IN IT."*

*"WITH NATURE'S HELP, HUMANKIND CAN SET INTO CREATION ALL THAT IS NECESSARY AND LIFE SUSTAINING."*

*"I, THE FIERY LIFE OF DIVINE WISDOM, I IGNITE THE BEAUTY OF THE PLAINS, I SPARKLE THE WATER, I BURN IN THE SUN, AND THE MOON AND THE STARS."*

*"THE WIND BLOWS THE NAME AND PRAISES GOD. IN THE VOICE WE HEAR THE WORD WHICH PRAISES GOD. SO ALL OF CREATION IS A SONG OF PRAISE TO GOD."*

*"WHEN THE WORDS COME, THEY ARE MERELY EMPTY SHELLS WITHOUT THE MUSIC, THEY LIVE AS THEY ARE SUNG, FOR THE WORDS ARE THE BODY AND THE MUSIC IS THE SPIRIT."*

*"THE WORD IS LIVING, BEING, SPIRIT, ALL VERDANT GREENING, ALL CREATIVITY. THIS WORD MANIFESTS ITSELF IN EVERY CREATURE."*