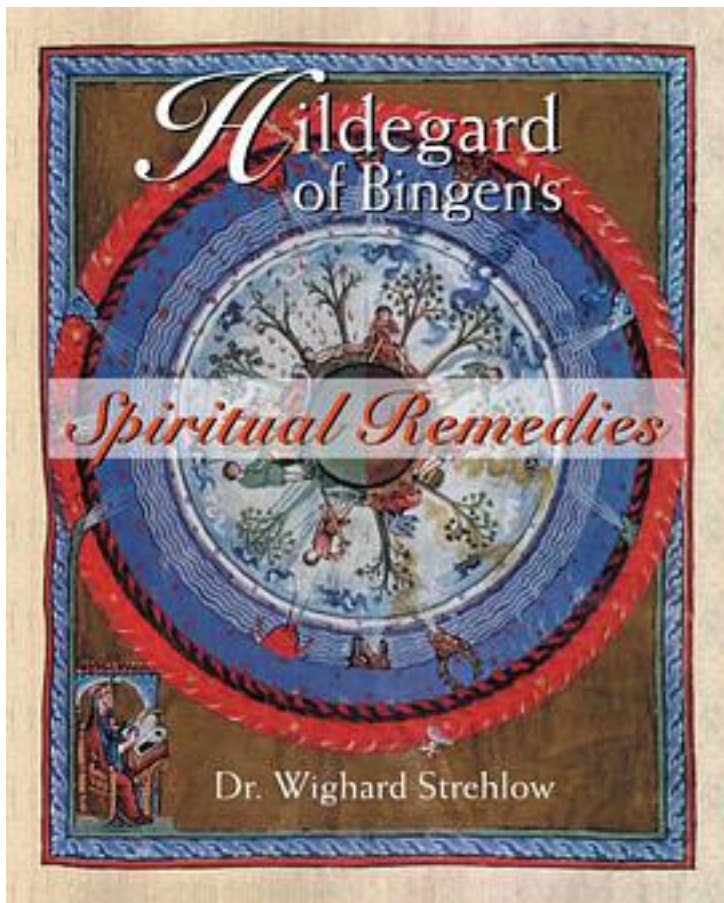


Hildegard of Bingen's Spiritual Remedies



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A 12th-century mystic, visionary, and healer, Hildegard of Bingen recognised 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 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. He suggests that the recovery of Hildegard's insights into cultivating the health of body and spirit may even provide solutions to the challenges currently frustrating Western medical science. 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.

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目录:

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