

## Daily Meditation 06/24/2022

### Hildegard on How Human Beings Amaze the Angels

Good morning.

I really do think that Hildegard's teachings on angels uplift human spirits, human consciousness, and human dignity.

And it may be a very, very important thing that we do this to ourselves and to one another, especially at this time of considerable darkness in human history, the crazy war raging in Europe, with climate change, facing our very extinction and bringing it about; we are not able to transform rapid air waves. And, of course, with the demise of democracy and the rise of fascism, authoritarianism, appealing to so many today.

So I really see this exercise in reading deep thinkers and practitioners like Hildegard and Thomas Aquinas about angels, not something very abstract at all. But it gives us a perspective on the human condition, and on who we are as human beings and who we can be.

Hildegard says,

*God breathed into humans a spirit of life. And so living humans became flesh and blood. Thereupon God gave humans the society of the angels, with their praise and their services.*

...God gave humans the society of the angels with their praise and their services. So she's telling us that we belong to many communities, visible ones and invisible worlds. Angels are invisible communities.

And she says that God has spoken and said, "I gave the splendor which the first angel yielded to humans, to Adam and his race."

...God gave splendor, the angelic splendor, to human beings. And she even says that when Satan fell, Lucifer fell, that humans inherited the splendor that Lucifer possessed.

And then, of course, in today's meditation, she is telling us that angels are amazed at human beings...they are amazed at us. And especially, they are amazed at our work, at what we can accomplish. And of course, that includes our creativity, that work is something we do, but it's also something we give birth to. It's something we create. And of course, in light of evolution, it is something that is a process is going on.

And in tomorrow's meditation, she will tell us that angels praise the good works of humanity.

But to be amazed by us, and to praise us, and especially our work, all that really should lift us up because we don't always get praise from one another, from other humans, but that there are other beings in the universe, who are good at praising and who recognize in us the capacity for goodness, that is our effort when we do work, when we do good work. When we develop virtue and do the inner work and building up our own souls, our own beings, our

own value systems, and our willingness to stand by them, to develop them and grow with them. All this amazes the angels.

And frankly, it should amaze us too. Maybe we don't spend enough time meditating on how amazing our species is, and can be, and might be, in the future.

Thank you, Hildegard, for reminding us of this.

Thank you. We'll see you tomorrow.