

Hildegard gifts us with really beautiful language for perceiving God in all things. The concept of **Viriditas** directs our senses and hearts in perceiving this *Greening Spirit* that is the aliveness/ lushness/ moistness; the evidence of God's Spirit among us. We see this in loamy fertile soil filled with insects as well as the robust laugh and soft constitution of a wiggling baby. We can taste it in the food we eat, and sense it as it radiates from our own souls in moments of joy and peace. She reminds us that belonging, and consolation are available to us in each moment as we give witness to this permeating Greening Spirit who makes Kin of all living things!

**Today's meditation** can be done as either a sitting or walking meditation. It is meant to be done outside, preferably in a place that brings joy or peace, but even a parking lot will do! Viriditas can be observed truly anywhere.

To begin, read through the following *Lectio Divina*; words of Hildegard a couple of times slowly, and find a line that stands out to use as a prayer or mantra for your walk or sit. If nothing stands out to you, choose something like "I am/ you are alive with the Spirit of God", or simply "thank you".

For walking or sitting meditation begin by grounding your awareness in the present moment, scan your body for discomfort, check in with your breathing and sense perceptions, leaving to-do lists, worries, memories etc temporarily. Slow the breath and mind. Allow thoughts to come and go without attachment. The mantra or prayer you chose will be helpful in detaching from outside thoughts as well, simply repeating the phrase in mind each time you feel a distraction pulling at you is a way of recentering in your meditation.

Set an intention of time to spend in this meditation, it can be a few minutes or a few hours. I'd suggest 30 minutes if you have this available in your day. Choose a way to open and close this sacred time of listening. This can be lighting a candle, saying a familiar prayer or bowing in gratitude.

For sitting meditation, find a comfortable spot where you can take in all that is around you. For walking Meditation plan on moving more slowly than you might normally, walking with intention and purpose.

For sitting and walking meditation try to take in the Viriditas around you without judgment, follow your curiosity and remain open to what spirit might show you about the aliveness of all things and yourself.

### **Lectio Divina: Hildegard Von Bingen**

Most honored Greening Force,  
You who roots in the Sun;

You who lights up,  
in shining serenity,  
within a wheel  
that earthly excellence fails to comprehend.  
You are enfolded  
in the weaving of divine mysteries.  
You redden like the dawn  
and you burn as a flame  
of the Sun.  
The mystery of God hugs you  
in its all-encompassing arms.  
Everything that is in the heavens, on earth,  
and under the earth  
is penetrated with connectedness,  
penetrated with relatedness.  
Every creature is a glittering,  
glistening mirror of Divinity.  
Humanity, take a good look at yourself.  
For heaven and earth,  
and all of creation  
are seeded within you.  
You're a whole world—  
everything is hidden in you.  
The soul is the greening life force of the flesh,  
for the body grows and prospers through her,  
just as the earth becomes fruitful when it is moistened.  
The soul humidifies the body so it does not dry out,  
just like the rain which soaks into the earth.

*Additional readings on Viriditas as linked below*

### **Journal Throughout The Week**

This week be looking and listening for Viriditas. Write about the unlikely places you are observing the Spirit of God quietly or overtly, alive in all things. Pay attention to the quality of these things, what are the signifiers of this Greening Spirit? As you move through the week is your sense of this Spirit more finely tuned? How does

acknowledgement of Viriditas draw connections between you and other beings? How does it connect to you to the Creator?

For the activity portion this week I'm going to share the recipes from our Wednesday gathering. *The spiritual and physical benefits of these ingredients can be found on the link below*

### **Nettle and Chestnut Soup**

Stinging nettle

Dandelion greens (I used a generous amount of greens, several cups of each)

Sage (a few sprigs)

Oat milk (1.5 cups)

Cooked chestnuts (several cups)

Chickpeas

Vegetable broth to taste

Garlic, ginger, galangal root, onion, cumin salt and pepper to taste

Butter (one stick)

This soup will be good regardless of the ratios! So just follow your own tastes and intuition:) I started by boiling the greens and herbs in vegetable broth, then adding the chestnuts and blending it all. I added the oat milk and chickpeas and brought to temp just before serving

### **Spelt Salad**

Spelt (soaked overnight, boiled until slightly chewy, rinsed and chilled)

Apples

Fennel bulb (sliced and roasted with olive oil and garlic)

Feta cheese

Mint

Parsley

Lemon balm

Dill

Sliced almonds

Lemon juice

Olive oil

Salt and pepper

So, I never measure anything! A nice ratio seems to be one part fresh ingredients to one part cooked spelt, so maybe like two apples and one fennel bulb for two cups of spelt etc

Blessings of verdant and holy belonging this week!

-Megan