



I am a Feather on the Breath of God. -Hildegard von Bingen

What does it mean to be a feather on the breath of God? You may have heard the expression “be the ball”. What does it mean to “be a feather”? Let’s consider these words from Hildegard von Bingen as we learn about her life.

Hildegard was born in the 12th century in Germany during the time of the first and second Crusades. She came from a noble family and her parents dedicated her to the church when she was quite young and grew up in the Benedictine tradition devoting her life and work to God.

God revealed Himself to Hildegard through personal experiences of love, light, insight and connection in mystical experiences. She wrote music and lyrical poetry for her compositions. She created art. She wrote down her understanding of plants and animals in Creation. She wrote down human ailments, causes and cures. Her nuns wore vibrant colors and fine fabric, honored as beloved brides of Jesus. The Pope valued her as his consultant and declared her a saint during her own lifetime. Later she was named a doctor of the church.

Now that you know a little bit about Hildegard von Bingen, can you name some ways she lived out being a feather on the breath of God? Do you and I have the potential to make miracles with our gifts and God’s guidance? I believe we do. How still and quiet do we need to be to notice God’s breath? To respond? To believe in our own Miracle? *Be still and Know.* God is faithful.

Take a feather as you exit the sanctuary or find a feather if you are home.

Watch how it moves as you walk outside, how it billows in the breeze.

Make a moment to pray with your feather either by yourself or with your family.

Hold the feather in front of your mouth so you can see it move as you talk to God.

Listen for God’s still small voice.

Trust in God’s response to your prayer. God never fails.

Now you, ***be a feather on the breath of God.***

Musings on Being Present.

Let's take a moment to practice living in the current moment.

Jesus says, *“Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”* **Mark 10:15**

In literature, the only ones that tell the truth are the very young, the very old and the insane. Filters off, we find Truth and return to Love. The doorway is always the present moment.

To go deeper with this experience, consider these scenarios and seek to create new ones for yourself and those you love:

- Do you remember walking through your first cloud?
- Cool grass tickling your bare feet for the first time?
- Puckers of delight in a single slice of lemon?
- Wriggling silver minnows?
- Earthworm tickle?

Be.

Be fully alive.

Celebrate your senses.

Give snowflakes butterfly kisses with your eyelashes.

Raise your arms in victory.

Watch a single leaf fall.

What do the geese say as they fly in formation?

What does the shore call back to the hungry waves?

If the forest wrote a symphony how would it sound?

Soak in the giggles of a babbling brook.

Hear the haunting laughter of the loon.

See the joy and wonder in the one looking back in the mirror.

Love and accept yourself fully with all your foibles and folly.

Allow the divine spark within you to shine, shine, shine.

You are never alone.

Be a feather on the breath of God.

Grace and Peace,

LeeAnne