

behind your heart (The Heart of God) where your Higher Self, Guardian Angel or Spirit Guide connects with you. It is a song by Hildegard for which only the text exists. The music I'm singing came to me during several concerts. I found that I was singing nearly the same melody each time, and decided to write it down. The words mean O creation of God which is human, in the greatest of sacredness you were brought forth when in humility, sacred divinity penetrated the heavens. O what great compassion allows divine brilliance in earthly mire So that those angels ministering with God might see God in humanity. #2

THE THREE BEAUTIES Creating Sacred Space by Norma Gentile Solo Voice Three Beauties refers the three elements that create a Sacred Sphere around any room, and let it become a sacred place. Anytime, anywhere that we choose to, we can create and enter into Sacred Space. By inviting these three elements and recognizing their presence, we honor and ask for their assistance. -The Pure Energy of Nature -Nature Spirits and Intelligences of the Room -Nature Spirits and intelligences of the Land beneath the Room As you listen to this song, be aware of the sphere that is being called forth from around the room you are in. If you are outside, the sphere will be created using your physical body as its center. #3

A WAFING BREEZE OF FREEDOM by Norma Gentile Schrutti Box and Voice Sensing the nearly intangible movement of Spirit, that gently brings new hope, possibilities, and love into our human range of vision. #4

O BEATA INFANTIA / O BLESSED CHILD by Hildegard of Bingen Solo Voice A song by Hildegard in which I feel the blessing of innocence revealed. O blessed child, the chosen Disibodi, whom God so inspired. that in time your sacred deeds became the wonders of God, wafting like the gentle scent of a healing perfume #5

PLANGUNT / LAMENT by Norma Gentile Tibetan Bowl and Voice Plangunt is a lamentation for what was and can no longer be true for us. As we change so must our outer worlds. Sometimes it seems that our outer worlds, those around us leave or pass away and we are forced to change. It is difficult in these times to recognize that our soul has chosen to create new paths, and those who have left our lives have done so to open a space for new friends to enter #6

RESPIRE / BREATHE Guitar, tuned and played as an Indian Tambura, and Voice Respire means Breath. Remembering our natural breath is an important way to feel our body. Our navel is the center for breath, which generates our unique life-force. When we breathe deeply we build energy that joins our soul and body together. As this bond strengthens, we feel secure in knowing our body is supported by our soul and Spirit. #7

SACRED PASSING FROM EARTH and #8

REST AFTER PASSAGE FROM EARTH by Norma Gentile Tibetan Bowls and Voice We create cords to those we love. When someone dies, we grieve, and release

the body-to-body cords we share with them through our tears. This lets the underlying cords of Spirit-to-Spirit be revealed, and our physical body here feels the loving presence of those no longer in form. Sometimes we are reluctant to fully release the body-to-body cores, and instead use our own emotional energies to create a version, an emotional ghost, of the person we love that stays with us. This is not a true ghost, but an image of the person according to our beliefs, made with our energies, and corresponding to our beliefs about the person. Releasing these emotional ghosts frees up our energies to build up our own life-force and to move forward anew into life.

#9 ASK AND RECEIVE by Norma Gentile
Schruti Box and Voice Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. (Matthew 7, 7) I love the word ask. It does not imply project, demand or imagine. Ask to me includes a sense of humility, which allows an opening through which we receive the gifts of Spirit.

#10 TOUCHING HANDS Wooden Tibetan Flute and Voice The flute here is a handmade modal wooden Tibetan Flute. It is not in the modern tuning our ears expect. Often when we ask Spirit for something, sometimes we receive not quite what we expect.

#11 SORROW LISTENING and #12 UNDERSTANDING Tibetan Bowl Choir, Wooden Tibetan Flute and Voice Compassion is sitting with another's pain. A true friend lets us be as we are, and listens. Receiving sorrow in an attitude of compassion creates a sacredness that energizes understanding of ourselves. This understanding is the light-bulb that lets us see the new possibilities in our life Spirit is offering.

#13 REPLENISH by Norma Gentile Tibetan Bowl Choir and Voice A space to receive nourishment is opened within us after we have acknowledged and released what we no longer need. Nourishing ourselves at the level of consciousness we now choose to live in lets us build our body and life circumstances to match.

#13 is a bevy of Tibetan Bowls, sounding together

#14 O BELOVED ONE by Norma Gentile Monastic Tibetan Singing Bowl and Voice Based on the opening line of one of Hildegard's poems without music, I am amazed by the sensation of Spirit as not just beloved and adored, but also sensuously delicious.

#15 O RUBOR SANGUINIS / O RUBY-RED BLOOD by Hildegard of Bingen Solo Voice A song with both music and text by Hildegard, this song leads us into stillness at its conclusion. Here is the sacred void of creation. What do you want to create differently in your life? Relax your grip on what must be, and let yourself imagine what might be. O ruby-red blood which flowed from on high where divinity touched. You are a flower which the winter of the serpent's breath can never injure.

#16 A DARK ANGEL ASCENDS / OBSCURA ANGELI ASCENDENS by Norma Gentile Monastic Tibetan Singing Bowl and Voice Those beliefs that we are unwilling to

Jeremiah Benham, Guitar, tuned and played as an Indian Tambura Phadia Adams, Reverend Raymond Gotko, Lucy Banks, Tibetan bowls NORMA GENTILE (healingchants.com) sound shaman, holds a masters in Voice and has been writing and verbally channeling Archangel Michael and the Hathors since 1991. She has recorded four CDs of healing chants by the medieval abbess and seer, Hildegard of Bingen (available at her website). Normas writings appear regularly in Sedona Journal of Emergence, her monthly podcasts (iTunes) are offered freely, as is her e-newsletter. To subscribe, and read additional articles, please see her website. CANDACE KEACH (sonicangelmusic.com) is a classical flutist (New England Conservatory of Music) and sound therapist in Atlanta, Georgia. She leads the Spiral of Sound Crystal Bowl Choir and facilitates the monthly Atlanta Toning Circle, has been Principal Flutist of the Macon Symphony Orchestra for over 20 years. She offers workshops and lectures, performs, and maintains a private flute studio. Her newest CD As above so Below can be found at her website. JEREMIAH BENHAM (chicagoguitar.com) is a classical guitarist based in Chicago. He is a faculty member of DePaul University and Columbia College. He performs rock, country, jazz, classical and more. PHADIA ADAMS is a Reiki and Shamanic Sound Practitioner residing near Columbus, Ohio. She can be reached at: phadia@walkinbalance.us HILDEGARD von BINGEN (1098-1179) wrote the music and words for several songs on this recording. She lived in central Germany, writing books, music and serving as an abbess in the Catholic Church. She was consulted by Popes and Kings, known for her wisdom and prophetic powers, as well as her healing abilities. More about Hildegard can be found at healingchants.com RECORDED AT: St. Andrews Episcopal Church, Ann Arbor, Michigan St. James Episcopal Church, Marietta (Atlanta) Georgia Unitarian Universalist Church, Evanston (Chicago) Illinois St. Patricks Church, Dublin (Columbus) Ohio Edited by David Lau, Brookwood Studio (brookwoodstudio.com) Ann Arbor Michigan Graphic Design by Karen Harkness (Kharkness@cogeco.ca) Title Illustration by Jerry Campbell Photos by Norma Gentile Front Cover: Bird in Villa de Leyva, Colombia Center: Condor Reaching the Sun-Echo Canyon wall, Colombia Back Cover: Hildegards original monastery ruins, Disibodenberg, near Bingen, Germany CHECK OUT NORMA'S OTHER RECORDINGS at CDBaby.com: HEALING CHANTS of HILDEGARD von BINGEN and her spoken audio BREATHARIAN MEDITATIONS with breatharian Elitom ben Yisrael Norma's FREE PODCAST can be downloaded from iTunes or her website. You can subscribe to her FREE e_NEWSLETTER at the website also. healingchants.com HEALING CHANTS PO BOX 971020, MI 48197 HealingChants.com

[DOWNLOAD HERE](#)

Similar manuals:

[ALPHA ZEN DOWNLOAD MP3 NEW AGE MEDITATION](#)