



Norma Gentile

soprano and sound shaman

LIVE SOUND HEALINGS

Songs of Spirit

with Tibetan Singing Bowls, Shruti Box, Guitar, Tibetan Flute, and Voice

Recorded in live healing settings, the CD is designed to guide you into a deeply meditative state and release what is no longer serving your soul's journey. An hour in length, the music is gentle, yet very effective in helping even dark energies in a home or office space to release. Songs invite the Nature, the Nature Spirits of your room or home (or even work cubicle) and land to support you, as well as your healing angel. Deeply transformative energies abound in the soundscapes that are created by these songs, transmitted from spirit through Norma.

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Songs of Spirit sung by Norma Gentile
live sound healings

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|---|---------------------------------|
| 1. O Creation of God**/O Factura Dei (2:43) | <i>Monastic Tibetan bowl</i> |
| 2. The 3 Beauties Create a Sacred Sphere (4:29) | <i>solo voice</i> |
| 3. A Wafting Breeze of Freedom (3:54) | <i>Schruti box</i> |
| 4. O Blessed Child*/O Beata Infantia (1:45) | <i>solo voice</i> |
| 5. Lamentation /Plangunt(2:33) | <i>Tibetan bowl</i> |
| 6. Breathe / Respire (2:33) | <i>guitar, tuned as tambura</i> |
| 7. Sacred Passing from Earth (3:15) | <i>Tibetan bowls</i> |
| 8. Rest after Passage from Earth (1:34) | <i>Tibetan bowls</i> |
| 9. Ask and Receive (1:14) | <i>Schruti box</i> |
| 10. Touching Hands (1:54) | <i>Tibetan flute</i> |
| 11. Sorrow Listening (2:10) | <i>Tibetan bowl choir</i> |
| 12. Understanding (1:22) | <i>Tibetan flute</i> |
| 13. Replenish (5:22) | <i>Tibetan Bowl Choir</i> |
| 14. O Beloved One (2:28) | <i>solo voice</i> |
| 15. O Rubor Sanguinis*/O Ruby-Red Blood (1:48) | <i>solo voice</i> |
| 16. A Dark Angel Ascends (6:46) | <i>Monastic Tibetan bowl</i> |
| 17. Breathless Wonderment (3:06) | <i>Schruti box</i> |
| 18 O Wonder of Such Wonder*/O Mirum Admirandum (2:27) | <i>Tibetan bowl</i> |
| 19. Awakening Touch (3:59) | <i>Schruti box</i> |
| 20. A Lullaby, with Gratitude (3:51) | <i>Tibetan bowls</i> |

Total Time: 59 minutes

*composed by Hildegard of Bingen (1098-1179)

**text by Hildegard, music by Norma

Norma Gentile, vocals, Schruti box, Tibetan bowls

Candace Keach, Tibetan Flute (10, 12) and Tibetan Bowls (11, 13)

Jeremiah Benham, Guitar, tuned and played as an Indian Tambura (6)

Phadia Adams (7,8), Rev Raymond Gotko(11, 13), Lucy Banks(11, 13), Tibetan Bowls

HEALING CHANTS MEDIA PO Box 971020, Ypsilanti, MI 48198

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TEXT and NOTES

Songs of Spirit – Live Sound Healings

by Norma Gentile

#1 O FACTURA DEI / O CREATION OF GOD

by Hildegard of Bingen

Monastic Tibetan Singing Bowl and Voice

The first two songs invite you to step into Sacred Space. The first, O Factura Dei, opens your heart, and the energetic portal 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 to the three elements that create a Sacred Sphere around any room. When these are present, the room becomes a sacred place. Anytime, anywhere that we choose to, we can create and enter into Sacred Space. By invoking 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 WAFTING BREEZE OF FREEDOM

by Norma Gentile
Schruti Box and Voice

Within this song, sense 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 Disibod,*
whom God so inspired.
that in time your sacred deeds
became the wonders of God,
wafting like the gentle scent
of a healing perfume

St. Disibod was a 7th century monk from whom Hildegard drew inspiration.

#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 world change. Sometimes it seems that our outer world, which includes family and friends, leave us or pass away and change is forced upon us. 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 in order 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 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 into a new life.

#9 ASK AND RECEIVE

by Norma Gentile

Schruuti 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 wooden Tibetan Flute. It is not in the modern tuning our ears expect. Often when we ask Spirit for something, we receive not quite what we expect.

#11 SORROW LISTENING and #12 UNDERSTANDING

Tibetan Bowl Choir, Wooden Tibetan Flute and Voice

Compassion can be defined as having the ability to sit with someone while they are in pain. A true friend allows us to be as we are, and listens. Receiving sorrow within an attitude of compassion creates a sacredness that energizes a deeper understanding of ourselves. This understanding is the 'light-bulb' that lets us see the new possibilities in our life that Spirit is offering to us.

#13 REPLENSIH

by Norma Gentile

Tibetan Bowl Choir and Voice

A space to receive nourishment is opened within us only after we have acknowledged and released what we no longer need. Nourishing ourselves at the level of consciousness that we now chose to live in lets us build our body and life circumstances to match. A choir of Tibetan Bowls, sounding together, is the accompaniment to this piece. This song is a live improvisation, offered through me by my Hathor guide Atamira.

#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, the song invokes our 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 that 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 examine and the resulting actions that we insist must be taken, become like layers of dark winter coats we wear year-round. As I sang the previous song in a concert, O Rubor Sanguinis, I became aware of a thickening in the air around the altar of the church. Growing larger and larger, I felt the beliefs of hundreds of years of humans who had worshipped in this sanctuary rise from the sacred vortex lying underneath the central altar of the church. I sensed that these beliefs had been superimposed upon the sacred vortex within the land.

Bound together, these beliefs were limited to the concept of love that each person had allowed themselves to experience in life. The thickness and darkness I experienced was the result of these limitations placed upon the vortex. Each belief limited the vortex's ability to express true unconditional love to those humans worshipping today.

As we expand our ability to receive love more deeply from Nature and Spirit, we expand our ability to love each other more deeply. This song helps those energies trapped, particularly in the land or a building, to find their way onto their next step of growth and evolution. This allows the land and buildings to reflect those living upon them or within them now.

#17 BREATHLESS WONDERMENT

by Norma Gentile

Schruti Box and Voice

Sometimes there are no words when Spirit is present, and in this moment, we as humans witness Grace.

#18 O MIRUM ADMIRANDUM

by Hildegard of Bingen

Tibetan Singing Bowl and Voice

Hildegard sees beyond the human body into the part of God hidden inside.

O wonder of such wonder,
who hides their form next to heaven,
arduously standing in honor,
where living mindfulness speaks of sacred mysteries.

By such a manner, o Disibod,
you will rise until the end,
helping all the world's branches to flower,
so that the first may then arise.

#19 AWAKENING TOUCH

by Norma Gentile
Schruti Box and Voice

Birds singing at dawn and the brilliance of the sun streaming across the grass entice our bodies to awaken. The touch of Spirit reminds us of this brilliant inner light, which we can turn on each morning, even if the rain is coming down. Come out, come out of bed, awake and play!

#20 WITH GRATITUDE, A LULLABY

by Norma Gentile
Tibetan Bowls and Voice

Here a choir of Tibetan Bowls accompanies a spontaneous lullaby. It is the sense of gratitude and thanksgiving that allows all the elements of Nature, the Nature Spirits of the room, and the Nature Spirits of the land beneath release the Sacred Sphere. This same sense of gratitude allows all the assembled angels to gently release themselves so that your body returns to a wakeful conscious state. With much joy, I offer a final “thank-you” from Spirit, as the cycle finds completion in your act of listening now.

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from Norma:

When I sing I see spiritual energies move in a room. Often I notice a shadow, like a density or gray mist, form in an area of the room or around a person. At these moments I know I must step back and let those that sing through me, such as the Hathor named Atamira, work with Archangel Michael and Mary to help these shadows find their way home.

During these moments in concerts, I feel the presence of each person’s angel listening alongside them. These angels work with my guides, Archangel Michael, Mary and Atamira, to lay healing energies into my voice. In these songs are the momentum for carrying all energies, light or dark, homeward. As you listen to this music, know that you too can release any shadows, within yourself or your surroundings, to complete their journey homeward.

A NOTE ON THE INSTRUMENTS AND MUSICIANS

Norma Gentile, Voice, Sshruti box and Tibetan bowls

Candace Keach, Tibetan Flute and Tibetan Bowls

Jeremiah Benham, Guitar, tuned and played as an Indian Tambura

Phadia Adams, Reverend Raymond Gotko, Lucy Banks, Tibetan bowls

NORMA GENTILE (www.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). Norma's 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 (www.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 (www.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.

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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 www.healingchants.com

RECORDED AT:

St. Andrew's Episcopal Church, Ann Arbor, Michigan
St. James' Episcopal Church, Marietta (Atlanta) Georgia
Unitarian Universalist Church, Evanston (Chicago) Illinois
St Patrick's Church, Dublin (Columbus) Ohio

Edited by David Lau, Brookwood Studio (www.brookwoodstudio.com)
Ann Arbor Michigan

Graphic Design by Karen Harkness (Kharkness@cogeco.ca)
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Photos by Norma Gentile

Front Cover: Bird in Villa de Leyva, Colombia

Center: Condor Reaching the Sun-Echo Canyon wall, Colombia

Back Cover: Hildegard's original monastery ruins, Disibodenberg, near Bingen,
Germany

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