



## Meditation Chants

by Hildegard von Bingen (1098-1179)

Sung by Norma Gentile

Re-released 2009

Accompanied by Tibetan singing bowls and a harmonic drone chorus, Norma Gentile sings an hour-long series of chants composed by 12th century abbess and healer, Hildegard of Bingen. The sequence of music on this CD is designed to be an aid to meditation, healing, yoga, Reiki, massage, or similar activities. Sacred space is created during the first three chants. The succeeding pieces gently cleanse the chakras and related endocrine glands, beginning at the top of the head, and moving downward through the body. This CD also helps small children to fall asleep.

The Chants work as follows:

#1-3	Create Sacred Space	General Relaxation
#4	Crown or 7 <sup>th</sup> chakra	Compassion
#5	Third Eye or 6 <sup>th</sup> chakra	True Vision
#6	Throat or 5 <sup>th</sup> chakra	Communication and Family
#7	Thymus/Heart or 4 <sup>th</sup> chakras	Clarification of Your Loving Expression
#8	Solar Plexus or 3 <sup>rd</sup> chakra	Forgiveness
#9	Navel chakra	Blessing and Receiving
#10	Belly or 2 <sup>nd</sup> chakra	Comfort and Ease
#11	Root or 1 <sup>st</sup> chakra	Patience

All of Creation is a song of praise to God...All of Creation is a symphony...which is joy and jubilation." ~ Hildegard of Bingen

This recording may be used to assist individual or group meditation. It is also an invaluable healing tool when played in Yoga classes, or during Reiki, Therapeutic Touch, Polarity Therapy, and similar therapeutic sessions, as listening to Norma's renditions of these chants can facilitate emotional and physical releases.

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*“The word stands for the body, but the symphony stands for the Spirit.”*  
-Hildegard von Bingen

**Norma Gentile** holds bachelor's and master's degrees in voice performance from the University of Michigan. She is also a channel for Archangel Michael, Mary and the Hathor Atamira. These presences support her writing and inform her singing.

Norma has always seen auras, the subtle energy field of life-energy that surrounds all living beings. She uses this sight and her music to explore healing as a process of balancing our emotional, mental, physical, and spiritual dimensions.

Born in Germany in 1098, the tenth child of a noble family, **Hildegard of Bingen** wrote books concerning medicine, herbology, theology and two biographies of saints. Gifted from childhood with visions, she experienced both images and sounds which she attributed to heavenly sources. She described her music as translations of the sounds of the Celestial Symphony which she heard during these visions. Her musical legacy includes seventy-seven sacred monophonic chants on her own Latin texts for use in worship services, as well as a morality play, again with both text and music of her own authorship.

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Check out Norma's three other musical CDs ([\*Healing Chants of Hildegard\*](#), [\*Songs of Spirit\*](#) and [\*Unfurling Love's Creation; Chants of Hildegard\*](#)). Norma also has a series of Meditation CDs which include both spoken meditations and information from Norma and the guides she channels, primarily Mary, Archangel Michael, and the Hathor Atamira. See Norma's website [www.healingchants.com](http://www.healingchants.com).

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"The body is the garment of the soul and it is the soul which gives life to the voice. That's why the body must raise its voice in harmony with the soul for the praise of God." -Hildegard von Bingen

## CHANT TRANSLATIONS

Hildegard wrote her own texts for these chants. Because the chants were intended to be used in worship services, their texts are in Latin.

These are poetic translations made by Norma Gentile from the original Latin texts. Permission to use or reprint these translations can be obtained by emailing [office@healingchants.com](mailto:office@healingchants.com).

### 1. O virtus Sapientie

O true Wisdom,  
that circled encircling,  
encompassing All in the one way  
where Life abides.

You have three wings,  
of which one flies on high  
and another sweats into the Earth  
while the third flows through All.

Praise be to you,  
as you are worthy,  
O Sophia, Sapientie.

### 2. O viridissima virga

O greenest twig,  
welcome to you who were born  
from the windy blast of sacred inquiry.

When the time came,  
your branches flowered  
and grace was in you,  
whose balsamic odor is exuded  
in the heat of the sun.

For in you bloomed the beautiful flower,  
whose scent was given up  
to all other aromas, which were dry.

And they appeared in full verdure,  
the Heavens distilled dew upon the grass,  
and all the Earth rejoiced,  
because grain was born of her womb,  
and the birds made nests in her bounty.

Then a feast was spread for humanity,  
and there was great rejoicing  
among the banqueters.

Hence, O sweet virgin,  
you do not lack any joy.  
These things were all rejected by Eve.  
But now, praise be to the Highest.

### **3. O coruscans lux stellarum**

O glistening starlight,  
O most brilliant singular figure  
of the royal marriage,  
O glowing gem:

You are arrayed as a person of high rank  
who has no mark nor wrinkle;  
You are also an angel's companion  
and a citizen of sacredness.

Run, flee from the ancient destroyer's cave!  
Come, enter into the palace of the King.

#### **4. O rubor sanguinis**

O ruby-red blood  
which flowed from on high  
where divinity touched.

You are a flower  
that the winter  
of the serpent's breath  
can never injure.

#### **5. O viriditas digiti Dei**

O Life-green finger of God,  
in you God has placed a garden.  
You reflect heaven's eminent radiance  
like a raised pillar.

You are glorious  
as you perform God's deeds.

O sublime mountains,  
which can never be made low  
by the discretion of God.  
Yet still you stand at a distance,  
as if in exile,  
But there is no armed power  
which can tear you away.

You are glorious  
as you perform God's deeds.  
Glory to the One, the Body,  
and to the Holy Spirit.  
Glorious you are,  
as you perform God's deeds.

#### **6. Kyrie**

Creator of Life,

awaken love within us.  
Christ of Love,  
awaken love within us.  
Creator of Life,  
awaken love within us.

## **7. O Jerusalem**

O Jerusalem, golden city,  
robed in royal purple;  
O edifice of highest excellence,  
you are a light never darkened.

You are adorned in the dawn  
and in the heat of the sun.

O blessed childhood  
which gleams in the dawn,  
and fair youth,  
afame in the sun.

For you, O noble Rupert,  
glitter in these like a gem.  
You cannot be hidden  
by human foolishness,  
Just as a mountain  
cannot be hidden by a valley.

Your windows, Jerusalem,  
are carefully decorated  
with topaz and sapphire.

In these windows you blaze, O Rupert,  
and cannot be hidden by tepid mortals;  
Just as a mountain cannot be hidden;  
but instead crowned with roses,  
lilies and purple, in a true revelation.

O tender flower of the field,  
O sweet juiciness of the apples,

O burden without weight,  
let none bend a head  
to their breast in guilt.

O noble vessel  
which was not polluted nor drained  
in the ancient ceremony of the cave  
and is not weakened  
by wounds from the ancient destroyer.

In you sings the Holy Spirit,  
with whom the angelic choir unites,  
and through whom you are adorned  
in the Son of God,  
having no stain upon you.

O Rupert, what a beautiful chalice you are,  
for in your childhood and youth  
you sighed after God in awe of God;  
and in the tender embrace of Love,  
you lived in the sweetest aroma  
of good deeds.

O Jerusalem, your foundation is laid  
with burning stones,  
which are the tax-gatherers and sinners  
who were lost sheep,  
but discovered by the Son of God  
they ran to you, and were placed in you.

Thus your walls blaze with living stones,  
who with great efforts of good will  
have flown like clouds into the sky.

And so your towers, O Jerusalem,  
glitter and gleam with dawn,  
and with sacred incandescence,  
and with all the finery of God  
which you do not lack, O Jerusalem.

Therefore, O you adorned and crowned ones  
who live in Jerusalem,  
and you, O Rupert,  
who are their companion in that dwelling,  
help us, who are serving and laboring  
in exile.

### **8. Spiritus Sanctus vivificans vita**

Holy Spirit, bestowing life unto life,  
moving in All.  
You are the root of all creatures,  
washing away all impurity,  
scouring guilt, and anointing wounds.  
Thus you are luminous  
and praiseworthy, Life,  
awakening, and re-awakening all that is.  
For All and forever, Amen.

### **9. O ignis Spiritus Paracliti**

O comforting fire of Spirit,  
Life, within the very Life of all Creation.  
Holy you are in giving life to All.  
Holy you are in anointing  
those who are not whole;  
Holy you are in cleansing  
a festering wound.

O sacred breath,  
O fire of love,  
O sweetest taste in my breast  
which fills my heart  
with a fine aroma of virtues.

O most pure fountain  
through whom it is known  
that God has united strangers  
and inquired after the lost.

O breastplate of life  
and hope of uniting  
all members as One,  
O sword-belt of honor,  
enfold those who offer blessing.

Care for those  
who are imprisoned by the enemy  
and dissolve the bonds of those  
whom Divinity wishes to save.

O mightiest path which penetrates All,  
from the height to every Earthly abyss,  
you compose All, you unite All.

Through you clouds stream, ether flies,  
stones gain moisture, waters become  
streams, and the earth exudes Life.

You always draw out knowledge,  
bringing joy through Wisdom's  
inspiration.

Therefore, praise be to you  
who are the sound of praise  
and the greatest prize of Life,  
who are hope and richest honor  
bequeathing the reward of Light.

#### 10. **O Ecclesia**

O Beloved,  
your eyes appear as sapphires,  
your ears as the mount of Bethel,  
your nose as mountains of myrrh and incense,  
and from your mouth issues sound,  
as a multitude of waters.

Enraptured by true faith,  
Ursula gave her love to the Son of God,

leaving behind men with the things of this world,  
and she gazed into the sun  
summoning the fairest youth, saying:

"With the greatest desire  
I have longed to come unto you  
and cleave to you in heavenly marriage,  
hastening to you on this unknown path,  
like clouds that in the purest air  
appear to fly in sapphire."

After Ursula had so said,  
a rumor spread through all the peoples.

And they said:

"This innocent young girl is ignorant  
of what she is saying."

And in a single great sound  
they began to mock her,  
until a fiery burden fell upon her.  
Then they all realized  
that whosoever rejects this world  
is as the mountain of Bethel.

And they also recognized  
the sweetest aromas of myrrh and incense,  
for disregard of this world rises above all.

Then the devil  
entered into the bodies of his allies,  
and these women,  
in whom the most virtues had been incarnated,  
were slaughtered.

Their voices were heard by all the Elements,  
who came before the throne of God, saying:  
"Ah! the ruby blood of each innocent lamb  
is poured out in betrothal to Heaven."

Let all heavens hear,

and in the greatest of symphonies  
give praise to the Lamb of God.  
Because the ancient serpent is suffocated  
by these pearls,  
made from the Word of God.

**11. O nobilissima viriditas**

O verdure most noble,  
whose roots are in the sun  
and who appears as a glittering wheel  
in shining white serenity,  
which is not for Earthly eminence  
to comprehend.  
You are enfolded in the arms  
of divine mystery.  
You glow like the dawn  
and burn like the flame of the sun.

All translations are copy write Norma Gentile 2008