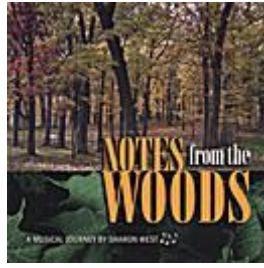


## Mp3 Sharon West - Notes From The Woods



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Details: The songs on Notes from the Woods were inspired by many days of walks and spending time at various parks and gardens over the years in travels throughout North America, Europe, Asia, South America and especially The Morton Arboretum in Lisle, IL.- favorite places of mine to spend time, get rejuvenated and learn about the beauty of nature. These are very special places that we need to continue to take care of and cherish. Here are some Notes on what I was thinking about and learning as I wrote these songs. Enjoy, Sharon West :) Album Tracks -- Notes from the Woods Approximate playing time 60:00 minutes Music composed, arranged, and performed by Sharon West

1. Life Within Trees (4:21) - A celebration of the gift of life that trees give us, from the oxygen to the sheer beauty and inspiration they provide us everyday.
2. Beauty of the Ginkgo (4:38) - The ginkgo is a very ancient and rare tree, being the only surviving tree of its species which started over 200 million years ago - a truly unique living fossil that has survived to share its wonders with us.
3. Morning's Dance (5:10) - How all of nature slowly awakens to life as the sun rises each morning, the hope and promise of each day.
4. Spring at CrabApple Lake (5:06) - The beauty of the blossoms out at CrabApple Lake each spring, the warmer air starting to flow in and all nature comes back to life.
5. Willows by the Stream (4:07) - Whisping willows alongside a gently flowing stream. Willows always seem to be reminding me to slow down, and find joy within today.
6. Native Prairies (5:00) - The open prairie always makes me think how this entire area was once covered by beautiful flowing fields of native grasses, and all the various people who have lived on it and crossed the plains over time.
7. Song of Meadow Lake (4:15) - The enchantment of small lakes in the woods.

Something so peaceful and almost mystical about their charm, and wonderful places to stroll and relax. 8. Fall Colours (5:25) - The beauty of yellows, greens, reds and oranges on the trees and ground that are just stunning each fall. 9. Woodland Heartbeat (4:45) - Hiking deep into the woods, all kinds of images and rhythms of nature and history surround me. 10. Walking on Joy Path (5:19) - A walk down a lovely path full of trees and gardens. Truly joyful and beautiful. 11. Sunset at the Lake (5:24) - After a lovely day spent walking and relaxing, watching all the colors of the sunset melt together over the lake. 12. Nature's Lullaby (4:51) - The calm and peaceful state I am always left with after time spent in the woods

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