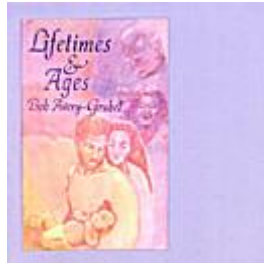


# Mp3 Bob Avery-grubel - Lifetimes And Ages



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Expansive music with a strong new age feel guided by an intuitive, positive lyrics 8 MP3 Songs NEW AGE: Healing, EASY LISTENING: Soft Rock Details: Well here i am on cdbaby and living the elemental dream through cyber space.. my dream day to day is to be happy,relaxed, healthy, creative, thoroughly enjoying my body experience for as long as it lasts, prosperous, and engaged in a proper way with all beings. Then there's this music thing i have always been attracted to.. I remember singing as a kid and enjoying it immensely and then learning to play the piano.. That had it's ups and downs. Fun to hear but i (being a bit of a rebel) did not want to practice when the mode became when resembling "homework". I persevered til basketball took over and i was left with little time to devote except for choir! Then rock and roll hit and i was hooked like bread to butter! My first badn when i was 17 was pretty bad. but hey we didn't know and had great fun! Then after 2 years of college i hit the road with 4 other searching souls and made some music in the Boston area.. I think our claim to fame may have been when Aerosmith borrowed our bus for a gig! Then the wandering years ensued. Being a piano player has it's limitations when your lifestyle resembles one of a hobo. They just are not so readily portable. It's been a complaint of mine for years which i tried to remedy by taking up the guitar (so so results and a few good songs) and the harmonica which is a great road companion. This era lasted for a few years ending when i spent 6 months in San Francisco learning how to become a half way decent massage therapist. I got hugely lucky and studied with the best available which i am grateful for to this day! And in the background there remained this urge to play music.. Then the family thing ensued which yielded two amazing children (check out my first two friends) and years of self questing and finally the remergence of music.. I started writing my own stuff and lo and behold discovered the studio experience and i could be intimate friends. i loved developing material and inviting musical friends to particpate! And the first of many recordings

ensued which was Treasures in the Stream. 1987 This was followed by Circles Returning, 1989 ( i dreamt the title track while sleeping in a tent outside the studio) Light in the Wind 1990 acappella chants and circle songs which were a direct result of my "hippie lifestyle" at the time and my first cd Lifetimes and Ages 1991 which is still available right here right now! Lifetimes and Ages contains a selection of songs that speak to the rythmn of coming and going in this earth experience. From the first selection which begins with a instrumental intro that evokes the depths of being human and then blends into a lyrical start with "On this journey within, i take one breathe to begin it" , to the last track which urges us to accept all that is, the songs on this cd invoke sense of the mystery of living this lifetime. Many guest musicans appear with me and i had the fortune of working with a vocal group, the Celebration Singers, whom i arranged for a choir like effect on the Hallelujah Song. The ending of that song still gives me the chills! This material may have been around for a while but it is ever more contemporary as we all learn our place in this earth experience. Listen and enjoy! About 1991 Martin Scudder and Tom Williams (who i had been playing music with already for many years) combined with me to make up Grace Note. We released two cd's (for which i wrote most of the material) I Always Dreamed of Flying in 94 and Fragrance of the Rose in 01 and played many many gigs in the mid-atlantic area. we had a great 3 part harmony thing and the instrumentation of electric violin, keyboards and acoustic guitar was distinct and well recieved. The band returned to a two man format in 05 when martin left the group. I continued to record releasing Keep the light Burning in 97 and Rivers from the Sun in 2005. This cd has had a great reception and is a bit of a departure for me as it is instrumental.. i performed all the music except one song done by Grace Note and well if you are a massage therapist this is a great cd to assist in your healing adventures. My latest recording Dance When Your Soul Brings You near is an upbeat selection of songs i have written in the past few years. With the help from some great area musicians this cd has something for evryone as it touches blues, rock, folk and jazz in texture and feel. I am actually believing there's a song or two on this one that will change my financial situation immensely. Haven't been focused that way before but well all things come in due time and i am ready. So what's next? Been thinking about another instrumental cd and have to aim myself for the keyboard and my little studio arrangement. By the way i play a Yamaha P80 which i love as it is so lightweigt to transport to gigs and has a totally adequate soundbank which i add to thru midi with JUNO 1010 and an Alesis nano-synth.. there's enough there to keep me occupied for a long time. Well maybe see you down the road of life somewhere.. Life your dreams and sing the

song you feel the best in. One of my favorite quick reminders is from Lao-Tzu Be Content with what you have Rejoice in the way things are When you realize there is nothing missing The whole world belongs to you Be happy BoB Grubel

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