## Mp3 Gryphondale - Add Peace To Your Heart



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Gryphondale music is the music you listen to on your journey to Enlightenment. The sonic vibrations of smooth jazz and soaring classical soundscapes bring joy and peace to your heart. 14 MP3 Songs JAZZ: Smooth Jazz, ELECTRONIC: Ambient Details: Gryphondale is music to listen to on your path to connection and enlightenment. Gryphondale, the band, is comprised of husband and wife Griffin and Dale Crowley who live in the beautiful Napa Valley. Griffin and Dale have focused their lives on the creation of music as a way of expressing the enlightened spirit that is in all of us. This spirit is expressed in smooth jazz and soaring classical compositions with the sincere intention to bring joy and peace to your heart. Dale draws his spiritual influences from the years he spent living in a Zen Monastery in Asia. He travelled all over the world seeking enlightened teachers in remote places. He lived and meditated for two years at Po Lam Zen Monastery in Lantau, and visited enlightened Buddhist masters throughout China. Griffin is a student and teacher of philosophy and a profound intuitive. She is a living example of joy, and a lives to bring this happiness to everyone she encounters. We like to call this conection music. It is music you can play while meditating, working, doing yoga, or anything you are doing where you need connection and focus. It auguments your activity without distracting from it.

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