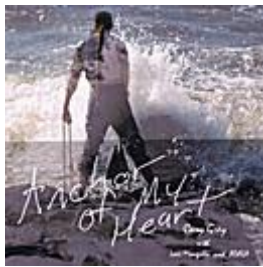


## Mp3 Cary Grey - Anchor Of My Heart



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Playful, mystical, and moody in turns, this folk album works with the themes of transition and change in a mix of Celtic, country, and pop styles with a magical twist. 13 MP3 Songs in this album (54:32) ! Related styles: FOLK: Celtic Folk, EASY LISTENING: Vocal Pop Details: You know how these things begin. A couple of strangers cross paths; start talking music, trade CDs, and a creative spark is lit. The energy grows and starts to pull others in. More chance meetings occur, and suddenly things start happening. Totally unexpected things. This album began that way, with Lori and I exchanging CDs, her Dancing Naked for my four-song demo. On the strength of that, she invited me to join her womens folk band Adala, and I began singing with them and writing for them. Lori brought up the idea of my doing a full length CD like hers, and I just laughed. She insisted that I could do it, though, so I started thinking about it. I was in full composing mode by then. Lori has a true gift for arranging as well as vocal and instrumental performance, and she worked with me on everything. When the life issues and time constraints of several members made keeping the band together impossible, Lori pulled out the CD idea and said lets do it!. I was scared to death; I had no idea what I was doing, but how could I pass up the chance? After nearly a year of hard work and creative collaboration we were both exhausted, ready to strangle each other, elated, laughing at ourselves and the perverse nature of the creative process, and I at least was in a state of shock and amazement that we had survived it all, and we had thirteen tracks! Wow! If you ever have a chance to do this, grab it with both hands. It is worth every tear you shed. The Mythical Wind came off of my demo CD. Lori reworked it for six parts and Adala did it as our opener. One night in rehearsal I screwed up the words and was roundly teased for forgetting my own lyrics. Eileen said Hey, Cary, its: she tugs on my sheets!. I snapped back Well, she hasnt been doing that lately, how am I supposed to remember?!. Everyone was on the floor. After that, whenever I screwed up there would be

speculation about the state of my relationship with the Mythical Wind. Going Away was my chance to get silly. I think everyone feels like this at some point. Leave it all behind! Grass is one of my favorite tracks. Whenever I want to give my mood a jump-start, I put it on my car stereo and blast it. I intended it for the full band to do in parts, but we didnt get the chance. Deep Water was the first piece I wrote for the group, and I was amazed at Loris arrangement of it. I was in the middle of a lot of intense change at the time, which was both creative and frightening on many levels. This became the theme of the album. Sharp Transitions is actually the oldest song on the album, dating back to my twenties, another intense period. The Wandering Isles is a Celtic inspired song about the random things that screw up our lives. Not everything magical is kind. In This Place is about the seductiveness of giving yourself over to power; letting yourself be used. My title track, Anchor, is almost more Loris song than mine. I wrote it out of my vocal range, and had such a hard time singing it that I was ready to give up and toss it. Lori insisted it was a good song, though, and said, Let me play with it and see what I can do. This is the result. I was completely floored. Silence. When was the last time you heard it? I remember camping on the top of the Mogollon Rim in Arizona, and trying to sleep in the absolute silence of the forest. It was strange and eerie. I wish I could find it again. Blue Flame is about a gentler way of opening to power, and letting something deeper move through you. Very Far is another song from my demo with a Celtic theme. Lori pulled Kathy in on flute, which was the perfect touch. The traprock ridges of central Connecticut are some of my favorite places to hike, stare at the sky, pick wild blueberries, and cry my eyes out when I need to. All The Way Down is my tribute to them. Call Me was born of Rumis poetry and the empty place inside. Both a love song and a prayer. May yours be answered. Cary

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