It is this place
Where I shed my several skins
All my ways of being in the world
I lay down all my weapons
Give up my defenses
And rest.

It is this hour
Earth still warm from God’s embrace
My heart breaks open wide
And all my truths confess
All my ways of being in the world
Where I shed my several skins
It is this place
It is this place
I shed my several skins
All my ways of being in the world
I lay down all my weapons
Give up my defenses
And rest.

It is this hour
Earth still warm from God's embrace
My heart breaks open wide
And all my truths confess

I let down all my defenses
All my ways of being in the world
Where I shed my several skins
It is this place
It is this place
Where I shed my several skins
All my ways of being in the world
I lay down all my weapons
Give up my defenses
And rest.

It is this hour
Earth still warm from God’s embrace
I breathe myself into eternity
My heart breaks open wide
And all my truths
Confess
and I started working together to produce a meditation and soothing instrument. That desire deepened as Paul gave me my first flute for my birthday that year and I felt as if I was being reunited with an old friend. I fell in love with the flute, and I lost myself in a world of creativity and healing. The flute became my connection to the universe or whatever appellation you might give to what I have come to understand as the collective consciousness of life. My priorities in life began to change, and I found that just being creative brings great joy.

Six years ago, in January 2009, I was diagnosed with metastatic breast cancer—the cancer had returned and had spread extensively throughout my skeletal system. After a major surgery followed by more radiation therapy, I began trying to figure out how to live a life of dignity and purpose while dealing with the promise of a much shortened life expectancy. My life was full of constant sources of stress: frequent doctor visits, medications, side-effects from medications, medical bills, chronic pain, mobility issues, and an uncertain future. The medications, side-effects from medications, medical bills, and the promise of a much shortened life expectancy. My life became a constant tug-of-war between the desire to need him the most.

It is strange to her; our music helps calm and relax her and allows her to feel less stressed by her disease.

Our story started in June of 2003, when Paul and I met on Beale Street. He was playing with a band called FreeWorld. Our story has always been intertwined with difficult circumstances, with beauty and grace. This music is dedicated to all of them.

THE SONGS

1. Elders and Ancestors 14:23
  April and Paul Brown
2. Adrift 4:53
  April and Paul Brown
3. Breathe 12:22
  Paul Brown, April Brown and Tom Shinness; lyrics, April Brown
4. Spirit Dreaming 9:56
  April and Paul Brown
5. Sonnet 6:56
  April and Paul Brown; lyrics, April Brown
6. Wayfarer Stronger 10:22
  Traditional
7. Agrelia’s Lullaby 6:58
  April and Paul Brown

MUSICIANS

Paul Brown: Hammond B-3, Fender Rhodes, Keyboards, Drums, Percussion
April Brown: Vocals, Native American Style Flutes, Drums, Percussion
Mike Farris Vocals (Track 6)
Tom Shinness: Harp Guitar, Guitar, Cello, Bass Guitar (Tracks 3, 5, & 6)
Richard Cushing: Sitar (Track 3)

PRODUCTION

Produced by Paul and April Brown
Engineered by Paul Brown
Mastering by Kevin Nix, L. Nix Mastering, Memphis, TN
Logo and Graphic Design by Amy Karsn
Cover and Inside Cover Art by April Brown
All songs published through BMI

THANKS

Many thanks to our grandson, Spencer Rees, and our granddaughter, Paislee Jane Brown; her sons, Paul and Pat Brown and Paul’s SO, Joy; April’s sons, Robert and Joe Rees and their wives, Echo and Kayla; April’s Aunt Pat, who inspired us to keep going; Roz Brown; Faye and Eddie Smith; Con and Kathy Morton; Ann Peebles and Don Bryant; Mike, Julie, and Christian Farris; Richard and Lori Coshing; Tom Shinnse; Dianne Tatara; Amy Karns; Kevin Nix, Larry Nix, and Sheila Nix; Shannon Carney and Dave Pachiner of Wind River Cancer Wellness Retreats and the friends we have made there; and Gilda’s Club of Nashville and our many friends there, including some no longer with us. And a special thank you to Trisha Bowden of Mysterium Music for making our dream a reality.

Paul Brown proudly uses Hammond, Yamaha, Steinberg Cubase Pro and The Grand, Sony Creative Software, Behringer, Hear Technologies, Tascam, Toontrack, Ultimate Support, and Gilda’s Club of Nashville and our many friends there, including some no longer with us. And a special thank you to Trisha Bowden of Mysterium Music for making our dream a reality.