

*'In a world that is struggling to keep up with rapid change on every front, it is comforting to return to the foundational concepts of kindness, love and goodwill. Better still, they have been put to music! This new collaboration is filled with reasons to smile.'* -Christine Cote' Baillargeon | Dragonfly Barn, Bridgton, ME



## PEACEFUL MEANS

album release date - April 5, 2024

1. Peaceful Means (4:24)
2. Be Real Together (3:31)
3. Empathy Shuffle (2:54)
4. Beauty of the Need (3:27)
5. More The Same (5:38)
6. The Greatest Gift (4:44)
7. Breathe In, Breathe Out (8:05)
8. For Love (4:19)
9. Let It Be So (5:07)

Total running time: 42:12

***Peaceful Means** is a new musical duo featuring the harmonious warmth and presence of **Leah Boyd** and **Heather Pierson**. Weaving together original songs with their voices and accompanying piano, acoustic strings, and percussion, they create music as an invitation to remember and to cultivate the joy, peace, and connection that are available in every moment.*

### TRACK CARD

1. Peaceful Means - vintage keyboard and percussion provide a joyful rhythm as Heather and Leah ask and explore what it means to be peaceful.
2. Be Real Together - Heather and Leah's first co-write - a tender ballad about honesty, vulnerability, and forgiveness in human relationships, especially with those with whom we disagree.
3. Empathy Shuffle - A light and fun, ukulele and acoustic guitar singalong look through the lens of empathy.
4. Beauty of the Need - The idea that our needs can be beautiful is explored in this sweet, piano and percussion-driven ballad.
5. More The Same - Originally composed by Leah during a solo time in the Rocky Mountains, newly accompanied by grand piano, soaring vocal harmonies, and the heartbeat of a Native American style frame drum.
6. The Greatest Gift - A gentle, acoustic guitar driven three-layered song inviting participation and deep listening.
7. Breathe In, Breathe Out - A deeply immersive, meditative track, intended as a peaceful, supportive, and soothing respite. A mini-retreat in a single song!
8. For Love - A moving piano ballad, originally written by Heather for a friend grieving a dying parent - a song that she calls 'a musical hug'.
9. Let It Be So - A musical prayer. Two songs composed years apart by Leah and Heather - by the same title - now woven together to make each one even more meaningful and powerful.

LYRICS AVAILABLE AT [WWW.PEACEFULMEANS.NET](http://WWW.PEACEFULMEANS.NET)

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