

# Inner Peace

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| <b>1</b>  | <b>Sunrise</b><br>6:00<br>N/A Underscore version<br>11 60 second version<br>21 30 second version          | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: This track says - Early Morning, Sun just coming up over the horizon and life awakens once again on a brand new day.                   |
| <b>2</b>  | <b>Descending Lines</b><br>5:59<br>N/A Underscore version<br>12 60 second version<br>22 30 second version | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: A steady slow flow of descending lines creates an Ambient sense of Solitude and Relaxation.  |
| <b>3</b>  | <b>Dolphin Song</b><br>5:56<br>N/A Underscore version<br>13 60 second version<br>23 30 second version     | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: An Aquatic Dreamworld comes to life as the dolphins sing their songs of joy and peace in their peaceful world.                         |
| <b>4</b>  | <b>Nature Suspended</b><br>6:05<br>N/A Underscore version<br>14 60 second version<br>24 30 second version | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: Crickets, Deep in the forest, and around is a swirling sound of life and wildlife.   |
| <b>5</b>  | <b>Inner Peace</b><br>6:23<br>N/A Underscore version<br>15 60 second version<br>25 30 second version      | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: A calmness prevails throughout this track and one is able to look inside and create an inner peace for relaxation.                     |
| <b>6</b>  | <b>Rainy Day</b><br>6:39<br>N/A Underscore version<br>16 60 second version<br>26 30 second version        | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: The sound of the rain coming down, thunder in the distance and the serene feeling that one can get from watching the rain fall.        |
| <b>7</b>  | <b>In A Trance</b><br>6:05<br>N/A Underscore version<br>17 60 second version<br>27 30 second version      | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: A slow subtle pulse and swirling chords can put you in a peaceful trance just by closing your eyes and letting the sound envelope you. |
| <b>8</b>  | <b>Open</b><br>7:06<br>N/A Underscore version<br>18 60 second version<br>28 30 second version             | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: A sparse Piano and Synth String pad piece that expresses the emotions one might feel while looking over vast open spaces.              |
| <b>9</b>  | <b>Universe</b><br>4:57<br>N/A Underscore version<br>19 60 second version<br>29 30 second version         | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: Deep space and a slow trek to the edges of the Universe and all the wondrous worlds one might encounter.                               |
| <b>10</b> | <b>Floating Air</b><br>5:56<br>N/A Underscore version<br>20 60 second version<br>30 30 second version     | Composer: Robert Casinghino<br>Affiliation: Buncha Punks Pub.<br>Tempo: Slow | Style: Ambient/New Age<br>Description: Air & Crystals floating serenely by in an ever flowing breeze that relaxes and soothes.  |