



LOCAL STORIES JUNE 13, 2022

## Life & Work with Destiny McGrail

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Today we'd like to introduce you to Destiny McGrail.

**Hi Destiny, please kick things off for us with an introduction to yourself and your story.**

The beginning of our journey together started at a music festival in the Ozarks on Labor Day weekend in 1999. I was anxious to play my new hand drum and found myself venturing away from the concert and into the forest. In the quiet of the woods, I heard the distant rhythm of a drum and as I followed the sound it led me to Drew.

We sat together sharing our sounds and speaking without words. Later that night, we found ourselves singing harmonies as if we had sung together our whole lives. This meeting was unforgettable and truly love at first sight. Realizing that we were soul mates, our lives intertwined and we began our adventure together. We were married in the winter of 2001 and spent our first year in a tiny A-frame cabin on Tablerock Lake.

As young lovers, we traveled the country, exploring our passions and learning about ourselves and each other. Music was always a cornerstone in our lives whether we were singing folk songs in The Ozark hills or playing bluegrass in the Colorado mountains.

Drew and I share another passion besides music- plants. Through our adventures, we also gained knowledge and experience about farming, permaculture, plant medicine, floral design, and landscaping. We both evolved and built careers around the natural world of plants.

After many years together, we were blessed to receive two beautiful children. They filled our hearts with joy and were a dream come true. They have really helped us grow some roots and feel grounded. It's been wonderful to come home to St. Louis to build our "grown-up" lives.

Fast forward to 2020, the great cause of the pandemic provided us with a lot of free time. We were able to really reconnect to each other and dive deep into yoga, energy medicine, tantra, and kundalini. These experiences helped to release us from past conditioning and heal childhood traumas. It also brought us back to our center – music! With this newfound freedom and an old poetry journal, our new music project was born!

There had been a lifetime of lessons, so many messages coming through, the songs came fast one right after another. There was so much going on in the world and so much to write about. We renovated our family room into a music studio and began capturing the music.

Ten songs, then 20 and more coming all the time. We realized that this was really going to be something. We named ourselves – Prasonga. It was a word meaning union or to come together to discuss important matters. In the end, for me, it meant prayer songs.

There was a theme forming throughout the music- love, hope, happiness, unity. All that is good and right in the world. It felt good to have these positive messages coming through and we knew we shouldn't keep them to ourselves. It was time to start recording, but first, we needed a band.

After posting our project on several local musicians' pages, we connected with drummer Miguel Pumarol. He was born and raised in the Dominican Republic and naturally infused a vibrant, world flavor into our music. We knew that Miguel was family right away.

Shortly after that, we connected with a bass player Eduardo Chuffa. His Brazilian style among many others was the perfect companion to Miguel's drum beats. Prasonga was complete and we headed to the recording studio.

We are recording our first album and have released the singles "Lay it on the Ground" and "Live my Life". We're excited to release our third single, "Fly" along with a music video! We're booking gigs and can't wait to play out and share our music!

**I'm sure you wouldn't say it's been obstacle-free, but so far would you say the journey has been a fairly smooth road?**

We have really been blessed on this journey.

Things have been smooth and fairly effortless. I think balancing our careers with family life and now this new adventure as songwriters and professional musicians has been an adjustment. Our children love the music and have been very supportive.

I truly think this is our life purpose and with that being said, the road is being paved. There has been a divine timing to all of this and we are truly grateful.

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Thanks for sharing that. So, maybe next year we'll all have a bit more adventure in our lives? While Drew has been managing the business, I have been building my cottage business Green Dream Studio.

"Bringing Natural Living to Life" through handmade herbal remedies, crystal and gemstone jewelry, and vibrant textiles. I have an Etsy shop and sell my crafted items at local festivals. My top-selling product is my Organic Elderberry syrup made with local raw honey.

I also make salves, ointments, and other allergy remedies. I truly love crafting and really enjoy bringing awareness to health and wellness.

**We love surprises, fun facts, and unexpected stories. Is there something you can share that might surprise us?**  
I'm adopted!

My birth mother lovingly delivered me when she was 15. I will forever be grateful for her sacrifice. I have 3 mothers and feel blessed to have each one of them in my life.

There is a special place in my heart for adoption and all those involved in the process.

**Contact Info:**

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