JULIA CAMERON • PILATES • BRANDON BAYS

Magical Blend Presents

NATURAL BEAUTY & HEALTH

"We Believe in a Healthy Future"

www.nbhonline.com
FALL 2002

Simply En-CHANT-ing:

DEVA PREMAL

Nature's GIFTS OF HEALTH

WEIGHT LOSS Secrets

10 STEPS TO DISTANCE HEALING

Chocolate: FOOD OF THE Gods!

Plus...

Alternative CANCER CURES

NATURAL BEAUTY & HEALTH

Publisher and Editor
MICHAEL PETER LANGEVIN

Chief Operating Officer
TRACY SMITH

Office Administrator
KATHY HAWTHORNE

Senior Editor
SUSAN DOBRA

Contribuing Editors
RICHARD DAAB, SIRONA KNIGHT, JOHN OSBORNE, BRET LUEDER, MICHAEL RICHMAN, HORACE WOLFCLAW, PEARLY BAKER BEST, JENNIFER HOUSE, BETHANY MAXWELL

Editorial Interns
SANDRA AUERBACH, JENNIFER ROTNEM, MELISSA GULDEN

Advertising Manager
DEANNA LEAH

Advertising Executives
LEAH T. McKEAN, STEPHEN MORGENSTERN, NEAL POWERS, JANIE TEAGUE, ANGELA DAVIS, JUDY DAVIS, CRYSTAL NEUENSCHWANDER

Subscription Manager, Web Geek
ERIC BALAND

Design/Layout, Technomage, Web Geeklet, Fixer Of Stuff
RENÉ S. SCHMIDT

Love us? Hate us? Just want to talk?
Please send all correspondence to:
MB MEDIA, P.O. Box 600, Chico, CA 95927-0600
or send e-mail to:
feedback@magicalblend.com

NATURAL BEAUTY & HEALTH is a wholly-owned subsidiary of MB Media.

MAGICAL BLEND (ISSN 1073-5879) (USPS 002-677) (530) 893-9037 P.O Box 600, Chico, CA 95927-0600 is published nine times annually by MB Media. Current and back issues of MAGICAL BLEND are available for online purchase at www.magicalblend.com. Copyright 2002, all rights reserved. Written permission from MB Media is required to reprint any material contained within this magazine. All previously copyrighted material used with permission. 9-issue annual subscriptions are available for $19.95 in the U.S. ($28.95 in Canada and $31.95 in all other foreign nations). We are not responsible for the return of unsolicited manuscripts. Please include a S.A.S.E. if you want your submission returned. MB Media does not endorse the merits of any product or service advertised or included in any article. Opinions expressed in articles are solely those of the writers. We welcome comments and letters about any of the articles, products, or services appearing in our magazine. For credit card subscriptions and ad placement orders, please call our toll-free number at (888) 296-2442. As always, we are indebted to many people for graciously giving their time, talents, and energy to the production of our publications. Periodical postage paid at Chico, CA and additional mailing office. We are proud to use Macintosh computers.

Attention Postmaster! Please send all address changes to MB Media, P.O Box 600, Chico, CA 95927-0600.
Made on Planet Earth

MAGICAL BLEND'S
NATURAL BEAUTY & HEALTH

ISSUE 83 • FALL 2002

On The Cover

Deva Premal **16**
Julia Cameron **12**
Pilates **44**
Brandon Bays **24**
Nature's Gifts of Healing **28**
Weight Loss Secrets **13**
10 Steps to Distance Healing ... **26**
Chocolate, Food of the Gods **56**
Alternative Cancer Cures **10**

In This Issue

A Message from Michael 2
Letters 6
Notes and Quotes 8
NBH Online 14
Natural Conclusion 72

Feature Articles

Embracing the Heart of Devotion: The Voice of Deva Premal 16

by Deanna Leah

Musical chanting sensations Premal and Miten offer us a remarkable taste of what bliss and faith in each other may bring to one's life.

Primal Diets 20

by Sandra Auerbach

What can we learn from the way primal humans ate? Some of the best advice on "dieting" instructs us to look to our ancestors for the diet that's right for each of us.

Embracing the Heart of Devotion

The voice of Deva Premal

is achingly pure, heart-openingly honest. If you have heard her sing the Gayatri Mantra, as millions have, you know the sound of true devotion. The Sanskrit words have been imprinted on the consciousness of listeners across the world; they translate "Through the coming, the going, and the balance of life, the essential nature which illumines existence is the adorable one. May all perceive through subtle intellect the brilliance of enlightenment." Premal, whose German parents raised her with mantras and spiritual values, became a *sanyassin*, a devotee of the spiritual master Osho (formerly Bhagwan Shree Rajneesh), at the age of 11. She met her partner and musical collaborator, Miten, at Osho's ashram in Pune, India, where he had come to escape a hard rock lifestyle that was no longer working for him. Together, they experienced the joys of *kirtan*, using the voice in prayerful devotion by chanting mantras of the names of God. Their love flourished, as did their musical careers, and today they travel the world over, bringing their concerts to more and more open, participatory audiences.

ALL PHOTOS COURTESY WHITE SWAN

An Interview with Deva Premal And Miten

by Deanna Leah

Our own Deanna Leah, a long-time meditator, devotee, and music afficionado, met with Miten and Premal recently to talk with them about their astounding, unlikely rise to fame.

Deanna Leah: My intention, through this interview, is to serve you as well as all our readers so that they receive the blessings and healing energy that many of us have received through your music. What are your intentions through your music?

Deva Premal: I have to be very honest; it's not so much that there was the intention, then there was the music. For me it was the other way around: The music came, and this life happened, and then it somehow had this beautiful side effect that it would make other people happy and they would enjoy the music and be enriched by it. It just kind of all happened. That's what it was like for me. It's hard for me to even call myself a musician. I was so lucky to meet Miten, who *is* a musician, and he helped me with the music. Through him I found my voice with the mantras and together we created these CDs and the concerts, and then suddenly it was appreciated by many people, and we said, "Wow, great!" but there was no idea beforehand that this would happen or that anybody else would like it, too.

Miten: Another way of putting it is that there was no ambition behind it. But at the same time, personally, there was an intention, which was to share what I had received through my years as a meditator, being in India and just seeing that music could be shared from a different point of view, a different perspective. Before I got into meditation, my music was coming from the space of emotion, which is what most music that you hear on the radio comes from. When I started to play music from a space of no-mind, it was different. The intention was to share meditation, basically, through music—and not in a serious way. Meditation *is* serious, but it's also very playful and very profound and can be approached in many different ways. We had a spiritual master who approached it in ways that opened many doors for us. We knew we could share something; we just didn't know if people were ready to hear it.

And how did it begin?

M: Well, it began because we had a small family of people, what we call a Buddhafield. It's a community, a creative gathering, and it's something we often encourage people who come to our workshops and concerts to look for, because then you can be supported in your own journey. Otherwise, it's very cold and isolated out there.

You travel so much. How do you keep that community for yourself as well as find the solitude for your spiritual practice when you need it?

M: Wherever we go, we are in the Buddhafield; we're in it with you now, just as we're in it with the people here who allow us to come and stay in their house. It's incredible—we could be playing in Tokyo, or Stockholm, or Greece, or Vancouver, or San Francisco—it doesn't matter; it's the same people in different bodies and they all come because they have been so touched by Premal's voice, and they bring with them the space that we need to create the music. It's not just us; it's a two-way thing. Our gatherings are not events where people come and say "entertain me for two hours." And that small community that began 11 years ago has now expanded. A little while ago, we played in Seattle and the theater was full. It's great when we come out to the stage and are received with such a blast of love. It really touched me, and I thought, here we are, playing to all these people, but it's just like sitting in our kitchen. There's an intimacy. There's a connection through the music. So we purposely don't "perform"; we make sure it's not a performance that separates us from the people. For us, singing is our spiritual practice—it's communion.

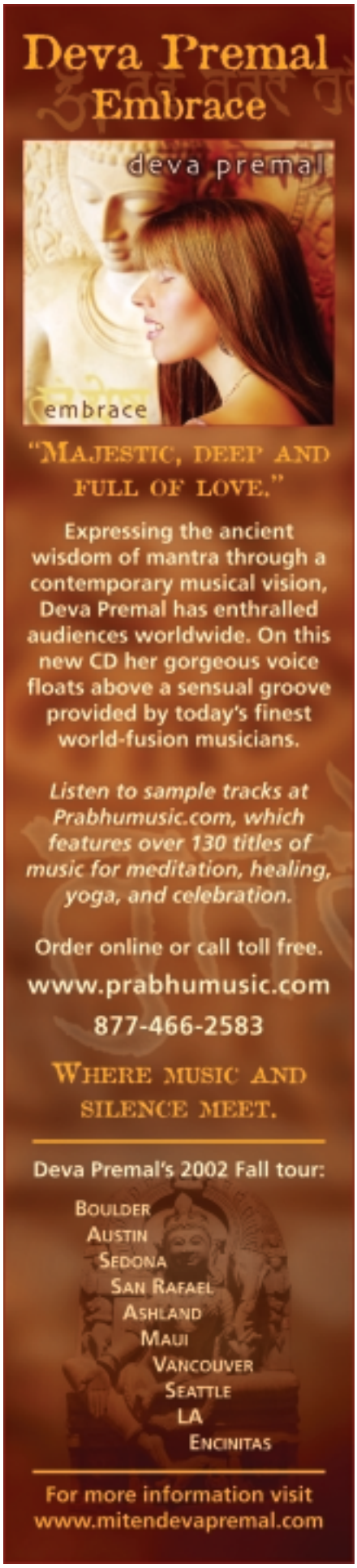
So from beginning to end you feel connected to yourselves and to the audience?

DP: Yes, and we encourage people not to clap so it's really silent, and then we invite them to sing with us. So we're all singing together, and then when you go into the silence after the singing it's just so precious.

How would you describe that space or that vibration that you're singing in?

M: Sacred. I would say it's like walking into a temple, and that's where I like to be. It's like Premal's voice. I've watched Premal open—I've watched this flower open. When we met, she wasn't singing. So I've seen this whole thing happen. And I have been touched by it so much.

(article continues on next page)



You've become quite popular recently. Have you experienced changes that come with more notoriety and more success?

DP: It's just been easier. I used to worry. When we first got together, I was 20, and I thought I could do this for a while with him and have a good time, but then I would have to do something "proper." When we met, I was doing bodywork and healing and that's where I was going. When we first started, I was Miten's support. He was a singer and he wrote all his own songs and I would sing the second voice, which I still do now, and still love. I would only do that. I was so shy, I wouldn't even dare to sing alone, not even in the sound check—I was really shy. And then slowly I got more confident, but I still didn't know how to express myself or how I could come out somehow. It was in the mantras that I saw that this is what I can sing alone and it sounds beautiful and it touches me and other people. I grew up with the mantras, and I sang the Gayatri Mantra as a kid every night, but when it's too close you don't see it. So it was the Gayatri which was really the opening door for me.

Our music got so popular because people started using it in their practices, massage, yoga, and such. We didn't do any advertising at all. We didn't really do anything. It really did it by itself by word of mouth; whenever people hear it, they want it.

Why do you think that is?

M: I'll tell you why: I've played on many records and many CD's. I'll never forget it when we were recording the Gayatri Mantra. Premal was in the room where we were recording, and it was next door to the room where she was born. She was building the vocals and she would do a harmony, then another harmony. She was in there a long time singing over and over again. It was a very sacred space. When she came out of that room she said she could feel the spirit in the room, and that went onto the tape. That's why I'm sure it is more than music. And now it has sold 90,000 CDs. It's a miracle, a confirmation. And that's our criteria for whatever we put out. Is the spirit there?

We were just in Japan and at this temple, and we were invited to sing at their altar,

and we sang the Gayatri.The head priest was really touched by it, and afterwards he said . . . how did he say it?

DP: "If the whole world could hear that, there would be peace on Earth."

M: Yes. The beautiful thing about mantras is that, just like a pop song, it starts to go 'round in your head, except that instead of having a pop song in your head, you have the name of God going 'round in your head. It's not superficial. You're actually being seduced into walking around chanting the name of God. And they aren't English words, so there is no mind, no real connection to the words. They are just sounds, powerful sounds that resonate. So even if you don't know what *om nama shivaya* means or you are struggling with the pronunciation, by the time we have sung it for 30 minutes or so, the whole thing just resonates in your body. That's the healing. That's the peak, the ecstasy.

There is so much love and connection between the two of you. You work together, you travel together, you live together. It's an unusual life for a couple.

DP: It works for us.

M: It's not something we planned. It was such a ridiculous fate for me to meet this 20-year-old girl. I never expected it to be anything but a nice friendship. It's been a beautiful journey and total support. We haven't had that feeling yet that "Ugh, we've finished the tour—I need to go away." So far we've been able to give each other space within the relationship. It's not a marriage. It's very trusting, deep friendship which includes sex.

How does that differ from your ideas of marriage?

M: We don't have the concept that it will be forever. In a marriage, it's more exclusive. We don't have that kind of exclusivity. It's not like we're always in somebody else's bed or something but we always have the sense that the door is always open. So we don't need to say "leave my space" because there's nowhere to go. There is only space. That keeps us . . .

DP: . . . alive, in the moment.

My sense is that you are very much in present time flowing with the stream wherever it takes you. Are you noticing a jump in consciousness in your audiences in the last few years?

M: Absolutely. It seems ilike the darker and more troubled the world becomes, the more light there is to balance. But there is so much light, so much light in people now. That's what I mean: Wherever we play, it's people like you and me and Premal. All over the planet. We're a growing Buddhafield! It's really true. •

Premal and Miten will be touring the United States and Canada this fall. For tour dates, go to www.mitendevapremal.com.