

WAY of the HEART

ELOHIM QUARTERLY

Holy Relationship

Spirituality & Sexuality

We ask the big question

Deva Premal & Miten

Musicians for the movement of Love

Fighting Cancer with Consciousness

Dr Shivani Goodman

Yoga for Children

Annie Buckley

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ELOHIM QUARTERLY

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WAY of the HEART

OUR VISION

Our Heart to your Heart . . . United as One!

OUR PURPOSE

WAY OF THE HEART is a living entity, existing for the purpose of community, bringing people together in the expression of truth, openness of heart, and the love of God.

We embrace teachings that facilitate the healing of the individual and the collective, through increased responsibility and awareness.

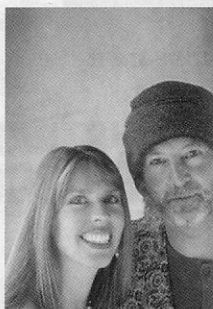
OUR MISSION STATEMENT

Our mission is to support you, to be an integral part of the community for God on Earth by facilitating loving communication that empowers each of us to improve our oneness with all things.

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This Issue's Cover:

This issue's cover features Deva Premal and Miten, spiritual musicians *par excellence*.

One Thursday morning, Raj, Suzanne and Lois Hunt ventured out for a rendezvous at the 7th Crossing with Deva and Miten. The two musicians who call the whole world their home were at the end of their Australian visit and were taking time to unwind after their concert in Byron Bay. *Way of the Heart* would like to thank them both for sharing their beautiful and peaceful example of living in harmony with the world.





an interview with Deva Premal and Miten

by Suzanne Stallard & Lois Hunt

Sometime after Christmas, Richard, our *Way of the Heart* Study Group coordinator was visiting us, and as he was leaving he said, "I might see you in a week or so, because I am going down to Byron Bay for a concert featuring some world-class artists I discovered who are friends of the guy I bought some CD's from in Byron."

He said "I bought one of their CD's some time back and I just love it, so I bought tickets to their concert." Rog and I love music and don't take enough opportunities to get to concerts, so we made some enquires through friends of ours and next thing we had tickets as well, for Miten and Deva Premal's performance.

It was such a touching experience. I remembered afterward that I had heard one of their CD's at Jayem's in Hawaii a couple of years ago and loved it so much I had written it down, but never found time to buy it. Their music is hauntingly wonderful and beautifully arranged and produced. Often when you hear an Artist on a CD the music is a disappointment in the live performance. This was certainly not the case, but these two have something that transcends musical talent, they are blessed with Grace and God's love and it is apparent in their performance, their music and their personalities.

I cried a number of times at the sheer beauty of the experience during their performance and had one of the best concert experiences I've ever had. As we sat there together I said to Rog, "These guys would be awesome in the Journal." He left me sitting there mid-

sentence and raced off to find Lois Hunt, who we knew had interviewed them for Byron radio before the concert, and she organised a meeting, and the rest is yours to discover, if you haven't found them already.

During our time with Miten and Premal we discovered that they are in the final stages of a biographical book/album release, that happens to coincide with this issue of the Journal. Their story is inspirational, fascinating and fun. Their music is wonderful for relaxed meaningful listening, meditation and the perfect personal gift for someone you love.

I have scanned their biography to give you some insight into who and how they are...which I think you will find as fascinating as I did. Miten and Deva Premal are set to tour Australia this year and I heartily recommend you mark your calendar and make sure you catch them, they are a priceless gift to the conscious heart.

They count among their admirers the Dalai Lama, Eckhart Tolle, (*The Power of Now*), Gabrielle Roth and popstar Cher... to name a few...

"Our music is born out of meditation and devotion," says Miten. "Our destiny is simply to go out and share it. It means a lot of travelling, but that's no problem. We find the travelling to be a blessing. It constantly renews and refreshes us. And over the years, we've had the added enjoyment of watching as more and more people, from so many different nations, have come to join us in the celebration. It's been like watching a flower blossom."

Says Deva Premal, "I never expected to wake every morning, feeling like I'm living a miracle. But I do! I find myself living in a world where spirituality, creativity, work, and love, have all come to mean the same thing. Existence has graced me with a way to share myself, through music, and I can only honour that calling. My life has been shaped by mantra; I have become their servant."

Deva Premal grew up in Germany in a spiritual family where she was introduced at an early age to chanting and meditation. Her mother is a musician and her father an artist.

"My father, now in his 80's, has been a big influence in my life. He has been on the spiritual path ever since I can remember, studying Yoga and sacred scriptures, making it his discipline to wake every morning at 3 am for two hours of meditation," she says. "He speaks of himself in the third person, taught himself Sanskrit and introduced mantras into our family. When my mother was pregnant with me, their welcome was to sing the Gayatri Mantra throughout the pregnancy."

"At the age of nine, I developed an interest in



"Our music is born out of meditation and devotion . . .

Our destiny is simply to go out and share it."

Christianity and began saying the Lord's Prayer every night—secretly at first, my parents were absolutely supportive, even when I asked to be baptised. I was always encouraged to be myself, and to have my own experiences. Anyway, just before the baptism, fate stepped in — my mother returned from India as a disciple of Bhagwan Shree Rajneesh!"

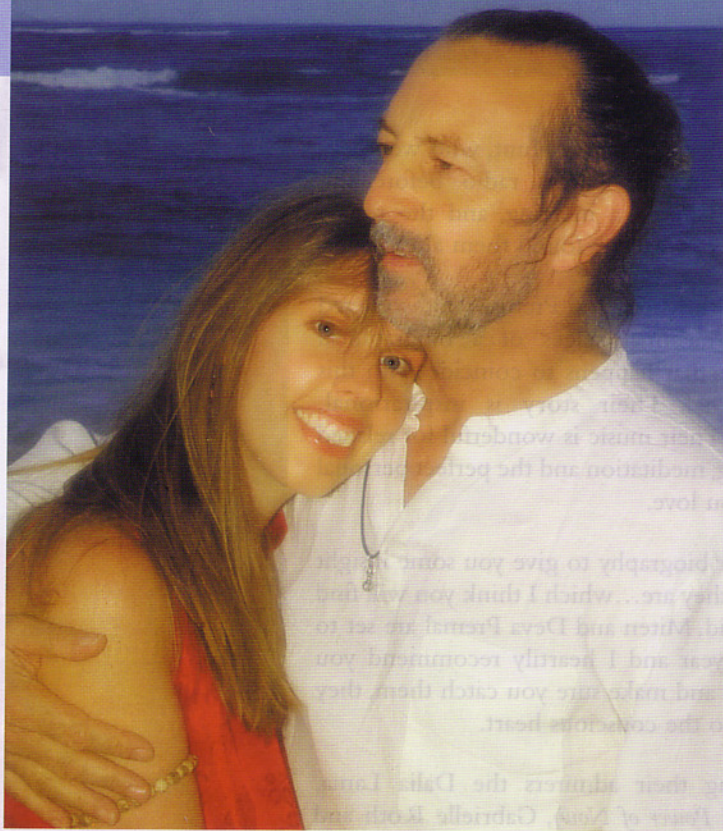
Premal's spiritual quest then shifted to a living master. "I was 10 years old at the time and began experimenting with Osho's (as he was later to be known) active meditations. I just loved them. And, although I was quite young, I saw in Osho's eyes what I later realised to be unconditional love. I knew instantly that I was to be his disciple."

"I found Osho's community, and meditations in particular, to be a great support as I moved through my school years. By the time I was 17 I was spending as much of my time as possible in India at the ashram. During the following years, I studied Shiatsu, Reflexology, Cranio-Sacral Balancing and Massage."

"It was in the ashram that I met Miten. I knew he was one of Osho's musicians, and I'd always enjoyed hearing him sing in the evening meditations in Buddha Hall. We laughed a lot, and still do. He wrote and sung the most beautiful songs, English mantras I call them. So when he began encouraging me to sing harmony with him, I didn't need a big push! I had grown up with music, playing violin and piano, so the ground work had already been done, to some extent."

It was natural for Miten to express himself through

“It was many years before Premal would come into my life, but when she did, everything shifted . . . She came absolutely out of the blue.”



music, and in his younger years, he established a successful career as a singer-songwriter in Europe, touring as special guest for such artists as Fleetwood Mac, Ry Cooder, Randy Newman, and Lou Reed. “Opening for those guys was my apprenticeship. I learned so much. It was a preparation for what I do now. I learned how to meditate while playing music.”

“At the time I was just trying to make a name for myself,” he says. “Writing songs, being part of the scene in London and rubbing shoulders with a few so called ‘stars’. Eventually I was offered a record deal of my own. The record company bosses were predicting I was about to be the ‘next in line’. So, I spent some years recording albums, hearing myself on the radio, seeing myself on television, and doing a lot of touring. I saw a lot of hotel rooms, smoked a lot of dope, and played to thousands of nameless faces.”

“During this time my family life began to fall apart. I was married to a really nice woman and on the outside we had everything. My career was going pretty well, we had a beautiful two-year old son and some money in the bank. But inside there was still this nagging question that wouldn’t go away: Where is this home I’m singing about?

All I knew was, it was somewhere else.”

“Eventually I left my family. We were all heart broken, but no matter how hard I tried, I couldn’t live in the wrong home any longer. Then everything got crazy. My manager signed me to a record company that had made Elton John a star. The truth is I’d never felt more out of place in all my life. I was writing music that I didn’t feel, with lyrics that meant nothing, for people I didn’t know.

It was a drag, and all for the sake of fortune and fame. It was destined to be a disaster.”

A beautiful woman gave me a book called, ‘No Water No Moon’ by Bhagwan Shree Rajneesh. I’d seen disciples of his in London. The ‘Orange People’ they were called. They dressed in the colours of the sunrise.”

“I began reading Osho’s words, and a voice inside me began whispering, ‘This is it!’ And by the end of the book the whispering had become a wild, ecstatic song! There was simply no question. I became a Sannyasin as soon as I could, and eventually moved into the Medina Commune in Suffolk, England.” “Not only are Osho’s words incredible, but his methods are outrageous. For a year I did Dynamic Meditation at 6 am every morning, and his Kundalini meditation in the evenings. I felt like I’d been given a new perspective on how to deal with the issues in my life that were causing so much pain. It was my second chance.”

“I was given the name ‘Prabhu Miten’ which translated, means *Friend of the God within*.

My songs weren’t crafted; they were ‘channelled’ out of love for my Master, which meant that whenever they were sung, they carried me into a space of gratitude because it was an intrinsic part of the song. It was like a miracle — a key to the heart, and a door into Presence.”

“It was many years before Premal would come into my life,” says Miten. “but when she did, everything shifted. Meeting Premal was another of Osho’s many magical and mysterious gifts to me, She came absolutely out of the blue.” “Then one morning, I was sitting on the edge

of the bed playing my guitar, and she began singing harmony with me. I was like, '...where did you learn to do that?!' And through these past years, I've been blessed to watch her blossom into a really fine singer, and a beautiful friend and companion. It is a gift from God!"

It was the Gayatri Mantra that was to be the catalyst for Premal. "One day I heard it being chanted by a friend in England, and knowing the text so well — because I had sung it as a child every evening before sleeping — I was touched and excited by what I heard. I felt refreshed and excited. This time I was open to the power of the mantra as I had never been before." And since that day I feel Premal's voice has been graced by God. It's much more than mere technique. We all had goose bumps listening to her sing those mantras. Looking back, it's as if Deva Premal, the singer, was born, right there in those sessions."

When asked about 'home', Miten says, "When you have nowhere to go back to, you find yourself making your home wherever in the world you happen to be. That happened about four or five years ago. I suddenly realised I was 'home'! (I think we were in Italy at the time!). Since then I've always felt 'home' wherever I am."

About the concerts, Premal says, "We play for the silence that follows the chant. Without the silence, you get only half the story. The silence is there because it exists in the music...in fact it exists everywhere. It just needs to be recognised. And it is a great healing, if we give ourselves the chance to tune into it."

For me there is nothing more precious than having sung with an audience, ecstatic with bliss, and entering into the deep space that the mantra brings — so deep, that with closed eyes you really feel as if there is 'nobody' there at all; no audience, no performer . . . all personalities dissolved . . ."

"My understanding now, is that only Love transcends time and space. It's a vertical reality! The Dalai Lama calls it Compassion. All my songs come from a space of love and compassion . . . for myself primarily, which is the only place to start. Acceptance of the way I am, and the way things are."

When asked about love, Miten said, "There is nothing else. We're made up of love. The very essence of life is Love. It's the only constant. It is the sky behind the clouds. The way I experience it, life is a continual flux, a continual changing flowing thing, and to be alive means to be one with that flux. And to accept that gracefully, sincerely, and with humour is the key. To me, that's what love is: the acceptance of change."

"Yes, we all want an easy, problem-free life, but that's not necessarily what we came here for. This life is a learning

ground, it is our potential. And love is the space between the lines. Love is the returning 'home', the peace we find in a child's eyes, or in a sunset...when we forget ourselves and rise to a place beyond the personality that keeps us separate from each other. That's love! And that's why love is important, because it is forever 'here'. Everything else is transitory."

"You won't learn trust by reading a book — you'll only learn 'about' it. You may be comfortable in your house, but to feel the sun on your back and the wind in your face, you have to step outside the door. Yes, sometimes it's cold and rainy, but that's all part of the journey. To embrace the whole spectrum, that's our challenge."

"Life is our greatest teacher. To me Life is God, and that's the reason why we say we never see God — because It is in and around us all the time. It's so close! The basic human desire, as far as I can see, is for 'home', for peace, and for the recognition of godliness. When I actually realised I was alive, I realised God." "Our audiences are made of people who have a vulnerability about them...warm hearted people who have experienced godliness, and do their best to live in that light."

"We have no plans to stop touring. This is the best life I can possibly imagine."

We can see a spiritual global movement happening — a rising in consciousness — and we are honoured to be the musicians of this growing sangha."

Well, there you have a taste of who they are. For me, Miten and Deva Premal were an expression of what life will be like when we finally embrace our God selves and heaven reigns on Earth . . . Grace, Creativity, Music, Peace, Humour, Beauty and remarkable talent.

Miten and Deva Premal's music is a wonderful tool that can be used for meditation, learning to chant, as an accompaniment to Yoga . . . then maybe we can have what these two already have.

We can see a spiritual global movement happening — a rising in consciousness — and we are honoured to be the musicians of this growing sangha.

