



Deva Premal & Miten Press Kit



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Bio

Featured in top media including **The Wall Street Journal**, **The Los Angeles Times**, and **The Huffington Post**, endorsed by celebrities as varied as Cher, Tony Robbins, and the Dalai Lama, included in movie soundtracks and honored by 1.5 million album sales, 550,000 monthly Spotify listeners and 400,000 Facebook followers, groundbreaking musicians Deva Premal & Miten are modern nomads on a mission to share with humanity the medicine of mantra. With original chants that are used for meditation, yoga, stress management, massage, and conscious sleep playlists worldwide, Deva Premal & Miten not only model spiritually-conscious living but also share powerful tools for wellness, mindfulness, and personal growth.

Creating an alternative to contemporary music culture, Deva Premal & Miten additionally offer sacred global gatherings with a temple-like environment, where music is not an ego-driven performance, but rather, a portal to contemplation, inner peace, and heart-centered celebration. As the musicians chant the core of mantra and improvise with instruments, all those assembled participate with their voices - making each gathering a unique work of art, an interweaving of humanity, and an offering to the Divine, as well as an antidote to the isolation, stress, and chaos afflicting so many in today's world.

Against the backdrop of cutting-edge research in music and epigenetics, where scientific studies have proven the efficacy of "lifestyle medicine" in treating mental and physical health issues, those touched by Deva Premal & Miten's albums and musical gatherings have written in to share dramatic shifts in their lives - including spontaneous improvement in, or even complete resolution of, chronic health issues - thereby validating the power of mantra to heal the world, one chant at a time.



Short Bio

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About Deva & Miten Finding His Soul

To the outside observer, British native Miten (then known as Andy Desmond) had it all: a wife, a child, and a successful career as a working musician - touring with, opening for, and being featured as a guest musician for bands like Fleetwood Mac, Fairport Convention, Hall and Oates, Randy Newman, and Ry Cooder, at stadiums world-wide. The sex, drugs, and rock & roll lifestyle, however, came with a hollowness and profound distortion that ate at Miten's soul. At the end of the day, music seemed to be nothing more than a sales commodity, with musicians serving as industry pawns who generated cash for company executives, at the expense of true self-expression and art. After spinning through this world for years, feeling increasingly alienated from himself, his family, and life itself, Miten hit a spiritual crisis and underwent a breakdown, where the only way he knew how to save himself was to get up and walk out, on everything and everyone he knew.



At the time a 29-year-old, Miten had just read *No Water No Moon*, a book of discourses by Bhagwan Shree Rajneesh (Osho) on Zen parables. One story in particular was life-altering to Miten: On a full-moon night, Chiyono, a nun, was carrying a bucket of water from the well. Just as she was noticing the moon's reflection in the water, the bucket broke. At that moment she looked up at the moon and became enlightened - realizing she had spent her whole life focused on the reflection of "the real thing," instead of on the real thing itself. Miten then understood that while music in general, and his music in particular, had something deep within it, the commercial approach of the music industry was just a reflection of the real thing. It was as if music were the key to something greater - a profound inner peace and sense of connection with the infinite - but he had been busy polishing the key, instead of opening the door with it.

Eager to learn more and embrace a whole-being transformation, Miten promptly left England and headed for Osho's ashram in India, where he discarded his identity of musician, and joined the sangha (spiritual family). Living a simple and humble life while studying with Osho, applying himself to the Zen activity of washing rice and chopping vegetables, Miten found solace, courage, and the perfect environment to befriend his inner demons.

The old concepts of keeping up an image dissolved over time and with his rebirth came a sense of inner strength and clarity. In an attempt to express his gratitude, Miten eventually revisited his

music from a heightened perspective: one of spirituality and devotion, where he served as a channel for the ashram community, offering up original sacred music that enhanced the various meditation practices in Osho's communities.

It was in this capacity that Miten, then 40, met German expat Deva Premal, 20, who at the time was a bodywork practitioner at Osho's ashram - practicing Shiatsu, Craniosacral therapy, and Reflexology. The daughter of an artist father and a classical musician mother, who practiced Indian spiritual teachings, Deva had grown up with music and mantras. Prior to meeting Miten, however, she had not embraced either as part of her own path.



Finding Her Voice

Deva's mother was a performer of medieval music, offering lessons in piano, harpsichord, and recorder, and leading a local church choir, and Deva's father was a visual artist who had taken up Middle Eastern drumming when Deva was born. In addition, both parents had embraced Zen spirituality and Eastern philosophy, well before Deva's birth, and had a daily practice of chanting in Sanskrit. From the time Deva was in the womb, for example, her father chanted the Gayatri mantra to her nightly, as a lullaby. And so Deva's childhood was filled with chamber music, drum circles, and mantras (and no TV!) - in particular, the Gayatri mantra, which back then Deva had no idea was one of the most revered and powerful mantras of all.

For the most part, Deva did not appreciate her parents' influence - musical or otherwise - until she was older. As a child, she just thought her parents were weird, and at the age of 10, wanting to be 'normal' like the kids around her, Deva dove into studies of Christianity and pursued getting baptized. In addition, while Deva studied recorder, piano, and violin, and even enrolled in a school that emphasized music education and performance, she disliked the rigidity of classical music and the rigors of practicing. Even then, however, she was drawn to both choir and orchestra, because she enjoyed the act of creating music with others, through community - foreshadowing her future.

Meanwhile, one thing from childhood resonated deeply with Deva, as she still was growing up: her mother's discovery of Osho's teachings. At age 11 she immediately felt a calling, and by the age of 17, she'd quit school and moved to India, to join Osho's ashram - where she immersed herself not only in Zen theology but also in a menagerie of artistic expressions of the Divine: Sanskrit mantras, Sufis dances, Native American chanting, African drumming, and more. Having broken from guru tradition, Osho did not teach mantras as an official part of ashram life. He did, however, encourage all those in attendance to share their unique expressions of love, peace, oneness, and compassion, in whatever format and from whatever tradition.



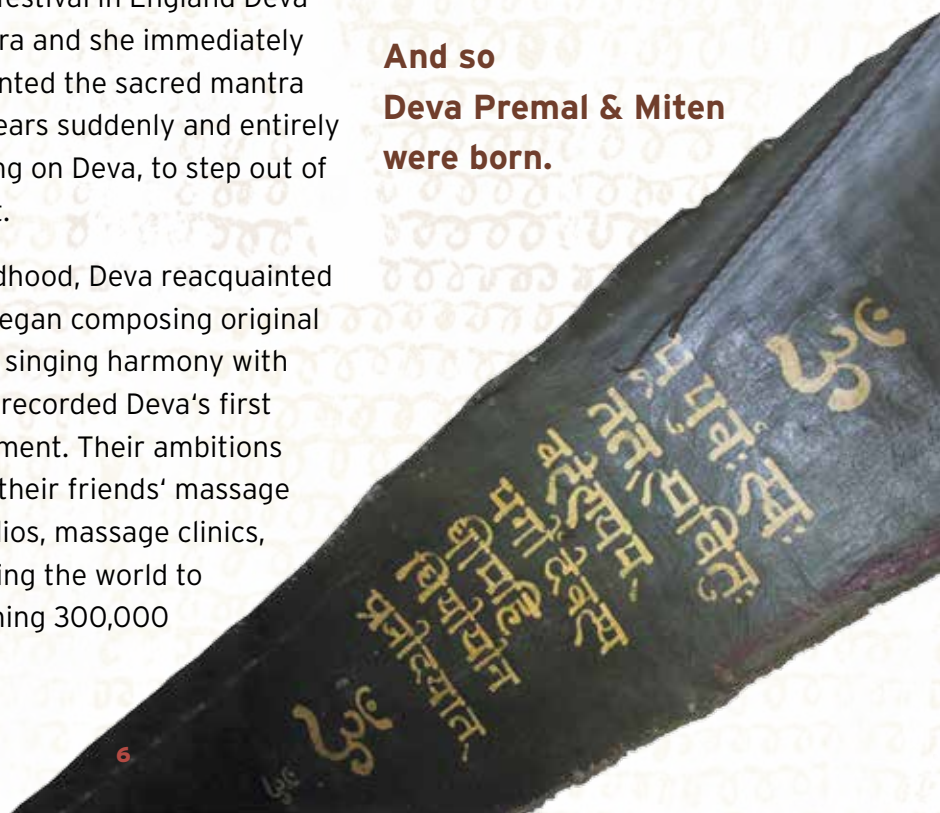
Finding Gayatri

Eventually, leaving India with Deva, Miten discovered that his devotional songs were embraced enthusiastically and loved immediately, and soon the couple were traveling to Osho gatherings worldwide, playing for devotees. At first, Deva played keyboards, tanpura and sang backup with Miten as his life partner - harmonising with him, as a way of connecting with and supporting him. She lacked confidence in her voice and felt shy about singing in front of people. But at a spiritual music festival in England Deva heard someone chanting the Gayatri mantra and she immediately reconnected with 'her' mantra. As she chanted the sacred mantra for the first time since her childhood her fears suddenly and entirely dissolved. It seemed that Gayatri was calling on Deva, to step out of the shadows and into her own radiant light.

Then awakened to the treasure of her childhood, Deva reacquainted herself with Sanskrit mantras, and Miten began composing original harmonic melodies for the ancient chants, singing harmony with Deva singing lead. In 1998 Deva and Miten recorded Deva's first album, **The Essence** in her mother's apartment. Their ambitions went no further than to provide music for their friends' massage practices. Instead, it exploded at yoga studios, massage clinics, spas and retreat centers globally, introducing the world to a brand new sound, with album sales reaching 300,000 in hard copies alone.



**And so
Deva Premal & Miten
were born.**





About DEVA, the Album

The new DEVA album is a calling - out of the chatter in your mind, the heaviness in your heart, and the distractions in your life, and into your breath, your senses, and this present moment. Alternately soothing, uplifting, and inviting, the music ushers you into the depths of your soul and serves as a tool for transcendence, a portal into the realm of new possibility. The album begins and ends with Deva Premal's original melodic composition of the full "Seven Chakra Gayatri Mantra," with Deva's voice soft yet powerful, drawing the listener into the experience of stillness and peace. On the journey in-between, musical tracks range from haunting vocals sung in unison and accompanied by a Bansuri (Indian bamboo flute), to harmonic vocals with an assortment of melodic and rhythmic instrumentation - including the prayerful "Prabhujee" track, written by Ravi Shankar and featuring his daughter, Anoushka Shankar, on sitar. Always nurturing, this musical journey inspires anything from deep meditation to sleep to gentle dance

movements, making the album tracks suitable for diverse playlists.

From the time she was in her mother's womb, Deva's father chanted the Gayatri mantra to Deva each night, as a lullaby, and the mantra has since played a metaphysical role in Deva's life. After hearing this mantra in the mid-1990s, for the first time since her childhood, Deva spontaneously overcame shyness about her voice and stepped out from the shadows, transitioning from a backup singer for Miten's devotional songs, to the lead singer for Deva Premal & Miten. With this new album, the Gayatri mantra once again ushers Deva into the light, this time as composer as well as a solo artist. Deva means "divine" in Sanskrit, and this transcendent collection of mantras reflects the many dimensions of Deva Premal's soul and musical expression, from the beginning of her spiritual journey through today.



Areas of Expertise

- ☼ **Mantras**
- ☼ **Meditation**
- ☼ **Healing power of music**
- ☼ **Healing power of community**
- ☼ **Music culture worldwide**
- ☼ **Ancient and contemporary music fusion**
- ☼ **Ashram lifestyle**
- ☼ **Bhagwan Shree Rajneesh (Osho)**
- ☼ **Healing power of hugs**
- ☼ **Conscious relationships**
- ☼ **Nomadic living/globe-trotting**
- ☼ **Inner peace as a doorway to world peace**



Sample Interview Topics

Mantra Culture Transforms Music Culture

Across the globe, ancient music was community-based and interactive - a vehicle for heart-centered connection and self-expression, regardless of musical talent or training. Contemporary Western music, to the contrary, is performance-based, divisive, passive, and ego-driven: The artist is on display, striving for perfection and accolades, and is separated from the audience - which receives the music as a pre-packaged commodity called "entertainment." In addition, the audience is obliged to applaud at the end of each offering, with the volume and exuberance of applause conveying value for the artist's worth. In stark contrast, Deva Premal & Miten begin each musical gathering with an extended silence, followed by a collective "om," once the energy has settled and coalesced. They then invite participants back to the origins of music, by singing sacred mantras together with everyone present - co-creating music as a portal to inner stillness, silence, and peace. There is no applause in-between, but simply, quiet space to absorb the healing power of voices that are both unified and harmonious.



Life without Borders

Deva Premal & Miten are modern nomads, traveling the world and offering musical gatherings to all those interested in meditation, mantras, and conscious living. Always on the move, they shatter illusions of permanence, live in the present moment, and feel a sense of belonging everywhere - experiencing as family those who gather in community. Deva and Miten's relationship is fed by this dynamic life, in particular, by the spiritual nourishment they receive from creating music for albums, singing sacred mantras with people worldwide, and connecting from the heart, with all who are present. Consuming a vegetarian diet no matter where they are, as a reflection of loving kindness, and making music instead of making babies, as their creative force of choice, Deva and Miten have designed a unique spiritual path, through which they encourage each other's ever-growing expansion into the light.

Sample Interview Topics

Music Is Medicine

A teacher for autistic children wrote to Deva Premal & Miten about her experience playing **The Essence** CD to her class, as part of a noontime relaxation hour: Within a few weeks, two of the children, who had never uttered one word, began singing along with the Gayatri mantra, then began predicting and singing each track on the entire album. When the teacher canceled relaxation hour one day, these two children approached her and pointed at the drawer where she kept **The Essence** CD, effectively indicating that it was 12 pm and they wanted her to play the music. The remarkable story of transformation is just one of many such stories from around the world, where people have listened to an album or attended a musical gathering of Deva Premal & Miten, then experienced a spontaneous healing. Deva and Miten have used their music for their own healing as well, most significantly, singing sacred mantras as an integral part of Miten's healing from open-heart surgery in March 2018. As documented in books like **The Power of Music**, by NY Times bestselling author Elena Mannes and **The Healing Power of Sound** by Mitchell Gaynor MD, scientific studies over the past decade have verified that music in fact has the power to heal us, both emotionally and physically, even where the big guns of conventional medicine have failed.



The Way Out Is In

Against the backdrop of mass shootings, hate crimes, poverty, and general social decay, some turn to marches as a means of protest, others turn to drugs as a means of escape, and still others just sink into an apathetic state of numbness. Deva Premal & Miten believe that the most powerful way out of the darkness around us is by finding the light inside us, through the practice of meditation. They offer mantra music as a portal to inner stillness, silence, and peace, and they offer musical gatherings as a means of heart-centered connection with others across the globe - an antidote to the increasing sense of alienation from each other. By providing these tools, Deva Premal & Miten share their heart-centered desire to heal humanity, through the medicine of mantra.



Sample Interview Topics



Success Comes from the Heart

When Deva Premal & Miten recorded **The Essence**, their first album, they made just 1,000 copies, expecting to hand it out to their community of Osho followers, as a soundtrack for yoga practice, meditation, and massage. As the album got out, however, it exploded at studios worldwide, and went on to sell over 300,000 copies, not including downloads. Deva Premal & Miten have since sold over a million albums more. Had they ever sat down to write a five-year business plan, as artists and entrepreneurs are often encouraged to do, they would have aimed far lower than what was possible when they stayed open to their hearts and the energies around them - following the path wherever it led, with one step revealing the next.

Living in Wild, Wild Country

The music, relationship between, and spiritual journey of Deva Premal & Miten began at Osho's ashram in India in 1990. Prior to that, Miten lived at the Osho ashram in Oregon - now the subject of the popular Netflix original documentary, **Wild Wild Country**, reviewed by media including **Rolling Stone** and **The New York Times**. While the documentary focuses on the violent clash between ashram members and town locals, Miten's experience was far removed from the drama. For him, daily life was all about meditation, introspection, self-expression, and celebration, in pursuit of enlightenment. Even the nudity and promiscuity, perceived by locals as wanton behavior, were to Miten an essential part of his spiritual evolution - teaching him to feel unashamed of and comfortable in his own skin, to align his soul, heart, and body, and to transform his sexuality from a mindless drive into a sacred connection - to himself, his partner, and the Divine.



Sample Questions

New Album

☼ Your band has produced over 20 albums. How does this new album, **DEVA**, compare to the other albums - what is similar? what is different?

☼ What does **DEVA** mean, and why did you name this new album **DEVA**?

☼ What drew you to the "Prabhujee" mantra, and what was it like to collaborate with Anoushka Shankar on this album track?



☼ Deva, you started off as a backup singer for Miten, then became the lead singer for Deva Premal & Miten, and with this new album, **DEVA**, you have stepped into the roles of solo artist and composer. How does this musical journey reflect your own evolution and that of your relationship with Miten?

☼ Deva, please talk about the significance of the Gayatri mantra in your life and on this new album, **DEVA**.

☼ Deva, the "Seven Chakra Gayatri Mantra" is your first original melodic composition. How and why did you decide to write the melody for this track?



Sample Questions

Music

- ☼ Deva, you started off very shy about singing. Please talk about your journey stepping into the spotlight as a singer and, more recently, composer, of sacred music.
- ☼ Miten, how has your music evolved over the years, since you first started off as a singer/songwriter in the 1970s London music scene? What changed over time, what stayed the same, and where are you headed with your music now?
- ☼ Why did you choose to produce albums on an independent music label all these years, and how has this choice affected the way you have created albums and musical gatherings?
- ☼ You have said that music is a key, and that conventional musicians are busy polishing the key instead of using it to open the door. What do you mean by that?
- ☼ You have said that if you'd followed conventional wisdom and created a five-year business plan, you never would have gotten as far as you have by going with the flow. What do you mean by that?
- ☼ At your musical gatherings, what parts of the music are constant, and what parts are improvised?
- ☼ Please talk about music as a portal to silence.



Mantras

- ☼ What is a mantra, and what is its significance for you personally?
- ☼ How and why did you start creating original melodies for mantras?
- ☼ What is the Gayatri mantra?
- ☼ During your musical gatherings, why do you ask people not to clap at the completion of each mantra, and what effect does that have - for you? for those gathered?
- ☼ You are featured prominently in the award-winning documentary, Mantra: Sounds into Silence. Please share your thoughts about the creation and impact of the movie.



Sample Questions



Living

- ✿ You are both vegetarians, and Deva, you never ate meat in your life. Please talk about the relationship between your diet, music, and values.
- ✿ You live a nomadic lifestyle, constantly on the road. How does that affect your perspective on home, community, and belonging?
- ✿ How has Miten's heart operation influenced each of you, in terms of where you are now, and where you are heading, in your life and your music?
- ✿ Netflix recently released a series about Osho, capturing a time when Miten was there. How does the experience in the series compare to each of your experiences with Osho, during that time and otherwise?
- ✿ Miten, you said that Deva and you are like two individual flowers blossoming on the same stalk. What did you mean?
- ✿ You have been together for over 25 years. What has kept you together and fed your relationship?
- ✿ You have an age gap of 20 years. Has that ever played out in your relationship, and if so, how?
- ✿ You have said that you chose to make music instead of babies. Please talk about this unconventional path and what others can learn about the choices we have in relationships and the act of creation.

Healing

- ✿ People around the world have written in to you, sharing that your albums and musical gatherings have changed their lives and even have helped them heal from illness. What are some of the most remarkable stories you have heard?
- ✿ You are all about mantras and community. How did you draw from those, when Miten underwent a recent heart operation, and what kind of impact did they have?

Musical Gatherings

- ✿ How do your musical gatherings transcend the artist/audience distinction?
- ✿ You encourage people to give extended hugs at your musical gatherings - even between strangers. Why do you do that, and what kind of feedback have you gotten about the experience?
- ✿ When you come onstage at a musical gathering, you start off by sitting in silent meditation for a while. Why do you do that, and what happens as a result?
- ✿ You have said that in your musical gatherings, you look for the moment when you disappear. What do you mean by that?

