



MITEN – THE JUNGLE SESSIONS

NEW ALBUM BY SPIRITUAL MESSENGER, MUSICIAN, SINGER, COMPOSER

RECORDED IN COSTA RICA

RELEASE 10th September 2021

THE JUNGLE SESSIONS is the third in a trilogy of albums which began with the 2016 release, Temple at Midnight, which hit #1 on Amazon and iTunes world music and new age charts. Miten followed this with his acclaimed Devotee album, released in 2019, co-produced with Joby Baker and featuring life partner, Grammy nominee Deva Premal.

THE JUNGLE SESSIONS is a record of Miten's extended stay with his musical and life partner Deva Premal in a jungle hideaway in Costa Rica.

A place of harmony and natural wonders, Costa Rica sits in the centre of the world, sandwiched between the two largest oceans and the vast land masses of North and South America.

Miten and Deva had been regular visitors for 20 years and were hosting a retreat at the Blue Spirit Retreat Centre on the Northern Pacific coast when the worldwide C-19 pandemic began in 2020. With their touring itinerary on hold, the nomadic couple decided, for once, to stay put.

"We have lived a nomadic life ever since we met 30 years ago, so not travelling led us to look at life from a different perspective," Miten says. A key moment, which inspired the single 'Rain Of Blessings/Ra Ma Da Sa', came during an online meditation session when a torrential, subtropical downpour suddenly descended on the gathering. "The song appeared in the rain, into my guitar and into our voices," Miten says. "It was a magical, spontaneous celebration of communal participation."

THE JUNGLE SESSIONS was mainly recorded in the El Silencio meditation room at Blue Spirit, where Miten was joined by his longstanding production collaborator Joby Baker from Victoria, BC along with life partner, Deva Premal. Together, the trio capture the spirit of a freedom where the troubles of the world are placed on the back-burner by the magic of music, meditation and by the immersion into nature.

I Need A Beach: This snaky country romp is juxtaposed by the lyrical content, which arose out of the desperation that Miten tuned into, as his friends reported their frustrations of being in global Lockdown. "...My spirit's strong but my mind's in a mess.." indeed.

Never Give Up On Love finds us giving up on hope, giving up on belief, turning our back on Facebook, turning off the phone, powering down the laptop and coming home to our inner sanctuary of meditation and ultimately, to love and inner peace.

Om Shanti Om is a prayer wrapped in Joby's swampy Hammond B3 organ, great lyrics and pristine backing vocals from the Baker family; Joby, William and Lady Phyl. Miten sings out for the hungry child living out on the street, the refugee who hurt no one at all, the broken hearted lover who can't sleep alone... and for the last tree standing.

The quiet introspection of **Still Awake** offers a glimpse into a love affair where lovers 'make a conscious choice' to drop their defences and let go into the mysteries of the Heart.

Just A Little More – It's a hit! Miten rocks the dance floor for this joyous love song with an old-school, Al Green/Tamla Motown style vibe. Fabulous horn section, swelling hammond B3 organ, and a romping, Womack & Womack-style backbeat. "*I thought my running around was over,*" Miten proclaims. "*I thought I'd had my day.*" How wrong can one man be?!

Running throughout the album like a golden thread is the power of a life well lived, in Love, contemplation and meditation.

A wandering spirit, Miten has been on the road with Deva since the 1990s, when the couple left the ashram of the mystic Osho in India and began responding to invitations from around the world.

THE JUNGLE SESSIONS is the latest staging post on this long, hallowed journey and resonates with a profound sense of time and place.

