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## TATHAASTU- DIVINE JOURNEY PRESS RELEASE

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### For Immediate Release

*Tathaastu: So Be It*, the leading international spiritual and holistic lifestyle magazine, brought to India *Divine Journey* – a program focusing on Mantra, Meditation and Music. Led by spiritual healer H.H. Shri Chamunda Swamiji from USA and the legendary bhajan singer Shri Anup Jalota, the program was held in the city of Karnal in Karnal Haveli on Saturday, October 30, with Koutons co-sponsoring the event. The Tathaastu Group has been organizing the *Divine Journey* series for the past three years in the United States and Canada, and is now proud to bring it to India.

We live in stressful times. Economic, social and emotional worries affect our lives on a day-to-day basis. *Divine Journey* helps healing, and brings out the latent energy and strength in people through blissful music and motivational discourses. Our emphasis is on nurturing the mind with spiritual healing for a calmer and more peaceful life. An integral part of the *Divine Journey* are the *Tathaastu 'BE THE CHANGE' Awards*. Awarded to people in the community for their phenomenal achievements and devotion to public causes, these awards highlight the core fundamentals of “selfless giving” to society and its people.

The program highlights two extraordinary people within this community who have made selfless contributions to the society. These were awarded to Dr. Bharti Sharma and IG V.Kamaraja, IPS at the Karnal event.

More than 1000 people thronged to the venue to witness and listen to the mesmerizing voice and deep word power of Shri Chamunda Swami and Shri Anup Jalota – the two were received with open arms – in fact the response had to be seen to be believed!

H.H. Shri Chamunda Swamiji is the renowned New York-based spiritual healer to thousands, in the U.S., Canada and India. He is a strong believer in the cultivation of purity of thought, mind, and harnessing positive energy from the negative forces around us. He has a huge following in this part of the country – and just like other parts across the globe he shows how Mantra Healing can be used to transform and control your mind for a successful, satiated and peaceful life’s journey. A devout worshipper of Maa Kali, he has learned the immense powers of spirituality and has spent the last many years helping heal people.

Shri Anup Jalota needs no introduction. Popularly known as the “Bhajan Samrat”, he is an integral part of the strong Tathaastu board. He has been entertaining us for decades with his divine voice.

But for the very first time in India his soulful renditions were weaved in with mantra healing by Chamunda Swamiji to create an evening of Mantra, Meditation and Music.



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We also had the privilege of having a host of dignitaries who graced the event and made it even more memorable. This included His Excellency Shri Jagannath Pahadia (Governor of Haryana) – who performed the auspicious lamp-lighting ceremony, Capt. Abhimanyu (BJP Rohtak), Master Mohan Lal (Transport Minister of Punjab), Swami Sampurnanadji, Swami Dayanand Giri, Shrimati Sumita Singh (MLA Karnal), Shri Kuldeep Sharma (MLA & Working President Haryana Pradesh Congress Committee), Shri Zileram Sharma (MLA Assandh), Shri I.D. Swami (Ex-minister of State Ministry of Home Affairs- Govt. of India), Shrimati Neelam Pradeep Kasni (DC Karnal), Shri R.P. Singh (General Secretary All India Kisan Morcha), Shri S.P. Chauhan (Chairman Nassco, Govt. of India), Shri Vishal and Bhawna Gupta (Chairman Pixy Consultancy), Mr. Ivan (Journalist from Argentina), Dr. M.L. Madan (Ex. Vice Chancellor of Punjab), Shri Rao Deshmukh (Agriculture University) and Apola & Mathura (Veterinary University).

### **Tathaastu – The Magazine**

*Tathaastu: So Be It* is a magazine that celebrates a healthy, spiritual way of embracing life and celebrating it with peace, harmony and dignity. It is about exploring the different and unique facets of life that promote a peaceful and happy co-existence. Leading life holistically is the mainstay of the magazine.

Entertaining, eclectic, creative – Tathaastu is an informative guide to nurture good thoughts, good deeds, and ways to simplify our increasingly complex lives through spirituality and meditation.

The magazine is beautifully designed, visually rich, with stunning, insightful images on various subjects. With as much emphasis on photography as text – images which portray life, its essence and soul.

The approach is simple, entertaining, and creative and the magazine provides deep insight into spirituality, philosophies, natural remedies, foods.

It entails discussions and analysis of philosophies of spiritualists and thinkers - Not just discourses, but articles filled with personal stories, anecdotes, and ideas to lead a spiritual, more peaceful life. Written by luminaries such as Swami Ramdevji, Dr. Deepak Chopra, Sri Sri Ravi Shankar (to name a few).

*Tathaastu* is published in the United States and distributed in countries around the globe, including USA, Canada, Europe, Australia, New Zealand, Singapore and of course, the land of Eastern wisdom, India.