

ALBUM PRESS RELEASE

Ch'Lu
The Goddess Within

LISTEN

Tracks:

1. Aum
2. Atman
3. Waking
4. Dreaming
5. Deep Sleep
6. The Experienter
7. Pure Consciousness: Turiya
8. Aum and Silence
9. The Sound of Waking
10. The Sound of Dreaming
11. The Sound of Sleeping
12. The Silence



Release: 9th June 2023

Format: Download

For fans of: Lisbeth Scott, Jane Winther, Kate Bush

“A beautiful, captivating and delicious chanteuse.”
- **Chris Hawkins, BBC 6Music**

Eclectic art-pop artist **Ch'Lu** continues to mesmerise with the release of her enchanting album *The Goddess Within*, out **9th June 2023** in celebration of **Global Wellness Day** (10th June 2023) and funded by **Arts Council of England** and **Help Musicians**.

Composed, performed, recorded, mixed and produced by Ch'Lu in her home studio, this immersive, expansive and uplifting album is a fusion of binaural field-recordings, hypnotic **Sanskrit** vocals, classical guitar arpeggiation and underscored electronic soundscapes. It is using the ancient Sanskrit texts of the **Mandukya Upanishads**, which create the experience and journey of *Aum* (known as “Om”) - the vibration of the universe and all things living. It is the ultimate *sound medicine*, returning the nervous system to a place full of potential, releasing stress, toxins and negativity.

A polyglot polymath, Ch'Lu has been studying Sanskrit for the last thirteen years, alongside her teaching and practice of Vedic meditation, which fuels her drive to expand consciousness through creativity and performance. Indeed the name Ch'Lu itself is derived from Sanskrit, given to Ch'Lu by her Jyotish (Vedic Astrology) mentor; her artistic direction is intuited by the energy of “Ch'Lu”. As ninja warrior and artist, Ch'Lu wants to entertain you into feeling less alone, anxious or stressed and more like the best version of yourself: connected, fulfilled and eager to get out of bed each day.

Ch'Lu - aka **Camilla Mathias** - trained as a classical guitarist, singer and actress and has been picking up languages since she learned to speak. Career highlights include playing an intimate East London gig hosted by **BBC 6music's Chris Hawkins**, recording with film composer **Yann McCullough (Spectre: Bond, Grand Budapest Hotel)**, contributing guitar to an episode of **Channel Four's** award-winning *Unreported World* series, and composing and performing her **OFFIE-nominated** music in the latest London stage adaptation of **Lorca's Blood Wedding** directed by **George Richmond-Scott (Everyone's Talking About Jamie)**.

The Goddess Within is due for release on **9th June 2023** in celebration of **Global Wellness Day**.

- Ch'Lu is available for interviews.
- EPK, photos and artwork available upon request
- For more information: www.abadgeoffriendship.com/chlu



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