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Introduction

Why do you want to Embrace the Miraculous? What's the Miraculous anyway? The Miraculous is Universal Energy. My life passion has been learning to find, trust and follow this Universal Energy within me.

In 1998 I was exhausted, unable to walk or think, looked like a skeleton and felt five percent alive when my doctor said that I had an “incurable” disease and would die in three weeks unless I had radiation. I refused radiation and followed the Miraculous inner voice instead. In eight months I was climbing 14,000-foot peaks, in eight years 21,000-foot glacier peaks, two-thirds the size of Everest. I later learned in a test that radiation created my hyperthyroidism and more of it would have killed me.

Is there a health or life issue that seems impossible for you to change? This book shares my stories of impossible situations, how I embraced this Miraculous Universal Energy and gained optimal health on all levels, and guides you to change your impossible situations.

Following this Miraculous Universal Energy, I went from a hermit artist to being a psychotherapist, to being a holistic healer—working physically, mentally, emotionally and spiritually doing individual sessions—to being a presenter doing healing on stage with entire audiences.

At the same time, I followed guidance for three years during a recession to raise \$2,500,000, design, build, and lease a 31,500-sq.-ft. light industrial building with fourteen condos

in Louisville, Colorado. I hated marketing, avoided money, and had no idea about being a commercial contractor. This completed project supports businesses transforming the world and my new mission of doing worldwide donation group healing on TV, radio, and web. Now the TV producer and I are working on the healing shows.

Since I became aware of this energy, my life has been miraculous. My ego would have never chosen to do any of these things. I had sweat baths of terror as the Universal Love coaxed me to grow through my self-imposed limitations.

I wrote this book based on my own efforts to gain optimal health—physically, mentally, emotionally, spiritually—and my experiences with clients who regained their health and lives, and the classes that Spirit gave me to inspire others to Embrace the Universal Energy that supports all of us to create miraculous impossibilities.

I know all of you can succeed because my journey began with almost vomiting when saying the words “God” or “Christ,” and thought Spirit was too nebulous to trust. Now I am in love and committed to trusting and following this tangible presence of Universal Love within me—one hundred percent. I wrote this book for everyone to experience and become One with this Miraculous Universal Energy that has the ability to create anything that is aligned with our mission and which serves all of existence.

How would you like to practice forty exercises to develop a deeper trust in guidance, in God (by any name you choose), by tangibly sensing, feeling, hearing, seeing and being moved by the Universal Energy, the Miraculous, Divine Love that you are, and attain optimal health on all levels?

A Course in Miracles describes miracles as a change of perception from the ego or lower self to the (Big) Self. This happened for me and can happen for you. By changing your inner world, your outer world changes. If everyone had God perception, we would have a world based on love.

Can you imagine having better relationships—with yourself, your family, friends, career, home, and money—and benefitting the world more? Did you answer yes to any of these? Then this book will help you.

The book is divided into two parts. The first part helps you have a more tangible experience of God and learn to follow guidance. The second half centers on achieving optimal health through becoming aware of limiting beliefs, creating positive beliefs, healing emotional wounds, gaining more peace and joy, considering tools that support the body in healing, and learning how to use meditation to deepen your relationship with Spirit and to live each moment in the present.

My wish is for you to have this connection with Divine Love and the optimal health on all levels that comes with it. What my life clearly shows is that all is possible when Embracing the Miraculous.

I

Dancing with Spirit

"Your first responsibility is to your spiritual side... Create an inner harmony where your loving soul guides your physical behavior, rather than having your soul coming in second place, following physical outbursts."

—Wayne Dyer, *Real Magic*, p. 104

*How would you like to have more energy
to live your potential?*

Tricked into God

How do you embrace Universal Energy, the Miraculous, God by infinite names, to attain optimal health? How do you physically heal from being 95% dead to climbing 21,000-foot mountain peaks? How do you emotionally heal terror and depression? How do you mentally heal deep beliefs of being unloved and unwanted? How do you spiritually heal and learn to trust God? How do you advance—from surrendering to God and God's Will in only life-and-death or tantalizing situations—to living a life devoted to God and feeling divinely loved and connected to the Miraculous each moment all day long? How do you go from not trusting God to knowing you are one with God?

Most of us just want more physical energy to get more out of life and this spiritual idea of God can wait for tomorrow. I was told tomorrow might not be happening by doctors looking at my blood tests. God was done waiting.

What I discovered is that our relationship with God is the source of all our energy. If we want more physical energy, the way to get it the quickest is reconnecting spiritually. This is what saved my life. If I had gone after the physical solution I would be dead right now. If you are convinced that the physical solution needs to be first and God can wait please turn to the second half of this book. However, if you really want more energy, continue reading about how to tap into the Universal Source of infinite energy. This energy for me is like opening to 550 volts, or opening up to a mini lightning strike that never stops. Do you want an extra 220 volts coming to you? Read on.

Sometimes I wondered if my life was one of God's cosmic jokes. As a spirit, I saw sad, scared people on earth. I wanted to wake everyone up to their essence of Divine Love and their oneness with God. I agreed to this mission, rejoicing at how easy it would be. But God tricked me. I spent the next fifty years fearfully resisting God, while also yearning to find God. I was born living in the same boat feeling sad and scared.

My life in the womb began with nearly dying, suffocating from smoke, and starving. In the incubator, I felt frozen and abandoned, afraid of disappearing into nothingness. The finale of my first year was being thrown against a wall at eight months old. (You can guess what beliefs molded the rest of my life. Subconscious fears of being afraid of dying and being hurt ran my life, as well as beliefs that I am not wanted, not loved, not cared about, and I must not be good enough.) I decided to hide out as a cat meowing under chairs for the next four years, as I was too terrified to speak to my mother. I trusted no one, especially not God. The only times I prayed while growing up was when I was facing death. Then I felt helpless, with nowhere else to turn, out of desperation beseeching God to help me.

I didn't understand how this battle for and against God served my (unconscious) higher purpose until I was flattened and ninety-five percent dead with what the doctors consider an "incurable disease" (hyperthyroidism). My guidance said five words over and over to me: "Don't radiate. You will heal." For three years, I didn't undergo the radiation treatment that the doctors saw as so necessary, and I didn't heal. Three doctors gave me the death verdict; the last one gave me three weeks to live. Was I going to trust the voices of these external doctors or God's voice within? Was I going to live or die?

When I was sick and dying, I had the insight that my healing would come from becoming one with Spirit. I had spent my entire life seeking this and obviously had not succeeded. Now I had no choice but to succeed. I committed to trusting and following guidance out of my deep desire to avoid death. In the process, I did much, much more than simply avoid dying. I learned to "live love by living God."

Spiritual Healing Comes First

When we decide to heal spiritually, we must understand that what our ego or personality wants is usually not the same goal that Spirit knows is best for us. We need to learn to trust the process. The process may seem like it is not giving our ego what it wants, when it wants it, and this is probably true. Our egos are like two-year-olds demanding, "I want this, and I want it now!" and Spirit is like a wise parent who tells the child, "There is something better for you that I will give you, but you will have to wait for the secret to be revealed."

When I was so sick, unable to walk, exhausted and trembling, I read something that inspired me. It invited me to compare my sick self to a vision of my well self. I asked my

well self how it became well, what it had learned that was different from how my sick self was operating.

My well body said it had learned to be one with Spirit. My first response was to try to bargain with Spirit. "Heal my physical body, then I will know how to be one with Spirit and will give my life to Spirit."

I was shocked at the response. The words appeared to me visually. I was told in no uncertain terms that *I needed to be one with Spirit first* for healing to happen. I had it backwards.

I was frustrated that Spirit wouldn't bargain with me. I just wanted my physical body back. I was also scared; I didn't know how to be one with Spirit. That was the problem. How was I suppose to do what I did not know how to do? How do I, a tangible, finite physical being become one with that which seems intangible, undefinable, and infinite?

Being faced with death speeds things up. I decided that I had to trust this guidance and commit to following guidance all day every day in an attempt to be one with this "unknown" Spirit. I didn't know Christ or God, but I believed there was an overall energetic harmony of love that was greater than myself. (I had been a practicing Buddhist and worked for years in the Shamanic field.) I hoped that my attempt to follow guidance would bring me closer to being one with Spirit and that I would heal. I could only proceed on hope, belief, and faith. It took years for me to know God by all names.

I now understand that my quickly regaining optimal health wasn't Spirit's most important goal for me. Spirit's goal was my learning the *process* of being one with God, one with the Miraculous.

John of God

I have been helped tremendously in my journey of becoming one with God by a Brazilian man known as John of God, whose given name is Joao Teixeira de Faria (born in 1942). He has helped millions of people heal through the volunteer work he does as a medium channeling elevated spirits at the Casa de Dom Ignacio in Abadiana, Brazil. (In future references, I'll simply use "the Casa" to refer to this center.)

Daily, he says the prayer, "Do as Thou whilst with my body," and surrenders totally. His soul leaves, he loses conscious awareness of himself as the contemporary Brazilian man he is, and an elevated soul of infinite love uses his body for about six or more hours a day providing healing for the thousands of people in line who simply walk past him. The energy of Christ's love comes through about thirty-eight different spirits, including doctors who have passed to the other side. When he is in trance, working this way, no matter which of the particular spirits is operating through him, it is simply referred to as "the Entity." Over fourteen million people have received healings in addition to all the healings going out to relatives and friends of those who come to see him.

I barely know the man, Joao, but he is a model for me of surrender, love of God, and service. My entire life transformed meeting Joao. Our first meeting, he hugged me as a best friend. I was shocked and felt unworthy. All authority figures in my mind were on a pedestal, Christ and God included (I still got sick saying these words). My love for Joao grew until I considered him to be one of my best friends and became one of his official Casa guides.

My experience of the thirty-eight Beings of Light Joao channels is being in the presence of infinite love, understanding, wisdom, power, and healing. These Beings of Light also

became my best inner and outer friends and gave me experiences of Christ on earth. It was my experience of connecting with these Entities, these Spirits of Light, sensing their presence, feeling loved, seeing, hearing, being physically moved, and intuiting them that created my love affair.

Christ also became my best inner friend. I had never felt love so strong in all my life. I was able to feel immense love that grew into total adoration until my whole life was filled with devotion, trust and surrender unlike what I had ever experienced. I committed to follow my guidance one hundred percent and my life changed two million percent.

I had an enormous leap when I went beyond my need for a physical human image. God became my best friend as an inner Presence, Light, Love, and Awareness. I embraced God within as my devotion and motivation in life, and God embraced me with the same love and devotion. My forty-year search ended by allowing myself to be one with God, and my separation with God dissolved. Of course there never was a separation anyway, since all that is, is God, but my illusion of separation ended within three years and fourteen trips to see Joao and the Beings of Light.

I had found a similar essence practicing Buddhism, Hinduism, Taoism, Sufism, and Shamanism, but this time my immense trust, devotion, love, and willingness to follow one hundred percent was beyond what I had ever known myself capable of being. You will notice the different phases of my journey—to acknowledging myself as the essence of God, Goddess. Hopefully this will inspire you to Embrace the Miraculous, God within yourself also.

Ram Dass was actually the final inspiration that got me to fly to Brazil to see John of God. I saw a photo of him walking, no longer paralyzed, with Joao at the Casa. For the past twenty years, Ram Dass had inspired me to meditate, and this was my ultimate key to God at the Casa!

2

Opening to Divine Love

There is so much love available, it is as abundant as the air you breathe (p. 93).

*—Living with Joy: Keys to Personal Power
Spiritual Transformation, Sanaya Roman*

How would you like to open to more Divine Love?

Becoming one with Spirit starts with a desire to get acquainted. I had previously thought that getting acquainted with Spirit was impossible, because Spirit was too nebulous. But through my journey, I have learned that we can feel, touch, see, taste, and hear Spirit within us, just as we can a person.

In this chapter we'll look at some basic foundations for developing this relationship and use some active explorations for you to begin this process. You can also hear the next eleven explorations with beautiful music by ordering my CD or by taking my classes (see Chapter 16).

Becoming Still

To get acquainted with Divine Love, it is necessary to become meditative and receptive by going inside, slowing down, and becoming aware of subtle physical sensations, emotions (fear, anger, sadness, happiness or love), thoughts, and spiritual inspiration.

My biggest pitfall (as I see it now) was not becoming still, inward, aware, and silent. *Peace* and *relaxation* were foreign words to my Puritan fixation on “doing.” Meditation was a real key for me, although it wasn’t until I got into the mantra meditations and feeling the love of Spirit during meditation that I really enjoyed it. (I had “meditated” for thirty years at this point.) It was not until I started living from a state of *being*, rather than my habitual *doing*, that my life really changed. I became more peaceful.

The qualities of being present, peaceful, open, and aware are important aspects of receiving. You can assist in this by creating a time that does not have to be hurried or interrupted. You want to become open to allowing an experience of the unknown to flow through you. I know people who think that angels don’t exist—and they won’t exist for those people who have already made up their mind. You have to temporarily suspend your judgments so that you can be receptive.

My second pitfall was not being patient and not knowing to watch for subtle shifts. I was looking for a thunderbolt to strike me dead like episodes in the *Bible*, and when this didn’t happen, I gave up. I am sure my requests were answered, but I was too busy to notice something as subtle as a slight sensation of something like a breeze come through my body. So if you have been impatient or just unaware, try doing the following exercises and explorations after you have exercised or worked hard, and are willing to just be present, inwardly directed, peaceful, open, receptive, and patient, with alert awareness.

My third pitfall was editing my experience after I received it. I am sure that I probably saw Christ, because now I do in meditation and healing work. But back then I must have pushed the delete button and negated the experience, thinking that I made it up.

Allow your experience to unfold, trusting that what

3

Getting Acquainted with Divine Love

Our goal is God. Nothing short of that goal will bring us joy (p. 248). The endless chain of communication between loved and lover, between God and man, is the most beautiful song, the sweetest poem. It is the highest art and the most passionate love (p. 259).

—Marianne Williamson, *A Return to Love: Reflections on the Principles of A Course in Miracles*

How would you like to feel more Divine Love?

Once you have opened yourself to Divine Love (God by any name), you are ready to start having actual experiences of the Miraculous.

Sensing Where Your Soul and God Join (Within Your Body)

God connects with our soul, though often we are unaware of this Divine Love connection. Our soul is the conscious memory and Divine Love energy that continues as our spirit after the death of our body. Here is an exercise that may help you to feel this.

- Imagine that you feel your soul in your heart area.

- Put on some loving music and call in God, the angels, and guides as you ask to sense and feel God in your soul. Give yourself twenty minutes to sense and feel God saturating your soul with love and joining your heart with the deepest love and adoration you have ever felt. See and feel heaven as the Divine Love of your soul embracing and supporting your heart, just like heaven embracing the earth. This is often a deep experience moving people to tears as their hearts and souls open to God. It is a marriage between heaven and our earth body.

The Downward (Heaven-to-Earth) Flow of God (Masculine)

When you ask Universal Love to flow through you, often you will feel a subtle rush of energy, like a wind blowing through your body. I feel it as a downward flow of energy with a lot of strength in it and which is very grounding, yet which makes me feel light. It is as if I am a rod of light connecting heaven to earth like a magnet of energy. Many people feel it as a calm, warming waterfall flowing down their body. It is stable, consistent, and comforting.

This downward flow of energy, heaven-to-earth, is considered the masculine aspect. (This assumes you associate heaven with above, which is what most people do.)

Exercise

1. Begin with a prayer asking (your name for) God to heighten your sensations and awareness to feel this flow of universal energy and to magnify this flow so you feel it without a doubt. Give yourself another twenty minutes to sense the universal energy of God, like a waterfall falling from the heavens into your head. Feel this presence coming into your head, as a kind of thickening, dense

sensation. This sensation can be very subtle. When you can feel it in your head, then feel it come down your throat, through your shoulders, chest, abdomen, hips, thighs, lower legs, and feet into the center of the earth. Experiment to know if you feel this universal energy best standing up or sitting down. Again, call in God, the angels, and guides to magnify this energy so that you may feel it more strongly. As the energy comes down, the energy may hit pockets of stagnation. Be patient. Sense it and continue to call on God to help you feel the flow of energy more. This may take a lot of practice. You may feel it in your head but not any further. Don't give up. Keep practicing.

2. Focus on this universal energy flowing like a waterfall or shower, hitting the top of your head and flowing down through your body to the center of the earth. You can add light to this sensation and visualize the sun flowing downward with the water. If you want the sensation to be stronger, imagine the water magnetically drawing you downward. You may try holding a crystal. (Be aware that some crystals draw energy down, while others draw upward.) Once you feel this for even a second, you can repeat it, so allow yourself to be aware of this flow coming down through your body now.

When you sense God in your body, what happens to you? How does this change your life? This may not be something you can answer immediately. You can explore this relationship for the next week, month, or year. For me, being able to sense God answered a fifty-year question about God existing and my being part of God. I asked the Entity to help me have the awareness of this universal flow of love connecting through my body all of the time. You can ask God for the same request. Now I feel blessed with this connection and awareness. I feel it as a (gentle) magnetic lightning rod

of flowing energy, loving and calming me all of the time. Reinforcing this universal energy to run down through your body rejuvenates you and keeps you younger.

Here is an advanced exercise that helps to balance the chakras. When you get good at sensing the flow of the masculine universal energy moving from heaven to earth, you can do this variation.

Exercise: Balancing Chakras with the Flow of God

- Imagine the sun or sunlight going from heaven down through your body to the center of the earth and then back up to your heart. Imagine this sunlight going out in all directions from your body—from the front, sides, and back. See if you can feel it going fifteen feet beyond your body and then if you can increase it to thirty feet. Keep increasing until it goes all the way around the earth. This helps to balance the positive and negative, masculine and feminine polarities in your body. Cosme Castanieto gave a similar version of this to me saying it was the Filipino shortcut to realign and balance all your chakras. This energy also rejuvenates you. Do it several times a day.

Exercise: Experiencing the Masculine Aspect of God

- Be open to seeing God in any form. In the book, *Extraordinary Times, Extraordinary Beings*, Wayne Peterson describes seeing Christ (or Maitreya) as a bike rider wearing spandex. You just never know! God is infinite and there are infinite ways to visualize God.
- Imagine yourself in a theta state (by going up or down sixty-five feet). This allows you to open to the spiritual realm in a more meditative state.
- Travel through the heavens to where you are able to meet the essence of God. This can be a place in heaven

or heaven within your heart. Visualize the surroundings and see God. Sense God's presence. How do you feel emotionally being with God?

When I do this meditation, I have fun going through crystal palaces in the heavens, until I come to a beaming, white light. I feel both loved and loving and a sense of being supported by something that is vast and infinite, and I become one with this.

If there are any difficulties seeing, sensing, or feeling God, or whatever your word is, ask what belief systems may be getting in the way. Ask yourself if you deserve to see or meet God—if you are *able, ready, and willing*, and whether you are attached or neutral. Are you receiving something and possibly negating your experience? Whatever your experience is, validate it and thank yourself for the experience. Keep the attitude of playfulness and spontaneity that will allow you to be open and flowing. If you need help, feel free to call me or participate in my classes.

The Upward (Earth-to-Heaven) Flow of God (Feminine)

The upward flow of Divine energy is considered the feminine aspect. It moves from earth to the heavens.

- Try standing, sitting, and lying down to test what is the easiest way for you to sense the universal energy. If standing or sitting, be sure your feet are flat on the ground and without shoes.
- Ask Mother God, your angels, and guides to assist you to feel this. Feel for a subtle sensation of energy, a subtle presence, almost like a light breeze, a tingling of energy rising through your body. Imagine the energy coming from the earth's core up through your feet, through your knees, thighs, hips, chest, neck, and upward with your

16

Embracing the Miraculous for Ourselves and the World

(Ramtha) I will love you into knowing God and becoming the unlimitedness that God is (p. 25).

—*Ramtha*, edited by Steven Lee Weinberg

Love is all there is. All there is is Love.

—The Beatles

***How can you best embrace and maintain embracing
the Miraculous and Optimal Health within yourself?
How can you help people worldwide embrace
the Miraculous and Attain Optimal Health?***

Our body is a microcosm of the whole, so by committing to embrace the Miraculous and attain optimal health, you are creating this on a world level. By dedicating your growth and healing to all your relations worldwide, this prayer manifests itself in people worldwide.

Commitment to live embracing the Universal Energy is the key, and having ongoing support is the way. Are you committed to embracing the Miraculous? Are you committed to attaining more energy and health on all levels?

This is my mission for all of us. To receive support Embracing the Miraculous and attain optimal health, I have developed ways for you to continue growing. Are you committed to sustaining your energy? Good, applaud yourself



*Neale
Donald
Walsch and
Deepika*

My parents



*Nepal, Gokyo Ri
18,500 ft.
son Zen age 6,
Deepika and husband
Charles climbing to
health*



*Peru 19,500 feet, son Zen age 8,
husband Charles age 64,
Deepika age 47*



About the Author

Deepika Avanti, MA, LPC, is a holistic therapist. She received her M.A. from Naropa University and is a licensed psychotherapist, a certified medical intuitive, an advanced, licensed Phazx BodyScan/homeopathic practitioner, certified as a Yuen Method (Chinese Energetic) practitioner, and performs healings through the love and power of Christ. She uses this holistic approach described in this book in her worldwide healing practice, meditation and classes.

Her lifetime quest to tangibly embrace, trust and follow Spirit accelerated when she was told she had an “incurable” disease. She discovered “faith” upon being told she had only three weeks to live. She went from being unable to walk, ninety-five percent dead, to optimal health, climbing 21,000-foot peaks by following the healing visions, wisdom, and Love Energy of the Miraculous she found within her. The methods for tangibly embracing Spirit and healing are described in this book as an inspiration for others to attain this ability and Oneness also.

Deepika is a guide at the Casa in Brazil where the acclaimed healer John of God has worked with millions of people. She also apprenticed with a Ute Indian shaman for seven years, studied many religions and practiced Buddhism over twenty years. This included living in several Ashrams and traveling around the world many times.

Now she lives with her husband, Charles Ogsbury, whose OME banjos are world treasures, and their son, Zen Ogsbury, a master of surprise!