

Announcer: 00:03 Welcome to a teaspoon of healing where we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your life through positive changes. Here is your host Dawn DiMare.

Dawn DiMare: 00:24 Hi I'm Dawn DiMare and you're listening to a teaspoon of healing and this is our second episode. Today we're going to be talking to an author and a healer. Avital Miller has written a book Healing Happens: Stories of Healing Against All Odds. And it's a fascinating account of how people have healed themselves, against. all odds. When a doctor has told them oh you have X amount of time to live. Well they beat those odds and they survive.

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Dawn DiMare: 01:17 And before we get into our interview, let's hear from one of our sponsors Goff Tours.

Goff: 01:29 This is Goff, owner of Goff Tours, specializing in stand-up paddleboarding or surfing lessons. We even do snorkeling. You can reach me here. Orange County has what you're looking for. You can contact me via email at gofftours at gmail dot com or. Mobile number is 9 4 9 3 3 8 5 9 3 7. Got two words dotcom.

Dawn DiMare: 01:29 I'm Dawn DiMare and you're listening to A Teaspoon of Healing.

Dawn DiMare: 01:59 Well let's talk to our guest now, Avital Miller. She's here to talk about her book Healing Happens: Stories of Healing Against All Odds!

Avital Miller: 02:11 Hi Dawn. Thank you so much for having me here with you.

Dawn DiMare: 02:14 You're welcome and thank you so much for joining me today. My pleasure. So you are the author of an upcoming book. The title is Healing Happens: Stories of Healing Against All Odds. And maybe tell us a little bit about the book and what made you decide to write it.

Avital Miller: 02:35 Yes yes. A lot of people actually question why a former program manager from Microsoft is involved with healing and writing a book on healing.

Avital Miller: 02:46 But the truth is it's a personal story.

Avital Miller: 02:49 And I worked at Microsoft street after college and then it felt like it wasn't my passion. I actually quit and traveled the world for a year shifted my paradigm about how I need to live in the world. So I came back as a yoga instructor fitness instructor and I'm also a dancer. I started performing dance again and then I became what you might call an expert of yoga and fitness because I was a teacher trainer I was a fitness director. I was starting my own business. I was known as the Energizer Bunny.

Avital Miller: 03:25 And I felt invincible that there was at 25 years old doing all of these things. And I started to have fatigue.

Avital Miller: 03:34 And those of you who know what fatigue is it's not just being tired. It's your body weighing a ton of bricks. I was a child in preschool who did not need nap time napping tired.

Avital Miller: 03:49 That was not in my vocabulary before the end. And then there I was at this beautiful long hair and it was falling out. And there I was teaching 30 classes a week by my muscles were turning to fat and I was becoming weaker than my students. You can imagine at this point I'm getting worried about my body and scared I may lose my job.

Avital Miller: 04:12 And Dawn, you know imagine if you couldn't write anymore you couldn't see how would you finish making it through school. Luckily we have doctors who can help you figure that out. It took a bit of effort to be honest to figure out what it was I had to do some research myself. And what they diagnosed me with was an autoimmune disorder called Hashimoto's that causes hypothyroidism and allergies and hypoglycemia and a few other things I felt if I kept going to the doctor that list might have kept going on and on. What the doctors did was put me on a high dosage of medication suggested a handful of supplements and then they just sent me out the door saying That's it for life. And good luck with that.

Avital Miller: 04:59 Wow. I thought. All right. If that's the case let me just do my best with this. I have a very clear diagnosis of what I'm working with. I started to research and looked on that. I read books. I went to both eastern and western medical doctors and healers. I even went to India and studied one on one for two months

with an aryuvedic doctor. I looked at the physical layers of healing that energetic mental emotional spiritual and in time that heals me and you can imagine my enthusiasm of discovering this and realizing that it doesn't need to be secret that we could heal even when doctors say it's not possible. Now that was when I started going around the world and leading programs to let people know of their potential and then how to achieve that. While I was traveling I would run into stories that were more extreme than mine. I was told I would be uncomfortable for life. And then later on I would have some side effects from the medication that these people were told they would die in a few months or even a few hours. But I was meeting them years later they were fully healthy completely recovered.

- Avital Miller: 06:22 And the question is there how did they do that. And if this story is repeated by so many people it's not just a one time fluke. So I strongly felt as if I needed to put all of those stories in one book together because everything is more believable when we know that it's happened more than one time. And even in doing that I realize that this is bigger than just health. Doctors will come forward and they will tell you something that's going on with you. But how many of us have ever been told that something that we want to do is not possible. And maybe you've heard Oprah Winfrey was fired from one of her first TV jobs. Steven Spielberg had trouble getting into college. Lady Gaga was told she didn't have the physique to be a pop star.
- Dawn DiMare: 07:16 Really. Yes. And what if they did listen to that. It's just like when a doctor tells you through a diagnosis and it's a reasonable diagnosis they look at all of the data and they say well based on this you're going to live x amount of months or a year or like in your case you're going to be very uncomfortable but it's not always true. Right. And that's based on something that you can do it yourself. And what did you find when you talk to some of these people. Because I've always been very fascinated about this as well. Learning to heal on our own. How do some of these people do it can you give one example of somebody you spoke to during your travels when you're researching this book.
- Avital Miller: 07:53 Yes I will tell you and I will be honest that myself and many of these people didn't actually know that we were going to heal ourselves.
- Dawn DiMare: 08:04 Really. Yes.
- Avital Miller: 08:06 You know that's correct. I did not know that I was going heal myself. I was told this is a lifelong disease. You're on medication

for life and that's it. And the doctors are the people that we trust. So that's what I thought was going to happen. One of the stories I'll tell you is Sam Shelly he was run over by a van at 6 years old. It took a couple years for his body to recover while that recovered the stress of the situation didn't leave him and his family that developed into bipolar personality disorder and then M.S. And then he even had suicidal tendencies.

- Avital Miller: 08:52 By age 44 he couldn't walk. And he was almost blind.
- Avital Miller: 08:57 He was reading a book on meditation and it said meditation equals calmness and inner peace.
- Avital Miller: 09:05 He thought well gosh that's something I would like. So I'm going to try to meditate and he's just sat for a few minutes and closed his eyes. He had no instruction on meditation but it felt nice. He was noticing all these thoughts moving in him but he kept doing it a few minutes a day and after maybe about three months of doing that he noticed that the thoughts were quieting down and he could hear a quieter voice coming through that voice that comes through says perfect sphere to him.
- Avital Miller: 09:36 That meant that his spirit was fine and just his body was damaged and he kept listening.
- Avital: 09:42 The next thing he hears is all is well when he heard all is well he knew his body would heal also.
- Avital Miller: 09:50 And he kept listening for that guidance so he started taking yoga classes to help his physical body. Within six months he was walking without a cane within 18 months. He was off all of his medication. Yes all that happened about five years ago. The doctors are finding nothing wrong with him today really.
- Dawn DiMare: 10:13 So he's been back to his doctor who diagnosed him and they're finding nothing wrong. And so what did they say. Did they ask him what have you been doing or did he share some of his what he'd been doing that meditation and yoga with his doctors.
- Avital Miller: 10:27 I have to check with him to find out exactly if he asked but what I will tell you is that over and over again from a lot of the stories that I have been interviewing and other ones that I have read is when people go to their doctor and they say would you like to know how I do it. And they say no. It's very hard for people sometimes when their mindset runs a certain way to understand that something could run a different way. There's a

little bit of a threat if somebody can heal naturally and the doctor is not of use to people.

- Avital Miller: 11:05 I don't think that this is about is the doctor going to make money or be out of the job. I think heart doctors want to heal people and they want to believe that they have the tools to do the act. And if something else does it better than what they can do or if what they're doing doesn't do it that can be very heartbreaking for them as well. It will be very hard for a lot of doctors to be open to that. One of the doctors who I interviewed tells clients that come to her to continue to work with their doctor and integrate what she has told them. She mostly works with people on diet and she says go back to your doctor because I want them to see what happens to you as you heal. That's one of the clients who came to me specifically came because her doctor said that she needed to go on to a plant based diet.
- Speaker 8: 11:59 She had fibroids and they wanted to do surgery on her. Literally within a week of her working with me the doctors postponed the surgery. Surgery was two months later a week before the surgery. The doctors said you don't need surgery anymore.
- Speaker 11: 12:20 So the surgery that they had said she definitely needed was no longer needed. And do you think that this was a little attributed to the plant based diet.
- Avital Miller: 12:29 Yes she was doing a few things so she worked on changing to more plant based diet. Actually went to the grocery store with her it was quite fun to teach her how to shop as well. And then how to prepare the different types of foods. Now it's not like you just say OK go change your diet and then people change your diet. A lot of people are eating the way they're eating because of habits that they've developed from their environment or because they're fulfilling emotional need. So I also worked with her on what was happening emotionally and helped clear out the emotions that were a desire something that she wanted and she was trying to fulfill it through food instead of other means.
- Avital Miller: 13:14 The other thing that she did was work on her spiritual practices and energy healing. What I will say is that first week all she did was change her diet and that was what postponed the surgery.
- Dawn DiMare: 13:28 Wow that's really amazing and really interesting. Let's take a really quick break and we'll be right back with Avital Miller, talking about her book Healing happens. Stories of Healing Against All Odds on A Teaspoon of Healing. I wanted to go back

to one thing you mentioned few minutes ago energy healing some of our listeners may not be familiar with that term. So could you describe to them what energy healing is and how you do it.

- Avital Miller : 14:17 Yes. Yes. I'll say this in a couple of ways. And before I say it I think it's really important for people to create belief based on their own experience.
- Avital Miller: 14:27 I'm so just go ahead and see if you can find somebody who's a practitioner of course I'm happy to work with you I can work at a distance too and I'll explain that but just try it and then you'll see the results and then you can start believing in these things.
- Avital Miller: 14:41 But let's go back to science class because in science today they're teaching us that everything is made of energy. Our bodies are made of energy. So far bodies are made of energy. Why not work at the level of energy. Then there's more subtle energies that are hard to notice. So if you remember physics class you can see everything in the motion of what's happening by an electrical class. You can see the wire but you can't really see the current running through the wire.
- Speaker 16: 15:18 There's an example right now if you just take a moment and rub your hands together the first thing you'll notice when you rub your hands together is that they get warmth so that's energy right. Yes form of energy heat and so they're nice and warm and separate your hands just a little bit and maybe you feel a little bit of tingling.
- Avital Miller: 15:37 Yes they do. That's also energy. Separate your hands a little bit more. Do you feel less tingling a little bit less.
- Dawn DiMare: 15:44 Yes.
- Avital Miller: 15:45 Bring your hands back together do you feel more tingling. I do. Yeah that's a that's a matter of feeling that energy is if your hands moved away from that energy ball that you created and moving closer to it what it is energy its vibrations or frequency sound has vibrations to it right. Light does. So all the energy has that.
- Avital Miller: 16:05 And this is the way that I think about it because a lot of people like to create this idea of good bad right wrong dark light but instead what I'm going to say is that we each have our own natural resonance what we're trying to do is make sure that everything that's within our body and our energy field matches

that resonance. A lot of disease actually comes from there being variations in that resonance. There is nothing bad about that that's very natural energies always in motion. And if we are people who are always changing our habits or lifestyles or doing things for personal growth then our energy field is always going to change. But sometimes certain parts of the energy field changes and others don't. And that's also where that disturbance lies.

- Avital Miller: 16:53 Maybe you were talking to a friend who was in a really bad mood and then you're carrying their bad mood and that bad mood doesn't match your resonance.
- Avital Miller: 17:03 So what we're doing when we do the energy healing is literally with my hands I am just removing the energy out of your field and out of your system that doesn't match your resonance.
- Avital Miller: 17:17 And then what I'm also doing is requesting that the right type of energy be sent into you that comes from the earth into the body and fill it with what we can call healing light okay.
- Avital Miller: 17:32 So that's part of it is literally making a hand motion to remove what isn't really us and then to send more of what is us into us and make sure that we fill all those spaces and fill ourselves with the most vibrancy that's possible with energy healing that can definitely help.
- Speaker 12: 17:54 For example the woman you were discussing she had some done did she think that it helped her as far as the healing along with the diet.
- Avital Miller: 18:03 Yes yes. Now imagine like a fibroid or a tumor or something like that.
- Avital Miller: 18:10 It's like a build up of something in the body and under the x rays you can see something that looks physical. Right. There's extra dots are speckles in the x ray and certain points. And what is that made of. It's also made of energy. Right. And the energy healing. Well what if with a few movements of the hand to project an energy motion can just move that energy field of the tumor fibroids out of the body.
- Dawn DiMare: 18:45 That's amazing. I was wondering you know I know you mentioned that many position the reason why sometimes they're resistant to it it's because they've done so much training obviously and they've perhaps somebody has been healed by a different method. They haven't been trained in that. They could

be know heartbroken. So it's not as much coming from the fact that they would lose their job or lose money. But how do you think. I don't know if you know the answer to this. How do you think that the holistic community can get doctors that practice western medicine to accept these other forms of healing as more legitimate. I know that there's plenty of doctors who do but there are some that they will just laugh it off. You can I'm the whole I know.

- Avital Miller: 19:26 I mean money is a big part of it also for people. And so we can we can approach this in two ways. But what happened to Blockbuster Metallicas the Internet Amazon and.
- Avital Miller: 19:38 And if say look at it as a business and if we don't adapt eyes new things come out and as we discover new and better ways of doing things then our business will fall apart.
- Dawn DiMare: 19:52 So there are medical doctors who are applying even energy healing into their practice and that's definitely true a lot of medicine is shifting slightly and they are definitely looking at prevention a lot more than they were in the past.
- Avital Miller: 20:09 And you were asking today how we can integrate this together and that's really one of the messages in my book because I don't think that we should just do away with the medical system as it is not. Absolutely.
- Avital Miller: 20:23 There's a lot of drugs that we could do away with or prescribe a lot less. That's my personal opinion. I'm not a doctor. It's fine. I haven't done the research that they have but I've just seen a lot of people with the results and I am a scientist. I do an engineering degree. So some of it's not completely logical and it's more based on treating the symptoms the medication that they give me does not actually heal anything. And not only that it makes my favorite stop working persons get better. There's times where where we can't function or we're going to die.
- Avital Miller: 21:02 And the medical system has done a wonderful job at figuring out how we keep people alive in emergency situations. They've also done a wonderful job at often getting very clear as to what the issue is. But at the same time if you treat the symptom with the medication and then do all these holistic things you're going to strengthen the body. And then you're at a work on the healing aspect so that you get off medication and with Hashimoto's and with any autoimmune disorder the way that is traditionally described in the medical industry is your body attacking its own self from some of the doctors that I've talked to behind even some of the psychic healers some of the things



they say I'm going to define that a little bit differently and say that it is your body attacking what is in your body. It doesn't look like your body. There's two main ways that I've been taught that that happens from the first where I was high it is just an example when we eat processed foods.

- Avital Miller: 22:02 They're very dehydrated when we overcooked foods they become dehydrated.
- Avital Miller: 22:06 Remember our bodies are mostly made of water. And if we put something in our body that's dehydrated it's going to leach water out of the cells so that it can hydrate what you just put into your body then your cells become dehydrated. And if something is dehydrated it doesn't seem like your body.
- Avital Miller: 22:23 So in that sense your body is attacking its own body because it thinks that that is not your body and should not be there. That's one example another example is something called Epstein Barr virus and that can be in your liver or it can be in your throat in your thyroid gland. And so it's the body directly attacking the virus in your gland. It's not attacking the gland. I think. Ninety 95 percent of people get Absi Marburg virus.
- Speaker 18: 22:53 It's going to be latent in most people but if you have stress or even lifestyle habits that are not supporting you then those things come up. I didn't know about the obscene viral virus back then so I was never tested on that. But this fall I started to get sick. Now remember I'm not getting sick that much anymore so if I'm sick for awhile you know I'm like something's up here.
- Avital Miller: 23:19 I went to the doctor.
- Avital Miller: 23:20 They did the usual panel of testing and then they saw the thyroid numbers and the antibodies for the auto immune off. So she's like OK I'm going to put it on primary medication. I said would you do me another favor and test Epstein Barr virus. That is fine I've done the research and she didn't see any correlation. You know personally from one to the other.
- Avital Miller: 23:39 But she did tested and I did come out with a positive for it. So I had that virus as well.
- Avital Miller: 23:47 There's a list of supplements that you can take and herbs and then also diet shifts that help with the Epstein Barr virus to help eradicate out of your body.

Avital Miller: 24:00 But I I also just let her put me on the thyroid medication because at the end of the day I'll share another story with you.

Avital Miller: 24:10 Whatever you put into your body is more about your relationship with it and what you make from it. So one of the people I interviewed is Maureen Bell OK.

Avital Miller: 24:22 She already had a couple of bouts of cancer and was overworking so much that she was in a wheelchair.

Avital Miller: 24:31 But then she collapsed and they diagnosed her with stage 4 non Hodgkin's lymphoma. She was even six to eight weeks to live. They said there's nothing we can do but if we do some chemo will prolong your life.

Avital Miller: 24:45 Couple months later she's bedridden 85 pounds in hospice morphine patches oxygen tubes she's not eating. And she has one more round of chemo scheduled before she's expected to die. Her son came to visit and he remembered the single mom who was very strong who raised him. So he asked her why didn't you fight. He left the words just reeking in her head choice choice. You did have a choice and she just really strongly felt like yes she has a choice. And then the next thing that happened was for the first time her body was in pain and she was hungry on top of that. She asked for a laptop and started researching what was in the chemo drug. She realized what was in the chemo drug was a plant that she planted everywhere she lived in her adult life. She loved with the chemo drug was made of. So this time she went into the chemo treatment with a relationship of love for the drug because it was made of a plant that she loved.

Avital Miller: 25:54 Her hair was growing in versus falling out. The doctors were asking if maybe she had a placebo drug.

Dawn DiMare: 25:54 That's amazing.

Avital Miller: 26:02 So at the end of the day if we're going to stress about what's in her food and what's in our medicine shift our relationship to it.

Dawn DiMare: 26:10 Thank you for sharing that. And let's take a really quick break and come right back with Avital Miller talking about her book Healing Happens: Stories of Healing Against All Odds on A Teaspoon of Healing.

Dawn DiMare: 26:39 Avital, I wanted to ask you what are your four key takeaways. You had mentioned some takeaways that you have from from the book. Maybe you can describe your key takeaways from it so people can become more familiar with it and maybe they can maybe somebody listening has had a recent diagnosis or has a chronic illness and maybe they want to learn how to begin the process of healing themselves. So maybe you can help them.

Avital Miller: 27:07 Yes. So I'll give you these four key takeaways and then you can always dive more deeply with me later on. The first one is to tune into and really energize and live out your reason to live whether it's walking your daughter down the aisle seeing your grandkids grow up. My favorite story was a woman who wanted to finish watching a soap opera series.

Dawn DiMare: 27:35 That's really sweet. I like that.

Avital Miller: 27:36 Yeah but also if you imagine the idea of energy and imagine then that there's one energy that is sickness and disease which makes you withdraw from life.

Avital Miller: 27:46 And then there's another energy of excitement and enthusiasm and motivation around driving forward that things in life that you want. And if you make one stronger than the other who wins the one that you focus on more actually. And the first thing you can do is think about what is it that excites you in life and that you want to live for. Put your energy there. And I want to add this because you might not know what that is you think you don't know. I think you do.

Avital Miller: 28:21 I think that there's so many ideas of how has to be in this world that sometimes we brush our true purpose aside.

Avital Miller: 28:30 So I encourage you to imagine that if you had all the tools all the wisdom all the money all the time and no rules that anything were possible then what would it be that you would want to do and start to take small steps to go in that direction.

Dawn DiMare: 28:46 Absolutely. So the mindset the mindset and living your purpose.

Avital Miller: 28:52 Yes. The second one we've already touched on this briefly. Don't listen to everything your doctor says. He's always been this near Doctor listener after doctors are meant to heal us. Not say when we're going to die. OK. And of course they're human and they make mistakes.

Avital Miller: 29:13 But I will be honest with you that when it comes to the money side the often scientific research on certain products like milk and meat have been funded by the very people who profit off of those results. And then that information about the food or the drugs has been put into the medical books of doctors. That's why there's over 100000 pieces that are documented a year of people who died from medicine.

Avital Miller: 29:43 Most of those are not from a misdiagnosis it's from the doctors following the protocol they've been given.

Avital Miller: 29:49 Now I've come across over 150 stories in people who healed beyond the diagnosis that their doctor.

Dawn DiMare: 29:56 That's wonderful and it's such an amazing and inspiring. And I hope that people that are listening are taking this into account to not listen to every single thing that their doctor says. Of course listen to them and do as much as you can follow the orders as much as you can. But like you said they're not they're there to heal they're not there to tell you when you're going to die.

Avital Miller: 30:16 Yes. And so that brings into the third thing is you're saying you do as much as you can and that's good news. Do what you can do and so you follow the doctors protocol. All of these natural healing things most of them will not conflict with what your doctor told you to do. And you can always check with your doctor and say he's OK. I shift my diet this way and there shouldn't be any issues with doing energy healing. So you can always see the energy healing and let your energy healer know what's going on with you and what your doctor saying is so that they can be sensitive to that as well.

Avital Miller: 30:51 But just you know don't forget that medicines also have side effects that they can create a dependency and that they treat symptoms are not necessarily healing and strengthening the body.

Avital Miller: 31:01 Very simple changes with diet and medication minimally will make you feel better as you're going through all of this but could potentially completely heal you. Remember that you're dealing with not just the body but also the spirit. And what good is a healthy body if you're not happy. Do we care as much if her body is not healthy when we are happy. One of the people who I interviewed the first thing that happened was she had to her this is told she would never have any kids. She ended up having three kids. Then she had cervical cancer. She went through surgeries to get that out of her which is a very heart wrenching

especially when you want to be taking care of your kids and you're actually apart from them.

- Avital Miller: 31:46 And what she did was just started drawing mandalas which are these beautiful patterns that are used for spiritual ceremonies in India. Yes. And it was very healing for her. It's just soothing to just be drawing those patterns down on top of that. She noticed that she had a gift of reading other people's mandalas and helping them see a lot about themselves. But she really felt like with them man to lose their for was to heal the spirit. So the doctors healed her body but the Mandala healed her spirit. Now the fourth thing is too. And I'll preface this first because I think a lot of times we feel blame or at fault. There is a lot of reasons why. And it's sometimes not our fault or it's a sign of spiritual progress. But in any case without getting into that because I know we're almost out of time here. What's happened for a lot of people is there's a gift that's also come out of the disease happening.
- Avital Miller: 32:48 So it's helpful to ask why this is happening and you start at the physical layer and say what's the physical source. Right so if somebody comes to you and they're on pirate medication is it because of Hashimoto's. Is it because they had a weak tirade. Is it because of cancer in the thyroid. Is it because of Epstein Barr virus in the thyroid as you figure out what the sources of the issue and treat the source on the physical layer.
- Avital Miller: 33:15 Then there's all these people who when they got sick they had this thought that oh they should change their job move to a different city get out of the relationship there and then they healed. And that was the main thing that they did and they felt attributed to their healing. So sometimes it's kind of like this message in disguise that is telling you to make a change in your life. It's time for that.
- Avital Miller: 33:42 And then there's these gifts that happen like the woman Mamie Lamley, who started reading people's modeling drawings all because she was sick and needed something to help heal her soul and out of disease came a beautiful gift that she can now offer to others to help with their inner healing.
- Dawn DiMare: 34:05 The mandala readings. Thank you.
- Dawn DiMare: 34:06 Yes thank you for joining us and talking about your book and the wonderful takeaways and the stories of healing.

Avital Miller: 34:14 Oh we know what I wanted to share because I'm not that I mentioning Mamie and her mom do the readings that might be getting some of you excited. She is a very very generous person. And I have a go fund me campaign right now which has all sorts of rewards for people who are donating basically to help pay for the editing the printing of the book the promotion of the book which she's offered is for people who've donated twenty five dollars or more to the campaign. They can win a spiritual reading from her. When you donate just five dollars you right away get a whole chapter of the book.

Avital Miller: 34:54 When you donate time you get it back when once it's published 25 you get the principle. You also get a month access to the guided online meditation that I've created. All of those are actually in series of four. Most of them are and they're geared towards success or peace or glowing health and vitality. We all have a different goal in mind. The very pleasant.

Avital Miller: 35:18 And there a way where you can sit down and have somebody else's energy help guide you and keep you calm in the process and help tell you what to do so that you could find that relaxation and connection time with your own self for a little bit more time online healing course that will be a companion for the book and you can be listed as a sponsor. You can also get one to one sessions with me so there's plenty of rewards the Go Fund Me campaign you can find. W W W dot go fund me dot com slash heeling dash happens dash a book. I believe what we're going to do is for one week from when this podcast launches whoever donates. During that time we'll be entered into the drawing to win a reading with Maimie.

Dawn DiMare: 36:06 Well that's wonderful. So what I'll do is I will post that link for the Go Fund Me on my blog and website

Dawn DiMare: 36:14 So anybody who's listening can look there and it'll also have the show notes available so you can find more information about that and if you donate twenty five dollars you get entered into the to the drawing and I hope you went. Maybe maybe I'll enter. I got to have my. I want to have my mandala read - wonderful. Now where can people. Find more information about you and where can they download that first chapter. You said if they pay five dollars you can get the first chapter where can people find out all of this information. Know you have a website and social media.

Avital Miller: 36:49 I do. I do. Believe it or not if you go to that Go Fund Me campaign. It's actually going to link you to a lot of resources

where I've already started to share some of the wisdom and stories from the book like in my book.

- Avital Miller : 37:01 But you can go to my direct website and then you'll have access even to another online healing course that I already have launched a while ago and so my website is my name. W W W dot the tall Miller dot com. So that's a V for victory. I t for talented A L and for Mother I L L E R.
- Dawn DiMare: 37:24 And that's where they can get everything else from there and then of course you probably have the social media and I know you do a lot of Facebook Live. Yes stuff.
- Avital Miller: 37:33 So I do Facebook Live almost everyday and his friends are for. Just follow me. I'm almost out of friends. I'm getting close to the limit but all of that's linked from my website.
- Dawn DiMare: 37:44 If you just look up my name you'll find me really well thank you so much for taking the time to describe your wonderful book. I can't wait to read it and maybe we'll bring you back on it when the book is released and we can talk more.
- Avital Miller : 37:57 Oh that would be wonderful. Thank you for having me on here Dawn. Share this podcast and share the stories from the book because the more we get this information that is shared the more people will know their potential to completely heal themselves and to live the life of their dreams.
- Dawn DiMare: 38:14 Well thank you so much Avital for joining us today on a teaspoon of healing. Thank you so much. Yeah thank you.
- Speaker 2: 38:23 Well again we thank Avital Miller for joining us on the podcast today talking about her book Healing Happens. Stories of Healing Against All Odds. You have any questions for Avital. If you want to enter the contest to win the free mandala reading visit teaspoon of healing dot com and you can submit your questions there. Also if you want to contact me read the blog. Look at show notes or download transcripts of the shows. There's a teaspoon of healing dot com. You can also submit questions to me on my Facebook page or Instagram. For teaspoon of healing next week on the podcast we will have health coach Nicole Carter. Talking about how to heal your gut a tune for that. Have a great week.
- Announcer: 39:07 Thank you for listening to a teaspoon of healing with Dawn DiMare your home for wellness and vibrant living to more resources on wellness and vibrant living. Visit us online at

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