



Greetings from Virginia!

My name is Danika Deva, and I don't live a double life; I live a *bubble* life. My life is a bubble because I am allergic to nouns: people, places, and things.

It is hard to live like this, but I have learned to find hope and freedom as I push the acceptance button of life. I have moved from hopeless to using my "hope list" as I thank God for what I do have and not what I don't.

While anaphylaxis is not fun for any reason, living on life's edge has taught me that life is uncertain, but God is not. It has taught me that people are precious, time is fleeting, and to "Get 'er Done" while you can. It has taught me to slow down and rest, listen to my body, tune in to God, and obey.

It all started in 2016 when I worked at a boys and girls home for kids from hard places. It was there where I found myself seriously ill and didn't know why. It started with migraines every day, runny nose and eyes, and a whooshing noise caused by fluid in my ears. My body quickly took a turn for the worse and I could barely walk. I thought it was because of previous injuries, but I now know my body reacts to mold and mildew by shifting out of place, causing intense back pain.

So, no mold, no pain. While it is easy to say that, it is hard to live because mold is EVERYWHERE. It is in your washer, bathroom, under your house. It is in the air, in restaurants and most buildings.

Mold was not the only issue. The "bubble" started when the mast cells in my body (the ones that protect you) suddenly went haywire and flipped a switch in my body, making my body think I was allergic to EVERYTHING. In November 2017, I suddenly became reactive to more things than I can count, including dogs and cats, all but 20 foods, colors and dyes, perfumes and cleaning products, dust, and yes, even the sun.

My reaction to these "triggers" differed. Some would create immense body pain in muscles and joints, others would create a "mast cell coma" where I would sleep endlessly. I would vomit, have BP swings high and low and wide and narrow and start to pass out, go into anaphylaxis, swell profusely in many systems of the body, grow lumps under my skin, have visual issues, and have cognitive impairment. I knew there was something "really wrong" when I got lost going home from work and had to use a GPS to find my home!

I went to doctor after doctor and did test after test. It wasn't until my friend said in January 2018 that I was allergic to everything and I googled it did I understand what was happening. That same day another friend said she thought I had mast cell issues.

As an educator, I started researching it all and what to do. I saw a specialist who put me on high dose antihistamines 6-10 a day. (That's 300+ a month, 3,000+ a year!) to help control the response and overreactions. I went on a low histamine diet, started working from home and started a life of avoidance. I walked out of my office and never went back into the classroom I was instructing in. Special precautions had to be set in place so that I could work with these troubled teens after school. They would shower, put on clean clothes and not use scented products just to come study with me after school. As the education coordinator, I had to wear a respirator when I entered the six schools I worked with or I would end up severely ill. Yes, I had lost my whole classroom and teaching supplies due to mold, but that wasn't the last time. It only got worse!

I lost my life as I knew it. People couldn't visit me. I was in chronic pain, and severe cognitive dysfunction made it impossible to work and do what I loved. I was desperate, isolated and lonely, hopeless, hurting, and begging God for healing.

In July of 2018, I had to leave my church because I was allergic to it. (Good thing I wasn't allergic to the pastor's sermons!) I googled churches with new buildings and found one 1.15 hours away. I started attending wearing my respirator or mask and found that I only turned red and felt like I was going to pass out, but it would dissipate after I left.

On August 5, 2018, I drove to church surrendering my complaining spirit and asked God to help me accept my situation and make the most of it for His glory. This hour-long conversation with God brought to me a very special day of healing.

During the service, I found my BP was dropping, and had to go outside. After 10 minutes of fresh air, my body had calmed down, and I went back in. It was a good thing that I did because I went forward to surrender and pray at the end of service. The pastor came and prayed over me and I felt a zinging all the way to the center of my body. I asked the Lord if I was healed. And then I asked Him if he only did it halfway and forgot the other side. As I took off my mask at the altar, I asked Him to show me if I was healed when I went into the bathroom after church. I asked that my usual lobster-red face would be white. Sure enough, my face was white and not red like usual.

I then knew I was healed, but I didn't know the extent of it. On the way home, I called my kids and adopted dad to share and jokingly ask if I should toss my antihistamines, masks and epipens out the car window to celebrate. (I didn't!)

I went home and sang the song the Lord gave me in church that day about my healing on a keyboard that I had previously reacted to, drank tea that would normally trigger me, swept my house (without a reaction) and fired (in a good way) my teenage house cleaner because I was HEALED! It was exhilarating!

I danced in the sun, too, without my umbrella as that morning I walked into church with an umbrella for protection and walked out without one. Woohoo and Praisallujiah!

I tried foods I had reacted to and started going into schools without a mask. God had reset my body and now it was my job to keep it that way. I avoided mold, but I could eat most foods again, walk in the sun and live more freely. The hyper reactivity was gone, but I found out later that mold was my nemesis.

I moved back to town where my family was and worked side jobs to avoid mold. It was tough, but I did it for 8 months until suddenly my home molded. I started losing my voice, having breathing and heart issues. ONCE AGAIN, I had lost everything. I walked out within 24 hours with my computer, dishes, and clothes, all the while going into reaction after reaction.

I remember going to a friend's house for lunch that day and I could barely walk. I asked if I could sleep on her couch for 20 minutes and I laid down. I didn't sleep, but the Lord ZAPPED me again for 20 minutes and I woke up refreshed and able to walk and finish the move. I gave everything away and moved in with my adopted dad and family, planning to go with him back to Japan and help him finish up the year.

But God had other plans. My dad had a stroke a few weeks later and I helped care for him the next year and a half. During that time, I started writing and editing and helping other entrepreneurial women expand their businesses.

And then July 24, 2020, I went into anaphylaxis over two bites of cheesecake. Unknown to me, my body was going into MCAS round 2 because of mold happening in the house. It hit with a vengeance and I was devastated. Everything triggered anaphylaxis and my body was shutting down.

I could eat celery one day and the next it made my mouth go numb. I could go on the deck the next and then I couldn't or fluid would fill my lungs and my BP would start to swing high and low for days making me feel like I ran a marathon. More docs, more pain, less food, less life and BOOM, I was worse than where I started the first time.

"ReALIY GoD?!!" was all I could say or think (when I could think, that is). Why are you allowing ROUND 2?????? WHAT IS YOUR PURPOSE??????

The only good thing from round 2 is that I had family around me this time. Living with people who could help me during a flare, support me financially, love and pray over me made it so much easier. It was a special time during the worst time of my life.

They had to change their lives drastically, though. They had to exchange scented products for unscented. They had to use cleaners they would not normally use, move pesticide to the shed and stay away from me when I was reacting.

My body started shutting down severely in October 2020, and I started losing my hair. I decided to move out and live in a campground to heal. With the help of my dad, I got a camper and moved 40 minutes away. I was sick, really sick. I was desperate, really desperate. I couldn't work. I couldn't think? All I could do was pray and sleep. Walk outside a little each day and sleep some more.

In that camper in the middle of nowhere, I found God in a deeper way. I found healing for my heart and my body. I found freedom, and because of that, have started a ministry (from my "bubbly" home) helping others find freedom. Operation Freedom Sweep was born out of my desperation to find God, know God, be free of anything in my mind, heart, soul and body, and help others! This 5-step process helps us take our thoughts captive and "get unstuck from yesterday's yuck!" Who doesn't need that, right?

We are often told to "forgive 70 zillion x 7," and "not be anxious for ANYTHING," but we don't have a process, so we get stuck. OFS is a spirit led, biblically based way to release and root up our issues before God, renew our hearts, replace the gunk with God's truth, and gratefully remember all God has done when He gave us freedom at the cross.

So where am I today! Well, I still live in a bubble, but it expanded a bit. I live next to my twin in his mold-free rental and feel better than ever. People can visit, but they must take precautions or it will start a reaction. I meet people in the park, on the deck, or on zoom. Just going in moldy buildings or walking over a moldy bridge can set me back for days.

God is healing me slowly this time. One 11-hour zap in the camper reset my nervous system, and one prayer in church on May 12, 2021 reset my immune system causing me to no longer sleep 12-16 hours a day but have amazing energy sleeping only 6 hours a night.

Since June, I started guiding others through "Freedom Sweeps" almost every day. As a HOPE dealer, I have noticed that freedom brings hope from the Almighty. Each day, I write and minister to others out of my pain, hope, and freedom. And the freedom I see on the faces of friends and strangers carries me on because freedom looks great on people! God has shown me that OFS will be used to train faith-based communities so that we can bind up the broken hearted and break the chains to set the captives free.

As you can see, my BUBBLE life still exists, but now I see God in the reflection of the bubble. I feel His presence inside of it with me. My home (named HOPE Cottage) is a mold free place of peace for myself and the many precious people God brings my way as I point them to Him, the God of HOPE!

Great NEWS! The Almighty has given me another layer of healing! Through prayer, I am no longer going into anaphylaxis over everything. I can go into many buildings and be around people. I still am severely reactive to mildew and some chemicals, but it is one step closer. The bubble is bursting!

Danika Deva's Bio:

Danika is a Jesus loving, intentionally living, principality fighting, woman of God who delights in coaching others in the areas of business, hope and life. As an educator and hope dealer, she offers simple, life-changing solutions through her writing, speaking, and coaching.

Her God-given Ph.D. in "Hard Knocks" and "God Rocks" has equipped her to inspire others to "Be Intentional," and to choose joy and hope in hardship so they can not only heal, but flourish. She can be found at DanikaDeva.com.

Headshot:



DANIKA DEVA'S LINKS

WEBSITE:

www.DanikaDeva.com

INTERVIEWS:

Interview with Business Leader Deneen Troupe-Buitrago (7.19.21)

“God in our Businesses”

https://drive.google.com/file/d/1qAPBNXW4F1ynkKoXHHPktv_gUOaQIV7q/view

Interview with Ted Talk speaker Kelly Baader (4.17.21)

“Why is it Important to Have a Good Relationship with God?”

<https://kellybaader.com/easter-christian-business-series-why-its-important-to-have-a-good-relationship-with-god-with-danika-and-tunji/>

SPEAKING/VIDEO:

Conference Speaker: 2020 NACWE (National Association of Christian Women Entrepreneurs) (9.22.20)

From Hopeless to Hope List: Jumping into Jesus like a POGO Stick!

<https://www.youtube.com/watch?v=e8G89kKhngM>

Webinar: NACWE (7.29.21)

Having Hard Conversations with God, Your Friends and Family, and in Business

https://m.youtube.com/watch?fbclid=IwAR3nKkNnD6scxzKQAQeC8DpsrGpIVi8HQLi3wfG4PMEqYiE0nVxkjUCiN50&v=EpkgM_sJXXU&feature=youtu.be

Webinar: National Association of Christian Women Entrepreneurs (NACWE) (12.2020)

New HOPE: How to Eradicate the Destroyers of HOPE!

<https://youtu.be/j92tWGrV5X0>

YOUTUBE/TV HOST INTERVIEWS:

Interview with Sisterhood of Strong, Theresa Horne

<https://www.youtube.com/watch?v=RYzs4YaZMIA>

Interview Janet Taylor of Becoming Truly Liberated-How to Find your Freedom

https://www.youtube.com/watch?v=W0_gKjP1ngU

BOOKS:

Amazon Author Page for Danik Deva

https://www.amazon.com/Danika-Deva/e/B087BBCDD1?ref=sr_ntt_srch_lnk_1&qid=1595955871&sr=8-1

Articles: ENVIRONMENTAL AND PERSONAL WELLNESS AND MY STORY (7.27.20)

<https://nacwe.org/2020/07/27/environmental-wellness-who-cares/?fbclid=IwAR01BEimXygFcZ2EQEdwr3MO-NJ8P1hmVP5nzCZpnMKAdjJdAAk2Ow0ICPs>

Featured in the magazine The Everyday Crown Rocker-Joy

https://issuu.com/theeverydaycrownrocker/docs/the_joy_issue_june_2020_final (Cover and p. 52)

MUSIC:

Freedom Isn't Free by Danika Deva

https://www.youtube.com/watch?v=bj_-jmh0r68

SOCIAL MEDIA

FACEBOOK:

<https://www.facebook.com/danika.deva/>

<https://www.facebook.com/beintentional2day/photos/a.326790947876044/565578940663909>