

HEALTHY LIFE STYLE

Tatiana Trofimowa is answering the questions of her readers

Recently (maybe it was provoked by my close friend's disease) I started thinking about reasons which lead us to illnesses and if there is a connection between our thoughts and our physical, emotional and mental condition. Can our mind change it?

Not knowing the circumstances of your friend's illness I can't tell you why he is ill and what he should do. The disease he has can be caused by different reasons: viruses, microbes, stresses, ecological conditions, genetic problems and so on. While our immune system is strong, our body can fight and prevent illnesses. As soon as it becomes weaker, microbes become more active and all these negative factors I've just mentioned can provoke an illness. But one of the main causes of diseases can be a break of Energy balance in our body.

We often forget that all our thoughts are material: the way we think and view our life becomes a reality. I mean that we get what we believe in. I want to underline that the way energy is spreading in our body very much depends on our view of life and how we react under different circumstances.

So in order to get rid of bad reasons and our illnesses, we have to change our take on life and our attitude towards people around us. Our fears, anger, envy, unhappiness with our life all lead us to health problems. In this case we collect all the energy dirt surrounding us which blocks the flow of positive energy inside our body. Sometimes we look at our kids and notice that their life events look very similar to what we already had in our life. I mean not very good things happen. It happens because we transfer our fears to people around us, especially loved ones. Thus our negative thoughts influence our energy field and correspondingly our aura which is like an energy shield for us. As soon as the balance of energy around us is damaged health problems start. There is a Russian saying "Healthy spirit has a healthy

body”. This is the main rule of our life. From childhood we remember one more saying “What goes around comes around”. So let us get rid of problems which we can control with our mind and our actions. Don’t envy your neighbor who has bigger house, better salary and good kids (even though he is not a good person). You may think he doesn’t deserve it but we don’t know what is in his mind: may be he prays for you and never wishes to harm anyone and never envies people. Envy makes corrosion to your sole and damages your kids. Besides it brings you depression and heart diseases.

One of the reasons of our suffering is a low level of our consciousness. Look at the way we live: we condemn everything and everybody not even thinking over the meaning of the situation. Sometimes we blame somebody for our problems though actually this person can help us. What I mean is if you try to change your attitude to him/her you’ll see that this negative situation will quickly disappear. God teaches us to be more kind and patient and this “bad” person is just a helpful tool in God’s hands. For example if you treat people around you with despise (even if you try not to show it) and think too much about yourself, I am pretty sure that you’ll have a boss who, you think, is a jerk and you’ll feel unfair that you have to obey him. You will start hating him and yourself and because you will be under stress you will be ill soon. Do you really want it? Better try to change your thoughts and your attitude towards people. Try not to despise them and you will see how those, who you think are “obstacles on your way,” disappear from your life. And when they go, your life will be more joyful with better health.

Finally I would like to stress, one more time, that our health depends not only on environment and microbes around you but what we think, feel and say. And what is very important too if you don’t love yourself it can disturb a balance of vital energy in your body and lead to different diseases too. But this is a separate topic.

If you have questions you can call me:
(408)730-4586.

God Bless you!

**With love,
Tatiana**