

## **THERE IS ONLY A MOMENT BETWEEN THE PAST AND THE FUTURE**

**Janna Sundeyeva:**

**- Tatiana, nowadays we often hear that it is better to think positive and focus only on good things. And while the world around us is getting gloomier, this call is being heard more and more often. Could you please, make a few comments about this?**

- We live in a world where information rules. Each of us is a source of information too. We can program our life either in a positive or a negative direction. Each person is a coordinator of his / her life and the lives of his / her children and grandchildren. In order to do harm to your children it is enough to send them your energy of fear. It will gradually ruin their energy, and they will become vulnerable, i.e. they will start attracting negative energy.

**- Any examples?**

- For example, a child decided to take a walk with his friend after watching a movie in the theatre and forgot to call his parents. Instead of wishing him a good time and secure way home, the parents immediately start imagining awful things happened to their kid: maybe, someone had hurt him, or he had got into an accident and so on. Thinking positive, you build an energy shield around your child which protects him from getting into trouble. He will return home happy, safe and sound, feeling your love, trust and care. You will be glad to see each other, and your child will share with you his positive energy which he has received with your help. But if you worry too much about your child, you become an obstacle on his way.

**- How come?**

- Your fear will generate energy obstacles which will create all kinds of bad events following him everywhere. Such of your thoughts as, "I hope, nothing bad will happen to him" will in fact create negative prickly energy which you put on his way. Our sub consciousness does not accept negative forms, so it will understand your thoughts as, "I hope, something bad will happen to him".

**- But sometimes we can not help worrying about our loved ones ...**

- In this case just wish them all the best and ask our Lord to protect them. When we focus on positive thoughts, we increase their power. The more times we repeat those thoughts, the more powerful they become. You should remember that our thoughts have their own power. Your believes, fears, hopes, concerns, wishes, as well as any other of your thoughts, affect yourself and those around you. So, you should always control your mind. Of course, it is not easy, but to change your life for the better, you should remember that everything depends only on your will and your belief.

**- You sound very confident stating that everything depends on our will.**

- I say that a person can change the space around him. Changing our negative thoughts to positive ones and sending them in the right direction is the

first step towards a new better life. It is rather easy, isn't it? We should just control ourselves a little bit, but unfortunately, we prefer to control everyone else in our families, but not ourselves. In fact it is not difficult to control your own mind, as it is always at hand.

**- By the way, what can you say about your family? Do you have any control over your husband?**

- I hope, I do not look like a person whose actions contradict his words... We should remember that our family members are individuals with their own habits, wishes, views and destiny, after all. To influence their lives controlling their actions, means to affect their energy balance. We can influence other people only by controlling ourselves and our thoughts. Any other influence is illusory. We are mistaken thinking that we are able to change lives of other people as we wish. We forget that everyone is to get through all the challenges meant for him by his Fate and written in the Book of Life. We are together to learn and help, and not to destroy, lecture, change and criticize each other. Though it sounds tough, the law of Karma or Destiny is the following, "No one is your friend, no one is your enemy, but everyone is your GREAT TEACHER".

**- Let us get back to the connection between our thoughts and our destiny.**

- Everybody is a creator of his /own destiny. That is why, it is important to take a close look at your way of life. For example, you wish for financial prosperity, and meanwhile complain on lack of money and high prices. You focus on the things you do not have, get afraid of your bills, worry and try to think of a way to handle the situation. So, even though you dream of the wellbeing, your mind is programmed at lack of money and troubles, and you will never reach your goal with such approach. You need so little – just to change your mentality.

**- It is easy to say "so little", but in fact, to change your mentality is the most difficult thing.**

- It is up to you. Do you want to change the circumstances? If so, you have to change your type of thinking. The mind of a prosperous person is always directed to success. A well-to-do person thinks of wealth and prosperity. This is his way of thinking.

You can change your life only after developing a new mentality, but never before that. The new mentality should always be ahead. Have you decided what you want from your life? Good health? Then you should develop a good health mentality. If you wish power, you develop a power mentality. If you dream of prosperity, you should direct your mind at this goal. To become happy, you should develop a happy mind. To gain spiritual power, you should work at spiritual mentality. Everything is potentially possible. The only thing you have to do to make your dream come true, is to ensure the necessary energy. It is important to note, that if you feed your mind with positive energy, your life will change in spite of any past or present circumstances or misfortunes. This amazing ability is given to each of us, and we either use it or lose it. You do not need any special talents.

You should just spend some time developing a certain mentality. Then changes will happen automatically.

**- Automatically... I wish, I could see that.**

- And if you start visualizing, i.e. imagining the situation in which you get the desired, your dreams will start coming true even faster. But remember that you should always imagine the situations as if they happen in the present, i.e. here and now. We do not have any past – it has gone, and we are unable to return our yesterdays. We should only bless our past and let it go with love. We do not have any future either, as we are not sure if we live till tomorrow, and no one knows his / her destiny. But we have our present, just a moment, so we should use it rightly. Never ask your Fate for something you do not want to happen, as your wish can be granted, and you will be sorry for that. Never say, “I wish, they will not fire me”. Instead, you should say that you have a wonderful job, great supervisors and colleagues, a good salary; everybody respects you, as you are a good employee with nice prospects, etc. Go on developing your thought, do not be shy. You are trying to correct your life, and you are in the right to make it as you wish.

**- But we have never been taught to live in the present time. We lived either in the glorified past or in the bright future (though very few of us believed in it)**

- I know, it is difficult, but believe me, it is worth it. Imagine everything you are wishing for and start speaking about it as if you already have it. For example, “Day by day I am getting younger, healthier, and more beautiful; I am always lucky, I love myself, and he / she also loves me. Here and now. Try to think good of yourself, especially when you are going to pay someone a visit. Always remember that our sub consciousness does not accept the negative form. Do not tell yourself, “I wish, I do not maleficiate or spoil”. This is the right way to hurt your destiny and that of your kids and relatives. You should better ask our Lord for protection and trust Him. Your destiny depends on your belief. The choice is only yours.

**Let you be strong, healthy, happy, beloved, and let you have help in your choice.**

**May God bless you!**

**Peace to your home!**

**- Thank you for the interview, Tatiana. I wish you good luck in all your projects.**