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NADEZHDA MEIHER

- Film and musical actress, TV woman, singer, designer
- Hostess of the program «Incredible love stories» and «The incredible truth about the stars» on the STB channel
- Author of the collection of poems «Momentary attraction»
- Actress who starred in the action-packed soap opera «Nothing happens twice»
- Participant of the projects «Dancing with the stars», «One to one», «Show must go on», «Stars at the opera», «Ice and fire» and the show «Mask»
- Director-producer and performer of the main role in a musical performance «Historia de Un Amor»
- Performed the main role of Carmen in the opera production of the same name «Carmen» (Georges Bizet)
- Founder and designer of «Meiher by Meiher»

Nadezhda, you are greeted by the editors of the socially significant magazine «SANSARA». Your achievements are so versatile and creative; I would like to touch every area in which you have achieved success. What was your very first dream? Did it come true?

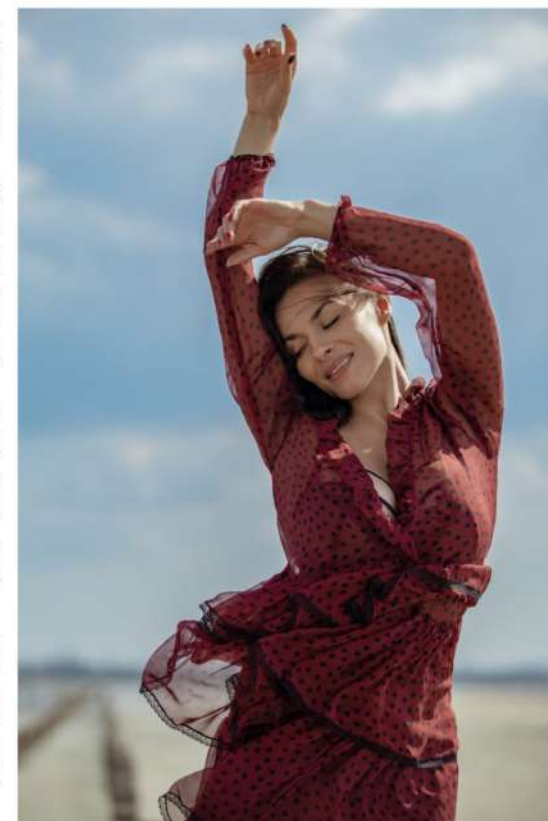
I can't remember which dream was the first one, because my childhood was overfilled with dreams. I dreamed of becoming a teacher, a shop assistant, a ballet-dancer, a seamstress, a fashion designer, a singer, a dancer, an actress... And each of them was partially or fully realized. And this fact a few years ago became a real revelation for me. After all, these were only childhood dreams. And I have never thought about them throughout life. And when I was once asked why, for example, I started designing clothes or acting in films, etc., I thought about it and remembered that my achievements came from my childhood. When I was dreaming or am dreaming, I feel that these events are already here and are happening to me now. And besides abilities, those sensations give me an opportunity to incarnate certain events at the right time in my life.

Nadezhda the singer is already a common noun. You are a founder of a sensual and deep female manner of performing songs, which instantly stays in the heart; you are a singer with incredible vocal magnetism. What direction in music is your priority right now? What songwriters do you cooperate with?

For me, music plays such an important role that it is impossible to stop learning it. I strive to perform certain musical compositions to rethink, inspire, and heal the viewer. Of course, the listener has to listen to my songs and compositions open-hearted. Now classical music is very popular, although I have loved this musical art and I have ability for it since my childhood.

Nadezhda the actress. The acquaintance with Oksana Bairak gave you an opportunity to show yourself as a dramatic actress in the action TV series «Nothing happens twice» and play one of the key roles of the fatal beauty Raisa. How did this communication with the Ukrainian film director improve? Tell us about your heroine, what is she like?

The choice of Oksana Bairak for this role has become for me one of the miracles that have happened in my life, are happening and will continue as long as I am in close connection with parallel worlds, where, by the way, the possibilities are endless. At the first meeting, I did not fully believe this miracle, especially when Oksana was telling me about the life of my heroine. I felt how much I could say playing this role, how many conclusions the viewer can draw from this role; at least just think about my life. From this point of view, it is interesting for me to play bright roles, ambiguous ones.



Raisa is a very brave character, desperate, playing roulette all her life. She took risks and was eager to hit the jackpot. But since the main bet was a way of life, looking all the time for profit, using any opportunities, she led a fast life every time. Her idea of happiness turned out to be wrong.

I tried to be genuine in this role, not to cover the emotions that arose, internal conflicts, because in many ways her actions are alien to me, but I confess, this made it even more interesting. I believe that the story of my heroine has become an impetus for many people to work on themselves internally.

Nadezhda and dances. Bronze in the project «Dancing with the stars» is yours and, without any doubt, it is deserved, if we remember the variety of your enchanting images and varieties of dances. Do you have a desire to try yourself as a producer of a dance author's show in the Ukrainian segment?

Everything is relative in this world, like any victory. I wanted to dance, coming up with scenography, developing a dramatic line, partly choreography. And I managed to realize many ideas, but many of them failed. The spirit of creativity can't stand user's attitudes, intrigues, etc. But this did not stop me from being grateful for the opportunity to express myself in this art form.



As far as producing this kind of show, I would say no. My human qualities won't let me. But teaching others: recognizing oneself through dancing, revealing the woman in oneself, with certain techniques, outside of television, of course, is possible.

Nadezhda and natural beauty. You are not only a very talented, charismatic and bright personality - devoted fans call you a standard of true female beauty. You cause genuine admiration from men and are an example for many women. What is your personal recipe for staying attractive? What daily routine helps you with it?

A lot of women misbelieve that they must do something in order to be loved. Since our childhood, we are taught in order to deserve love and attention we need to do what adults (parents, school ...) think is right. Since our childhood, we live in an evaluation state. And in our adult life, we look for praise and attention, but we always fail. But the main lifelong ritual is self-acceptance through spiritual work. With all responsibility I declare that nothing else can help you come to love in oneself the Higher Mind, the Most High, God, as it suits you. If one day a person even comes into contact with this state, it will become an unforgettable resonance and love for oneself as a divine being (only all of the above has nothing to do with religion), when the Ego is no longer able to manipulate you, whispering in your ear that in order to become perfect, inject yourself with both, remake yourself, do...

Nadezhda the producer. They say that a creative person is creative in everything. Your amazing roles simply cannot be counted! How many artists are you a producer for and why for them? Do you have similar creative values and aspirations? How does it feel to be both an artist and a producer? What did you discover new for yourself?

As a producer, I was not long enough; it was, of course, an invaluable experience. But so far this area of activity is not really interesting for me. But the training of young talents in singing techniques, gaining self-confidence, inner freedom from prejudice became possible when young people began to contact me from time to time.

Nadezhda is the new Carmen. In 2021, you made your debut in the mystery opera with the same name. For the first time, the audience saw the famous work to the music by J. Bizet «Carmen» in a modern interpretation by the director and stage designer Andriy Maslakov, who could not resist your talent. And how long has classical art been present in your life? How was the preparation for the premiere made? And how do you like to play in this genre?

Classical art has attracted me since my childhood. First, it was ballet, and then when I was a student, I also got interested in opera. I was 16 years old when I saw the musical-dance (flamenco) film «Carmen». In the intimate scene between Carmen and Jose, the aria «Habanera» was performed by Montserrat Caballe, which shocked me a lot. I was eager to buy a cassette with this aria, despite the fact

that cassettes can be purchased only at the market; there was no talk of any music stores. It also seemed impossible to find this aria, but I managed to do it by some miracle; my faith and aspiration helped me!))

Later I performed the dance «Carmen» myself, appeared with it at the Petrovsky Theater in the city of Khmelnytsky. And at the age of 18, being at a vocal lesson, the teacher, having heard me for the first time, said that I need to sing opera with my nature of voice. Then I took a great interest in the arts work of Maria Callas...

To be honest, in order to tell you about my «stormy romance» with opera for 24 years, I need to write a book, because it can become a good manual on how it is important to believe in yourself and strive for what you are sincerely in love with. And the result of it was a fateful meeting with Andriy Maslakov, who, knowing nothing

about me but my voice (because since 2000 and for 10-15 years, if I'm not mistaken, he has been living and working in Europe at opera theaters); he offered me to perform the part of Carmen.

Nadezhda, what do you need to feel happy in 2022? Perhaps these are new proposals from directors, because the reviews of both the audience and film critics about your acting talent are enthusiastic, or the further development of your own brand of women's clothing Meiher by Meiher? Please share your plans for the future with our readers.

To feel myself, to be in harmony and for me it means only one thing – to develop myself spiritually, for example, through meditation, spiritual practices. And perhaps this is the only true way. And external demonstrations (for example, creativity) are the materialization of internal achievements. And it does not matter what next I will do, what next I will be engaged in – it is important to inspire others, to give them the opportunity to understand that the quality of our life primarily depends only on our thoughts, on our perception of the world; that it is impossible to demand more from the world and other people without having this more inside yourselves.

