



Natalia Esenina

Berry Tea

*Become your own
source of light
in the dark*

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**Berry Tea. Become your own
source of light in the dark**

«Издательские решения»

Esenina N.

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Become your own source of light in the darkК тому, кто вас любит бескорыстно
и нежно, относитесь в два раза бескорыстнее и нежнее.

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1

*At the end of the journey in search of yourself everything will fall into place. As a result, all that needs to be found is a completely new beginning, it is a pointer on the soul map
Starting right from this moment, I will try to find what every person has, but not everyone can find it.*



2

Even independent people who travel through life, focusing on a hand-drawn map, sometimes get lost and lost in the fog of thoughts: «The path I follow seems to be not my path at all.»

But to stop following this path or to find your own lacks courage.

From despair, continuing to walk in the wrong direction, there is discomfort in the soul and body; and the more time passes, the more it is felt.

And if you no longer have the strength to endure this discomfort, then the moment has come when you need to draw a map of your own path.

«You are not selfish, you are independent»



3

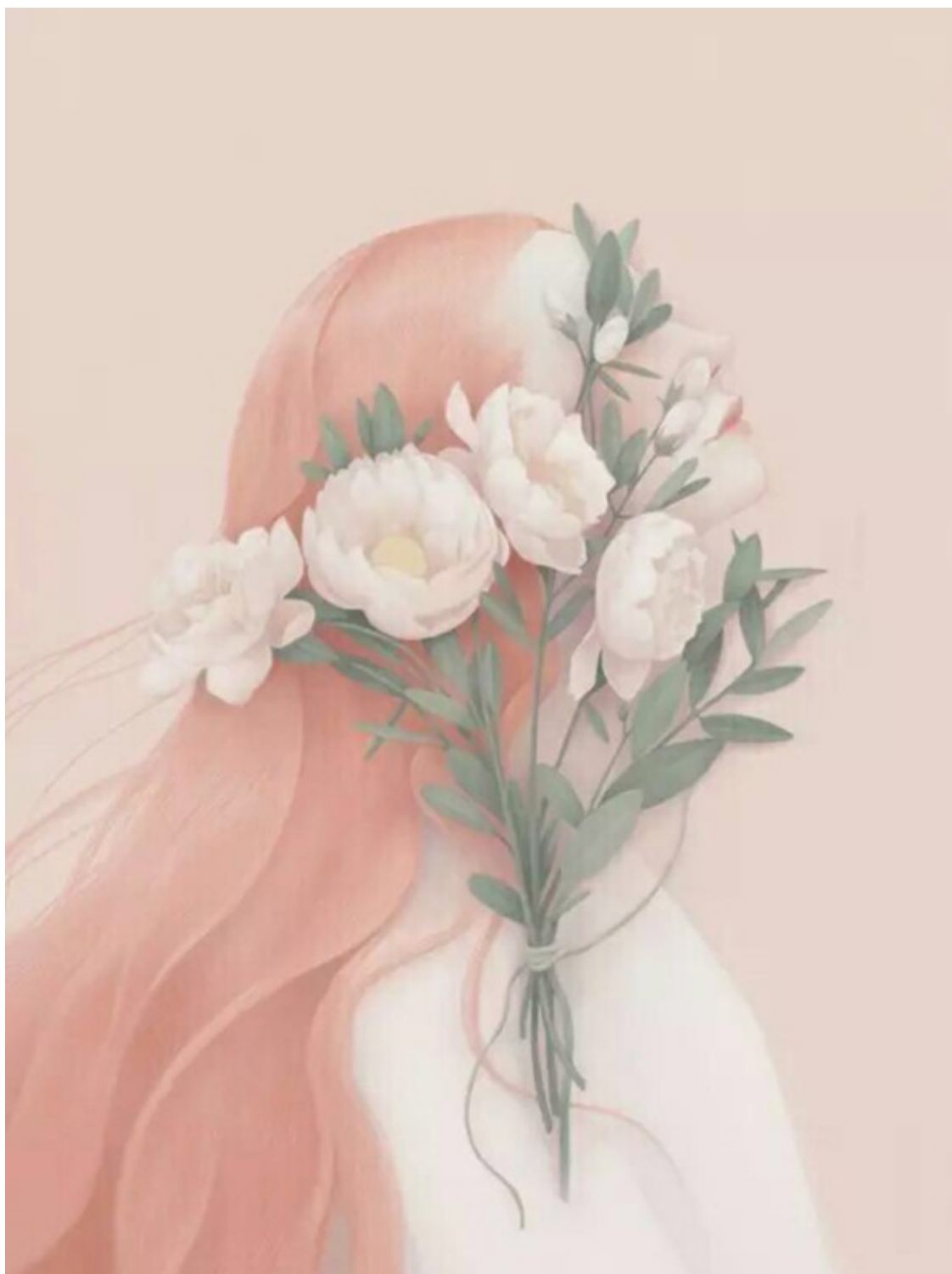
I hate the phrase «never give up.» give up even good, if, of course, we are not talking about life as such. but I'm not saying that you should always give up easily. if there is a desired goal, you need to try and try to do everything possible. just like that, challenging your dream a couple of times, if nothing happens, you can safely give up. surrender is also normal. because life is not the only one



4

*I did not follow the weather forecast.
Out of the house, and if one or two drops fell,
wet in the rain, I went to the nearest convenience store and bought a vinyl
umbrella;
And, not knowing what has already become warmer,
I wore a winter down jacket and went to work.
But for some time I, of course,
I watch closely the forecasts, down to the level of dust in the air.
In summer, when it is hot, even with short sleeves,
I had a habit of taking with me a warm sweatshirt and an umbrella.
When your air conditioner is too cold,
I think, do not overshadow me;
When the pouring rain suddenly started,
I think, if you lend you your umbrella...
You cheated on me.
on a rainy day
single umbrella*

***gave you
And I got wet to the skin.
So why is the heart so warm and cozy?***



This is my personal revelation, which has been stored in me for the past few months. I also think that you will take a lot for yourself by reading it.

After receiving «Prometheus» (the icon of the fire for the uniqueness of the community) in August 2018, too many texts similar to berry tea began to appear. For me, a person who is looking for uniqueness in everything and tries to stand out, this, naturally, has greatly influenced. I had to change the design in this text, because I simply cannot bear the resemblance to the others, I am such a person.

And so it began: changing the design, then the subject, in general, berry tea fails a second time (the first time, when tea moved out of 100,000 words), but I did not give up and believed that I could come up with something new and interesting.

For the past few months, I have been ticking berry tea. Just because I did not want to upset those who once trusted me and saw this text. I still experimented with the design, but the management of this template text itself did not give me the same pleasure.

And now closer to the point.

As you have already noticed, lately, to start drawing a lot of where they don't know you, and even those who haven't heard about you, and this is what returned my former interest in berry tea. I also began to write as before.

I came to the conclusion that in this life everything must be done by itself. Draw, write, compose music whenever possible. Uniqueness, damn it, break everything and everyone.

For a whole year I could not find a new avatar for berry tea (I had this house already in my liver, although it was good). Who would have thought that I myself can create the most wonderful avatar for my community?

The moral here is that while you look into the distance and look for miracles there, they are sitting inside you. And in general, I will never stop repeating that every person is like a treasure chest – the best is inside him, and not around him. Need to start with yourself.



6

The professor said that it was more difficult for people who never read fairy tales to cope with life than those who read. They do not have the experience of wandering through dense forests, meetings with strangers who respond to kindness with kindness, there is no knowledge that is acquired in the community of donkey skin, a cat in boots and a resistant tin soldier.

I am not talking about direct moralizing, but about more subtle lessons. About those that infiltrate into the subconscious and create a moral character and human structure. About those who learn to win and trust. And maybe even love.



7

«Fall in love in 4 minutes»

Artur Aron is a psychologist who conducted a terrific experiment 20 years ago.

In his laboratory, he invited previously unfamiliar man and woman, whom he offered to answer 36 questions. People had to speak sincerely, empathizing with each other. After discussing the issues, the couple looked at each other for 4 minutes. It's amazing what happened then – after six months, these people decided to get married.

The secret of this experience is that in answering such detailed, personal questions, people become open, vulnerable. Overall openness is very close. Having talked on such topics with a complete stranger and having listened to him carefully, you will very quickly

gain his trust. In addition, these questions can be used in relationship therapy. A couple who are receding from each other can quickly refresh their feelings with the help of a confidential conversation. Here is a list of these amazing questions:

1. Choosing from everyone in the world who would you invite to visit for dinner?

2. Would you like to be famous? What would you like to become famous for?

3. Before you make a phone call, do you ever rehearse what you are going to say? Why?

4. How do you see the perfect day?

5. When was the last time you sang alone with yourself? And for someone else?

6. What would you choose: to keep your body or mind 30 years old in the next 60 years of your life?

7. Do you have a secret premonition about how you die?

8. What are the three common features that you and your partner have?

9. For what in your life do you feel most grateful?

10. If you could change anything in the process of your upbringing, what would it be?

11. In 4 minutes, tell your partner the story of your life in as much detail as possible.

12. If you could wake up tomorrow, having acquired a certain quality or ability, which / what?

13. If a crystal ball could tell you the truth about your life, about the future, or about anything else, what would you like to know?

14. Is there something that you have dreamed of doing for a long time? Why didn't you do this?

15. Name the greatest achievement in your life.

16. What do you value most in your friends?

17. What is your most cherished memory?

18. *The most terrible memory?*
19. *If you knew that within one year you would die suddenly, would you change anything in your current life? Why?*
20. *What does friendship mean to you?*
21. *What is the role of love and affection in your life?*
22. *Name the positive characteristics of your partner, about 5 points.*
23. *How close are your family members? Do you think your childhood was happier than most other people?*
24. *What do you think about your relationship with your mother?*
25. *Make three true sentences, starting with «we». For example, «we are both in this room thinking about...»*
26. *Continue this phrase: «I would like to share with someone...»*
27. *What should a partner know about you with whom you want to become close friends?*
28. *Tell your partner what you like most about him. Try to be extremely honest.*
29. *Share with your partner the most embarrassing moment of your life.*
30. *Remember when and from what you last cried.*
31. *What thing seems so serious to you that it is impossible to joke about her?*
32. *If you were to die this evening, what important would you like to say and to whom?*
33. *Your house with all your property caught fire. After rescuing loved ones, you have time to return to the house again and save some one thing. What is this thing and why do you choose it?*
34. *Which death of your family members would hurt you the most? Why?*
35. *Share your personal problem and ask your partner to advise how to solve it.*

36. Tell us about your first love.

As Erich Fromm asserts in his book «The Art of Love» – love is not something easily accessible and accidental. Realizing their loneliness in this vast world, people strive to unite with someone who would understand them and support them. These questions very well connect even completely different people, because to think together about such important points means to get as close as possible to each other.

Carry out this experiment with your other half, and if it is not there, it does not matter. By discussing such issues, you can very quickly get close to someone you like. Psychology is a magical science, it can work wonders.



8

In the East, there is a belief that birds do not know how to be sad, because they are awarded with eternal freedom. When they are disappointed in something, they fly to the sky for a long time. The higher the better. They fly with the confidence that tears will dry under the gusts of wind, and the swift flight will bring them closer to a new happiness. People can learn a lot from birds. People

need to learn how to fly, even if the wings are broken. You just need to want to get off the ground, soar towards yourself.



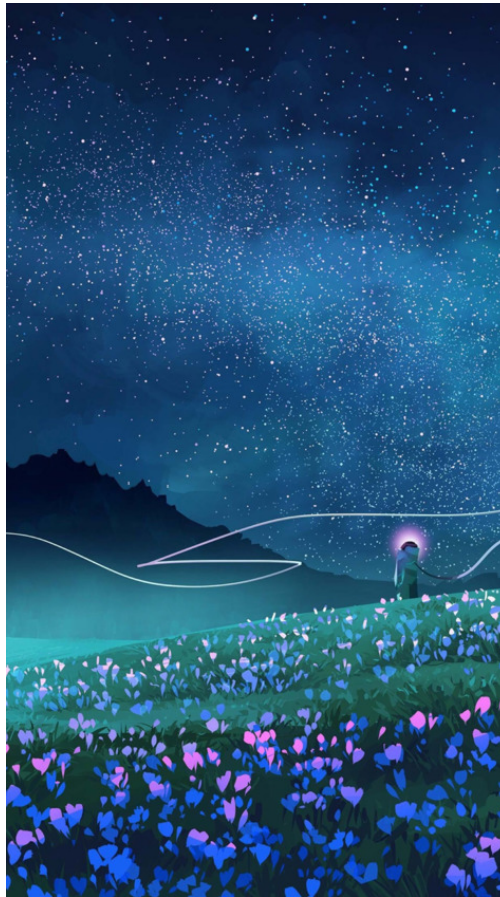
9

— In the world there is an absolute destructive truth, and it is a thousand times more important than whether you managed to get to the first line of the charts or not. This truth is this: if you really want to do something, do not wait when they ask you to.

Do not ask permission.

Do not wait until you are certified or until you are offered a certain amount of money. Instead, it is better to get ready for a possible defeat in advance and spit on what your friends, friends and relatives think.

Whatever it is, whatever burns you from the inside – do it now. Tomorrow is too late. You should not expect that you will be given tomorrow every day.



10

– In this world there is nothing yours. Nothing belongs to you here. Yours is only that which is within you. These are your states, feelings and emotions. They are the main value for you, even if you do not understand. Or often forget.

Do you think you own your things? What did you buy? What was presented to you? This is not true. Your computer, on which you now read this text, from the point of view of the world is a bunch of atoms and molecules, like a litter bin, standing on the street in front of the

entrance. The computer belongs to this world, and he does not know that it is yours. He does not care who it is specifically, even if nobody else. Like all your other stuff.

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