

Bail Yourself Out

*How You Can Emerge Strong
from the World Crisis*



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Michael Laitman, PhD

BAIL YOURSELF OUT:
HOW YOU CAN EMERGE STRONG FROM THE WORLD CRISIS

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The Seeds of the Crisis

The global crisis we are all facing did not begin with the collapse of our financial system. It was actually in existence long before—rooted deep in human nature. To understand how we can bail ourselves out of this crisis, we need to understand why our own nature puts us on a collision course with nature and with each other.



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WITH A MAP AND COMPASS, AND STILL LOST

It was about 9 a.m. when I parked my beat-up Toyota pickup at a parking lot on one of Mount Rainier's northern slopes, and my friend, Josh, and I stepped out of the truck. Our plan was to hike down to Cataract Valley, spend the night there, and hike out the next day. The forecast predicted a beautiful, sunny July day, and we were confident that by late afternoon we would be boiling water for supper at the camp.

Since we planned on being back at the parking lot the next day, our food and water supply was accordingly minimal. But once up in the mountains, you can never know. About an hour into the trail, the weather suddenly changed. Clouds came over the mountain and the view was hidden under a heavy fog. We knew that the trail would lead us down toward the valley, and hoped that the fog would clear as we descended, but we were wrong. Not only did the fog become so thick that we could barely see the trail beneath our feet, but the trail itself disappeared under sprawling snowfields, leaving us clueless as to where we were going.

Unable to see where we were heading and without a clear idea of our location, Josh and I were forced to rely on our limited navigation skills. Reluctantly, we turned to our map and compass for guidance (back then, a GPS was still a top-secret military device). We had two things going for us: we had a vague idea of where we were, and we knew our destination was (so aptly named) Cataract Valley. We hoped we could traverse the remaining five miles of rugged terrain with just our map and compass, but we were already becoming uneasy about our prospects.

We drew a straight line from our presumed position to the valley, set the compass arrow in that direction, and tried to follow it as best as we could.

We knew that at some point we would have to start descending toward the valley, but right now, we couldn't see more than twenty feet ahead, and the ground beneath us showed no sign of sloping. What made things worse was that the gentle meadow we'd been walking on had turned into boulder-strewn hills that forced us to watch our every step.

A few hours later, as dusk began to settle and our fears began to grow, the skies suddenly cleared for a moment. Right in front of us, where we had thought the descent toward the valley would be, appeared the snowy white summit of Mt. Rainier in all its glory.

This was when we realized that we were truly lost. Night was now approaching, and we did not have enough food and water to last us for many days. We knew the park rangers would not begin to search for us until our wilderness permit had expired by several days, and should one or both of us get hurt, we would not know where or how to get help.

As we nervously assessed our situation, our tense voices betrayed our anxiety and we soon began to blame each other for our predicament. For a few moments, our friendship was forgotten as our fears prevailed. But Josh and I had been friends for a long time, and we knew how to overcome trials. After a short, somber discussion, we vowed that

we would find a trail the next morning come hell or high water, and we would find it together. Not wanting to stray any more than we had already, or run into a wandering bear, we decided to stay put and spend the night on the ridge.

To our relief, the next morning dawned with a sky as clear and as blue as the ocean on a summer day. Comparing the terrain in front of us to the terrain and trails marked on the map, we made an educated guess about our position. We realized that if we climbed down from the ridge, we would likely cross paths with one of the trails we saw on the map.

With hopeful hearts, we began the climb down. Three hours later, our knees barely supporting us from sliding down the steep and slippery mountain-side (made even more treacherous by pine needles that cushioned the soil), we were elated to discover a human footprint in the mud. Then we found a trail. And very shortly after, we spotted a little wooden sign that read, "Cataract Valley."

Our sense of relief and joy was indescribable. We knew we were being given our lives back. But even more distinct was the awareness that it was our friendship and the fact that we stuck together that got us out of there. To me, Mount Rainier, and especially Cataract Valley, will forever be a testimony to the power of unity.

ABOUT THE AUTHOR

Michael Laitman, PhD, is a professor of Ontology, a PhD in Philosophy and Kabbalah, and an MSc in medical Bio-cybernetics. He is founder and president of Bnei Baruch and Ashlag Research Institute (ARI), two Israel based international educational organizations with branches all over North America and Canada, Central and South America, as well as Eastern and Western Europe.

On his website, www.kab.info, he teaches free, live daily lessons on Kabbalah and spirituality to an audience of approximately two million people worldwide, simultaneously broadcast and translated into eight languages: English, Spanish, Hebrew, Italian, Russian, French, Turkish, and German. Prof. Laitman also presents regularly on Channel 66, which is distributed by Israel's Satellite TV provider, YES.

ABOUT BNEI BARUCH

Bnei Baruch is a group of Kabbalists in Israel, sharing the wisdom of Kabbalah with the entire world. Study materials in over 30 languages are based on authentic Kabbalah texts that were passed down from generation to generation.

History and Origin

In 1991, following the passing of his teacher, The Rabash, Michael Laitman established a Kabbalah study group called “Bnei Baruch.” Laitman had been The Rabash’s prime student and personal assistant, and is recognized as the successor of Rabash’s teaching method.

The Rabash was the firstborn son and successor of Baal HaSulam (1884-1954), the greatest Kabbalist of the 20th century. Baal HaSulam authored the most authoritative and comprehensive commentary on *The Book of Zohar*, titled *The Sulam* (Ladder) *Commentary*. He was the first to reveal the complete method for spiritual ascent.

Today, Bnei Baruch bases its entire study method on the path paved by these two great spiritual leaders.

The Study Method

The unique study method developed by Baal HaSulam, and his son, the Rabash, is taught and

applied on a daily basis by Bnei Baruch. This method relies on authentic Kabbalah sources such as *The Book of Zohar*, by Rabbi Shimon Bar-Yochai, *The Tree of Life*, by the Ari, and *The Study of the Ten Sefirot*, by Baal HaSulam.

While the study relies on authentic Kabbalah sources, it is carried out in simple language and uses a scientific, contemporary approach. Developing this approach has made Bnei Baruch an internationally respected organization, both in Israel and in the world at large.

The unique joining of an academic study method and personal experiences broadens the students' perspective and awards them a new perception of the reality they live in. Those on the spiritual path are given the necessary tools to study themselves and their surrounding reality.

The Message

Bnei Baruch is a diverse movement of hundreds of thousands of students worldwide. The essence of the message disseminated by Bnei Baruch is universal: unity of the people, unity of nations and love of man.

For millennia, Kabbalists have been teaching that love of man should be the foundation of all human relations. This love prevailed in the days of Abraham and the group of Kabbalists that he

established. If we make room for these seasoned, yet contemporary values, we will discover that we possess the power to put differences aside and unite.

The wisdom of Kabbalah, hidden for millennia, has been waiting for the time when we would be sufficiently developed and ready to implement its message. Now, it is emerging as a solution that can unite diverse factions everywhere, enabling us, as individuals and as a society, to meet today's challenges.

Activities

Bnei Baruch was established on the premise that “only by expansion of the wisdom of Kabbalah to the public can the world be saved from extinction” (Baal HaSulam). Hence, Bnei Baruch offers a variety of ways for people to explore nature and their lives, providing careful guidance for beginners and advanced students alike.

Television

Bnei Baruch established a production company, ARI Films, www.arifilms.tv, specializing in production of educational TV programs throughout the world, and in many languages.

In Israel, Bnei Baruch established its own channel, aired through cable and satellite 24/7.

All broadcasts on the channel are free of charge. Programs are adapted for all levels, from complete beginners to the most advanced.

Internet

Bnei Baruch's website, **www.kab.info**, presents the authentic wisdom of Kabbalah using essays, books, and original texts. It is by far the most expansive source of authentic Kabbalah material on the net, containing a unique, extensive library for readers to thoroughly explore the wisdom of Kabbalah.

Bnei Baruch's online Learning Center offers unique, free Kabbalah lessons for beginners, initiating students into this profound body of knowledge in the comfort of their own homes.

Bnei Baruch's TV channel is aired on the Internet at **www.kab.tv**, offering, among other programs, Prof. Laitman's daily lessons, complete with texts and diagrams.

All these services are provided free of charge.

Books

Bnei Baruch publishes authentic Kabbalah books. These books are essential for complete understanding of authentic Kabbalah, explained in Prof. Laitman's lessons.

Laitman writes his books in a clear, contemporary style based on the concepts of Baal HaSulam. These books are a vital link between today's readers and the original texts. All the books are available for sale at www.kabbalahbooks.info, as well as for free download.

Funding

Bnei Baruch is a not-for-profit organization for teaching and sharing the wisdom of Kabbalah. To maintain its independence and purity of intentions, Bnei Baruch is not supported, funded, or otherwise tied to any government or political organization.

Since the bulk of its activity is provided free of charge, the prime sources of funding for the group's activities are donations and tithing—contributed by students on a voluntary basis—and Laitman's books, which are sold at cost.

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OTHER BOOKS BY
LAITMAN KABBALAH PUBLISHERS

From Chaos to Harmony

Many researchers and scientists agree that the ego is the reason behind the perilous state our world is in today. Laitman's groundbreaking book not only demonstrates that egoism has been the basis for all suffering throughout human history, but also shows how we can turn our plight to pleasure.

The book contains a clear analysis of the human soul and its problems, and provides a "roadmap" of what we need to do to once again be happy. *From Chaos to Harmony* explains how we can rise to a new level of existence on personal, social, national, and international levels.

Kabbalah Revealed

This is the most clearly written, reader-friendly guide to making sense of the surrounding world. Each of its six chapters focuses on a different aspect of the wisdom of Kabbalah, illuminating its teachings and explaining them using various examples from our day-to-day lives.

The first three chapters in *Kabbalah Revealed* explain why the world is in a state of crisis, how our growing desires promote progress as well as alienation, and why the biggest deterrent to achieving positive change is rooted in our own spirits. Chapters Four through Six offer a prescription for positive change. In these chapters, we learn how we can use our spirits to build a personally peaceful life in harmony with all of Creation.

Together Forever

On the surface, *Together Forever* is a children's story. But like all good children's stories, it transcends boundaries of age, culture, and upbringing.

In *Together Forever*, the author tells us that if we are patient and endure the trials we encounter along our life's path, we will become stronger, braver, and wiser. Instead of growing weaker, we will learn to create our own magic and our own wonders as only a magician can.

In this warm, tender tale, Michael Laitman shares with children and parents alike some of the gems and charms of the spiritual world. The wisdom of Kabbalah is filled with spellbinding stories. *Together Forever* is yet another gift from this ageless source of wisdom, whose lessons make our lives richer, easier, and far more fulfilling.

Attaining the Worlds Beyond

From the introduction to *Attaining the Worlds Beyond*: "...Not feeling well on the Jewish New Year's Eve of September 1991, my teacher called me to his bedside and handed me his notebook, saying, 'Take it and learn from it.' The following morning, he perished in my arms, leaving me and many of his other disciples without guidance in this world.

"He used to say, 'I want to teach you to turn to the Creator, rather than to me, because He is the only strength, the only Source of all that exists, the only one who can really help you, and He awaits your prayers for help. When you seek help in your search for freedom from the bondage of this world, help in elevating yourself above this world, help in finding the self, and help in determining your purpose in life, you must turn to the Creator, who sends you all those aspirations in order to compel you to turn to Him.'"

Attaining the Worlds Beyond holds within it the content of that notebook, as well as other inspiring texts. This book reaches out to all those seekers who want to find a logical, reliable way to understand the world's phenomena. This fascinating introduction to the wisdom of Kabbalah will enlighten the mind, invigorate the heart, and move readers to the depths of their souls.

Kabbalah for Beginners

Kabbalah for Beginners is a book for all those seeking answers to life's essential questions. We all want to know why we are here, why there is pain, and how we can make life more enjoyable. The four parts of this book provide us with reliable answers to these questions, as well as clear explanations of the gist of Kabbalah and its practical implementations.

Part One discusses the discovery of the wisdom of Kabbalah, and how it was developed, and finally concealed until our time. Part Two introduces the gist of the wisdom of Kabbalah, using ten easy drawings to help us understand the structure of the spiritual worlds, and how they relate to our world. Part Three reveals Kabbalistic concepts that are largely unknown to the public, and Part Four elaborates on practical means you and I can take, to make our lives better and more enjoyable for us and for our children.

Kabbalah, Science, and the Meaning of Life

Science explains the mechanisms that sustain life; Kabbalah explains why life exists. In *Kabbalah, Science, and the Meaning of Life*, Rav Laitman combines science and spirituality in a captivating dialogue that reveals life's meaning.

For thousands of years Kabbalists have been writing that the world is a single entity divided into separate beings. Today the cutting-edge science of quantum physics states a very similar idea: that at the most fundamental level of matter, we are all literally one.

Science proves that reality is affected by the observer who examines it; and so does Kabbalah. But Kabbalah makes an even bolder statement: even the Creator, the Maker of reality, is within the observer. In other words, God is inside of us; He doesn't exist anywhere else. When we pass away, so does He.

These earthshaking concepts and more are eloquently introduced so that even readers new to Kabbalah or science will easily understand them. Therefore, if you're just a little curious about why you are here, what life means, and what you can do to enjoy it more, this book is for you.

Awakening to Kabbalah

A distinctive, personal, and awe-filled introduction to an ancient wisdom tradition. In this book,

Rav Laitman offers a deeper understanding of the fundamental teachings of Kabbalah, and how you can use its wisdom to clarify your relationship with others and the world around you.

Using language both scientific and poetic, he probes the most profound questions of spirituality and existence. This provocative, unique guide will inspire and invigorate you to see beyond the world as it is and the limitations of your everyday life, become closer to the Creator, and reach new depths of the soul.

Basic Concepts in Kabbalah

This is a book to help readers cultivate an approach to the concepts of Kabbalah, to spiritual objects, and to spiritual terms. By reading and re-reading in this book, one develops internal observations, senses, and approaches that did not previously exist within. These newly acquired observations are like sensors that “feel” the space around us that is hidden from our ordinary senses.

Hence, *Basic Concepts in Kabbalah* is intended to foster the contemplation of spiritual terms. Once we are integrated with these terms, we can begin to see, with our inner vision, the unveiling of the spiritual structure that surrounds us, almost as if a mist has been lifted.

This book is not aimed at the study of facts. Instead, it is a book for those who wish to awaken the deepest and subtlest sensations they can possess.

The Science of Kabbalah

Kabbalist and scientist Rav Michael Laitman, PhD, designed this book to introduce readers to the special language and terminology of the authentic wisdom of Kabbalah. Here, Rav Laitman reveals authentic Kabbalah in a manner both rational and mature. Readers are gradually led to understand the logical design of the Universe and the life that exists in it.

The Science of Kabbalah, a revolutionary work unmatched in its clarity, depth, and appeal to the intellect, will enable readers to approach the more technical works of Baal HaSulam (Rabbi Yehuda Ashlag), such as *The Study of the Ten Sefirot* and *The Book of Zohar*. Readers of this book will enjoy the satisfying answers to the riddles of life that only authentic Kabbalah provides. Travel through the pages and prepare for an astonishing journey into the Upper Worlds.

Introduction to the Book of Zohar

This volume, along with *The Science of Kabbalah*, is a required preparation for those who wish to understand the hidden message of *The Book of Zohar*. Among the many helpful topics dealt with in this

text is an introduction to the “language of roots and branches,” without which the stories in *The Zohar* are mere fable and legend. *Introduction to the Book of Zohar* will provide readers with the necessary tools to understand authentic Kabbalah as it was originally meant to be—as a means to attain the Upper Worlds.

The Book of Zohar: annotations to the Ashlag commentary

The Book of Zohar (The Book of Radiance) is an age-old source of wisdom and the basis for all Kabbalistic literature. Since its appearance nearly 2,000 years ago, it has been the primary, and often only, source used by Kabbalists.

For centuries, Kabbalah was hidden from the public, which was deemed not yet ready to receive it. However, our generation has been designated by Kabbalists as the first generation that is ready to grasp the concepts in *The Zohar*. Now we can put these principles into practice in our lives.

Written in a unique and metaphorical language, *The Book of Zohar* enriches our understanding of reality and widens our worldview. Although the text deals with one subject only—how to relate to the Creator—it approaches it from different angles. This allows each of us to find the particular phrase or word that will carry us into the depths of this profound and timeless wisdom.