

The Point in the Heart

A Source of Delight for My Soul



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MICHAEL LAITMAN





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Foreword

We are living in a very special time. People all over the world are dissatisfied with their lives; they sense that life should offer so much more, and they want it.


This longing is the awakening of “the point in the heart.” We all have it, and now it is beginning to emerge in millions.

* * *

EVERY section in this book is unique and thought provoking, gently and sincerely dealing with the deepest questions that concern all of us today.

In these pages you will also find tidbits from the wisdom contained in *The Book of Zohar* (the essential book in all of Kabbalah) and other Kabbalistic writings. This book does not profess to teach Kabbalah, but rather introduces selected ideas from the teachings. You are about to embark on a journey that will span the depths of the heart, and the height of thought.

The Editor




*The wisdom of Kabbalah
is an advanced science.
It is a science of emotion,
a science of pleasure.*

You are welcome to open and to taste.



The Point in the Heart



*The advent of the “Point in the Heart”
within us heralds the beginning
of a very special adventure,
a journey to a wonderful land*

Succeed Beyond Your Dreams

Imagine for a moment that when you wake up in the morning, you suddenly know the most important law of reality—the law that defines everything.

You understand what you should or should not do to avoid all pain, unpleasantness, and suffering; everything is clear to you, and you awaken to life like a child—full of enthusiasm and without fears or inhibitions. This is precisely how we should live.

And actually, why not? Why do we sometimes fail? Why do we bump into walls, suffer blows, and face problems? Why do we need to be in darkness?

If we discover this most important law, we will have no problems; we'll know exactly how to conduct our lives and how to succeed beyond our wildest dreams.




The Upper Law

The wisdom of Kabbalah is a science that reveals the superior guidance behind the whole of creation.

The whole of reality is guided by one inclusive law, called “the law of nature” or “the law of the Creator.” This is the law of all-encompassing love, harmony, and benevolence. Kabbalah gives us the opportunity to discover this law, and to lead our lives accordingly.

As it is essential to know the basic laws of physics, chemistry, and biology in order to lead a normal life, it is essential to know the wisdom of Kabbalah. Realizing the inclusive law of creation and living by it will spare us suffering, wars, and natural disasters, bringing us to a state of balance and harmony.

**The general law of nature - the Creator -
love and giving**



*Man is enslaved in all his motions,
shackled in iron chains
by the views and manners of others,
who are society*

That is what the great Kabbalist, Rav Yehuda Ashlag,
known as Baal HaSulam, explains in his essay, "The Freedom"



This Marathon Has Run Its Course

We may think we have everything, but everything no longer satisfies us.

We are still playing the game and chasing transient goals, which we envision as pleasures such as money, honors, and power. After all, what else is there to do in this life?


We look at each other and thoughtlessly follow the current trend. We say to ourselves, “If I behave like everyone else, I’ll feel good.” Then, we choose a certain vague, agreeable goal and chase it, hoping to escape the emptiness.

We must be constantly preoccupied or the eternal questions will haunt us: “What am I living for? What’s happening with my life?”

But sooner or later, the point in our hearts will awaken and we will not be able to focus on mundane issues.


Suddenly, we will understand that this chase was prearranged in order to distract our minds from what is most important.

As long as we closed our eyes to avoid truly seeing, we could run along with the crowd.



But we have exhausted our strength. While everyone else is still racing, we have dropped out. It is simply not appealing anymore; in fact, we find it pointless.

Our will has deepened so much, it no longer allows us to settle for mundane goals. This is when we begin the quest for a higher goal.



*“The Light of Klipot” (Shells)
is when it seems to us
that if we had a million dollars
we would be happy*

The Thread to Love

Once, or several times in life,
in each of us,
a point in the heart awakens.

At times it feels like you are empty,
at times you feel
unhappy for no apparent reason.

At other times it is
for seemingly mundane,
worldly reasons, even familial.

You think, "It'll pass;
the storm will calm
and all will be well again."

You may not realize it,
but this is how the point in the heart is
awakened in you.

It is the beginning of the soul,
the first step toward
revealing love.



A Package for You

When a certain thought about the meaning of life awakens in us, it is a sign that the Creator has invited us to contact Him, to touch base.

It is as if a courier were knocking on our door saying, “A package for you!”—This is how the invitation arrives.

We must open the door, accept the package, open it, and from its content recognize its sender and how we should respond to it.

We hear the knocking on the door but we wait, sitting on the couch, too idle to get up. We yell to the courier, “Leave it by the door; I’ll pick it up later.”

This attitude causes the awakening to dissipate, and who knows when will be the next time that we feel a knock on the door of our heart?

When we receive an invitation, we should promptly realize it and go all out to discover what is in the package, find the Sender’s address, and knock on His door.

Revealing the Creator - Revealing the Spiritual World

↙ ↘
Within Us

Here and Now

You cannot take a train ride
to the spiritual world;
you cannot fly there, either,
because it is *within us*.

We need only evoke
the spiritual sensation within us,
sharpen our senses,
and open wide our perception
to what is happening right here.

Then we will find ourselves in a never-ending,
wonderful adventure
that will leave us agape with awe.

And from then on,
it will never stop growing.



The Button

Currently, we are seeing the picture of this world as if we are all watching the same TV channel.

We have become so accustomed to it that we can't even imagine that there is another channel.

One day, it gets a little boring. The point in the heart has awakened in us, and a desire to change the channel rises from within. Previously, we didn't even imagine this was possible.

Gradually, we begin to realize that we can change the channel, but only if we truly want to. Our desire is the button that can change the channel.

As soon as we are ready, the other channel will turn on automatically. It isn't that the first channel will disappear, but that the second one will be added; we will view the first channel, and be aware of the second in the background.

Thus, the two worlds will merge within us into a single, all-inclusive harmony.

Further Reading


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 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.

Wondrous Wisdom

This book offers an initial course on Kabbalah. Like all the books presented here, *Wondrous Wisdom* is based solely on authentic teachings passed down from Kabbalist teacher to student over thousands of years. At the heart of the book is a sequence of lessons revealing the nature of Kabbalah's wisdom and explaining how to attain it. For every person questioning "Who am I really?" and "Why am I on this planet?" this book is a must.

Awakening to Kabbalah

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

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*, Michael 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.

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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.


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.

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.




About Bnei Baruch

Bnei Baruch is an international group of Kabbalists who share the wisdom of Kabbalah with the entire world. The study materials (in over 30 languages) are authentic Kabbalah texts that were passed down from generation to generation.

History and Origin

In 1991, following the passing of his teacher, Rav Baruch Shalom HaLevi Ashlag (The Rabash), Michael Laitman, Professor of Ontology and the Theory of Knowledge, PhD in Philosophy and Kabbalah, and MSc in Medical Bio-Cybernetics, established a Kabbalah study group called “Bnei Baruch.” He called it Bnei Baruch (Sons of Baruch) to commemorate his mentor, whose side he never left in the final twelve years of his life, from 1979 to 1991. Dr. Laitman had been Ashlag’s prime student and personal assistant, and is recognized as the successor to Rabash’s teaching method.

The Rabash was the firstborn son and successor of Rav Yehuda Leib HaLevi Ashlag, the greatest Kabbalist of the 20th century. Rav Ashlag 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, and thus was known as Baal HaSulam (Owner of the Ladder).



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. The unique combination 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 thus given the necessary tools to study themselves and their surrounding reality.

Bnei Baruch is a diverse movement of tens of thousands of students worldwide. Students can choose their own paths and intensity of their studies according to their unique conditions and abilities.



The Message


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, Moses, and the group of Kabbalists that they 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 we be awarded complete redemption” (Baal HaSulam). Therefore, Bnei Baruch offers a variety of ways for people to explore and discover the purpose of their lives,



providing careful guidance for beginners and advanced students alike.

Internet

Bnei Baruch's international 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 Internet, containing a unique, extensive library for readers to thoroughly explore the wisdom of Kabbalah. Additionally, the media archive, www.kabbalahmedia.info, contains thousands of media items, downloadable books, and a vast reservoir of texts, video and audio files in many languages.


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

Dr. Laitman's daily lessons are also aired live on www.kab.tv, along with complementary texts and diagrams.

All these services are provided free of charge.

Television

In Israel, Bnei Baruch established its own channel, no. 66 on both cable and satellite, which broadcasts 24/7 Kabbalah



TV. The channel is also aired on the Internet at www.kab.tv. All broadcasts on the channel are free of charge. Programs are adapted for all levels, from complete beginners to the most advanced.

Conferences

Twice a year, students gather for a weekend of study and socializing at conferences in various locations in the U.S., as well as an annual convention in Israel. These gatherings provide a great setting for meeting like-minded people, for bonding, and for expanding one's understanding of the wisdom.

Kabbalah Books

Bnei Baruch publishes authentic books, written by Baal HaSulam, his son, the Rabash, as well as books by Dr. Michael Laitman. The books of Rav Ashlag and Rabash are essential for complete understanding of the teachings of authentic Kabbalah, explained in Laitman's lessons.

Dr. Laitman writes his books in a clear, contemporary style based on the key 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, as well as for free download.



Paper


Kabbalah Today is a free paper produced and disseminated by Bnei Baruch in many languages, including English, Hebrew, Spanish, and Russian. It is apolitical, non-commercial, and written in a clear, contemporary style. The purpose of Kabbalah Today is to expose the vast knowledge hidden in the wisdom of Kabbalah at no cost and in a clear, engaging style for readers everywhere.

Kabbalah Lessons

As Kabbalists have been doing for centuries, Laitman gives a daily lesson. The lessons are given in Hebrew and are simultaneously interpreted into seven languages—English, Russian, Spanish, French, German, Italian, and Turkish—by skilled and experienced interpreters. As with everything else, the live broadcast is free of charge.

Funding

Bnei Baruch is a non-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.

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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 Dr. Laitman's books, which are sold at cost.