

The Daily Bites

May 2, 2011

The most outstanding Q & A, excerpts, examples, illustrations, definitions, and advice from the Daily Kabbalah Lesson of Dr. Michael Laitman and Bnei Baruch

Daily Kabbalah Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

Then and Today

We need to bring all of humanity to the desire for the Upper.

Today we are in danger of extinction not any less than we were in 1935. And the only way to be saved, for us and for the world, is to advance to the goal of the Creator.

We have no choice but to carry out the will of the Creator, to try to make the correction. It is not in order to be saved from the troubles but in order to bring the whole of mankind to the desire for the Upper.

- from the 4th part of the [Daily Kabbalah Lesson 05/02/11](#), Holocaust Memorial Day (minutes 32-33)

Daily Kabbalah Definition

Definitions in the daily Kabbalah lesson guide a precise, spiritual approach to terms, & disqualify materialized corporeal definitions

Torah and *Mitzvot* (Commandments/Precepts)

What are Torah and *Mitzvot* in spirituality?

"**Torah**" is whatever man, at present, attains in generality towards the general system of humanity through which he receives the illumination.

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"**Mitzvot**" is when a person is involved in the correction of the personal state that he is clarifying and asks the Light to correct his desire from the intention in order to receive to the intention in order to bestow.

- from the 1st part of the [Daily Kabbalah Lesson 05/02/11](#), Writings of Baal HaSulam (minute 14)