

# The Daily Bites

January 3, 2010

*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 Definition

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

### Colors and Letters

What are the meanings of “letters” and “colors” in the wisdom of Kabbalah and what is the connection between them?

“Letters” and “colors” are symbols that Kabbalists use in order to describe the spiritual forces that they attain. Feelings have no words, but nevertheless, in order to give expression for these forces, they use a language. The “letters” are the different shapes in the desire—the deficiencies in the light; through them we discover the light. And the different levels of the desire make the “colors.” It is possible to say that in the different worlds there are the same 22 forms in the desire, but in the world of *Assiya* (Action) they are of the “color black.” In the world of *Yetzira* (Creation) they are of the “color green” and in the world of *Beria* (Creation) they are of the “color red.”

Our goal is to reach the “white Light”—that the *Kli* will be similar to the light. Nevertheless, we attain it from the deficiency, through the same, many deficiencies that we accumulate as we go through them. We reach the complete light through all the possible combinations of the shapes, when including them together we get the same shape as the light that appears outside the *Kli*.

*-from the 3<sup>rd</sup> part of the daily Kabbalah lesson (minutes 25 - 35)*

## Daily Kabbalah Reality Check

*Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world*

### Spiritual Medicine

**What is between a medicine’s curing power and the equilibrium of forces in spirituality?**

We all (unfortunately) are familiar with the situation where we come to the doctor with pains, and we hope that the doctor will prescribe to us the appropriate medication and the pains will

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stop. How, actually, does an appropriate medication remove our pain? There is a complex of forces which operate within us and once the connection between them is imbalanced, when the relation between the forces is not properly aimed, we feel pain. For that purpose we need medicine that will change in us the inner forces, medication that will manage to balance those forces and connect between them in the correct and healthiest way, and as a result of that the pain will be removed.

We do not know what exactly is happening in our body, how the forces merge among themselves and what causes the pain, and we do not know how exactly the medicine works and how it changes the balance of forces inside of us either. We are simply suffering, and therefore we approach a specialized doctor, who is familiar with the processes in our body and the medication's effect and therefore he can help us.

The spiritual world operates precisely the same way. In the spiritual world there is nothing more than the bestowing force and the receiving force and the balance between them. A correct connection between those forces will advance us through the spiritual steps. A person exists between those two forces and feels them in various ways. He feels that they control him and that he must reach a state where he himself will control them, where he will attain the state of equivalence of form with the Upper Force and control those forces like the Creator.

The "doctors" in the spiritual world are the Kabbalists, they are familiar with the correct balance of forces between all components of the spiritual reality, and how they descend through all the worlds down to this world. And they pass on the method to us, the "medicine," the means by which we will be able to know the forces inside of us, we will be able to know how to make proper and balanced use of them, in order to break into and ascend to the spiritual world.