

The Daily Bites

November 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 Tip

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

Free of Worries

What is worthwhile doing in the remaining days before the Congress in order to arrive there in the correct way?

In the remaining days before the Congress, I suggest doing two things: the first is simply to be with us, watching TV and viewing the Internet. The second thing that I suggest is not to be under pressure. It is important to take care of all the external arrangements in order to be completely free next week, so that one or two days before the Congress you are free of any problems. You work as usual, but you have already taken care of all the external things so that you can arrive at the Congress and forget the rest of the world. We must arrive at the Congress with a quiet and freed mind. And during the days of the Congress, it is my world only. I am included there, free, without any external worries. This is most important. All the rest we will do together.

- from the 4th part of the [Daily Kabbalah Lesson 11/03/10](#) (minutes 46-49)