

# The Daily Bites

February 04, 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*

### Accelerating the *Reshimot* (Recollections)

#### How should I react to the emotions that awaken in me as a result of the Creator?

The Creator doesn't change. I change according to the *Reshimot* which change me. The only thing that I can do is to make efforts as the *Reshimot* arise. When I exert, I begin to see the *Reshimot* in me that develop as desirable because I understand that actually I am developing.

I understand that the process isn't simple, since like in all developments, one needs to make efforts. And what is that effort? The effort is to be integrated in the group! Only through the group do I begin to recognize the importance of my development. The group raises in me the importance of the goal and thus I receive strength to suffer the development.

If the goal is important to me, I will be prepared for attainment despite the body that is suffering. The *Reshimo* that awakens in me is the same new state that awakens suffering in me. But if I am included in the general desire of the group, it will be easier for me to accelerate my development.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 02/04/11](#), Writings of Rabash (minutes 17-21)*

## Daily Kabbalah Definition

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

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February 4, 2010

### Contribution

#### **What is "contribution" and what does it mean that the Creator "speaks between the cherubs"?**

"Contribution" is the main spiritual action of the Three Lines, coupling of the third line between the "right" and "left" lines, and to the extent that each one does this, then in each of these actions we stabilize the mutual *Kli* of our soul. And then the result is complete work in order to receive for the sake of bestowal. This means that we assemble the general soul through each and everyone, through each and every desire, trying to transform the intention of "for the sake of receiving" that is revealed to me, into the intention of "for the sake of bestowal." Then the Creator "speaks between the cherubs," between those who are ready to sacrifice, to be sacrificed to the middle line, from the right side of it and also from the left side of it.

This means that we build our general soul by each one giving a "contribution," contributing to the Creator, raising the Creator above the created beings, raising the attribute of bestowal above the attribute of receiving.

*- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 02/04/11](#), The Zohar*