

# The Daily Bites

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*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*

### Practical Kabbalah

#### **What is the practical test from the standpoint of self intentions?**

The practical thing that the wisdom of Kabbalah suggests from the standpoint of a person's real intentions is working in a group that urges for personal development and lets a person see the place where he can attain revelation of the Creator.

Most of the time a person is busy with covering and hiding the evil in him, his hatred for the other, the envy, the lust and honor that control him. A person needs to constantly feel himself, subconsciously, better than others, higher than they in something. This is the unfounded hatred. We must constantly check if we aren't suppressing our ego so that we won't feel badly.

If I don't cover up these things and don't hide them from myself, then I have work to do each and every moment of my life, i.e., each time I feel that way towards a friend, I need to check if I can take this small measurement of unfounded hate that I must feel in a natural way towards each person, and to invert it to a good relation, in love.

If I constantly try to change the relation towards the friends, I suddenly discover that the Creator thus arranges it, and I need Him so that He will arrange things in me, in a correct form. And mainly I discover that everything is just a means to reach Him.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 01/06/11](#), Writings of Rabash (minutes 39-43)*

## Daily Kabbalah Definition

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

### Forms of Spirituality, Education of Form

**What are the forms described in *The Zohar* and what is "education of form," the correct approach to the study of *The Zohar*?**

If one studies *The Zohar* without the intention to discover the spiritual form in each thing described, the form of connection between the souls, then this is called, "external study" and *Klipa* (shell). Then it is not worthwhile at all to open *The Zohar*.

One must yearn to arrive at a connection during the studies and then from within it, it's possible to discover what is written in *The Zohar*. If we connect together, then the connection reveals the correct form which is completely different from that which we could describe before the connection. This means that the connection is actually the place where one can see and feel the form, the intentions which *The Zohar* describes.

Each and every form must be discovered in each and every soul and all of these forms we always discover only in the connection between us because nothing is revealed in the soul itself but only in the connection between the souls. And as a result of the communication between us in our connection together, they then bring us the identity of the Creator. This means the form of the Creator is revealed in the form of connection, and the forms of connection are the same spiritual forms that we learn about.

This approach to studies is called, "education of forms" since its path is attained in how the form dresses in the substance. The substance, the desire to receive, when it begins to connect then it accumulates within it, collects within it, all kinds of forms of joining and combining among the parts. And these forms, all of them gradually, bring us the form of the Creator.

- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 01/06/11](#), Writings of Rabash (minutes 16-32)