

The Daily Bites

May 5, 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

Mutual Assistance

How can we help a friend who is controlled by the ego?

The desire of the friends can influence you without words. In spirituality, bestowal is internal, of course, and the external signs are nearly unable to influence. Also, if a friend is in the states of pride, control, etc. there is no way to arouse him, but only to think of him. This is how it was with the Rabash.

- from the 1st part of the [Daily Kabbalah Lesson 05/05/11](#), Shamati (minutes 36-38)

Daily Kabbalah Definition

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

Curse and Blessing

What are curse and blessing in spirituality?

Everything depends on the understanding of the person, since from the side of the Creator there are no changes from a curse to a blessing and the contrary. But the person who prepares himself discovers, from his efforts, if he arrived at a blessing or a curse and this isn't relevant to the Upper force. It is like a prayer that if I prepare myself correctly, then I attain a blessing and if I prepare myself incorrectly, then I discover a curse. This is the way it is expressed also in the rest of the states and only from the point of view of the person, only from the user.

- from the 2nd part of the [Daily Kabbalah Lesson 05/05/11](#), The Zohar (minute 23)