

The Daily Bites

January 06, 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 Reality Check

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

Keep The Contact

Why do we always examine ourselves in relation to those around us, and how does it connect to the "breakage of the vessels"?

Kabbalists reveal to us that as a result of the "breakage of the vessels" we entered a new reality in which we are not connected in one desire and goal, rather each of us is totally separated from the others, feeling only his own desires and caring for their filling.

In fact the tight connection that exists between us was not totally disconnected, it was totally flipped backwards. Today, too, we feel everything that exists outside belongs to us, but in opposite form, in negation: The more filling I have, I feel more pleasure; on the other hand, the more filling others have, I feel less pleasure, and even suffer. What comes out of this is that my feeling of pleasure is not private at all, it is always in relation to others.

For example, if I earn \$10,000 a month and everyone else makes \$5,000, I have satisfaction. One day the boss decided to give a raise to a few people and now there are some who make \$20,000 and I am still making \$10,000; all of a sudden I feel disappointment. Even though in reality, nothing changed for me. I buy the same things, use the same things, but I can't disconnect myself from others and be calm with what I have. I am always searching for ways to increase my filling. By others having less than me, I get an addition in filling.

In the previous state I felt satisfaction from others having less than me, now I feel disappointment because others have more than me, and it has nothing to do with the amount I got.

This connection exists between us because we are all interconnected in one network that connects us together, there is no way to escape it, and the truth is there is no need to. On the contrary, if we discover this connection between us and learn how to use it correctly, we could "correct the breakage," switch our feeling back to its initial state, and we will get pleasure from the filling of others. The system is simple and is being revealed to us these days. Now it all depends on us.

Daily Kabbalah Tip

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

Receiving Changes From Inside

Evaluate how you are on the inside-receiving changes or not?

Sometimes it happens that you open up a textbook, turn on the television or internet, and you hear, but you are blocked. You are either blocked and do not know what is being talked about or there are situations where you make efforts to stay awake and sensitive, yet, still everything is blocked. This sort of hardening of the heart comes to a person and he cannot open up his heart to the Light's influence. The most important thing is to evaluate yourself occasionally: How am I on the inside, receiving changes or not?

We do not know with which qualities, relations, and desires we advance, and in what form our discernments in advancement should be. It does not depend on us. The important thing is that there will be more connection between the Light that Reforms and my substance. The forms that the substance go through are only a blessing.

It is desirable to reach the worst desires without fearing to be among them, to be only among "his haters." With those who want to disconnect us from spirituality and who appear to us as if they cannot assist us in the work, we must evaluate only thing: Is this the kind of desire which causes me to hate and degrade spirituality?

- from the 1st part of the Daily Kabbalah Lesson

Daily Kabbalah Definition

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

"Torah" and "Sefer Torah" (Book of Torah)

What is the "Torah" and what does the commandment that requires a person "to write a Torah on the board of his heart" mean.

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One of the *Taryag* (613 - numeric value) commandments is that everyone must write a Torah on the board of his heart. It is also written: "I created the evil inclination, I created the Torah as a spice, because the light in it, is the Light that Reforms." What does that mean?

If a man discovers that he has this evil inclination-the desire to receive for himself, he is attracted to the light called "Torah"-the "device" that affects him and corrects his ego.

Everything explained in the Torah explains the same forms, ways, actions, thoughts, affectivity, impressions that our heart-the will to receive, our matter, should go through and receive one by one. The combination of all these forms together gives us the "Torah." If we do the right "writing" of the "Torah" from beginning to end so that all "letters of the Torah" will carve their "shape" in our hearts, then we will correct our ego and reach the final correction.

- from the 1st part of the Daily Kabbalah Lesson