

The Daily Bites

May 6, 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

Sweet Suffering

What is suffering and what do I need it for?

We feel suffering in the place where the ego isn't corrected. Suffering is like pain; the pain itself compels me to relate to the remedy and to cure myself.

This means the pain is an assistance that indicates to me the corruption in me. Thus, one must relate to pain and suffering as a means, and thus to be happy for receiving them because the Light is illuminating for me and focuses me in regards to my corrections.

- from the 1st part of the [Daily Kabbalah Lesson 05/06/11](#), Writings of Rabash (minutes 40-42)

Daily Kabbalah Definition

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

Independence

What is independence in spirituality?

The meaning of independence is to reach equivalence of form with the Creator. This is the only reason for the creation. Everything is expressed in one word: adhesion.

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No one asked to create or not to create the creation and not one of us had a choice in that. There is no freedom in that. Your freedom is only in the utilizing, i.e., that with your correct deficiency, you will reach the same goal that was predetermined.

Independence is when a person rises above his ego with the same Light that he receives. He receives it on the condition that he demands it. Also the Light is on his account. He produces it and also uses it. He receives the strength and begins to correct himself. He becomes independent in that he needs to correct the desire and doesn't agree with that which needs correction. He measures his *Kelim* (vessels) and his abilities and thus he builds himself. This is called independent. Why? As it is written, "to be with freedom in our country," i.e., to be free in my desire, to do with it what I want. "Country" is from the word "desire." That's the independence. When you arrive at that, you will celebrate.

- from the 4th part of the [Daily Kabbalah Lesson 05/06/11](#), "The Freedom" (minute 24)