

# The Daily Bites

June 7, 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*

### Quality Labor

**What is quality labor and how do I encourage myself to give this kind of labor and not to fall into a routine?**

The more a person advances, the lazier he becomes. Everything is harder. But everything is directed like this so that his labor will be of more quality. The lazier I am the more I labor and this is because the lazy person needs to find justification in order to motivate himself, e.g., through increasing the importance of the goal through the environment. Thus, the labor is more difficult and more qualitative. If so, then the person needs to find himself an environment which causes him to make a certain movement, to find justification for the movement.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 06/07/11](#), (minutes 35-42)