

The Daily Bites

July 10, 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

Me or We

To think of others is more effective than to think about yourself.

When a person approaches the attribute of bestowal, he constantly tries to be in the sensation of internality, in *Arvut* (mutual guarantee), that his friends aren't lacking anything and that they strengthen in intention, to persevere and not to forget, since thought about myself doesn't bring correction, but investing in others is always the correct direction.

- from the 5th part of the [Daily Kabbalah Lesson 07/10/11](#) (minutes 46-51)

Daily Kabbalah Definition

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

Filling

What is filling in spirituality?

You have a kind of indentation in the ground and you fill it with water. So every item according to how it protrudes or is missing, more or less, fills itself according to what it is. This is what the Light does. The Light doesn't make calculations with the desire but fills it, illuminates it more, and the desire doesn't make calculation but only the discernments, how close or how far it is from the Light. For example, I right now receive Light with 10 watts more, so according to that I have these and those discernments, these and those desires, these and those thoughts.

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In each one of them I now have a thought and a new clarification according to what is illuminated, and thus I make a new calculation. With the Light that fills me, I don't feel these but I feel the desire, and according to the attributes in it, I feel the Light. The work with the desire is the work with the intention and doesn't change the desires but changes only the intention. What do I care which desires there are, indentations or protrusions within the hole that I fill with the water; it will remain anyway. My problem is only to fill it. This means, what is the big rule of the Torah: "Love the other as yourself." It is the intention that you have.

- from the 5th part of the [Daily Kabbalah Lesson 07/10/11](#) (minute 22)