

The Daily Bites

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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

Environment Aimed at the Goal

If you want to protect yourself against all foreign thoughts, you must be attached to an environment that holds your aim to the goal.

The Kabbalists told us to choose an environment that will give us the feeling of importance of internal attainment, to love them, to connect to them, since they are parts of your soul, and through the mutual reading to invite the light that will produce the inner picture. That's it!

In our efforts to describe each and every word in the next level, from those words, from an even higher level, from a power higher than that, from the root to the branch; we invite and draw the Force that is called, "Light that Reforms." This is so in each level and in each state, with the same principle existing in all the 125 levels that our *Kli* must rise through. Thus we must transfer everything to lights and vessels in an absolute way. There is no such thing as "our world." It is not called "an imaginary world" for no reason.

If you want to protect yourself against all the foreign thoughts, you need to attach to an environment that holds you aimed to the goal. Then the problem isn't in you, but in your connection with the friends.

Daily Kabbalah Definition

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

The Quality of Judgment (*Midat ha Din*)

What is the quality of judgment in spirituality?

Everything opposite to the quality of bestowal is called "judgment." This oppositeness in the qualities, the nature that's opposite to the Creator is called "the quality of judgment."

-from 1st part of the daily Kabbalah lesson (minute 35)

Machsom (Barrier)

What is hidden behind the Kabbalistic term "To Pass Machsom"?

In the wisdom of Kabbalah we learn that everything in reality is incorporated only from the vessel (from the desire) and the Light which reforms this desire into good, into bestowal. From our state, which is the first step, the initial one in which the vessel is completely opposite to the Light; we have to make a spiritual ascent and eventually reach the complete state, to the final degree according to the plan of creation, where the vessel equalizes completely with the Light. In this ascent there are 125 degrees, but the principle of ascent from one degree to the other is the same principle: Making the effort to describe each and every word which is written in the [books of Kabbalah](#) in the language of roots, in its spiritual essence, we invite from the upper level, the next one, to our level, the Upper Force, called the Light which reforms, and this is what raises us.

When it happens to a person for the first time and he starts with each and every word to see only the Lights and the vessels, to reveal the ratio between his lower level to the upper level, he starts to understand the language of branches, to understand how the upper level draws for the lower level its world, this is called passing "Machsom" (the barrier)—a barrier in understanding, perceiving the reality.

-from 1st part of the daily Kabbalah lesson

Daily Kabbalah Reality Check

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

“Out of Zion the Torah will go forth”

What’s the similarity between the plasma TV in your living room and the spiritual “image”?

Question from a Student: During the study I feel it is a great effort to try and keep with the correct thought; many times I have a feeling of disconnected thought, which requires me to retry and make an effort to get back to the right thought; and so on, again and again. What should I do?

Dr. Laitman’s Answer: The wisdom of Kabbalah tells us that spiritual advancement happens within those “ups” and “downs,” or “entries” and “exits,” which a person feels in relation towards spirituality. The faster the pace of state changes, the sharper and richer the sensation becomes. It can get to a point where there can be in one second 1000 exits and re-entries to the right thought.

The same principle exists in a very clear way in today’s technology. For instance, if you have purchased a TV lately, you might have noticed the depiction of “display frequency” (Hz), which is basically the rate at which the TV can change pictures. This aspect has influence on the quality of the picture on the TV, so that the higher the frequency, you can see more details in a second, and thus the image is clearer and sharper.

From this, we shouldn’t be sorry for the multitude of entries and exits, for it is specifically on them that the spiritual picture is built, and the connection with the Creator is established, the One who creates it in us. This is what Kabbalists were writing about when they wrote: “Out of Zion the Torah will go forth” (Zion = exits).