

# The Daily Bites

February 16, 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*

### To Prepare a Place for the Light

**In order for the Light to influence us, we need to prepare a place for it.**

When we read from *The Zohar* and want the holiness to come and clothe us, we must clearly give the Light a place. I must define where I want the Light to be revealed, in what way I want the Light to be revealed, and I must prepare a place for it.

Thus, first of all, one needs to see and discover that the state between the friends is not corrected and afterwards to ask that the Light will come and bestow. The Light needs to dwell between us, in a place where we can discover it.

The correct request, the correct prayer during the studies, needs to be that the Light will come and fill the empty space between us, so that instead of the apathy, hatred and rejections that we naturally have between us, we will feel love and we will feel as one.

*- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 02/16/11](#), The Zohar (minutes 19-22)*

## Daily Kabbalah Definition

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

### The Force of Life, Intention

**What is the force of life that develops the creation and what is the intention that attracts it in the degree of speaking?**

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Each additional level in the development of creation, even in the way of life in our world, comes as a result of the additional Light within the desire. This is the force that resists staying in the present level, that wants to develop and transform itself into something that is opposite from his foundation. This force is called, "force of life."

The creation of this additional force in the development of the creation, comes through clarifications. This is implanted in the cycle of the creation. All the levels in nature except for the level of "speaking," the level of *Adam* (man), make the clarifications and attract on themselves the Light in an automatic way. However at the level of *Adam*, we must make the clarifications on our own and by way of our intentions, we attract the Light. By doing this we become similar to the Creator.

It is not asked that a person build himself as *Adam*; it is requested from him only to clarify, to make a clarification between good and bad and to reach the correct intention. This intention is actually the special act of man at the level of "speaking." All the other acts besides this, besides the intention during the studies, through which the Light is attracted, the force of life which will develop the material, except for that, all the rest are automatic acts which have no choice in them.

- from the 3<sup>rd</sup> part of the [Daily Kabbalah Lesson 02/16/11](#), Talmud Eser Sefirot (minutes 20-30)