

# The Daily Bites

March 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*

### Intention or Thought

**The time of the lesson is the time for intention.**

A person who is adhered to intention 100%, who thinks how he is, the friends, the goal and the lessons combine together in him, do the work for him. It doesn't matter that he doesn't hear what is being said in the lesson or absorbs what is written in the book. The time of the lesson is the time for intention. But there needs to be a request for correction at the end of the intention otherwise they are just thoughts.

*- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 03/16/11](#), The Zohar (minutes 42-43)*

## Daily Kabbalah Definition

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

### Environment

**What is the environment in spirituality?**

At the beginning of the spiritual path, a man only has a point in the heart. It is an important point, his foundation, and from within this point he must add all the rest of the *Kelim* that belong to his spirituality. He receives these *Kelim* from the environment and he by himself doesn't develop anything new. The additional *Kli* comes to him only through the environment.

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The environment is the force that I acquire. It is not a physical environment; it is not just faces and physical bodies. We are speaking here of desire, about force, the force that I receive from them which turns into my desire that is added to the point in my heart. I must absorb from them the desire that is called the importance of bestowal, the importance of the Creator, the greatness of the goal. It doesn't matter how you call it. It can be called tens of different names. All in all, I acquire an additional desire, a desire to bestow. This means that I now exist together with the same desire that I acquired, i.e., together with the environment. In this connection within the new desire, I can awaken the force of the Light that is there in concealment. Then the new desire begins to be corrected via the force of Light that is revealed in it.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 03/16/11](#) (minute 13)*