

The Daily Bites

September 17, 2010

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

How to Build Yearning for the Light That Reforms

It is especially through man's understanding that he is not able to correct his situation on his own, that brings him success.

Man must try uniting in a situation that is called, "the group," to discover to what extent he is unable to demand the correction that he is not able to make. How can he correct the situation? Through the study that brings the person the "Light that Reforms." Only through the correct study will the Light come and correct the person.

A person has a group. He must try to connect to them and to approach the study knowing that through it he will reach the Light and connect the friends.

The moment the Light succeeds for the first time, the moment that it connects the friends of the group to the first degree of connection, the spiritual world is immediately felt **within the connection**; the friends feel the Creator, the Light, and the spiritual world above reality.

And so the group exists; we only have to want to study and hope that it will connect us, and reveal to us the spiritual world. The study of the wisdom of Kabbalah is called "the revelation of the Creator to the created beings in this world."

- from the 2nd part of the [Daily Kabbalah Lesson 9/17/10](#) (minutes 5-7)

Daily Kabbalah Definition

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

Freedom From the Angel of Death

The meaning of what is written that the Torah is called "Freedom from the angel of death."

In the wisdom of Kabbalah, we learn that the goal of creation is that we, in our life in this world, discover an eternal life. Thus, the Torah is called "freedom from the angel of death." This is to say that while we are here in this world, with our family and work and all my corporeal life that ends in death, I can, with the help of Torah, reach "the next world," eternity, completeness, to rise to a state in which I will not feel death.

This is called "freedom for the angel of death." When I look at my body, it is at the animate level and I am at the level of speaking. In this state, I don't feel life or death in my body, and I don't have the feeling of loss of life since I acquire my soul here and not my physical body that is here in this world.

- from the 4th part of the [Daily Kabbalah Lesson 9/17/10](#) (minutes 30-33)