

The Daily Bites

February 18, 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

Intention Above All

What do we need to focus on?

As the conference approaches, we feel an atmosphere of celebration on one hand, and on the other, we enter an attack towards unity. We go through a lot of states. What do we need to focus on?

The main thing is to concentrate on the intention. All the festivity and the atmosphere of celebration are very nice, but we gather internally. It should not impair the physical activities we do, but the most important assembly is the inner assembly. Even when we're having shows and someone performs and pleases the audience, everybody's intention, the performers also, should be in the right place, and the intention should be our first concern above all. Above all.

Food is not that important, nor are the various external events. It does not matter. Only one thing is important: Am I in the right intention, together with thousands more who are with me, and millions around the world who are with us, together? The concern should be only about that.

-from the 1st part of the daily Kabbalah lesson (minutes 68 - 71)

Daily Kabbalah Definition

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

A Chariot Deed (*Maaseh Merkava*)

What is the "Deed of the Chariot"?

"The Deed of the Chariot" is a spiritual action that occurs within the person, when one begins to assemble his soul's connections with other souls. Another interpretation is that the person begins to form his own "image." Besides the point in the heart, man doesn't have an internal structure of his own,

The Daily Bites

February 18, 2010

but his structure is determined by the height, shape, manner and extent of his connection to other souls. "A chariot owner" is a person who puts together the body of Adam by the proper communication with others.

The names of *A"B* are the structure of ZON (*Zeir Anpin and Nukva*) and the letters are called the qualities in which we discover the connection between us and the parts of Adam, similar to the connections and links between cells and limbs in the human body. "The Chariot Deed" is the qualities that are in contact between themselves and are called: *Chabad* (Head), *Hagat* (*Avot*) (fathers), and *Nehi* (*Banim*) (boys), and the way *Malchut* receives from them in the complete form. Meaning, this is about our desires that connect between themselves, together with the point in the heart, and with each one until reaching a whole vessel (*Kli*).

-from 1st part of the daily Kabbalah lesson (minutes 11 - 15)