

The Daily Bites

May 18, 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

The Necessary Labor

Labor until you are worthy, because you can believe in: "You labor; you find."

That which conceals the Creator from us is the lack of our sensitivity. It is possible to raise this feeling only through ascents and descents, through searching and clarifications, i.e., through labor. The thought that I labored and didn't find is an obstacle that is given us from Above so that we will overcome it, but there is nothing like that and it is forbidden to show a friend that you are tired from the inner labor. Labor until you are worthy; believe in: "You labor; you find."

- from the 1st part of the [Daily Kabbalah Lesson 05/18/11](#), Writings of Baal HaSulam (minutes 11-17)

Daily Kabbalah Definition

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

Restriction

What is restriction in spirituality?

Malchut of Ein Sof (Kingdom of Infinity), that brings and feels all the Light that fills it, reaches a point where it begins to feel the One who delegates and thus it is ashamed and makes a restriction. This means that the restriction is the end of the development of the desire. The desire to receive only wants to enjoy. All the lights that it previously received were lights of pleasure and behind these lights it discovers the One who gives the pleasures. This is called that it really reaches the end of the 4th phase of

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the Direct Light, and it begins to feel the root that is above the phases of the Direct Light. It feels the attribute of Bestowal itself, when it touches it. This is already the end of the development of the desire and from now onwards, it needs to develop in the quality of the desire and not in the quantity.

- from the 3rd part of the [Daily Kabbalah Lesson 05/18/11](#), Talmud Eser Sefirot (minute 4)