

The Daily Bites

January 19, 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

The Ray Of Light That Lifts Us Up

What is the Light that Reforms, which is supposed to lift us up?

It is a force that comes to you as a result of your study and your desire. There is a very thin ray of Light that begins to influence you if you “walk” into it. You and your desires take up the whole sphere, but you must find this narrow ray by moving toward the spiritual goal. Then this Light will begin to influence you, returning you to its Source.

The Light comes out of that very goal, and if you attune yourself precisely to this Light, you will come under its influence. It will begin to shine on you and draw you toward the goal along its ray.

What does this have to do with reading *The Zohar* and thinking of the unity of souls? This ray takes root precisely in the source of unity—in the collective soul before its breaking, where all the souls are united into one, in *Malchut* of the World of Infinity. That is why it is so important for you to desire to come under the influence of this Light that Reforms and to feel that you depend on it completely.

In addition, you have to find this ray on your own. It is aimed sharply down from Above, from the World of Infinity, the root of your soul. It spans across all the worlds and reaches all the way into this world, “touching” you. However, it shines from Above only at a specific point in this world, and you have to come to that point by having the right intentions. Only when you find this point will you see that narrow ray of Light shining from Above, and then your soul will ascend along the ray up to its root.

You have to change in order to detect this point. In the meantime, the Light is all around you, but you cannot see it. You will only see it if you find a way inside it; therein lies the challenge.

Daily Kabbalah Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

Zohar Study Hinges On The Unity Between Us

With respect to the spiritual world, we are not divided into smart and dumb. If you were to bring Einstein to [Kabbalah](#), he'd be just as confused as everyone else. Until you acquire the qualities of the next spiritual degree, it is impossible to know it or sense it because it must first become revealed in you. Only then will you begin to sense, and then to understand what it's all about. Indeed, it is comprised of a new set of ten *Sefirot*, which constitutes all new material.

That is why there are no smart or dumb students in Kabbalah. We are all in the same boat, and with respect to the next spiritual degree we are all equal: an intellectual or an ignoramus, a nerd or a dolt, a professor or a student—there is no difference between them. All that's needed is a desire to attain the goal, steady nerves, and patience. Therefore, you should exercise, stay in good physical shape, and focus the rest of your energies on your inner work together with the group.

We've been reading *The Zohar* for two months now, and it's beginning to affect us already. However, right now each of us is fluctuating in his own direction, as though on random, chaotic waves. Unity has not yet been attained; we don't feel that we are parts of one collective movement where a sequence of strong waves washes over us after every lesson, shaking us like a tsunami.

The Zohar must affect everybody in the same way, regardless of how long a person has been studying, in what language, what is his place of origin, sex, or age. The very source that we study must affect every one of us.

For instance, when it's light outside, then everybody knows that it's day and not night, regardless of whether you are a baby, a man or a woman, or even a cat or a mouse. Similarly, we must come to a state of unity where everybody reacts to reading *The Zohar* in the same way, in unison.

Our present goal is to work on our unity, so that *The Zohar* will begin to influence all of us at once, like a single whole. And in so doing we are working to reveal it, for it will only be revealed in a united desire, in the union of the points in the heart.

Daily Kabbalah Question

Q & A segments in the daily Kabbalah lesson provide a deeper exploration of the lesson's topics

Connecting To *The Book Of Zohar*

When I read *The Book of Zohar* I cannot connect to it. What should I do? We have looked forward for so long to this cherished moment when we would open *The Book of Zohar*, but now we feel disappointed.

Dr. Laitman's Answer: Baal HaSulam wrote that there is no better moment in a person's life than when he senses complete disappointment in everything he has done up to this point. He sees that nothing has helped him, that there is no source of salvation and no hope of spiritual ascent if everything continues as is.

Once he reaches this realization, he then reveals a new feeling of hope. However, he does not know who he should rely on. Eventually he realizes that only the Creator can help him, and that's when he cries out: "Save me!" That is when he receives help.

Studying *The Zohar* is not like regular study where you receive knowledge immediately, by the principle, "You apply effort and receive." In this case, another principle comes into force, "You apply effort and *find*."

You probably hoped that as soon as you opened *The Book of Zohar*, miracles would start happening. But nothing can happen in the very beginning. My teacher Rabash gave an example of a man who bought a little gosling and wanted to turn it into a big, fat goose. So he started incessantly stuffing food down its throat. He would stuff the gosling and then immediately check whether it got fatter, which it didn't. He kept stuffing more food into it, but the gosling still didn't gain weight. Smart people told him: "You should wait a month or two to begin to see the difference." The same applies to a child—the parents have to invest a lot of effort before the child can get up, walk, and become strong.

If we observe our soul we'll see that it grows in the same way. When I want my point in the heart to grow into a soul, I have to treat it as a newborn baby within me that has just started to develop. It will take time for a soul to grow out of this point.