

# The Daily Bites

June 23, 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*

### Shame

**A bad feeling is a blow to the ego, and it is especially through it that it's possible to advance.**

When I feel shame I need to be happy. All the bad feelings are blows to my ego and it is especially them that I can invert to a vessel for advancement. If I have support from the side of the group, I will receive on the surface of the bad feelings, the correct thoughts and the correct way to use the feeling in order to advance. We need to think of how to arrive at the feeling of shame, and must perform exercises between us because without shame there is no advancement.

- from the 5<sup>th</sup> part of the [Daily Kabbalah Lesson 06/23/11](#), (minutes 44-52)