

# The Daily Bites

December 23, 2009

*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 Correct Approach To Studying *The Zohar*

What is the right way to approach *The Zohar* and on what should we focus during the study?

At this time, when we approach *The Zohar* we need to approach it as a “Segula” (remedy), as a means for attracting the Correcting Light. We cannot learn anything from the book because a person can learn only what he can investigate. In other words, we can study the spiritual reality only after we discover it. Right now we are at the stage of “double concealment,” before the “Machsom.” Therefore, we need to focus on passing the stage of concealment, namely we need to focus on the desire for revelation.

*-from 1st part of the daily Kabbalah lesson (minutes 43 - 48)*

## Daily Kabbalah Definition

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

### “Hafetz Hesed” (Delighting in Mercy) And “Freedom” In Spirituality

What is the meaning of the Kabbalistic term “Hafetz Hesed” and how is it related to “Freedom”?

In spirituality, to be free means to have the freedom to choose similarity of form with the Creator—to be in a state of “Hafetz Hesed,” of delighting in mercy. The state of “Hafetz Hesed” means feeling completeness in being able to overcome the ego and having no desire to receive for myself. It is a state of being above the ego where we can make a true comparison between the will to receive and the will to bestow.

*-from 3<sup>rd</sup> part of the daily Kabbalah lesson (minute 47)*