

The Daily Bites

January 24, 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

Accelerating Development

At the time of studying, many foreign thoughts enter. Are they beneficial to us, and what is the correct intention that we should be in?

What is important is to accelerate the pace of our development. We need to be worried about intensifying the pace of "changing the states." This means that we must strengthen, even more, the connection with the environment, and according to our efforts to reveal the Light.

On our way there are many intentions, actions, and thoughts that attack. Everything comes to us during the studies and it comes to us from every place. We shouldn't be impressed too much from these thoughts. It is preferable to stay calm.

States of mind, if you were offended or not, is not relevant and not important to us. Everything is the impression from within your ego. The important thing is to accelerate the times.

- from the 2nd part of the [Daily Kabbalah Lesson 01/24/11](#), The Zohar (minutes 39-42)