

# The Daily Bites

June 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*

### Don't Miss Opportunities

**Does a person miss opportunities that come from the Creator or from free choice?**

The Creator doesn't give us time out. When we feel that the connection with the Creator comes and goes, that's from within free choice, from our ego that keeps growing. If we want to rise above the beast in us, we must grab every opportunity in order to strengthen the connection with the Creator. When an opportunity for connection comes, we must open *Shamati*. There each article talks about the connection between me and the Creator, a direct connection to the Creator.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 06/24/11](#), *Shamati*, (minutes 12-15, 20-22)