

The Daily Bites

November 25, 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

What's The Intention

Where is my point of intention?

My intentions are the human in me. I take everything; i.e., my desires, my mind, feelings, hopes, imaginations, the past, the present, the future, etc., mix it all together, and I myself what I want from it all. It is all mixed, I don't understand anything, and I ask, "What do I want?" If I want what is above it, above my life, and ask myself what is worthwhile choosing, then I find the point where I can determine whether to return to the regular life, to the confusion that I don't understand and can't control, or whether to go above the emotional chaos and create a new life for myself. This is my decision. This is the intention. Thus, the intention is the entire person.

- from the 2nd part of the [Daily Kabbalah Lesson 11/25/10](#) (minutes 29-32)