

The Daily Bites

January 26, 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

To Digest And Implement

Anyone who falls must hold onto the loftiness of the Congress.

For the personal advancement of each person, anyone who falls must hold onto the loftiness of the Congress, to digest what went on there and begin to implement it.

Each person has to search for *The Zohar* within him.

-from 1st part of the daily Kabbalah lesson

Daily Kabbalah Definition

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

Zohar

What is the meaning of the word "Zohar"? Why is the most famous Kabbalistic book called by this name and what does it mean "finding *The Zohar* within us"?

Zohar means illumination and sublime. This descends on us from the head of *Arich Anpin* (the face of the World of *Azilut* with the power of the Light of *Hochma*).

The Book of Zohar opens for us this big Light from the head of *Azilut*, from the state of *Gmar Tikun* (End of Correction). The owners of *The Zohar* succeeded to express their attainment in many ways so that the book is capable of bringing the person to open his vessels, to attain this very sublime illumination and that is why it is called accordingly.

Finding *The Zohar* within us means finding all these desires which are still sleeping, which are vague mentally or emotionally, and if we awaken them we shall give this very sublime illumination, which is

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called "Zohar" an opportunity to be revealed within them. While reading *The Zohar*, we have to worry each time to bring more and more of these "Wicked"—the vessels which are not in enthusiasm, spiritual upliftment, and the desire for correction, in order to reveal that everything comes from "Good that does good" and "there is none else besides Him." When we feel heaviness, it's an opportunity for redemption. Bringing ourselves to this work, it is called "opening *The Zohar* inside us."

-from 3rd part of the daily Kabbalah lesson