

# The Daily Bites

June 29, 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*

### **Sit And Do Nothing, Preferably**

#### **Do we need to add intention to the action, or action to the intention?**

Why would you do any action if you don't have an intention? Sit and do nothing, preferably. Act only if you see that by doing so you can advance to the goal. Then operate yourself. When your action is a result of an intention, no forces will be wasted in vain and everything will be toward the eternity which you will attain. In this way, you actualize yourself correctly.

You shouldn't do an action and attach an intention to it; rather, do an intention and in accordance with the intention, examine and determine the necessary action that you need to do.

*-from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 6/29/10](#) (minutes 12-14)*

## Daily Kabbalah Definition

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

### **The Shame Issue**

#### **What is shame and what is its role in the spiritual path?**

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The sense of shame is essential for man in the spiritual path, so he can check himself to see if he is equivalent or opposite to the Creator. If a person keeps sharpening and developing the proper sense of shame—shame regarding the distinctions of "receiving" or "bestowing," then by this he acquires a sense through which he can always be certain that he walks and advances in the right direction.

That sharpness of the correct sense of shame towards the attribute of love and bestowal can be developed only in the right environment. It is very important; it is actually all the essence that the environment should give man—that distinction and the ability to develop it.

*-from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 6/29/10](#) (minutes 9-12)*