

The Daily Bites

December 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

To Imagine a Good State

What should one think about during the reading of *The Zohar*?

To whom it is difficult to think about the text of *The Zohar* and to whom it is confusing, then don't think about it. You can think not about the text but about your spiritual problems, i.e., how you can bestow. How can you connect to others? It is worthwhile to think about how to do it and not why you aren't succeeding. To imagine the state positively and not the negative situation. If you paint to yourself a positive picture, that you are connecting to others, it's the closest to the text that you can reach, and then the text plays in the background. I only need to want that what I think about will now be realized.

- from the 2nd part of the [Daily Kabbalah Lesson 12/29/10](#) (minutes 3-5)

Daily Kabbalah Definition

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

Philosophy

What is philosophy and why does one need to battle against it?

In the wide definition of "philosophy," it is anything that man imagines to himself without any concrete, practical examination. He counts on something that just comes to him, as it seems to him. This means that for every approach to life, in our reality, for ourselves, and without any practical experience, it is

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thus actual. This is called, "philosophy." Thus in each one of us there is also "a big philosopher" that has something common with the scientist.

Thus this abstract approach, that according to it, everything that comes to a person's imagination and to his mind is the form that exists, is opposite to the wisdom of Kabbalah and thus we must battle against it.

- from the 4th part of the [Daily Kabbalah Lesson 12/29/10](#) (minutes 3-6)