

The Daily Bites

August 31, 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

Read, Understand, Intend

What should I focus on during the lesson?

If someone has a problem, both in following what's written and in keeping the intention, it should be understood that keeping the intention is more important. It is not always possible to be concentrated on both things and when there is difficulty, one needs first of all, to worry about the intention.

First of all, one needs to think of what he wants to attain from what he is doing and then understand that what he wants he can receive from within the connection with the friends. And then comes the question of what he wants to receive from within the connection with the friends. The question is the revelation of the mutual force of bestowal between us in which we will discover the root of the state that is called "Creator." This is called: "Israel, Torah, and the Holy One blessed be He, are one."

I need to be in connection with these attributes as much as I am able. If I cannot, then not. It is enough to hear *The Zohar* even if it only goes past my ear. The main thing is that I am present at the shared reading. It is enough to be in a group that engages in it, like a small child within a group of grown-ups.

-from the 2nd part of the [Daily Kabbalah Lesson 8/31/10](#) (minutes 22-26)

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Daily Kabbalah Definition

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

Righteous And Wicked

What are "righteous" and "wicked" in terms of Kabbalah?

"Wicked" in terms of Kabbalah is a state of "heart" of a person, his desire to receive that controls him. And when the attribute of "man" (the intention in order to bestow) in him strengthens and controls his heart, then in this state, man is called "righteous."

He is called righteous because he has two opposing things: the desire to receive and the intention for the sake of bestowal, and from the beginning he justifies the Creator that he is in this split even though he doesn't understand and is not able to grasp these two opposing things together.

-from the 1st part of the [Daily Kabbalah Lesson 8/31/10](#) (minutes 23-36)