

The Daily Page

June 2, 2010

*Taken from the Daily Kabbalah Lesson
of Dr. Michael Laitman and Bnei Baruch*

The Ladder Of Reshimot Leading Us To Infinity

Question: Why, ever since we started studying *The Zohar*, do we experience so many ups and downs, and why are they so strong?

Dr. Laitman's Answer: We feel these fluctuations because we are now entering the process of healing. Each time when I feel an ascent or a descent, it signifies that I have realized one more *Reshimot* (a spiritual record).

I don't know how many *Reshimot* I have. Yet, I have to go through all of them one by one; I can't jump over or skip any of them. I have to realize all the *Reshimot* on my path, moving by the chain of *Reshimot* from this world to the World of Infinity. And the path to the World of Infinity is the path of my connecting with other souls into a single whole, so as to discover the Creator there.

For this reason all the states that I'm going through signify my realizing the *Reshimot*. Hence, the faster one experiences the changes, the better. The most important thing is to continue.

Here we have to act above reason. We need to set an exact time for the studies, for disseminating Kabbalah, the group work, and unification with the friends. We should remember the goal throughout the day, and remind ourselves about it with an alarm clock or a text message. We should use all possible means to realize some more *Reshimot*, one after the other. This way, "A penny after a penny adds up to a big sum."

-from the 1st part of the [Daily Kabbalah Lesson 6/02/10](#)

The Healing Light Of The Zohar

Question: From what part of the spiritual world does the Light of *The Zohar* come down to us?

Dr. Laitman's Answer: It comes from *Rosh de Arich Anpin* in the form of the Surrounding Light, for the Light of *The Zohar* is the Light of Infinity, the upper shining. This Light does not "come to us," but rather shines upon us "from afar" and brings us back to the Source. It shines upon us through all the worlds that reduce it, and illuminates our desires that are opposite to it.

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This is not the “direct” system of connection based on the screens and the Inner Light received, whereby the Light is revealed to the measure of one’s ability to bestow. Rather, since I don’t yet have the screen, the Light acts upon me from afar, and not to the measure to which I can receive for the sake of bestowal, but in the measure I can heal myself with its help.

Sometimes a person comes to a doctor who tells him: “What can I do? You need a very strong medicine, but your body won’t be able to endure it.” It happens with older people or with people who were seriously hurt. The cure exists but one’s body is too weak to take it; it can’t digest it. It may harm a person rather than help him.

The same applies in regard to the Surrounding Light, which acts upon me only to the extent to which it can heal me, that is, to the extent that I can endure it. This is because I receive the Light, the property of bestowal, as poison, as death to my egoism.

-from the 2nd part of the [Daily Kabbalah Lesson 6/02/10](#)