

The Daily Page

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

The Creator Speaks To Us In The Language of Sensations

A Question from a Student: The Creator speaks to us through our own sensations. What can you tell us about this language?

Dr. Laitman's Answer: A person has to get to know himself. He must make a demand of outer forces to help him analyze himself, to go inside himself as deeply as possible, and to find out why he is the way he is, and who he really is deep down. There, at the very deepest point within, one finds the Creator, his own root.

We imagine a huge world and the Creator outside ourselves. We think that there are all kinds of things outside us. However, all this exists only to make it easier for us to start exploring and understanding ourselves.

The Language Of The Spiritual World

It makes no difference what language you use to study the science of Kabbalah. This does not affect the connection between the Creator and the created being. You don't have to know Hebrew.

All four languages used in Kabbalah (the languages of the Tanach, Halacha, Hagaddah, and Kabbalah) are not really comprised of the shapes of letters, the words, or the Hebrew expressions. Rather, a language is a connection between the created being and the Creator, or between the desire and the Light that activates it. The connection may be externally expressed as the *moo* of a cow or the smile of a baby, or even without any external expressions.

What matters is how your heart reacts and speaks to the Creator. You don't have to write or saying anything. The truest language is your desires, which take on various forms depending on their similarity to the Creator.

There are no forms, sounds, smells, or movements in the spiritual world. The entire language of connecting to the Creator is your degree of similarity to Him, as well as how much you desire this similarity, how doubtful you are about it and how much you strive toward Him.

But none of this is related to the spoken language used by people in this world.

Building The Correct Approach To Every Situation

We want to reach a state where even if we do not want to, the group's pressure, our obligation toward it, will press us to ask: What will be with us? And this will slightly advance us. The group must not agree for one to be in a bad mood, to not be able to correctly respond to the Creator's invitation to advance. If we look at every single thing in our lives this way, we will discover our dialogue with the Creator.

The Creator speaks to us in emotions, changes various impressions within us, and demands us to respond to what He changes in us – how do I feel? How do I approach what I feel?

By placing before me the world, me, the environment, and my different feelings, He demands that I respond to it. How? With "there is none else besides Him" and "good and doeth good," and to adhere to Him. After the correct processing, after building my attitude, I must receive everything with joy, with love, with an open heart; I must unite with Him in this. This is called rising to the upper, spiritual level which He presented to me in the beginning, except I changed my approach to the situation and that allowed me to see it as good. This is how we advance.

Learning To Walk In The Spiritual World

When we teach a baby to walk, we stand him on his feet and encourage him to take a step, then another, and so on. But with regard to our spiritual development, we are unable to take even one step on our own. The Creator places us on our feet and holds us up so we would be able to walk, but we get scared and don't understand anything. We are left simply unable to take even one step forward!

And that is for the reason that every step forward in spirituality goes against our nature, and therefore we don't understand how to take it. There are no efforts that can help in this regard. The only thing left to do is to ask the Creator to show us how to do it and to give us the mind and strength to act as He does.

So, all we have to do is ask Him! The Creator doesn't need us to carry out any actions on our own. What He needs is for us to understand that we have to learn from Him about how to become similar to Him. He wants us to ask Him for help because then we will have a connection with Him.

Throughout the entire path that we have to transverse, we are never able to take even one step forward on our own. That's because every step takes us higher, into a new world, and that is something we don't have a desire for; and we also lack the necessary screen and Light.

We only discover new states and find ourselves facing a dilemma: run back where we came from, to our earthly lives, or ask the Creator to take us forward? Everything else we need to advance has already been prepared from Above – everything besides your request!

But it's really not so easy getting to that point of making that request. It seems simple, but this is where everyone gets stuck.