

The Daily Page

July 12, 2010

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

The Prayer Of The Stony Heart

Everyone knows what prayer is. It exists in all the religions and cultures. People turn to each other with prayer begging for something. Prayer can be directed at people or at the Upper Force (however a person imagines it).

Prayer contains great power because when a person feels that he is in a dead-end situation, a true prayer for help bursts forth by itself. This is a natural reaction that we call prayer, a plea, or a cry. There is also a prayer of gratitude that pours out of the heart. This action awakens enormous inner reserves of a person and brings about healing, the ability to overcome obstacles that seem insurmountable.

However, in Kabbalah, "prayer" is not just any plea, but a request for correction, for attaining the goal of creation. Prior to our fall from the sensation of the Creator, we did not have prayer books because people felt the Creator and every person turned to Him from the heart, according to the verse, "A person's soul teaches him." Everyone knew what he needed to discern and what he needed to do in order to come closer to the goal, to unite with the Creator and attain equivalence of form with Him.

This was the case before the destruction of the Temple because the entire nation lived in the higher sensation and felt what needed to be asked. The sensation in people's hearts was essentially the prayer. People lived by the principle, "Whatever one feels in one's heart is what one speaks."

People felt in their hearts an aspiration for bestowal, love for the neighbor, love for the Creator, and equivalence with Him. This was felt by the heart and therefore words were not needed. Expressing this verbally is often done for us in order to hear ourselves and to understand what our heart feels.

This was a time when we were in a corrected state. However, then the Temple was destroyed, in our hearts, due to the general fall of people from "love for the neighbor" to "unfounded hatred for one another." Thus, we stopped being similar to the Creator and lost equivalence of form with Him. Therefore, he disappeared from our sensation, and we started asking on behalf of our egos instead of our own correction!

The Daily Page

July 12, 2010

We ask for things that are requested by the new desire that has taken over us, our egoism. And what can egoism possibly want? It wants to feel good and for others to feel bad, since then it will feel even better compared to them!

That is how our new heart, "the stony heart," operates. Obviously, we don't attain the true prayer until we correct our desires. But on the other hand, we still have to know what the true prayer has to be in order to understand it at least with our mind, if not with the heart, and to advance in this direction by correcting our qualities.

That is why Kabbalists composed a prayer book for us: so we would know what to ask for.

-from the 1st part of the [Daily Kabbalah Lesson 7/12/10](#)

The World Is Built By Our Prayers

People think that **prayer** relates to **religion** and religious people, and that it is removed from regular, secular people. But that is not true! All of our external garments, physical bodies, and objects surrounding us in this world are expressions of desire. There is nothing but desire, which creates all these clothings for itself.

Therefore, without being aware of it, we determine our entire lives with our desires, including what state we will enter in the next moment and how we will experience this reality! Whether we want it or not, we are all always praying, or asking for some kind of **fulfillment** for our desire. We do it completely unconsciously. I don't have to pray for someone or something intentionally. Desire comprises our entire inner essence, and my sensation that I lack something is called prayer.

We want something at every moment. That is how we influence reality, which contains nothing but desire and the force of desire. This means that at every moment I want something and I pray for it. Our desires connect with one another and control the entire universe, continually producing new pictures and new states for us.

We build this world with our prayers! Therefore, the only thing we need is to change our requests, despite the desire of our heart. Then we will reveal a new world because the whole world is the sensation inside my desire.

The Daily Page

July 12, 2010

The science of Kabbalah is named after the word “*Kabbalah*,” reception, because it talks about what you will receive the next moment. Only you determine what the next moment will be, what you will receive and feel in it. Will you be able to change your vision of the world, directing your desire in the necessary direction (which is called prayer)? If you change your prayer so that instead of desiring what you desire now, you desire the right thing, then you will change the entire picture of the world and all of reality.

-from the 1st part of the [Daily Kabbalah Lesson 7/12/10](#)