

The Daily Page

November 23, 2010

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

Don't Let Yourself Fall

I see how many people who felt great excitement at the Convention are experiencing fatigue and depression now that it's over. Why did everyone feel such an elevated mood? It was because we were under a powerful influence from the environment. So what is it that now prevents us from feeling the same way?

Now we have to work on our own to create a powerful environment for ourselves. At the Convention this happened by itself thanks to the enormous force of influence from the great mass of people who spent so much time preparing for these special moments, the three days of the Convention. Our preparation worked, together with the great help that we received from Above (*Itaruta de Leila*).

Now each of us personally as well as all of us together must make the same efforts. Then we will feel that we are advancing just as powerfully as we did at the Convention! We will be able to make great leaps along the path; otherwise we will stretch out over a year or even years what we can achieve within a week.

If a person feels a descent, it's a sign that he is not connected to the environment and does not sufficiently awaken its influence upon himself! In addition, the environment as a whole does not sufficiently worry about the general inspiration to ensure that it's never any less than it was at the Convention.

Why should we suddenly fall? We should always remain on an ascent, and we are able to do that! We should not agree with the fact that we have lost this general mood.

From the 4th part of the [Daily Kabbalah Lesson 11/23/10](#), "Body and Soul"

The Creator's Call Sign

Question: People often ask me what is [Kabbalah](#) and I try to explain its essence and purpose. In response many people admit, "Yeah, I also feel that way. Yeah, I know what you're talking about." So does this mean they have a [point in the heart](#)? How do the people who have this point differ from other people who are also looking for something?

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Dr. Laitman's Answer: The point in the heart is a part of the [Creator](#). When it becomes revealed in you, you hear a “call sign” calling you to Him.

We recognize the point in the heart when it brings a person to the science of Kabbalah, to the place or the net where all our points come from. Kabbalah is not the [books](#), but the wisdom and the program of the common system. Kabbalah books bring you the force of this program and you use it to enact the first spiritual impulse.

In reality you have never left this “system of governance.” You are always inside it, connected to others, and your common body is alive. It is *Malchut* of the World of Infinity, which really exists, although you do not feel how you belong to it.

Instead of feeling its main window, you feel yourself as being in a completely different “window.” You are in the same place, but you perceive a different world, devoid of the common interconnection. There are two windows: one is the natural, correct, true, and deep one, and the other is virtual. Right now my screen is occupied by our illusory world, but alongside it there is also an inner screen where we are all in the [state of Infinity](#). This is what the Kabbalists talk about.

I aspire to it with my point in the heart, wanting to go from the virtual screen to the real one, to the place where I am connected to everyone. If my point really has awakened, I find myself in the [group](#). I open up books that talk about this inner screen, and while reading them I evoke [Light](#) from there that begins to advance me.

However, if a person does not care about Kabbalistic books and unity in the group, if he does not feel the inner need for this, then he does not have a point in the heart. He imagines all sorts of things and looks for spirituality in India, or in different religions and faiths, in meditation, in New Age, and so on. In contrast to this, a person with a point in the heart is unable to leave the path any longer. He can “take a break” due to various problems, but he will never exchange his point for anything else.

From the 4th part of the [Daily Kabbalah Lesson 11/22/10](#), "The Essence of Religion and Its Purpose"

