

The Daily Page

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

Opening Up To The Light's Influence

I have been hearing reactions that people find it very difficult to read *The Zohar*. They don't have the patience for it; they lack connection with the text and the taste for it. I agree with all these complaints because if that's how a person feels, there's nothing you can say in objection. However, we have to take an example from our regular lives and how naturally we enter this world.

How do babies learn to live in this world? They simply listen and watch everything, without understanding what is happening to them. Thus, they involuntarily establish connections with the world, and naturally, with the help of the Light, they receive all the notions, language, and understanding of this world.

If we knew how this whole process happens to a person in this world and all the mechanics of it, then we would understand that we go through the same thing in spirituality. It is the only possible development; it happens naturally and enables us to enter an additional world, the spiritual world. Granted, the process is easier for babies in this world because they have already been born into it and all they need to do is assimilate knowledge and sensations of their surroundings, according to the nature of a newborn. We, on the other hand, have to learn the systems and acquire the sensations of a world that is opposite to our qualities.

We don't even know what this opposition means because we are completely separated from the spiritual world. Therefore, our entrance into it must happen even more naturally; that is to say, it must happen exclusively with the help of the forces of nature, because on our part it is impossible to understand or feel it in any way ahead of time.

On the contrary, we have to rise above all of the understanding and sensations that we already have by virtue of the force of bestowal. This is called, "faith above reason." We have to make these efforts, and desire to belong to the spiritual world above our feelings and our mind. We have to desire for it to influence and develop us, to give us a new heart and a new mind instead of our current, material ones. That way we will reveal ourselves above our current nature. We will then desire to remain open and to absorb everything that the Upper Light is able to do to us.

What Should A Woman Think About?

Question from a Student: What intention should a woman have while studying *The Book of Zohar*? Should she try to find what the text is talking about within her? Should she desire for the book to influence her? Should she think about connecting with others or ask for the men's unity? Or should she simply focus on supporting the men and disseminating, since studying is not as important for women?

Dr. Laitman's Answer: The most important thing for a woman is dissemination. But to do it she has to know what to disseminate, feel the importance of dissemination, and have the energy for it. Undoubtedly, for a woman dissemination is the only means of advancement. Otherwise she is like a woman who does not give birth to children.

The role of a woman in our world is to give birth to offspring, and a man's role is to provide the woman with everything she needs in order to give birth. That is, he has to build a house and give her everything that is necessary, provided it is for this purpose. This is how we are built and how we exist. A woman is the central point around which everything revolves because she gives birth, which is the most important act of our existence on earth.

Birth in spirituality is dissemination because this act facilitates spiritual birth. That is why it is the most important thing for a woman. However, in order to disseminate, she has to participate in the study process and study *The Zohar*. However, for her, all of this must be a means for dissemination.

With men, on the other hand, study, dissemination, and most importantly unity, are all means for acquiring the right intention. That is how the male and female parts of creation complement each other.