

Kabbalah on Love

Michael Laitman Top 10 Q&A Series From [Michael Laitman's Personal Blog](#)

#10

Question: If people learn to live in our world according to the law, “love your neighbor as yourself” and will defeat their egoism, then what will our world look like? After all, corrected souls do not return to this world.

Answer by Michael Laitman: The entire corrected humanity will rise as one whole to the state of the World of Infinity.

#9

Question: How can love between people be a law if love is about a person's feelings?

Answer by Michael Laitman: Desire is the material of creation. Desire is a force - a force of attraction and a force of repulsion. There are laws in the world that are obvious, and we obey them involuntarily. Other laws are still concealed from us, and thus we do not obey them yet. But if they do become revealed, it is best for us to learn them quickly and start obeying them.

What is “love” in our world? It's when something awakens a feeling in me that I might get pleasure from it. I then aspire to this thing, to this spark of light. I want to get closer to this light and connect to it, so it will fulfill me. The pleasure can come from food, sex, family, money, power, or knowledge. But what do I really connect to? I connect to the spark of pleasure that enters my desire for pleasure. This is what “love” in our world is.

In Kabbalah, “love for your neighbor” does not mean that you like someone's face, personality, or status, although this is exactly how people interpret love for one's neighbor in our world. The latter is not love for **your partner**, but just a feeling of attraction to something that fulfills **you**.

True love is when you fulfill the desires of another as if they are your own. This means that you love your neighbor rather than yourself. It is when you work with and fulfill his desire. This is love for one's neighbor.

#8

News Report (from BBC News): “Is love just a chemical cocktail?” Writing in the respected scientific journal Nature, Professor Young argues that love can be explained by a series of neurochemical events in specific brain areas. ... Researchers have found that oxytocin is involved in the bonding of male and the female prairie voles, which like humans, form an intense bond with each other that lasts for a very long time.

Answer by Michael Laitman: Love, like any other feeling, brings about physio-chemical reactions in the organism. Otherwise, we wouldn't feel it. However, these reactions are just an external manifestation, or the result, of our feelings.

Scientists are solving our problems backwards: they suggest influencing our feelings with drugs or chemicals. Science is approaching the situation from the only angle that it is able to.

On the other hand, Kabbalah explains that the foundation of all matter is the desire to enjoy. Furthermore, Kabbalah teaches us how to change our desires and control them. Then we will be able to control all other changes, which are just the results of the desires and the changes happening to them.

The division of nature into the still, vegetative, and animate levels is also nothing but a gradation of the desire to enjoy - “to preserve oneself and to develop,” or “to draw closer to what's beneficial and move away from what's harmful.”

Science cannot unlock the mystery of love - this cannot be solved with chemical means. Kabbalah, on the other hand, teaches us how to change our feelings, and even to ascend above them. In our transformed feelings, which will change from hatred to love for the neighbor, we will perceive “the world outside of us” - the Upper World, a state that's eternal and independent of our bodies.

This is love, but not the corporeal type.

#7

Question: What is the spiritual root of unrequited love?

Answer by Michael Laitman: There is no such thing as unrequited love in spirituality! It exists only in our world, when one's egoism doesn't feel that it could be fulfilled by one's partner. It's because our egos distance us from one another, and everything is built upon using one another.

However, when there is a spiritual connection, then everything is built upon bestowal and complementing one another. To the degree we are corrected, this definitely happens.

#6

Question: What is “the suffering of love”?

Answer by Michael Laitman: There is no love in our world. What we call love is the aspiration for pleasure, or to be fulfilled by pleasure. In other words, corporeal love is one's attitude to that which gives one pleasure. It is measured by the degree of one's fulfillment from the source of love.

Spiritual love works differently. It's when a person rises above his egoism and no longer depends on it. He then begins to perceive the desires of others as his own, and unites with the entire desire that was created by the Creator (with the common soul, *Adam*).

Once he acquires this property of bestowal and concern for fulfilling desires outside of him, he then finds the Creator - the general quality of love, inside this common desire. In this case, "the suffering of love" is when one suffers because he still doesn't love the Creator, or in other words – because he is not inside the property of bestowal completely.

#5

Question: In the U.S. there are a great multitude of cultures and ethnicities living among one another. Though each is obviously interconnected and relies on a certain level of interdependency for collective survival, racism (particularly between European descendants and African descendants) is very much a strong reality here. This can be seen in the topics that repeatedly emerge in the midst of this presidential election. How does Kabbalah interpret this? What is at the spiritual roots of this corporeal tension between lighter and darker people?

Answer by Michael Laitman: People dislike those who are different from them. This is the way our egoism is. There is a law of similarity in nature according to which similar objects are attracted to each other, regardless of their properties' level of similarity. Only by correcting egoism, and making full use of it, will we reach the point where people will stop noticing the differences between various properties and objects. This is because the correction of egoism lies not in its elimination or replacement, but in using it differently – where everyone can express themselves to their fullest, and the only change is in the aim of their expression. Instead of aiming their expression at themselves, they aim it at our common goal of adhesion with the Creator - the quality of bestowal and love, above our nature. When such a change happens, people no longer have anything to complain about: the past opens up to them and they see that there was never anything that depended on them... they see that "love covers all sins."

#4

Question: There are people, groups, and organizations that see themselves as one whole and close to nature. They say they love each other, plants and animals. Is this "love your neighbor?"

Answer by Michael Laitman: "Love your neighbor" is a law of Nature, a condition in the world around us. This condition is suddenly being revealed to us now because we have grown into it, similar to a child that grows up to be an adult and suddenly has to abide by the laws of the society.

Imagine that all the media channels suddenly announced that everyone has to follow the law of “love your neighbor” by the end of the year, and anyone that won’t be able to do this will be executed. This is not funny at all - this is the condition Nature has set for us. However, we are unable to see it.

So, what are we going to do? We have to learn how to attain “love for your neighbor.” We must find out what this law means, what Nature wants from us. We cannot avoid this law - we must learn it. But how?

Through studying. This is the only means that will enable people to understand that there is no place to run and the only solution is to be corrected by a special force of Nature. This special force influences a person who desires to be corrected, to attain the degree of “love your neighbor.”

It is like a wave or frequency among billions of frequencies, and you will perceive it only if you desire it. Nature requires you to tune in to the frequency where you will feel that the only thing you want is to love your neighbor! Then this force of Nature will come and correct you.

All other attempts will lead us to a crisis, in order for us to find this path to the goal. Other directions are gradually dwindling all around us. This is called the “Egyptian plagues,” and they will eventually make us see that there is no other choice. When we find ourselves in total darkness, we will be willing and eager to run away and attain just one thing – “love your neighbor.” Where did the people run to from Egypt? Only to love, as evidenced by the unity that later took place by Mount Sinai.

#3

Question: We know how to “love” for the purpose of receiving love in return. But what is it to “love your neighbor as yourself?” How is this love different from the egoistic “love?” We do not know this “Supreme Love.” How are we supposed to implement it in our daily life?

Answer by Michael Laitman: The study of Kabbalah involves all the actions that attract the next, more advanced state. Otherwise we are pushed toward the same state by suffering. Our task is to aspire to this state before the suffering will push us from behind and make us aspire toward the next level just to avoid the suffering.

So, only the force that attracts us to the next state, called the Upper Light (*Ohr Makif*), is able to “explain” to us what is “genuine love” - love for someone other than yourself.

#2

Question: When a person realizes the evil within him and changes to be an altruist, how can he live and survive among others who are egoists?

Answer by Michael Laitman: By loving them! It’s because he will be corrected and his attitude toward everyone else will be equal to the Creator’s attitude.

#1

Question: What is love characterized by?

Answer by Michael Laitman: Love is characterized by giving. I love - means I give; I enjoy from pleasing the other. How could it be that I please the other? What do I please him with? With my attitude toward him. How can he receive pleasure from me? Only if he loves me. In this case, if I relate to him with love, he receives pleasure from it. However, if I don't love him, I will perceive his good attitude toward me as hatred, and this will push me away from him even more.

The Creator relates to us with love from the very beginning, and that is why we express our love only toward Him and in relation to Him - to fulfill Him, to please Him - *because* He loves us from the very beginning.

This cannot exist between people. Only if we uncover the connections between me and the Creator, if we desire to be connected, so that the feeling of love for Him would be revealed in us, only then can love and unity emerge between us. That's because it feeds on His love, meaning there must be three forces together, "I - another - Creator," otherwise there are no grounds for love. There needs to be someone who initially supplies love to all who desire it! Therefore, we will attain love only if we incorporate the Creator in the connection between us.

Love cannot be one-sided. To love - means to please another with my attitude towards him, and this is possible only if he loves me from the beginning and receives pleasure from my attitude toward him. Thus, love can only exist between man and the Creator, because the Creator loves man from the beginning. Moreover, love is possible between people if the Creator is present between them. Therefore, love for one's "beloved," animals, children - isn't love, but an expression of our attitude toward them. It is because I fulfill another's desire for "something," but I do not fulfill one's love for me, because it doesn't exist. This is why love can only exist if the Creator is present within us as the source of love.

Therefore, the condition of the mutual guarantee (*Arvut*) creates in everyone the certainty that the Creator's love will be revealed and serves as collateral for the success of mutual love, which will unite everyone. It is precisely when man no longer needs anything that he can be fulfilled with love, and have the opportunity to express his love, like the Creator. It is precisely when every person receives the feeling of independence and security (*Arvut*) for the future, that the opportunity appears in the person to develop the love for his friend, to express love for another.

Related Material:

-  [Toward Integral Consciousness](#) - Modern science and ancient wisdom representatives meet to discuss the need to discover universal love
-  [The Table of Free Voices](#) - 112 global representatives meet to raise awareness of human oneness
-  [Why Can't We Just Get Along](#) - The reason why we can't love each other in our present state, and what we need to do to achieve it