



ONE Convention Preparation eBook

Version 1.0

Table of Contents

1. Goals of the ONE Convention
2. Who Is the ONE Convention For?
3. Preparation for the ONE Convention?
4. Roles, Activities and Opportunities at the ONE Convention
5. Spiritual Work - Based on Questions Emerging from Preparation to the ONE Convention
6. Further Preparation



1. Goals of the ONE Convention

How the ONE Convention Will Aim to Explain the Wisdom of Kabbalah as the Wisdom of Connection

We have been with you for many years now, some for a great many years, and we've been studying the wisdom of Kabbalah. When people come to study Kabbalah, they learn about *Sefirot* worlds, *Partzufim*, *Aviut*, *Zakut*, *Zivug de Haka'a*, lights, *Kelim* [vessels]—to learn the special mechanics between the light and the desire. It is unknown where this light is. It is “out there.”

Where is the desire? It's also... we don't actually attribute it to us. It turns out that we're learning something abstract, but we do learn it. We have the “[Preface to the Wisdom of Kabbalah](#),” and “[The Study of the Ten Sefirot](#),” which is what we have been learning, without any seeming connection to ourselves.

Afterwards, we started studying the [essays of Rabash](#). He also didn't write them before he had new students, in the emergence of a new era. When I brought him students, then instead of the five veteran students who studied even with Baal HaSulam, all of a sudden there were new guys, 25-30 years old. So he started writing [these social articles](#). Why? It was because he saw that here you could actually implement the wisdom of Kabbalah, but in a small group, a small society. That's why he wrote these articles, such as “[They Helped Every One His Friend](#),” how we should connect in a group, etc.

As we advanced, the next stage came. In the next stage we started circulating a little bit, disseminating the wisdom of Kabbalah outside the group, and people started coming in. Many people came, learned a little, left, came again, left again, and time passed.

Then came an even more special time, when the world got into a crisis. The crisis was around long before 2008, but no one would talk about it. Experts saw that there was a crisis a few years back, but it was forbidden to talk about it.

Once the world was in global crisis, not just an economic crisis where the stock market fell or some bank collapsed, but the world started viewing itself as being connected in a bad system, where they are trying to do something together, unified, like the united Europe, and so on. We have no choice; we depend on each other, and it is not up to us. However, the laws by which we are connected to each other are egoistic, so instead of using each other correctly, we spoil it. Previously it was not like that.

International commerce—international connections between universities, companies, factories and countries—previously was fine. It was a give and take. You could develop. No big deal. What was the problem? The problem is that there's a special law in the world once it becomes clothed in an integral connection, a network. It's not the same as me



being in economic ties or political ties or cultural ties with another. It requires a new attitude between us, and we do not know or understand that new attitude between us, because our nature is egoistic. So although we are all connected integrally around the globe, we are continuing to work with each other as before—capitalistically, egoistically—the way we used to. That is why these ties don't work, and that is the crisis.

Therefore, basically the crisis is between the new attitude we have to introduce in our relations, introducing to the world, which is connected in a new way, but we cannot achieve this form. We do not even know about it. People think they can continue existing as before. And they do. But the world, human society, including the still, vegetative and animate, including people, are already a system where you have to change the attitude. And specifically we, not the still, vegetative, or animate, have to do it. So the crisis, if we think deeply into the reason, is in our perception. We do not perceive the kind of network of connections that we are in and how according to this network and the connections that are now appearing, how we should conduct ourselves.

This is where the wisdom of Kabbalah comes and says, “Know this.” It explains basically to those who study Kabbalah, as you used to connect among yourselves in a group—[they helped every one his friend](#), and being friends with one another, and we're all as one man with one heart and we mingle with each other—the same laws are gradually emerging throughout the world, whether the world wants it or not. The world is already beginning to behave according to these connections, and if you don't come to humanity and teach humanity what is going on today, then you are not implementing the wisdom of Kabbalah, which you must—for which you receive this knowledge, this teaching.

Thus, now the whole world is a group, and you have to teach this group, each and every one and all of them together, how to conduct themselves properly according to the rules of the group. That's why we started to disseminate, but disseminate in an appropriate way for the world, which we call Integral Education or the wisdom of connection, or other such names. You can't go out with the title of “Kabbalah” to the world. So that's where we stand, but in the end, of course, we will have to teach everyone the essence of the network of connections between us, and to the extent that we move into this network and feel it, how we're all connected, we will begin to feel these connections among us and we'll discover what these connections are. These connections are the rules we learned between the *Sefirot* and *Partzufim* and worlds in the wisdom of Kabbalah.

Where is this spiritual world? That spiritual world is in the connections between us. If we change the egoistic connections between us, this kind of one-way connection between us is cut off—connections, not global one, into what we find in the global network—then we begin to see this network as a spiritual one. The whole world then becomes one *Malchut*—*Malchut de Ein Sof*—and the connections between us are the worlds—*Adam Kadmon*, *Atzlut*, *Beria*, *Yetzira*, *Assiya* and this world—until we correct all these ties in such a way so that between us is the world of *Ein Sof*, the world of infinity, unlimited, and we're all connected to one place, meaning one desire, called *Malchut de Ein Sof*.



It turns out that there is no difference between the wisdom of Kabbalah and integral education (IE). But IE is, as we explain to kids in a simple manner, and then we teach them not using these simple examples, with toys, but we begin to study it, the way you teach, for example, doctors. First they're taught on samples and then they're taught on people. The same applies here.

For now we're going out to the world with our initial, preliminary explanation, which is called IE or the wisdom of connection, but then we certainly will here and there add to it some information from the wisdom of Kabbalah, even without speaking about the wisdom of Kabbalah. And finally we talk about that too. People will accept it as being natural.

Therefore, the laws of the group, the laws of the workshop, and the laws of the world that should now be implemented are the same—the laws of integration—until we actually become as one man with one heart.

I want to add a few words about the approaching [ONE Convention](#). I think that this convention should be one where we learn that the wisdom of Kabbalah and the wisdom of connection are one and the same. That the wisdom of connection that we are now using to approach the world, is the initial, preliminary explanation, without worlds and this vast wisdom. Because we still can't discover it now; there's nothing to discover. Afterwards, when we actually begin to relate to each other in bestowal, the minute you practice enough and you receive from above the light that reforms, in such a way that all of a sudden you feel that you are relating to others, to your friends, in bestowal, then in my attitude of bestowal to my friends, I will feel that between us there is light—of *Nefesh, Ruach, Neshama, Haya, Yechida (NRNHY)*—all the world of *Assiya*. Then, more and more and more depending on the kind of connections and attitudes that I have toward the friends.

So the same *Kelim* (vessels/tools/receptacles), the same desires, and the same lights are our corrected desires and that the level of connection, the power of connection in our corrected desires between me and others, is the light of *NRNHY* that I will discover, and these degrees that we learn about in the wisdom of Kabbalah are the distances between us, the extent to which we approach each other in our hearts, in our desires, connecting to one.

Thus, the more I rise in these degrees from here to *Ein Sof* means that I am generally getting closer to everyone, to all those broken *Kelim*, and I become as one body with them. All the lights converge and all the *Kelim* converge and we return to a state called *Malchut de Ein Sof*. So in the [ONE Convention](#), the main purpose, among others, is to talk about the wisdom of Kabbalah and the wisdom of connection as one wisdom. There's no division here. There's nothing artificial here that you have to separate. It is the same wisdom of how we, humanity, in this dispersed and shattered world, this alienated world in all its parts, how it becomes one once again.



Therefore, today our practical act as we go out to the world with the wisdom of connection, and once we begin to discover the connections between us, we will discover that we've actually come to the wisdom of connection, which is the wisdom of Kabbalah.

How Can Humanity Be Considered One Group?

Question: There are students who only just finished [the very first Education Center course](#) and they're delving deeper into the material. Toward the end of the first course, they learned that the group is the collection of points in the heart (i.e. people with desires for spirituality), and now you're saying that the group is humanity as a whole, and that we have to go out and teach them. Can you elaborate on this?

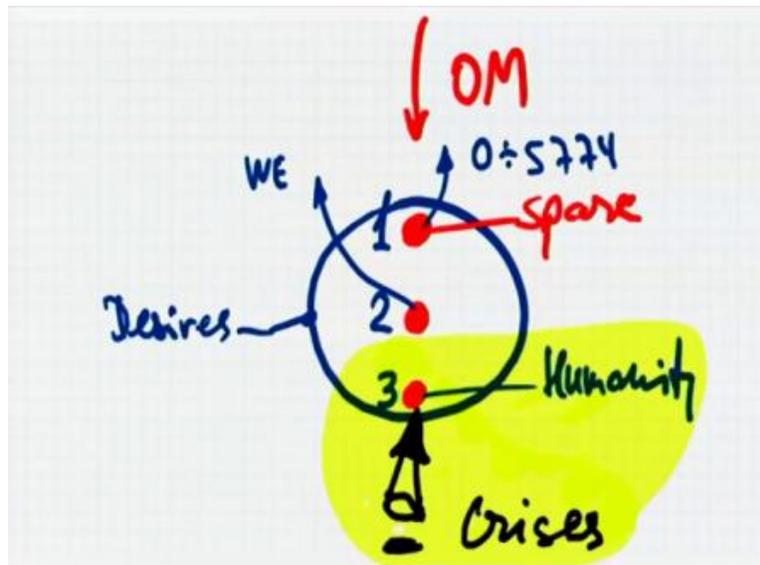
Dr. Michael Laitman: When we study the breaking of the vessels, we learn that through the breaking, all the sparks, the tiny lights, entered all the *Kelim* (vessels). Afterwards, in our world, out of all these *Kelim*, only the *Kelim* that had stronger sparks were sorted out, surfaced, and remained on top.

As the light impacts our entire world, meaning all the souls, only those people in whom there are stronger sparks are waking up. They begin to correct themselves, starting with Adam HaRishon (i.e. the first known Kabbalist, who wrote the book *The Angiel Raziel*), Noah, and the others we learn about up until Abraham, with Abraham's group that went out of Babylon.

Then those people in whom these sparks were big, stronger, burning, they rise up, even with a tiny touch of the general light that was illuminating on everyone. So they came out and from them came the people who are called the first Kabbalists, and they started sorting out and scrutinizing this *Kli* (vessel). That is what happened through history. Other people came later, over other 1,000s of years. We have had almost 6,000 years now of sorting out of *Kelim* since the first Kabbalist, Adam HaRishon. Today, it is the year 5774 in the count. So for many years now the *Kelim* have been sorting out. What's left is *Kelim* in which the *Reshimot* are very dormant. The light from above is not enough to wake them up. So for that there is a crisis from below, and then these *Kelim* wake up. There are eras that precede our era, when people would wake up just from the light that illuminated on them from above. Now, we have come to the time that is called "the days of the Messiah," i.e. the general correction of all the remaining ones. Thus, they awaken through the crisis, from an awakening which pushes them from below.

There is a difference in the method here, because if the souls were to react to the light that illuminated on them, they would then be drawn to the wisdom of Kabbalah, as we are (i.e. as it is for people with points in the heart, desires for spirituality)—to know Godliness, to know the Upper Force. What is important for them is what is beyond this life. The rest of the souls are not waking up because their sparks are inside the will to receive—they did not burst from within the desire outward. For them they awaken only out of troubles that impact the will to receive. It goes like this:





A person has a will to receive, and in the will to receive there's a spark—either above, in the middle, or below. If the spark is above, then the surrounding light [*Ohr Makif* - *OM* in the above diagram] influences the spark. That is number 1 in the diagram. People who have spark number 1, they wake up and they want the wisdom of Kabbalah. These are the first Kabbalists, the ones who lived until our time, meaning from Adam—from years zero to 5774, more or less. Well, maybe not so much in recent years.

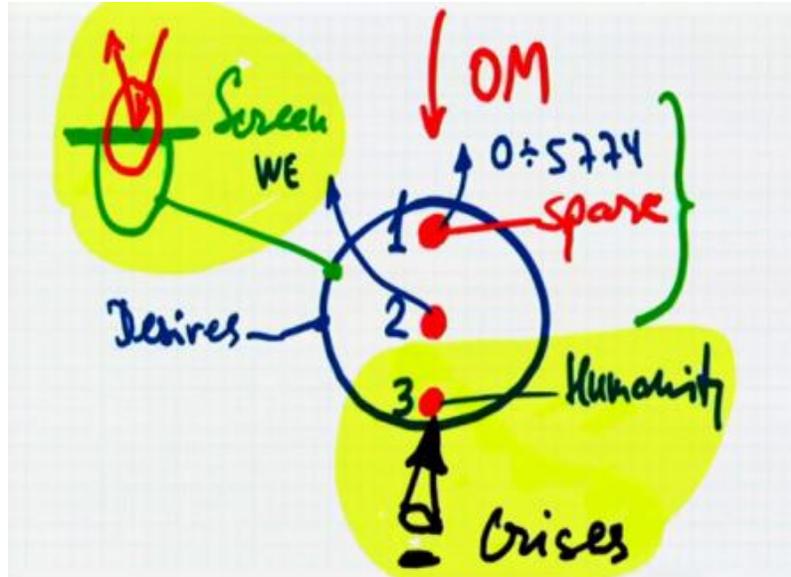
Then come us, i.e. those who study the wisdom of Kabbalah, number 2 in the diagram. Our spark is deeper into the will to receive, how do you desire. We woke up after the first Kabbalists. We come from a different era.

The last ones, number 3 in the diagram, are the rest of humanity, the 7 billion, humanity. So they don't wake up from the surrounding light that influences them. For them something else has been prepared—the crisis, the negative force, that affects them. That's where we are.

It depends on which force by which a person is awakened. So we need to understand that by them waking up from the crisis and that's why we need to reach them with the remedy, because they care about their lives here in this world. They're not even drawn... the spark is so deep inside that it doesn't pull them up. They don't arrive at questions: 'What am I living for?' 'What's life for?' 'What are the forces that act on me?' 'What's going to happen?' 'What is the source of life?' They don't ask that. They ask about their lives.

Therefore, instead of the telling them about the wisdom of Kabbalah, about the sparks, about our souls, because the connection between the Upper Light and these sparks is the wisdom of Kabbalah. That's what we explain here—the world, *Partzufim*, *Sefirot*, how this desire wakes up...





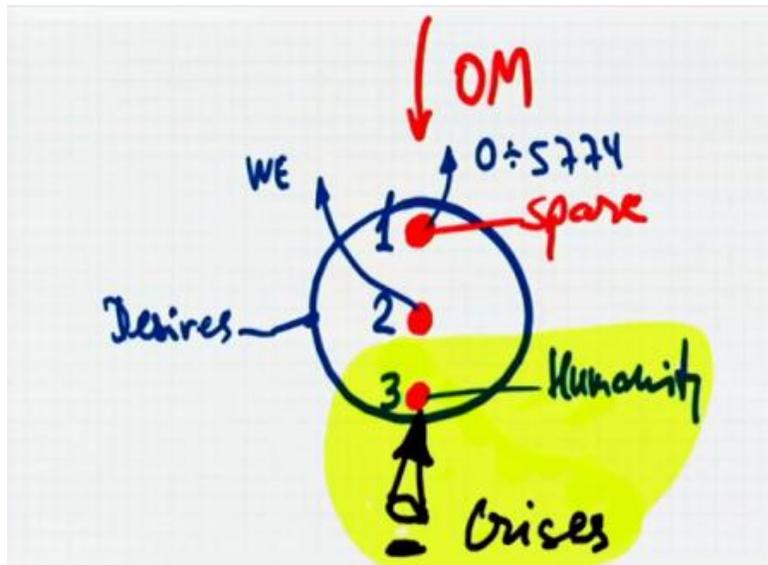
...meaning here we explain that there is a desire, and you have a spark, and that spark, through the light that reforms, becomes a *Masach* [screen]. Then, it is about how the two begin to connect here at the point of unification, the light and the desire, through the *Masach* [screen]. That is the wisdom of Kabbalah, i.e. it is something entirely different to what we teach. The wisdom of Kabbalah is what those with a clearer spark learn, and the wisdom of connection is what those in whom the spark did not wake up learn.

Basically, we learn the same method, except the approach to them is similar to approaching children. We have to explain to them similarly to how you speak to a child, e.g. “if you are a good student you will be able to buy a big car,” or “if you eat well, you will be strong,” etc. You know these things—the things you say to children—you have to lure them, entice them into something. But then their spark grows clear and they shift into studying the way people with sparks do, and begin to talk about the wisdom of Kabbalah.

I therefore think that in our upcoming [ONE Convention](#), we have to talk about how the wisdom of connection and wisdom of Kabbalah are the same wisdom. There is nothing that separates them, i.e. where they do not belong to each other. It is just two approaches to the correction of the world. The wisdom of connection is what we use for the time being until people become closer. Then, they will gradually understand that it is actually speaking about one desire, one soul, scrutinizing the Upper Force that must now appear among us, and that is where we are going.



What Will It Take for Humanity to Wake Up to the Need to Connect?



Question: I wanted to ask a question that a student from the [Education Center](#) is asking in relation to the sketch you made with the different phases, 1, 2, 3.

Dr. Michael Laitman: They are not stages, they are types of people, 1, 2, 3.

- In number 1, the spark in them is either on top, so a person discovers that he is attracted to spirituality.
- In number 2, the spark is the one we have, so we only woke up recently to the wisdom of Kabbalah, say in the last 100 years.
- There are people that we can see are not waking up. Those are number 3. They just won't wake up, so we call them the rest of humanity. They have no questions, other than how to have a better life, better health, family, vacationing, business, all within the framework of this world, from birth to death, only wanting to satisfy those desires. Some people go beyond all that.

Question: What the student is asking is: Stage number 2, where the point in the heart is evoked, maybe it is through all the suffering...

Dr. Laitman: It's all together.

Question: She is asking whether in number 3, they will have to undergo a catastrophe in order for that point in the heart to awaken in them?

Dr. Laitman: If we, through integral education, cannot wake them up, perhaps because we will not make sufficient efforts for it and perhaps for other reasons, then the world will undergo great suffering. Moreover, this suffering will be inflicted on the people who had to



give this world the right direction to draw it to the surrounding light. If we don't do it, the world will start suffering, and we will suffer more than the rest of the world. We are the ones who have to draw it to the light and we have enough power and means to do that.

What Is the Connection Between the Wisdom of Connection and the Wisdom of Kabbalah?

Question: Dr. Laitman, in a talk about the [ONE Convention](#) that you had with convention organizers—which is already on the [convention preparation page](#)—that we have to learn how to scrutinize the results of our dissemination. What does that mean? How do we do that?

In other words, many friends, the more veteran friends, are working in education and dissemination with the broad public. They're asking: What's the best way to bring all these impressions as a result of the integration with the broad public to the ONE Convention? Should we write them down? You had said that it's very important to bring these impressions.

Dr. Michael Laitman: We need to understand that we are on borrowed time. We are working on Nature's command, or call it "God's command" or a "command of the Upper Force." Judging by the situation in the world, we have to make the world know what is the right kind of life. What is the correction method? What is the remedy that will cure all of our troubles, which are increasing?

Therefore, if we have the wisdom of connection as a means of dissemination to the rest of the world, and we will also talk about during the [ONE Convention](#), and we will want to exchange experiences and impressions of what we do; every big group that is doing it should go up on stage and tell us briefly what they are doing. Then we'll get impressions. We'll know what they are doing. It will inspire us. It will give us direction. We'll hear about what they're doing, how they're doing it, etc. for everyone. It will give us a kind of awakening, what to do in our group, for example, how to work, what kind of materials we can take from them. Maybe they did something that we need, so why build something that already is built?

The convention is also proper study of the wisdom of Kabbalah and the wisdom of connection, and also general participation of how we learn it and how we teach it, but most of all we have this integral wisdom—the wisdom of Kabbalah and of connection—which is actually one and the same, i.e. how to turn a broken vessel into a complete vessel. That's all. That's what we're talking about. The more the *Kli* [vessel] is completed, we will feel in it *Nefesh*, *Ruach*, *Neshama*, *Haya*, *Yechida*—the feeling of this general, collective *Kli*.



That is what we're talking about—either on behalf of the wisdom of Kabbalah, the wisdom of connection, whatever is more convenient for a person depending on where the person is at. What is important for us is not to have a contradiction between those two parts, because they are the same. When you teach a child calculus in first or second grade, does it contradict mathematics that you study at university? One is the initial part of the same science, and one is the advanced part. It's the same here.

Where do we discover the wisdom of Kabbalah? Within the wisdom of connection, to the extent that we connect. How did Kabbalists attain the wisdom of Kabbalah? They started coming out of themselves through the light that reforms, connecting to others, and all of a sudden they discovered that in their connection with others they found a new space, a new place, a new desire. In that desire, called "the desire to bestow," which exists between them and others, they began to discover the new, spiritual world. That is what they wrote about, and that is the wisdom of Kabbalah.

Interconnection + Protectionism = Crisis

Question: A student from the [Education Center](#) is saying: You talk about unity and the need to disseminate the wisdom, and that we also have to study it. But how can I connect with someone? I never did it, ever before. I always felt separate. I couldn't connect with anyone.

Dr. Michael Laitman: I'm not saying you need to do it now. I'm just saying we have to start explaining that our world is going through a crisis in our attitude toward the world, meaning toward humanity. Our attitude toward humanity has to change.

Through recent studies and everything that is happening to us, we are beginning to see that we are all interconnected, whether we want to be or not. Look at what is happening in countries, between countries, in commerce and industry, in the economy, all over the world, with the climate, etc. Everything is becoming more and more connected, except for the connections between us, and that is the crisis. The crisis is in our perception of where we are.

We are all connected, but everyone is only out for themselves, which is protectionism. What is going to happen if you are connected, but each is pulling his own way? That is today's world. If they want to have a good life, and that is what the world is thinking about, then they have no choice, but to change their attitudes. The only question is: How much suffering and problems will it take? Because Nature will run its course no matter what attitude we have towards it.

Imagine that you are tightly connected with others and you are acting against this connection, and the whole world is doing the same: What kind of situation can you bring



yourself to? You will reach a state where you will not be able to feed yourselves, and provide yourselves with the most basic necessities. That is written in the Kabbalistic books.

Therefore, before it happens, we have to—it's not up to us, it's not our own will. Kabbalists write about this for us. Baal HaSulam wrote so much about how much we have to disseminate this method. We thus have to go out and start working with everyone. We have no choice. We have to change our attitude to life. Otherwise, going against the law of Nature, which is now only connecting us, is always very dangerous and yields nothing but great trouble.

Look at what is happening with the climate, for instance. Our problem is that we still think we can control our situation, the way it used to be. Previously, it was a capitalistic approach: you invested, you profited. You can have good relations with one, or go to war with another, whatever I wanted, according to my ego, because we were developing. But approximately since the end of the 19th century, the world started closing in and becoming integral, where a closed system was formed. In a closed system, if you work contrary to its nature, by that you inflict troubles on yourself. The world has to know that.

Two Attitudes to Become Connected at the Upcoming ONE Convention

Question: Yesterday, we talked about the upcoming [conventions and various events in South America](#), and you talked about the importance of going there, that you will feel the place, the people, and that there is something special going on there behind the scenes, a special force. Can you say something about North America, whether there is importance in the place itself?

Dr. Michael Laitman: We have had many different conventions in North America. Indeed I began to feel them much more closely. The problem with North America, perhaps at least a little bit, it that there is a group dealing with Kabbalah and a group dealing also with integral education, the wisdom of connection, and I think that these two parts need to be connected, because today it is inappropriate to be divided. I really hope that the divide will be at least narrowed through the convention, because it disallows people from actualize themselves effectively and correctly.

If that divide connects, then there will be no difference between the South American and North American attitudes. For now, this is hindering, and especially lately it became a hindrance to our progress. We have to come to a state where our students feel no difference between the wisdom of connection and the wisdom of Kabbalah, as there is no difference. However, if we are talking about going outwards, then that is a different story. If we disseminate the wisdom of Kabbalah and people come to us, then we teach the wisdom of Kabbalah first, and afterwards, one comes to the wisdom of connection, as Baal HaSulam writes about “love your friend as yourself.”



You can realize the wisdom of Kabbalah only by connecting to others. That is its actualization. On one hand, studying the wisdom of Kabbalah theoretically gives nothing. On the other hand, if people do not come to the wisdom of Kabbalah and display no interest, you come to them with the wisdom of connection in order to make their lives easier. Then, you gradually pull them into connection, and in the connection, little by little, you show them the basics of Kabbalah, even without mentioning it first, that it is the wisdom of Kabbalah. You then eventually reveal it. It depends on how they advance. We still need to put together these things.

Student: So it is a very meaningful stage in the development of the North American *Kli* [vessel], which is bringing all the different students to the same perspective and understanding with respect to the wisdom of connection.



2. Who Is the ONE Convention For?

What Can a Beginner in Kabbalah Bring to the ONE Convention?

Question: What would I, and others like me just starting our journey in Kabbalah, bring to the workshops and gatherings at the [ONE Convention](#)?

Dr. Michael Laitman: There is no problem coming to the convention without knowing anything. A person heard about it for the first time. ‘There’s a convention tomorrow in New Jersey!’ He doesn’t know anything. He doesn’t have time to call or whatnot. Will there be room? I don’t think he’ll be thrown out. They’ll register him, but still [ed. it’s always preferable to [register ahead of time](#)], if you are here with us, it is clear you have registered. I promise everyone that everything will be clear. We are talking about simple, rational and very practical things.

Basically, what do we want? We want to know the kind of world we live in, what is happening besides this short life, how to get out of the trouble in this life, and besides that, attain the vast world that exists but we cannot feel. It is there. But where? I don’t have the senses.

The sense to perceive the spiritual world is that sixth sense, the sense of the right connection between us. If I connect with everyone, as we said, in 20 percent of my desire, then I begin to perceive the Upper World which is the world of *Assiya*, etc. In order to attain the spiritual world and feel it, I have to open up my *Kelim* (vessels) to expand, go beyond myself. That’s why it is called, “Love your friend as yourself,” connection with others, because when I open myself up I begin to feel the others and I begin to feel spirituality.

We will do some exercises. Perhaps you will feel it. Even newcomers, people who just turn up there could feel it. I would recommend it to anyone. Don’t be afraid. The fact that we say that there is material there that you need to read and to advance. That’s in order to go deeper, to have a better understanding, better connection with the power, the desire, the sensation of the heart to go into the convention. But if you’re unprepared, you’ll feel what is happening. The impression that a person will receive from the ONE Convention will open up your souls.



There Is a Big Difference between Being Physically at the ONE Convention and Being Connected to It through the Internet

Question: There are English speakers in the U.K., Austral-Asia, South Africa, and all around the world. Is the New Jersey [ONE Convention](#) this August meant for them too? Should they make the extra step and come to the U.S., or should they get organized where they are?

Dr. Michael Laitman: I can't say which is better. There are people who live very far. It's hard for them to come. These people need to organize where they live, say in Austral-Asia. It's hard to come from there to New Jersey. You have to go half-way around the world, from Africa or whatever. I would recommend for them to connect among themselves and determine a place where they are going to have a mirror convention and do it there.

By the way, that is true not only for English speakers, although the convention in New Jersey is in English. There will be mirror conventions all over South America, Europe, Russia, Asia. So you don't have to come to New Jersey. If you can come and attend physically, it's great. But if you can't, go to a mirror convention close to your area.

Question: From July 25, we will be starting a whole string of conventions in Colombia, Chile, Ecuador, Mexico, and then we will make it to New Jersey on August 8. The question is, how do we, the whole World Kli, have to get organized? Should we have mirror conventions for each and every convention?

Dr. Laitman: I don't know how to answer that. Almost every day I'll be in a different place in South America. At least, there should be mirror conventions held together with the New Jersey ONE Convention, which is the last and biggest one in this series. I think that there, we should all try to connect and be in our places, but together with all the friends that you can gather into that place.

Student: So the [ONE Convention](#) is happening the world over, not only in New Jersey, but really all over the world. People are getting together for mirror conventions and we really encourage anyone and everyone, whoever is in North America, to get to New Jersey.

Dr. Laitman: Yes, there is no doubt. From Alaska to even Mexico perhaps. I expect everyone to be there. There is no doubt that there is a big difference between being physically in the convention and being connected to it through the Internet.



3. Preparation for the ONE Convention

How to Prepare for the ONE Convention

Question: How should a person prepare him- or herself for the [ONE Convention](#)? Should one already come in a connected state or pass it onto others? What should one do? How should one prepare?

Dr. Michael Laitman: I think it's very important that we have this page, in the Convention site, on the Internet. And there we have to place our materials in English, Spanish, what else is popular there.

Student: We do have a ONE Convention page at kabbalah.info/convention. In Spanish, it is available through kabbalah.info/es. There is also a [preparation page](#) there with all the materials.

It's really recommended to get on that page all the time, because we're always updating it toward the ONE Convention, so be there.

Dr. Laitman: So we have to start placing materials there that are necessary as preparation for the convention. Then, maybe once a week, or once every two weeks, we'll have such a lesson as a preparation for the convention.

How to Prepare for Spiritual Connection at the ONE Convention

Question: Connection is the essence of the [ONE Convention](#), and the aim is to attain that force of connection coming up to and in the convention. So how does one prepare for that socially and emotionally?

Dr. Michael Laitman: Those who study the wisdom of Kabbalah have to know that it talks *only* about connection, unity. If you are detached from everyone, you cannot feel more than you feel now, i.e. our situation, this world. I live where I now feel, and I feel nothing else if I am detached from others.

The minute I begin to unite with others—uniting means that someone else's desires become as my own, which is impossible with our strength, but only with the light that reforms—then I begin to feel new phenomena through the connection between us, in our common desires, called “the upper world.”

We learn it from the breaking of the vessels. There was one desire; it was filled with one light. It was the world of *Ein Sof* [infinity]. That state shattered. As it shattered, each part



fell into a sensation called “this world,” which is how we feel. To the extent that we connect or unite we begin to rise on the ladder of the worlds. We begin to feel in the connection between us.

Let us say I become 20 percent connected with others as one desire. I thus feel the world of *Assiya*, another 20 percent, the world of *Yetzira*, another 20 percent, the world of *Beria*, another 20 percent, the world of *Atzilut*, another 20 percent, and the world of *Adam Kadmon*. All of them together, when they are merged, are “the world of *Ein Sof* [no end, infinity]”. It’s all about connection of the broken *Kli* (vessel) which is done by connection.

Connecting all these things together is our work, as well as showing this explanation well, in the right way. Although it is inconvenient and because our nature is the complete opposite, but introducing it in such a way that... we have to. We’ve got no choice. Let’s try. Look at what we get for it. If we introduce these things to people in the right way, it is measured in the right psychological steps as we approach them, they’ll have no choice. They’ll have the blows on one hand, our explanation on the other hand, with a few sweets—we have to tell them how much we gain by the connection between us—and with the help of the light that reforms, we discover the spiritual life. Moreover, by that we indeed gain the world of *Ein Sof*, an eternal life, unbounded existence. Let’s hope that we reach it.

Tips for Preparing to Have a Great ONE Convention Experience

Question: In what way is attending the [ONE Convention](#) bestowal to the friends? How do we prepare for the maximum amount of bestowal to pass through us to the friends at a convention?

Dr. Michael Laitman: We need to determine—say once every two weeks, maybe even once a week, because I have a few trips in between—this type of lesson on a weekly basis and study things. If you want we’ll go over the materials, we’ll have on the landing page of the convention site, and we’ll all advance together, so we all are on the same page in terms of the necessary materials, so that afterwards we will be more into the convention. I recommend this not just for the American Convention but for all the upcoming conventions that we’ll have on the way to New Jersey, in Latin America.

Student: We’ve planned at least one more lesson, but now that you say, sure. If we’re on a series of Congresses in South America and North America, so maybe once a week is great!

Dr. Laitman: Yes, please! Choose a morning, something more comfortable for you because it’s the evening for you, and we’ll do it. I’ll be happy to. I get pleasure seeing you on screen. We see Chile too. I was in contact with South America and Chile yesterday.



Question: In terms of coming to the convention on the same page with the necessary materials, you also mentioned that in the [preparation talk we had a week ago](#), that we all have to come to the convention on the same page, so to speak, at the same level. What do you mean by that?

Dr. Laitman: It is not an internal level, where a person who is not at this spiritual level is not worthy of the convention. No, this is a bit of information that you need to know so things won't seem weird to you—desire, connections, *Sefirot*, a little bit; corporeality, spirituality, bestowal, reception, connection, breaking of the vessels, correction of the vessels.

Think that we will study. Prepare the material and we will study. The situation that I feel now is already compelling me to speak in a special style, i.e. if previously we thought of speaking in a certain way, once you come in contact with people, you see that you have to speak differently.

An Introduction to Integral Education for Education Center Students

Student: There are many questions from students in the [Education Center](#) about integral education. This is very new to them.

Dr. Michael Laitman: I have a question for them. Did they study only "[The Preface to the Wisdom of Kabbalah](#)"? Or did they also study [the essays of Rabash](#)?

Student: Let's mention to the students and everyone what our friends from the Education Center actually study.

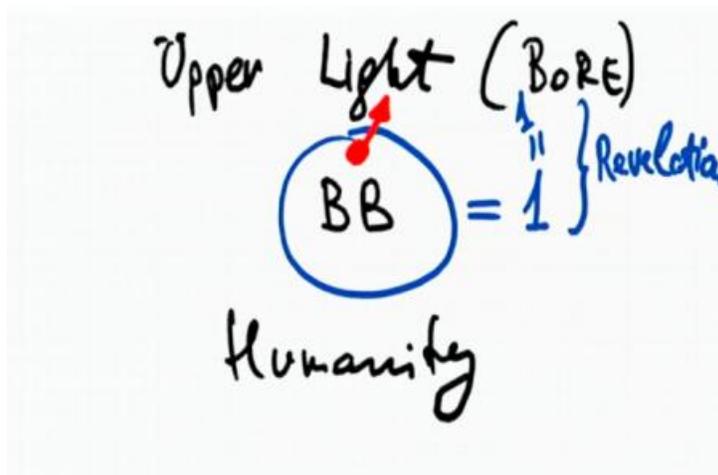
We have the first course which is the Fundamentals, where a person learns about the essence of the wisdom of Kabbalah according to the fundamental articles by Baal HaSulam. They also hear a bit about that when we start realizing the wisdom of Kabbalah we start feeling the need to disseminate it, publicize it to the world, and start doing it also through the method called "integral education." But we're not yet doing it in practice. In the next, intermediate semester, one studies that a bit deeper. We learn the whole system of creation—the *Sefirot*, *Partzufim* and worlds—as well as how Kabbalah becomes realized in our daily lives.

Dr. Laitman: Where do I find these worlds? Inside the connection. Do they study that or not?

Student: Yep. Starting with the very first semester we learn that there was the shattering of the vessels.



Dr. Laitman: So if it's in the connection, then we have to actualize the wisdom of connection. If we actualize the wisdom of connection within us, in a group, that's in a group. But it's time for us also to draw into our group and the rest of humanity...



Why have we come to it? That's the Upper One, the Light. Do they know this concept?

That's us, Bnei Baruch (BB). Is that clear too? That's humanity. So you've got Upper One ["Boreh" is Hebrew for "Creator"], Bnei Baruch and humanity. What's the problem? We are in a *Kli* [vessel], and we've got a point in the heart. We are drawn to the Upper One. The Upper Light shines on us to the extent that we connect. This means to the extent that Bnei Baruch become as one. And one equals one, and we are connected.

Then there is the revelation of the Creator, the quality of bestowal and love, to Bnei Baruch. That is how it worked for millennia. All of a sudden, since 100 years ago, it stopped working. Why? It was because this part of humanity became connected to Bnei Baruch.

"Bnei Baruch" means since Baal HaSulam, from the group of Kabbalists that arose at the end of the 19th century. Therefore, humanity, meaning the rest of humanity, are pulling us back, not toward the Light, but the other way, because they're connected to us. They too have to move into this group, into this work.

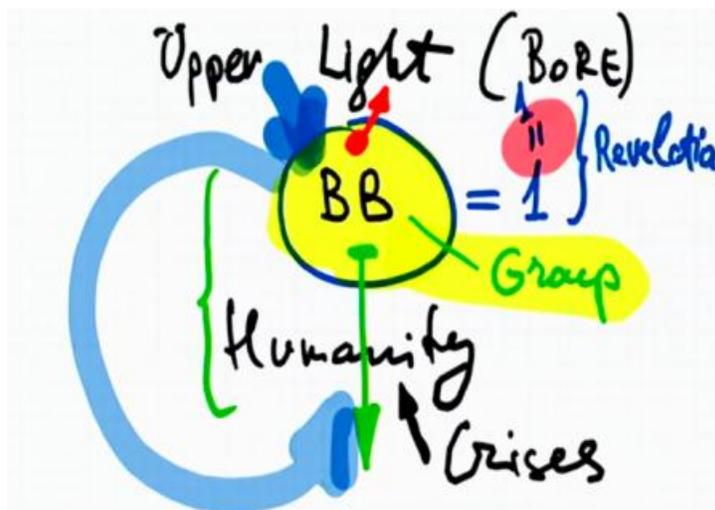
Therefore, the whole of humanity has to be as a group, and because they're not joining, we've got a problem. They are suffering troubles. They are experiencing a crisis, and that Light which should have illuminated on us—because it's not illuminated on us, because we're not ready—it illuminates on the rest of humanity as blows.

Question: Again, what changed from 100 years ago?

Dr. Laitman: The world became circular, rounded. I'll tell you when it happened. It happened at the beginning of the immigration of the land of Israel, i.e. the Jewish immigration to the land of Israel. But basically you can mark the First World War as the first mark, and then came the Second World War in this whole process of globalization.



What am I trying to say? The world that didn't enter the *Kli*, because the *Kli* wasn't corrected, that life became negative. It is pressing humanity in a new way, bringing it into a crisis. So it's not just problems here and there, it is directed problems, directed troubles, pretty uniform. The whole world is falling into the same types of problems. It could be a tsunami in one place, a hurricane in another, but it is felt everywhere. If there are problems with oil or gas between Ukraine and Russia, it will be sensed globally.



It will always be this way because the same Light had to feel the single *Kli*. We had to become here as a group and we are not. And so that Light that had to unite us is pressing us. The Light that had to fill us is illuminating, because we're opposite from it. We feel ourselves compared to it, in trouble and problems and in crises. But the Light will continue to press. So to be in synch with it, we have to, as quickly as possible, disperse throughout the world the reason for the problems, the reason for the blows, and explain about it. The explanation about it in a simple way is called Integral Education or the wisdom of connection. And the total explanation is the wisdom of Kabbalah. It's just a matter of terminology. But it is really the same.

Question: That's what a student is asking about. He is an EC graduate and he's asking: When we disseminate to the masses, do we promise them a good, better corporeal life?

Dr. Laitman: Of course, appealing to the desires that they have, and not telling them about the upper worlds. It doesn't mean anything to them if you tell them "You're going to rise to the world of *Atzilut*." If you tell them they'll be paid twice as much, they'll understand that. The same goes for everyone. So we have to approach people in a way they understand, to the kind of thoughts that they have.



Why the Laws of Nature are Not the Strong Defeat the Weak Anymore

Student: You speak a lot about the laws of nature being integral laws, however the laws of nature dictate that the strong defeat the weak.

Dr. Michael Laitman: The strong defeat the weak until the world becomes integral. In an integral world, one who is connected with others defeats the lone strong one. That is why we are seeing that individualistic tendencies today are losing out, because the world is becoming more integral and the laws of an integral system are working in it. There is nothing you can do about it. Those who do not accept and discover the laws of the integral system will experience constant decline.

Question: How can I know that the process of becoming more global is the next future stage, and not maybe just some tiny thing that we need to correct in ourselves?

Dr. Laitman: First, we believe Kabbalists because they have been talking about these things for thousands of years and the world is advancing according to what they wrote in their sources, their texts. They explained the laws of the general nature, the Higher Nature.

To further explain it, we see how true it is that the process of becoming more global are the laws of Nature, and as we move deeper into connection between us and working against our will, our desire, we get illumination from above. It is still a small illumination.

The majority of us still do not feel that it is the actual Upper Light. But even that small illumination gives us the right perspective on Nature. From that we see that the whole world is moving toward becoming a single, complete system. It is not by chance. The whole world is working this way. So we have no choice. We have to be in accord with those laws.

Question: He further says if everything works under this one force, then how can we influence something which is constant?

Dr. Laitman: That is our free choice. We can go above, and ahead of, time. We can crave those states that will come, the future states. But as they come, we will be prepared for them. We will be pre-connected to those states and will merit them, and as such receive them faster and more enjoyably. It all depends on the preparation of the *Kli* [vessel], and the preparation of the *Kli* is connection.



Join This Year's Biggest Party in North America that'll Shake the World from Within

Question: How should [Bnei Baruch Kabbalah Education Center](#) students prepare themselves in order to be ready for encountering the idea of dissemination at the [ONE Convention](#)?

Dr. Michael Laitman: A person need not pressure himself. He needs to feel comfortable. You need to come to the convention with high spirits, like you are coming to a party. You are not coming there in order to work day and night. No. You come to have fun with your friends, whether you know them or not, but you come to a festival, to a party, first of all.

Although you want to read and connect to others, but these things need to be as preparation to go to a party. You need to prepare. Maybe you go buy a new outfit, maybe a tie, maybe a shirt, maybe you get a haircut. What are we going to bring? Maybe a good bottle of wine or something? The thing is preparation. Preparation needs to be the same as for a party. That is the kind of spirit: no pressure. That is what's most important. Come with a smile from one ear to the other, and behind the ears.

Student: Just to mention that everyone is invited to this party, everyone is accepted, new and veteran. Also, as mentioned earlier, there will be a training meant for everyone in order to exactly explain what is the wisdom of connection that stems from the wisdom of Kabbalah, and how anyone can be involved in it, all in this whole, happy festival atmosphere.

Question: Now to continue what you mentioned, to come really happy, like to a party, a student from New York is asking: I feel a lot of excitement about the ONE Convention. How can I help a friend feel the importance?

Dr. Laitman: Try! What can I tell you? There are many friends who want to make their friends excited. I think when we get ready for a convention in Israel, we need to build a lot of stuff—kitchen, buying tons of food. You have those general things, so I don't know. Start cheering each other up. That's the main thing. That's all you need.

Question: How can the Russian *Kli* connect with the American *Kli* at the ONE Convention? Is it simply to have a mirror convention, or is something extra needed?

Dr. Laitman: In Russia we have very intense dissemination activities. We have kind of a never-ending convention, a three-month-long convention in Sochi. I was there a week ago and it truly was wonderful. They were trying to carry out connection activities. I think their activity is very important. They are learning many things first-hand, and their experience is something that is... there is nothing like it. I really hope that they will be with us in the ONE Convention in the U.S., at least partially, because the hours are opposite, and in the conventions I'll have along the way to New Jersey—in Colombia and



Chile and then back to Mexico and only then to New Jersey. I hope that they will be with us to an extent during my journey.

In general I think that these conventions preceding the convention in New Jersey will be as a preparation for the New Jersey ONE Convention. We will build it this way, because we are all still preparing for it, and it will develop. You need to see it as one 2-week-long convention. In the end, we will feel it with our big party in New Jersey.

4. Roles, Activities and Opportunities at the ONE Convention

Do I Have to Sing and Dance at the ONE Convention?

Student: We have a question from a lady who saw people dancing and singing at conventions. It's kind of pressuring.

Dr. Michael Laitman: If she has no need to jump or dance, then that's fine, she needn't worry about that. People at the convention need to feel relaxed. No one is compelling or forcing anyone. We have all kinds of habits—singing together, being connected in this way, holding hands, whatever—but it really is not mandatory. If you want to, do it. If not, don't. Just come relaxed, free. I don't think anyone will feel uptight there.

Can I Find or Create a Local Group at the ONE Convention?

Question: You emphasize a lot the importance of studying in groups. Would it be possible to connect with other students during the convention that live in the same geographic regions (US States) in an organized manner? In other words, I am from Indiana, US and would like to meet all of the people from Indiana that come to the convention so we can stay in touch after the event for future study.

Dr. Michael Laitman: Yes, that's true, yes. If they come from someplace—from North Carolina, from Texas, whatever—a place where you have 1,000s of miles and maybe only 5 people from there, then it would be very good if you get to know each other, connect and perhaps even arrange some activities together, like planning a special activity every few months together. Or maybe go visit one another, come together, at this place, at another person's place, every so often.



Student: Or if we have a large group there, you can meet up with them.

Dr. Laitman: If you have a big group, then of course, yes.

Student: Therefore, the ONE Convention is a good place to get to know people that are geographically close to you, studying with you, and to formulate a group.

What about Kids at the ONE Convention?

Question: Some kids who are coming to the [ONE Convention](#) have never been in such an atmosphere. How do you see the kids program at the convention?

Dr. Michael Laitman: First of all, I would say that if you have no choice, then we need to all pay attention to the kids as well. Some people can't leave them with other people, so they need to come with their kids. We then organize something for the kids—games and so forth—in a special area so they don't interfere with the grown-up activities. So they need to understand it and set it straight.

Secondly, kids need to have their own games, activities and food. That will be arranged. This is not the first time. We've done it before. We're set up. What I do recommend is to contact the organizers of the kids program [[go here to find out more about the kids program and contact the organizers](#)]. They will answer all the questions.

What about a Singles Meetup at the ONE Convention?

Question: At the [ONE Convention](#), should there be an organized opportunity for singles to be able to identify each other? Should there be some form of activity scheduled for singles to meet each other? If so, what should be the form of such an activity?

Dr. Michael Laitman: Normally we dedicate an evening for singles to meet. But I don't know if there will be time. If they want to, they can get together afterwards, maybe at the bar, and see. Maybe through these connections people will find a closer person to be with and move on from there. There's a nice bar there, by the way. All the connections are good.



5. Spiritual Work - Based on Questions Emerging from Preparation to the ONE Convention

Overcome Fears of Fitting in and Appearing Foolish through a Positive, Supportive Atmosphere of Connection at the ONE Convention

Question: I have corporeal fears of fitting in, of being smart enough, of knowing what to do, where to go and how to behave. I fear appearing foolish in front of people I wish to be more like. Dr. Laitman, did you ever experience these fears?

Dr. Michael Laitman: I never felt these fears because [the convention](#) is accessible. That is the atmosphere there. Everyone's talking and chatting and laughing. They're happy! It's connection! There's a lot of hugging and kissing. Most of the people know each other. Now that I'm looking at the screens I see the majority of faces are already familiar. [Participating groups are shown on the screen.] Toronto, I know the whole group. St. Louis, these friends I've known for at least ten years. Chicago too. New York. It's a beautiful, big group today. San Francisco. Today it's a full house, a full turnout, all of North America.

Of course there are faces I don't know, new faces. Miami too. Some are there, some are new. Also, the Yashar Kel Virtual Group are all the people who are starting Kabbalah through Mike Kellogg's system. They're doing great work. I have to see all our friends from Yashar Kel at the convention.

It's time for us all to come together, because it's impossible to continue in this way. Those who aren't moving toward connection cut themselves off from discovering the Upper Force. By not moving toward connection, you won't actualize the wisdom of Kabbalah.

First of all, the connection has to be among us, and as much as we can, we need to also act toward the general public.



How to Invert Your Will to Receive into Bestowal at the ONE Convention

Question: I really want to change my will to receive, invert it into bestowal. Is it possible to do it at the [ONE Convention](#)? Is it possible to do it so quickly?

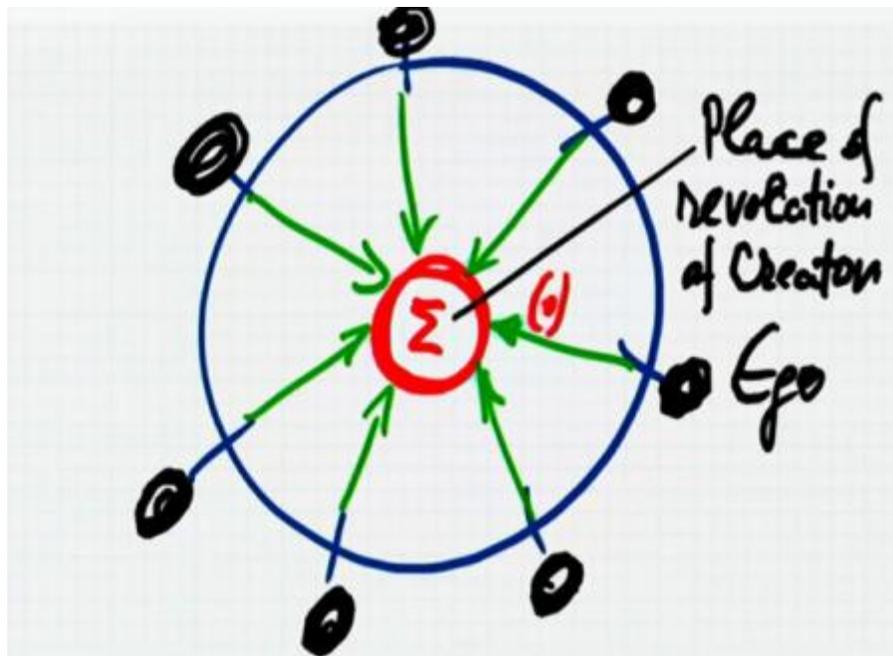
Dr. Michael Laitman: It is written “You can buy your world in one hour.” Who wouldn’t want that? I’ll tell you, if I start calculating the number of states I’ve been through, why didn’t they go a 1,000 times faster? It’s also possible, but everyone has his own pace, his own plan, and it is our own free choice to accelerate time. So if a person prepares himself well for the convention, if you go there and you really want to discover the Creator, then it is possible only by preparing a place for revelation. The place for revelation is connection with others, because the Creator is revealed between us, and in the connections between us. In an attitude of mutual bestowal, if we prepare a place for Him in this way, He will appear for sure. What is good about the convention is that we make an effort at a special time that is limited in time, energy and willpower. If each of us shows the other how much he wants the revelation of the Creator and the power of bestowal to appear between us according to equivalence of form, then it is possible. It is written about that, “You can buy your world in an hour.”

Student: I have to add something from my own impression. I really identify with people that are coming to the convention for the first time. It is an extremely special event and I think that I can speak on behalf of all the students. When they come to the ONE Convention for the very first time and they’re really prepared to immerse in the atmosphere and to dissolve in it, it is an extremely special experience. All that we learn on our lessons, all we study, we suddenly start feeling it. It’s really special. It’s very hard to convey in words. You have to really feel it.

Question: To continue what you just said about the inner preparation, a student from the [Education Center](#) says: Rav, what’s the most important intention we must hold onto during the ONE Convention, and what is the intention during the preparation, when we are there with the friends?

Dr. Laitman: We always study about the right intentions. I have to come to a state where I rise above my will to receive and feel the friends who are outside of me. Actually, the right depiction of it is the workshop...





... where we are all connected around a certain center of the workshop. And each of us turns toward the center where we want to connect. All our desires are left outside, this ego. That's how we are drawn; these dots are the points in the heart. So within that summarizing desire, that conclusive desire, we discover the place for the revelation of the Creator. That's all. That's what we have to achieve.

What Is Prayer? Recited Words or a Feeling in the Heart?

Question: How do I ask the Creator to connect with my friend in a way that He will allow us to unite?

Dr. Michael Laitman: Friends, I'll let you in on a big secret. You don't need to tell anything to the Creator. The Creator is the innermost point in our own hearts. What you feel in your heart is what you're telling the Creator. It doesn't work in the way that we are connected to each other, that I feel something in my heart, and I speak about something else. There are no games here. There are no politics. Here, what you feel in the heart is what you're saying to the Creator. You don't need to open your mouth to speak, to aim toward Him, now I'm in intention toward Him, now I'm not.

Whatever is happening in your heart at any given moment—what I want, what I'm drawn to, what I aim for—is all my speaking to the Creator. He is inside our hearts as the Inner Light inside the desire. He created the desire and sustains it. Therefore, if I want to tell him something, I have to change my desire. I don't need to think about the Creator in terms of what I'm now going to tell Him. Does it mean I pray to Him if I take a prayer book and read it? In my heart I might be feeling the opposite of what is written in the book.



Thus, it is our desires that we need to change; the desire is called “the heart.” Our work is far more internal. So if you ask me, “how can I change the desire?” I don’t own my heart, I don’t command it. How do I know what it wants and what it doesn’t? Even if I do, how do I convince myself?

How do I change the desire? True, we can’t do this alone. For that there is the light that reforms. When I understand that my desire needs to be toward bestowal and love and it’s the opposite, then I need to ask. How do I ask if I don’t want it, i.e. on one hand in my heart I feel I want to be happy, and on the other hand, intellectually I understand that I need to think about everybody’s happiness and be connected to everyone.

I cannot have two desires, and that is why I have a mind and a heart. Through the mind I can change my heart’s desires. How? If I activate myself, if I act with the group, with the friends, and together with them I get an impression, an inspiration toward unity, I then activate this impression toward the light that reforms and it changes my desire. Through the work in the group, whatever the case may be, you need to know that what happens in your hearts is what you are saying to the Creator. This is your prayer.

Can Spiritual Attainment Be Done Individually, or Does it Require a Group?

Question: Does the building of a *Kli* [vessel] and the intention/prayer/screen to reflect the Light take place only in the group, or can it be done individually?

Dr. Michael Laitman: Individually? No. The Creator doesn’t listen when you are alone. There is a concept called “the prayer of many”; we talked about it many times. The whole thing about the broken *Kli* [vessel] is about you trying to connect, trying to become one again. That is why the Torah—the wisdom of Kabbalah—was given. Call it integral education, the wisdom of connection, whatever the title. That is the whole work here in this world, which is the lowest and worst of all the worlds, i.e. that we will begin to connect and accordingly ascend—ascend not in elevation toward stars or in terms of altitude—but in understanding, awareness and sensation. We will then discover new dimensions.

Even if I connect with one person, I already discover the Upper World. I shift from the dimensions of this world into the spiritual dimension. I feel myself in a world beyond time, place, life or death, rising to the level of forces. My body exists as an animal. When it dies, it dies. As Rabash says, “It’s like putting your dirty shirt in the laundry.” That is how you feel, that you got rid of the body, but *you* remain, because you’ve acquired a new desire. In your connection with others you’ve acquired a common desire, and that is all. This is *you* now. Your heart is there in spirituality, and here in this world is just an outer coating, and thus you do not feel any loss when it dies.



How Rare Is It That One Achieves Spirituality?

Question: How rare is it that one achieves spirituality?

Dr. Michael Laitman: In our world today, it is not rare. It is available for anyone. There were times, up until our time, when one out of a thousand who wanted it could attain it. Today, anyone not only can, but must, attain it. Look at the pressures and at what is now surfacing in order to push people to connect and discover the upper world, so that people will shift to a higher level and live in an altogether different place than where they currently are.

The general crisis is pushing from behind, and the light that reforms and the group, i.e. the big group that is already emerging worldwide, and is ready to absorb into itself and progress. Everything is there.

What we are now discovering is the wisdom of connection, the method of correction—the general method of correction and how everyday this explanation becomes more approachable, easier, reasonable in the eyes of the general public. Look at the kind of help we are getting from above both in terms of understanding the method and in relation to the world—how the world is becoming immersed in this whirlpool.

How to Come Together as One When We Come from an Individualistic World

Question: How should we come to the [ONE Convention](#) and be in this whole atmosphere of togetherness when we come from a world of individualism?

Dr. Michael Laitman: Individualism and separation and these definitions... we see these things today as nothing but trouble. Precisely, out of this world's troubles, we should explain that we are approaching an opposite, connected world. The more we resist connection, the more troubles we will suffer. We have to start explaining it. Each day, the idea of connection becomes more acceptable in the eyes of the world because the blows are becoming systematic.

Question: How we come and unite at the ONE Convention, and be together when in the outside world there is separation? The world is suffering and is separated and we at the convention are having such a great time, being united and all.

Dr. Laitman: Judging by the despair and problems that exist in the world, I don't see the world as enjoying, compared to what it had 20, 30 or 50 years ago. Back then, the world and people thought they were progressing toward something good, and look at how quickly



these things have been inverted. We just need to explain that we have no choice. We are living in a special process, which exists in Nature, and it is inescapable. If you do not do this or that act, you will suffer more and more.

We are not coming to the world and saying “Let’s all rise to a spiritual degree.” No. We’re not trying to pull them where they don’t want to go. We’re coming to the world and we’re telling them, “Let’s avoid the blows. Let’s try to suffer as little as possible. Let’s detour the problems.” How? By being closer to the laws of Nature. Nature is becoming global, so let’s be global. Not in industry or money. *We ourselves* have to be global. We ourselves have to be connected. It is not just about a union of banks or industries or whatnot. We need to explain that. Basically, we are just telling the world: “Guys, we have a trick that can help us suffer less.”

Question: How? Is there some kind of reciprocal influence between the work we will be doing at the ONE Convention and things taking place in the world?

Dr. Laitman: Beautiful question. Of course, when we are in the convention we help the world. How? Through the connection among us. This is because the whole of humanity is a single system. Therefore, if in a part of humanity—which is not only in New Jersey, but including all mirror conventions taking place worldwide simultaneously—it all influences the world’s general network. Moreover, since we have this big power and we are in connection with the Upper Force, which sustains the human system, the system accordingly upgrades. It begins to feel within a greater necessity to reach a connected world. Accordingly, we spare the world much pain, and we invoke in the world a greater ability to understand where we have to advance, and by that we also become a more recognizable part in the world.

The world is beginning to subconsciously feel that there is this group in the world, or something where there is the cure for all problems. Our ideology becomes clearer, the reason for the blows, everything becomes clearer. It is very important. That is why the convention is also an act of healing, similar to how you give a series of treatments to a patient who comes to the hospital.

Question: If people are outside of me, they are actually part of my soul, so why do I have to correct my connection with them. Is it not I who needs the correction?

Dr. Laitman: That is considered that I have to make a correction. If I connect with the part of my soul that is separated from me, that part and I are the same, because the ego between us now, this artificial, fake attachment, needs to be removed. How do I remove it? Removing it means... well, it needs to stay, but I have to leap over it. About that, it is written “love covers all transgressions.” Accordingly, the connection I build between us gives me the power of connection according to the ego that is between us. Therefore, the ego that was separating becomes amplified, intensifying the connection between us. That is why when we return to that state after the breaking, we intensify our connection, amplifying our connection 620 times over.



How Can I Help at the ONE Convention?

Question: How can I help during the [ONE Convention](#) without missing anything? It is my first convention. I'm arriving on Thursday, Aug. 7. I very much want to be of help. Any task is fine with me.

Dr. Michael Laitman: It's the ratio. We are going to be at a place where we don't attend to ourselves. We will have most things prepared in advance. We get there with all the equipment. It's a place we know, a place where people know us. Food will be ready. It will be prepared by the hotel. We won't have to buy, carry, serve, or do anything. Everyone will be sleeping in hotel rooms with beds, showers, etc. You'll have everything.

All that is left is to absorb, to open ourselves and accept everyone, so that in the connection among ourselves we will feel the upper world. That's all. So that is our only problem.

What duties have you considered? I recommend that people who were never at a convention be given no duties. I'm against it. It happens in Israel too. A new person comes, and during the lesson, they make him serve coffee. They need to sit, listen and gather impressions. They cannot connect to bestowal, to the group, etc. You shouldn't do that. You "teach the boy according to the boy's way." Don't put him into spiritual acts that he doesn't feel as being spiritual. Therefore, you need to give these people the best seats to participate as emotionally as they can with everyone, so that they feel no pressure from others. In short, treat them as children. They're beginners, so they're babies.

Source: Dr. Michael Laitman, "Special Q&A Session in Preparation for the ONE Convention." Kabbalah.info. Bnei Baruch Kabbalah Education & Research Institute, 16 June 2014. Video: [MP4](#) | [WMV](#). Audio: [MP3](#)



6. Further Preparation

- [About the ONE Convention](#)
- [Preparation for the ONE Convention](#) - updated daily until the convention
- [Venue of the ONE Convention](#)
- Activities at the ONE Convention:
 - [Lessons](#)
 - [Workshops](#)
 - [Yeshivot Haverim \(Friends' Gatherings\)](#)
 - [Cultural Events](#)
 - [Feasts](#)
 - [Kids Program](#)
- [FAQ](#)
- [Register for the ONE Convention](#)

