

The Daily Bites

November 1, 2010

The most outstanding Q & A, excerpts, examples, illustrations, definitions, and advice from the Daily Kabbalah Lesson of Dr. Michael Laitman and Bnei Baruch

Daily Kabbalah Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

Upper Conception

Investing with the correct efforts will lead us to Upper conception.

If you want to discover your connection with others, there are external acts that can encourage it, i.e., like doing all kinds of things for them, preparing for them, serving them, giving them presents. These are customary, external actions in our world in order to connect with others.

In order to join spiritually I need to see others as the great ones of the generation, as if they are already connected between them and only I am outside the connection. I need to subdue myself towards them. I need to make efforts in my intention, especially during the study.

After all the investment, both external and internal, in acts and intentions, awe comes from the corrected level that I imagine to myself as the connection of everyone together, everyone together in unity. I discover the light between us according to equivalence of form. This is to say, to the extent that we are joined, we discover this special light. This is called that we towards the Upper are in its soul, in conception, but we are all together, and in our annulment the Upper conception enters.

- from the 1st part of the Daily [Kabbalah Lesson 11/01/10](#) (minutes 24-27)