

The Daily Bites

February 2, 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

How Can We Prepare Ourselves For The Study In General And For The Conference In Particular?

The mind is a common property which develops by the degree of the will. If you want more, intellect develops; if you want less, intellect deteriorates. In older adults, we can see that they want less, and therefore their common sense decays until they become senile. Where do the common amnesia diseases of old age come from? They come from the fact that old people don't want to use the brain, the desires anymore. When desires decrease, the mind shuts down until the person gets rid of sensing the mind and body and then the body dies. So the greater our desires, the more we want to admire our friends and the study, depending on that, the wiser we become. Whoever doesn't limit themselves, but opens desires, opens questions, opens the hearts, they will become wiser.

-from the 3rd part of the daily Kabbalah lesson (minutes 28 - 30)

Together Toward The Light That Reforms

How can we prepare ourselves to study *The Zohar* during the day, now, before the conference?

Dr. Laitman's Answer: There can be plenty of explanations and interpretations, but it's very simple: together toward the Light that Reforms. To be together is to connect in order for the Light the Reforms to affect us, the Light that fixes the evil within us. What is the evil in us? It's the fact that we cannot connect together.

This is the intention we should have during the study and especially at the conference. If, starting now, we think about it and understand that our good future depends on that, then like *Baal HaSulam* writes: "It's through the connection between friends that we match ourselves to the power of bestowal." There is nothing more to it.

We should read over and over again what *Baal HaSulam* writes about *Maamad Har Sinai* (Important Occasion at Mount Sinai) because that is exactly where we want to see ourselves. It is written: "Every

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day a man should see himself as if he were present on Mount Sinai in the receiving of the Torah. Every day there is *Matan Torah* (Giving of the Torah).

All our preparation, even now, in all classes, toward the conference, and during the conference itself, is to reach that status in which souls are prepared to give up their own ego and want to connect together and reach the Light that Reforms, which activates the action of correction on them. Then, inside the connection between us, we discover the Creator.

We need to talk about the union and the *Maamad Har Sinai* (Important Occasion at Mount Sinai), and people need to understand that they have an opportunity to be present at a special event that brings us very close to the correction of the soul, the opportunity to discover new dimensions of life, to discover the eternal, complete world. As it says, "Come see your world in your life," by that he becomes like a son of the next world.

People associate the concept of the "next world" to a physical death, but for that we explain these things on the Internet. God willing, we will succeed to explain to everyone that the next world is the spiritual world, and they should attain it now. I feel that the preparation for that has already been discovered in the recent months. There comes a kind of an inner understanding in people; they understand us. It all depends on the evolution of the souls.

-from the 1st part of the daily Kabbalah lesson (minutes 1:08 – 1:15)

Daily Kabbalah Definition

Definitions in the daily Kabbalah lesson guide a precise, spiritual approach to terms, & disqualify materialized corporeal definitions

Eretz, Rakia, and Kadosh Baruch Hu

What are the meanings of: *Eretz* (Land), *Rakia* (Heavens), and *Kadosh Baruch Hu* (Blessed Be He) mentioned in *The Zohar*?

Eretz (Land) is *Malchut*, *Rakia* (the Heavens) are *Bina*, and the *Kadosh Baruch Hu* is *Zeir Anpin*, who is between them and connects them both.

What is being described are corrections below. Even though *Malchut* is the desire to receive, it needs to resemble *Bina*, which is the desire to bestow. And this of course does not alter its matter, for the desire to receive will always remain the desire to receive, although with the help of the intention to bestow, *Malchut* can reach the state that it is as the *Rakia* (Heavens).

-from the 1st part of the daily Kabbalah lesson (minute 7)