

The Daily Bites

May 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

The Chosen People

We do not need to add anything to our lives but the study of Kabbalah.

Our approach to discovering the spiritual world is a virtue in the form of a remedy, that is, reaching spirituality by the remedy of *The Book* that operates on us, as a mechanism that draws the Light that Reforms upon us. Therefore, our generation is not required to engage in self mortification of any kind—not "bread in salt you shall eat", sleeping in a barrel, living in the yard, or studying various wisdoms, etc. But we should add the study of Kabbalah to our lives, just as they are. Calmly add Kabbalah studies to your life. This is sufficient, because we are incapable of doing more than that, and the Upper System is ready for us, in our favor, in accordance with that.

-from the Lag B'Omer lesson (minutes 51-53)