

The Daily Bites

June 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 Use Of A *Reshimo* (Reminiscence)

What does the saying, "From pennies come dollars." tell us?

Since we started studying *The Book of Zohar*, we have experienced many strong ascents and descents because we are now entering "the treatment." The ups and downs are a sign of using a *Reshimo* (reminiscence). I don't know how many *Reshimot* I have, but I must pass them all. I don't have the possibility to skip even one of them. To the extent that a person goes through the changes more quickly, it is a sign that he is advancing more rapidly. We are obliged to constantly go forwards.

There should be time for studying, for dissemination, for the group, and time to connect. During the day I must set up various reminders for myself, with the help of various means, e.g., an alarm clock, a reminder on my cell phone, etc., so that I don't forget the goal. Through this I will implement the *Reshimot* a little more and a little more. "From pennies come dollars."

-from the 4th part of the [Daily Kabbalah Lesson 6/02/10](#) (minutes 55-58)