

The Daily Bites

December 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 Influence of the Environment

I need to be influenced 100% by the society and ignore the external opinions.

As to our personal, internal path, we must only be influenced by the Surrounding Light and know how to turn to it through the books. I want only to be influenced by my environment, and to this environment I must be very sensitive, 100% sensitive, since it is by the surroundings that I can navigate and find the correct direction. The opinions of the society that I integrate into must be holy to me and to it, I cancel my intellect. I need to listen to what they say and accept all the values of the society, existing according to this and not according to what I have by myself.

I have two circles: the first is the inner circle of friends, books, Rav, and the group. From this circle each one has to be influenced 100%. The second circle is the external world, to which we must relate with love and understanding, like to babies. I hear only one thing from the external world: how to perform my job in the world and bring them the Light in a better way. I must be very choosy and selective towards the external world and not to listen to anything else.

- from the 4th part of the [Daily Kabbalah Lesson 12/02/10](#) (minutes 20-23)

Daily Kabbalah Definition

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

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Coupling

What is spiritual “coupling”?

“Coupling” is a connection via the *Masach* (screen). If a person objects to his ego for the sake of connecting to the Light, with Divinity, for the sake of bestowal, and if that person has the strength of overcoming that is called “*Masach*,” then he enters into a coupling.

- from the 1st part of the [Daily Kabbalah Lesson 12/02/10](#)