

# The Daily Bites

May 3, 2011

*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*

### To Rise Above the Ego

#### What should we do when the ego gives us strength to work?

We should see the ego as an opportunity to work on ourselves, i.e., on our good and bad impulses in facing the friends. This is an opportunity to advance in that the friends don't need to pay attention at all to what is happening to me. The ego is always the source of the burning inside. The question is: To what the extent do you succeed to go above the ego and above the attribute of reception and continue to work and advance. And that is called, "help that comes as opposition."

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 05/03/11](#), Shamati #5 (minutes 32-35)

## Daily Kabbalah Definition

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

### The Depth of the Heart

#### What is the depth of the heart in spirituality?

The depth of the heart is the point that distinguishes that man can't reach it because at the depth of the heart sits that same Upper Force that holds the heart, that holds the desire which is the secret of life. Nonetheless it's possible to turn from the depth of the heart from the same point that exists inside me

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that the Creator establishes, and which causes all the thoughts and desires in me. If I turn to Him from the same point of connection with Him, then I arrived at the correct turn.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 05/03/11](#), Shamati #5 (minutes 27)