

# The Daily Bites

December 3, 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*

### Faith Above Reason

#### What is “faith above reason” and how to do it?

We constantly need to maintain information, understanding, and feelings that the Creator always bestows good, more so and more so: "Good and does good" and "There is none else besides Him." I need to want to identify Him like this without any connection to what I feel, and then I direct myself correctly. Stages constantly change in me: *Shoresh* (root), *Aleph* (one, first), *Bet* (two, second), *Gimel* (three, third), *Dalet* (four, fourth)... Then I feel a little darkness, a little Light, a little rejection, a little attraction. But I hold on to “There is none else besides Him” and “Good and does good” each time more and more. I see that everything comes from Above in order to open His bestowal to me.

On the one hand I hold on to "There is none else besides Him," and on the other hand to my desire, and between them I assemble the relation to the Creator in order to explain the contradiction. I can't change my desire and my feeling, nor the "Good and does good." But I can build the correct relation between them, the intention, and I change the intention all the time in order to explain my desire with “There is none else besides Him.” This coordination is called “faith above reason.” This is the equation I must always maintain.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 12/03/10](#) (minutes 44-49)