

# The Daily Bites

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*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*

### Practical Kabbalah

#### **What is the practical test from the standpoint of self intentions?**

The practical thing that the wisdom of Kabbalah suggests from the standpoint of a person's real intentions is working in a group that urges for personal development and lets a person see the place where he can attain revelation of the Creator.

Most of the time a person is busy with covering and hiding the evil in him, his hatred for the other, the envy, the lust and honor that control him. A person needs to constantly feel himself, subconsciously, better than others, higher than they in something. This is the unfounded hatred. We must constantly check if we aren't suppressing our ego so that we won't feel badly.

If I don't cover up these things and don't hide them from myself, then I have work to do each and every moment of my life, i.e., each time I feel that way towards a friend, I need to check if I can take this small measurement of unfounded hate that I must feel in a natural way towards each person, and to invert it to a good relation, in love.

If I constantly try to change the relation towards the friends, I suddenly discover that the Creator thus arranges it, and I need Him so that He will arrange things in me, in a correct form. And mainly I discover that everything is just a means to reach Him.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 01/06/11](#), Writings of Rabash (minutes 39-43)*