

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

To Pull Forwards

What is the correct relation to the states that we go through?

The correct relation to the states we go through is not to pay attention to them and to pull forwards. Actually, you don't know which state you are in. Until you reach the state of "Shabbat" you don't know where you are. We are always in corrections and the more we advance, it only seems to us that we are more corrupted. Through correcting myself and absorbing a little from the attributes of *Hesed* (mercy), *Gevura* (bravery), and *Tifferet* (splendor), I see the extent that I am uncorrected, like those other attributes of *Netzah*, *Hod* (glory), and *Yesod* (foundation).

Thus we must just go forwards and not pay attention that the path becomes more and more difficult. This is called "the rear of the Messiah." This means that these are the most difficult levels. Our *Aviut* (coarseness) is much bigger than our ancestors and therefore we are ready, able, and deserving to invite bigger Lights.

- from the 1st part of the [Daily Kabbalah Lesson 02/06/11](#), Writings of Rabash (minutes 24-27)