

The Daily Bites

March 6, 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

From the Force to the Action

How to transform the summaries in the notebook to the reality of doing and action?

Each one needs to do an exercise with himself, i.e., every few minutes I will write in a notebook my intention, the thoughts I have for the group, the importance of the group for me, the necessity of the group for me, the extent that I yearn for the Light and how much I feel that it works on me—exactly what is done during the lesson.

- from the 1st part of the [Daily Kabbalah Lesson 03/06/11](#), Writings of Rabash (minutes 37-39)

Daily Kabbalah Definition

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

Empty Place, Coupling of *Sefirot*

What is "place" in spirituality, when is it called "empty," and what is the meaning of "coupling of *Sefirot*"?

In spirituality "place" is desire. And "empty place" is desire that is impossible to use since it has no intention for the sake of bestowal on it.

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"Sefirot" are spiritual attributes and "coupling of Sefriot" are modes of relationships of different attributes within the spiritual *Partzuf* (face) in order to resemble the Creator in an optimal way, the maximum that is possible in each and every state.

- from the 3rd part of the [Daily Kabbalah Lesson 03/06/11](#), *The Zohar* (minutes 14-19)