

The Daily Bites

June 6, 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

Mutual Guarantee (Arvut)

How does one maintain the importance of the connection to the group in face of the external influences of the environment?

We must constantly try to remain with the feeling of inner connection with the group, and the group must worry that this happens with each of us. This is Arvut; that is, each one worries about the other so that there is nothing lacking in his spiritual advancement. Everything is in thought.

We need to constantly think that we are dependent on the group and on each other. If each person would constantly worry for the good of his friend, then no one's thoughts would move from unity. We would be activated from the unity all the time and thus would advance.

-from the 4th part of the [Daily Kabbalah Lesson 6/06/10](#) (minutes 20-22)