

The Daily Bites

September 06, 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

Awaken Brothers with a Happy Heart

If you were given a bad feeling, it's a sign that you can transform it into good.

When I am sick, when I have a bad feeling, whether I want to or not, I condemn the Creator and don't want to be in this situation. If a person feels that that he is not 100% satisfied with something to that extent he is wicked, distanced from the Creator, and in the opposite direction from the goal. By suffering, one advances only toward death, not to the Creator.

It's a great *Mitzva* (precept, commandment) to be happy since a righteous person rises above things and is happy. He justifies the Creator on top of everything there is. You can't justify the Creator from sadness since you are the desire to receive. In order to justify and praise the Creator, you must be filled with goodness, and then you have no choice but to praise Him.

We need to worry about what is happening within our *Kelim* (vessels, desires). It is very important not to feel bad and not to take some drug that causes you not to feel anything, but to try to transform the bad feeling you are given into good. If you are given a bad feeling, it's a sign that you are able to transform it into good.

- from the 1st part of the [Daily Kabbalah Lesson 9/06/10](#) (minutes 72-76)

Daily Kabbalah Definition

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

The "I" and the Angels

What are the "angels of the Lord" and what is the "I" of a person according to the wisdom of Kabbalah?

Angels of God are those forces that change in a person and operate on him in order to stabilize him each time to the optimal state so that he can ascend and realize himself and return in the shortest and most effective way to *Ein Sof* (Infinity). The influence of the society, all the influences that a person feels, everything is "angels"; there is no "Adam (man, human)" unless he looks for the correct response to these influences.

When a person looks for the correct response toward the environment from within his desire to bestow to them and discovers between them the spiritual net of connection with the goal to discover the Creator in it and to bestow satisfaction to Him, then in that, actually, his free line is expressed, his "I" that he is building. And all the rest of the things from which he builds this relation are called angels.

- from the 1st part of the [Daily Kabbalah Lesson 9/06/10](#) (minutes 65-68)