

The Daily Bites

September 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

Don't Suffer, Demand

Is advancement through suffering necessary?

There is no need to suffer, not to sink into all the states that are revealed to us and be afraid or embarrassed from what we are since it is all from the Creator who is revealing what He created: the evil inclination! We just need to be ready to respond in a mature way. We are shown the *Kelim* (vessels) that we need to correct, the place for work, the place to demand the force of correction.

- from the 1st part of the [Daily Kabbalah Lesson 09/06/11](#), Shamati (minute 21)