

The Daily Bites

October 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

Dead Moments

What should I do so that there won't be dead moments in my life?

The intention needs to be in each and every thing I do, not just when I sit and don't do anything. I need to put the intention for the correction of the world into every action, and through that act I want to advance to the revelation of the Creator, and thus I do it.

The intention for the connection of the world must be in each and every moment otherwise those are dead moments.

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

Daily Kabbalah Definition

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

Arvut—Mutual Guarantee

What is Arvut in spiritual work?

Arvut is the concern to stimulate the connection between us up until the level where Light is revealed according to the extent of the equivalence of form. If I reach a measure of completeness in the force of the connection that is created by me so that I push it, wake it up, and want it to exist, then I, thus, awaken the *Kli* that is yearning for bestowal. It is the bestowal that already exists in the Light and then the Light gives the *Kli* the attributes of bestowal that the *Kli* asks for, exactly in the same form and force that the *Kli* asks for it.

- from the 1st part of the [Daily Kabbalah Lesson 10/06/10](#) (minutes 47-51)