

The Daily Bites

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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 Definition

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

Love Pains, Regular Pace and Accelerated Pace

Love Pains

This is the feeling of pain from not having the love of God. If I determine that this is what I lack, then this feeling becomes a force of progress for me.

Regular Pace an Accelerated Pace

There are two ways for spiritual development: a) Regular pace, and b) Accelerated pace. A “regular pace” is when we progress through the pain we experience in our physical world – lack of good health, food, sex, family, money, prestige, knowledge, or power. Accelerated pace takes place when a person progresses through a lack he creates for himself, termed “I am lovesick.” In this case a person develops a greater need than the physical and human needs; this need eventually becomes his greatest need and does not let him rest.

In a spiritual path, a person replaces pains of one kind with pains of another kind, namely he replaces “regular pace” with “accelerated pace.” Such a person lives in a constant state of pain, search, and restlessness, but these pains are sweet pains called “Love Pains.”

-from the 3rd part of the daily Kabbalah lesson (minute 47)