

# The Daily Bites

December 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*

### Which Way to Go

**We can choose if we advance by way of Torah or suffering.**

Everything depends on us. All the friends, all the world, need to wake up and take themselves into account. If we don't connect our hearts, no one can help us. If we don't succeed, we will feel more and more the forces that oblige us to connect. This is called to advance through suffering.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 12/06/10](#) (minutes 48-51)

## Daily Kabbalah Definition

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

### Hair

**What is the meaning of the concept, "hair" in the wisdom of Kabbalah?**

"Hair" is a special mechanism of connection between the Upper and the lower. This mechanism is called "hair" from the word "stormy," "storm," when the Upper wants to give the lower everything that It has, but has to limit Itself and give it only a little, according to the degree of the lower, according to the ability of the lower to absorb and not to break.

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We learn for the first time about this limitation that the Upper takes upon Itself by force, as the *Partzuf SAG*, the level of *Bina* that is called "God," wants to bestow to the below and is not able to bestow because the lower cannot receive. And in this state It is stormy and in order to, in any case, bestow to the lower at least something, He dresses in special clothing that is called, "hair," and through this clothing He reduces Himself substantially.

These external *Partzufim* that the Upper clothes in don't cause only the decreasing of the Light in all kinds of directions, but they bring about changes within them, in the internal identity of the bestowal. They must be different as long as there is incompatibility between the Upper and lower. Thus only at *Gmar Tikkun* (End of Correction) these stormy *Partzufim* disappear and turn into *Masachim* (Screens) and *Ohr Hozer OH* (Returning Light).

- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 12/06/10](#) (minutes 6-18)