

# The Daily Bites

January 07, 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*

### To Awaken the Desire

#### **Is it worthwhile to artificially awaken the desire to bestow and to go against my desire?**

We must artificially awaken the desire! Otherwise, if we work according to our desire, which is the desire to receive, then everything that feels good with the desire, we will do and what doesn't, we won't do. In this way we will never exit our desire to receive.

A man is called whoever finds within him this distinction that is called man, and puts it above his desire to receive, above his physical body. It really doesn't matter if I do this artificially or not. The main thing is the result.

If I commit and convince myself to work above my desire to receive, this is called artificial, but it is also called working against my nature. In this manner a new desire develops in me, second nature. If we wait for a new desire to come from the side of nature, it doesn't happen. Nothing spiritual comes from my desire to receive. And from where will I take another desire? Only from being integrated with others, from the environment, and from the work against the desire.

*- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 01/07/11](#), The Book of Zohar (minutes 26-29)*

## Daily Kabbalah Definition

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

### Quality

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### What is "quality" in spirituality?

"Quality" in spirituality is called the measure of connection of the desire to bestow above the desire to receive. This means the ability of his inner clarifications, in its complexity, in his attributes of bestowal, in face of his desire to receive.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 01/07/11](#), "The Freedom" (minutes 49-51)