

The Daily Bites

February 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

Don't Run Away from the Battle

Test yourself: Are you here or did you run away from the battle?

To run away from the battle is called that you are sitting here, pleasantly, good to the friends and the environment, fulfilling all the rules of society, taking part in the duties, but your thoughts for some time are already in another place and actually you aren't with us. This is called that you are running away. Physically you are here, filling in a space and occupying a seat. But, we are not considering bodies, rather, desires and intentions. It could be that in this way you have not been here for some time already. This means that during the lessons neither *Mocha* (mind) or *Liba* (heart) were given. You don't have the desire and thought to attract the Light that Reforms.

Each one must check himself if he is escaping or not. This is work for each moment. It is written, "One should not ignore the principles of the Torah." The principle is the Light that Reforms especially during the time of the lessons. Even if you prepared yourself before the lessons and during the studies you escaped, then for 5 minutes you were in the correct intention, but afterwards all the three hours were lost. The self examination should constantly be: Am I here or not.

- from the 1st part of the [Daily Kabbalah Lesson 02/07/11](#), Writings of Rabash (minutes 37-40)

Daily Kabbalah Definition

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

Moshe, the *Mitzvot* (Precepts/Commandments) of the Creator

The Daily Bites

February 7, 2010

Who is Moshe and what are our inner *Mitzvot*?

"Moshe" is that same point in a man that leads him to a discernment that his connection to the Light is for the goal of changing and reaching the intention of "for the sake of bestowal." And "*Mitzvot*" are called those same advices that a man hears that he has to perform, that via these advices, his desire to receive will show him that he is made of *Taryag* (613 numeric value) individual desires and then man begins to correct them with a new intention, for the sake of bestowal.

- from the 1st part of the [Daily Kabbalah Lesson 02/07/11](#), Writings of Rabash (minutes 30-33)