

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 Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

Games

One must play so that the game turns into truth.

We must play as in a corrected family and connect. There is no *Mitzva* (commandment) to discover the evil, not in our world either. It will be revealed by itself if you are attracted to the good. We want to connect and the evil is revealed to us as part of the level, so that we will correct it. Also in corporeality we don't try awaken bad things.

If we play the game with thoughts of a better world, then corrective forces are attracted from Above and the game turns into reality. We need to behave this way everywhere, i.e., with friends, family, wife, children. We know we are playing, but we must play in order to turn it into truth.

- from the 4th part of the [Daily Kabbalah Lesson 03/07/11](#), Woman (minutes 34-37)

Daily Kabbalah Definition

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

Game

What is "game" in spirituality?

"Game" is called when I play at being better, with the intention that it really will be realized. Each detail, even in vegetative, animate, and speaking, in thoughts and in desires, if he wants to be bigger, which

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means better, then he plays at it. And through this he attracts energy that is called "surrounding Light" from the level that is higher, and then he reaches it, to a state that is more corrected.

- from the 4th part of the [Daily Kabbalah Lesson 03/07/11](#), Woman (minutes 34-35)