

The Daily Bites

June 7, 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

Toil, Integration, Inclusion, Progress

How do I know that I am progressing?

A system has been built by which anyone can get ahead, not only by learning, but primarily by participating in questionnaires and by working on the daily articles. Anyone can and should do the following: go to our new website, read the article, answer the questions, and think about it as much as possible. Whether you understand what is written or not, whether you know how to answer the questions or not, is not important. The main thing is to be in it, participate in it. By making the effort you participate with everyone, and by that, the "Light that Reforms" affects you. Persist in it for a few weeks and you will feel the difference.

This work fits all: men, women, children, veterans, beginners, those who study with us, and those who do not. Anyone who wants to move forward and develop his soul should take part in this system, where everyone can correct themselves through effort. I invite everyone to take advantage of the opportunity given to us.

-from the 4th part of the [Daily Kabbalah Lesson 6/07/10](#) (minutes 32-36)