

# The Daily Bites

July 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*

### The Intention

**What should be our intention during the reading of *The Zohar*?**

While reading *The Zohar* we have to try to awaken those forces from the good state, described in *The Zohar*, on ourselves, to affect us. The harder we try to do this and the more we try to awaken these forces, the faster we will succeed.

The forces that influence us from that whole perfect state can come to us only by the efforts we invest in describing, imagining, and trying to build ourselves to be similar to the Upper World in the relationship between us.

We should build an environment, an atmosphere, a group, where we will be in unity as one man with one heart, as in the corrected and complete state. We should try to create this situation and draw the Upper Force.

*-from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 7/07/10](#) (minutes 5-7)*

## Daily Kabbalah Definition

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

### The Middle Line

### What does it mean to be in "the middle line"?

In the wisdom of Kabbalah we learn that there is Direct Light that comes from the Creator and Returning Light that we need to return to Him. This means that the Creator wants us to behave towards Him in Returning Light as He behaves towards us in Direct Light. However, with Him there is the desire to bestow. We need to be in the intention to bestow since we are the desire to receive.

It turns out that we are opposite to the Creator in desire and can be similar to him only in intention. Thus each time man's desire grows, he becomes opposite to the Creator, and when he corrects the desire with the intention to bestow, then he becomes similar to the Creator. In this way man is constantly in two states, in two lines. His principle work is to constantly try to be in the middle, and not to pay attention to the states that his sensations go through, but to constantly want to be in maximum adhesion to the Creator. This is called that he is in "the middle line."

*-from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 7/07/10](#) (minutes 17-20)*