

The Daily Bites

February 08, 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 Summon the Light

I don't feel the evil. Nevertheless, is it possible to summon the Light based on some kind of reliance on general evil?

If I still am not yet in the revelation of my real character, which they say I am supposed to be, then there is no need to play the games of hatred. But one should always long for good, because the evil is present. So how does one discover it? Through longing for good, I will be closer to the Light.

According to the simple acts, the Light will illuminate and I will discover the truth that I exist in evil. My actions must be aimed only on summoning the Light, which will show me who I am, show me that I am evil. Afterwards the Light will show me that I must get rid of the evil and also show me what is the good that I must reach. Thus, we go from state to state.

One doesn't need to consider the state itself, to search, to feel it, or to consider all the kinds of discernments. On the contrary, as much as you despise the state, thus it will benefit. It is preferable to run around like a little kid who is constantly looking for the innovation. Don't try to understand the state. "It is not the wise who learns," but only by longing for the Light to change us. Thus one advances quickly.

- from the 2nd part of the [Daily Kabbalah Lesson 02/08/11](#), The Zohar (minutes 24-30)

Daily Kabbalah Definition

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

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Spiritual Work

What is spiritual work?

Spiritual work is the discovery of evil, in revealing evil up to *Har Sinai* (mountain of hatred). When the destruction is revealed, the breakage is revealed—the hatred, the rejection among us. We don't cover it or destroy it, but we want to correct it through studies, through the Light that Reforms. We want the Light to come and change this hatred, this rejection, and to transform it to connection between us, until we reach the connection of love.

This means that as the hatred is revealed to us, we don't touch it, don't hide it, and don't correct it. We don't do anything with it but refer to it as to a very important and valuable property that should bring us the Light that Reforms. This is so since the evil that is revealed between us is inverted spirituality. It is the reverse side of the spiritual *Kli* (vessel). And if this hatred transforms to connection, to love, then this will already be our spiritual *Kli*. Thus the real work should be especially on this.

- from the 1st part of the [Daily Kabbalah Lesson 02/08/11](#), Writings of Rabash (minutes 35-40)