

The Daily Bites

March 8, 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

Maintain the Intent

If the mind obscures the intention, leave the mind out of the picture.

The point is not to forget the intention during the study. The text itself does not add knowledge and is not exciting in particular; it doesn't operate in any external form on man, except for when man wants to get change and correction from the text.

In the mental understanding of the text in question, there is an addition that helps us strengthen the intent, according to the intention that exists in us. We should always test and measure how much to approach the study with our mind, because perhaps the mental learning obscures my internal demand. In this case it is better to stay all the time in maintaining the internal demand, in sharp intention, and not engaging in processing the text, in tying the content to what I already know, interpretations, etc. The main thing is to keep the intention.

-from the 1st part of the daily Kabbalah lesson (minutes 12-15)

Daily Kabbalah Definition

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

What is the essence of the nation of Israel?

"The nation of Israel" is not a nation in the regular sense of the word, but it is a group of Kabbalists or people who gathered together for the exclusive purpose of attaining Godliness through changing their

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attributes, through correcting their attributes. Thus if people unite for this purpose, then it is enough. Then it is already called the realization of the wisdom of Kabbalah and the realization of the "Thought of Creation." Although this concept is clothed in words such as "nation," "peoples," or "country," it needs to be understood that actually everything that is spoken about is only about the attainment of Godliness and correction of man, every man.

-from 1st part of the daily Kabbalah lesson (minutes 67-119)