

The Daily Bites

June 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

Left, Right, And The Group Between Them

If I prepared myself right, darkness is a springboard for my advancement.

We do not need to think about the bad situations, only to overcome them. We need to look for suffering and deficits only to attach them to the goal. You yourself wake up the dawn. You want darkness to come because you have the strength to deal with it. You do not see it as darkness, but as a lever, as a springboard.

This is a preparation we can only do in the group, and all the issues that are found are always my lack of contact with the group. If I invest in the group in advance, include myself with the friends, then when the lack of communication between us is revealed, I'll be ready, and above each selfish desire which is discovered against the friends, I will increase the connection and strengthen it. If I'm ready, the egoistic desire that is revealed helps me understand how I should be more connected to the society. If I prepared myself right, with the society, I can easily attract the Light that Reforms because there is the Left, the Right, and the connection between them.

-from the 4th part of the [Daily Kabbalah Lesson 6/08/10](#) (minutes 32-35)