

# The Daily Bites

September 8, 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*

### Practical Kabbalah

**The time has come to be involved in practical Kabbalah and raise humanity to an upper dimension.**

We need to see each state that we experience through corporeal reality as a beneficial state for our advancement. Many people are already beginning to experience reality as bitter and uncomfortable, feeling helpless against it. We need to understand that the time has finally come to be involved with practical Kabbalah, and to raise all of humanity to a more upper dimension. This is a special time that humanity has reached and we must hurry.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 09/08/11](#), Shamati (minutes 6-21)