

# The Daily Bites

*November 08, 2009*

*Taken from the Daily Kabbalah Lesson  
of Dr. Michael Laitman and Bnei Baruch*

## Daily Kabbalah Definition

**A Holy Face** – A face that doesn't receive light of the fourth aspect – works with all of the attributes other than the fourth aspect.

From Part 2 of the Daily Kabbalah Lesson, (min 2:44-3:00)

**A Spiritual Vessel** – Returning Light in which the Direct Light clothes itself after the First Restriction. The intention in order to bestow which is the only vessel in spirituality – the place to discover the Creator.

From Part 2 of the Daily Kabbalah Lesson, (min 6:03-6:28)

**The First Restriction** – Isolates the desire to receive from the Light, isolates the creature from the pleasure that the creature can withstand.

From Part 2 of the Daily Kabbalah Lesson, (min 20:15-20:40)

**The Size Of The Spiritual Desire** – is measured value by quality and not quantity – to what extent does it excel in bestowal.

From Part 3 of the Daily Kabbalah Lesson, (min 33:52- 24:22)