

The Daily Bites

January 09, 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

The Correct Relation

The constant way, the pace of the trip, depends on your inner efforts.

We don't need to worry about the situations that we get into because we don't know what will happen. There is no need to pay attention to these things. One must deal with, of course, whatever comes, but one should remember to always be aimed at one thing.

We must see all these things in totality as one, i.e., work, family, studies, the group. There is nothing more important or less important, and any one thing is forbidden, but one needs to be amazed by all of it. Many people don't advance spiritually because they degrade the corporeal conditions they were given. Each one must operate from the state he is given.

There are corporeal conditions, i.e., work and marriage, and spiritual conditions, i.e., study, group, and tithing. Those are essential things where we can't overly give attention. That which remains are the inner efforts, attention to the goal. The constant way, the pace of the trip, depends on your inner efforts.

- from the 1st part of the [Daily Kabbalah Lesson 01/09/11](#), Writings of Rabash (minutes 38-43)

Daily Kabbalah Definition

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

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Toil and Pleasure

When a man toils for himself, he doesn't feel pleasure in the exertion but he gives the labor so that later on he can receive fruit from it. If he was able to receive the fruit immediately, without labor, then he would willingly waive the labor.

In contrast to this, when a person toils not for his own sake but for someone he loves, then the greater the exertion, the greater the pleasure he feels during the time of the exertion and he doesn't feel pleasure if he just gives a present and sees how the receiver of the present enjoys it. This means that the fruit for him is found within the exertion itself; the labor itself that he performs turns into pleasure.

- from the 1st part of the [Daily Kabbalah Lesson 01/09/11](#), Writings of Rabash (minutes 32-35)