

The Daily Bites

February 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

To Discover New Kelim (Vessels) with Happiness

How do you relate to the burden of the heart?

If I find myself in a state where I feel empty, but I don't feel like doing anything, i.e., I agree with it and am buried in it and I don't find any strength in myself and don't see that it's something that I need to overpower, then it's not correct. I need to look at this state as the state on which I must receive new *Kelim*.

This is a very important point. Either I look at the state from above the burden of the heart, which is difficult for me, or I discover the new state with happiness. With this burden, the Creator puts Himself first and demands from me to make an effort in order to know Him. I am across something that is still unknown to me, but the matter is placed before me.

- from the 1st part of the [Daily Kabbalah Lesson 02/09/11](#), Writings of Rabash (minutes 34-37)

Daily Kabbalah Definition

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

The Force of *Tzimtzum* (Restriction)

What is the "Force of *Tzimtzum*" ?

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The "Force of *Tzimtzum*" is when one passes to faith above reason in relation to others. This means that in each situation that is revealed to me, I must think of the good of others above my own good. If I am able to begin to think like this, it is called that I already control my desire to receive by the power of restriction.

By this I still haven't begun to work for the good of others. However, if in each and every place, i.e., in each desire (where "desire" means place), I can immediately relate to others and to myself and to consider it in a way that doesn't depend on me, to be in balance between them, then that is called that I acquired the force of restriction.

In other words, when the desire to receive is discovered, it is revealed as internal and external, and I immediately discover in it a part that seems to me as inner (me), and a part that seems to me as external (others), and I am above this and can classify it correctly.

- from the 2nd part of the [Daily Kabbalah Lesson 02/09/11](#), The Zohar (minutes 17-21)