

The Daily Bites

March 9, 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

Free Will Every Moment

Choose at every moment: Do I prefer external or internal?

All of creation is only the desire to receive, and all of the parts of the desire to receive are connected to each other, such that there is not a single part that isn't related to others. The internal parts are more important, more effective, and more active than the external parts, therefore, to the amount and the inner desires, that are called "Israel" (*Yashar-El*), yearn for correction, they work and influence all the other parts. Each and every part of desire, internal and external, is also divided into an internal part and an external part, and so on.

The desire to receive is clothed on all the parts of reality—inanimate nature, plants, animals, and human beings, which are in this world and the higher worlds. The more the internal parts will demand more correction, to that extent they will function in the correct form, more efficiently, and will better influence all the parts of the desire to receive in reality.

Everything works according to man's choice and preference of internal above external in life, his business, and in everything that fills and interests him. We ask how a small man, that lives in this world, can influence in such a way all of reality and the answer is that precisely he is the influential part. The free will of man is situated actually in the decision of what to prefer, internal or external, every single moment of his life.

We need to strive to build for ourselves such a surrounding that will make us always be involved with internal, without problems, without pressure, without us having to invest strength. In this we will always influence the rest of the big desire to receive that is all of the reality of the upper and lower worlds. May everyone come closer to the internal.

-from the 3rd part of the daily Kabbalah lesson (minutes 1-5)

Daily Kabbalah Definition

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

Man and Woman

What is hiding behind the concepts "man" and "woman" as mentioned in *The Book of Zohar*?

In every single soul, in every spiritual vessel, there is a male part and a female part. The female part is defined as a lacking, a desire that demands correction. And this part is concerned in enlarging the lacking, of the form of the lacking. The male part is defined as the power to overcome, the force of the screen that brings the Light, and the part within us that searches and is concerned with how to correct the vessel and bring it fulfillment.

The soul is called "man" or "woman" in accordance to its condition: if the female part within the soul grows bigger than the male part within it, then in that situation it is called "woman." And when the male part within it takes control over the female part, then that same state of the soul is called "man." Since the lacking is the feminine part, then surely that is where the place of weakness exists; there is the holding onto shells (*kliipot*) and there is the source of all of the problems that can be. The "man" on his part needs to hold onto and correct it.

But of course, without the lack we have no advancement and therefore, first of all, we need to have a sensation of the lacking, the "woman." It will be prominent in the vessel in the goal that there will be for the "man", work, in other words that he can check what screen he needs to possess on the surface of the lacking that has been discovered. The desired state is when the female part is corrected by the male part.

Also in our world there are two kinds, as a copy from spirituality. But of course it is forbidden for us to think that *The Book of Zohar* refers to this world and about our physical bodies, that according to this it is speaking at the level of "animate." Rather, the wisdom of Kabbalah speaks absolutely only about the "speaking" level in us, about the powers within us, without any connection to the psychology of man and woman in this world, and that this matter also belongs to the "animate" level.

-from the 1st part of the daily Kabbalah lesson (minutes 4-8, 64-65)

Daily Kabbalah Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

Shell—The Lie That Leads To The Truth

What is the similarity between the bank's action and the action of the shell (*Klipa*) in the spiritual development?

All over the world people go to work every day, working hard to ensure their survival, security, and relatives' welfare. Perhaps it is surprising to discover that most of us agree to deposit our monthly wages in foreign hands, in some system called "the Bank." What makes us do it?

The banks are part of the social systems we built to provide us security. They promise us a future that we want to hear about, and even make us desire it. Sometimes they use slogans or facts that try to convince us that they have the power and confidence to hold their promises, thus confusing us and controlling us. But no matter—as long as we feel that if we deposit our money with them, we will earn more than we could before, even a small percentage; banks will continue to exist and we will all use their services.

Similarly, in the spiritual development of man, he needs to invest a lot of effort to earn the reward, to buy the new quality of bestowal and to discover the spiritual reality. The force that paints man a future profit, that attracts him and promises him that if he operated upon its guidance, he will have a brighter future—which is called in the Kabbalists' writings, the "shell".

Initially the shell provides man fuel to make efforts in his spiritual way, but very soon he discovers the lie—the spiritual reward doesn't come in the future, but everything happens in the present, the work itself, in the opportunity man receives to get closer to the Creator and to the attribute of bestowal. After man discovers the lie in the egoistical profit, the lie that the shell painted for him, he rises above it and uses it to buy the attribute of bestowal and reach the truth.

-from the 1st part of the daily Kabbalah lesson