

The Daily Bites

June 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

Be Saved From A Sinking Ship

The first action we must take in order to save ourselves from the ego is to be integrated in society.

We cannot fight the desire to receive, as it is increasing; we can only lower ourselves towards the group. We should bow our heads before the group, or otherwise, we will bow our heads to the growing ego. The choice we have is to which side we will lower ourselves. Just like Rabbi Akiva, who was rescued from a sinking ship by holding onto a board and bowing his head to the waves, we should include ourselves in the group and bow before it. The ego is constantly growing, and every moment we should be included in the group like a little one included with the big ones, in order to get powers from them which will enable us to work with the desire to receive.

If you look at your desire to receive, from outside the group, you'll see that you are inside the group, protected as if in Noah's Ark, like in the womb, and that the growth of the desire to receive is adjusted exactly to the power you receive from the group. Then you are able to build the middle line. However, the first action is integration and bowing my head.

-from the 1st part of the [Daily Kabbalah Lesson 6/09/10](#) (minutes 49-52)