

# The Daily Bites

January 10, 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*

### Sensation of the Inner Connection

The result of learning *The Zohar* needs to be a sensation of the inner connection. Examine yourself.

*The Zohar* needs to give everyone the feeling of necessity for an inner connection. This needs to be a clear outcome. Each person needs to examine himself, and if he doesn't feel it, he should worry.

When you turn to friends and want to be impressed by them, according to the extent of the admiration, you begin to see that there isn't one point, but a great number of points that are bound together in a connection called, "system of the souls," or "system of the worlds." The system of the souls is more internal and the system of the worlds is more external. Thus with the same point that you received, you discover the whole of reality. The point broadens and you begin to discover that everything is within it.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson*

## Daily Kabbalah Definition

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

### What Is Time?

#### **What is time and why is it written that "Israel sanctifies (accelerates) the times"?**

Time is a relative thing which exists only in our perception due to our ego, the will to receive that exists in us. The *Reshimot* (reminiscences) that pass through the will to receive are what give us the feeling of

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time. The duration of time is determined according to the speed of realizing those *Reshimot*, which depends on the correction of the ego that is revealed as hatred toward others. Without the ego, all the *Reshimot* would have been realized without any gap of time between one to the next; they would have accumulated instantly into one point; and time would not have been felt at all.

To the degree that a person wants to connect to others, that he wants to correct the ego that is revealed, to transform hate into love, he shortens the time; feels it in closer proximity; and thus begins to feel the spiritual world.

*-from 3<sup>rd</sup> part of the daily Kabbalah lesson (minutes 6 - 16)*

## Daily Kabbalah Reality Check

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

### To Develop Like A Baby

**What is the difference between the development of a baby and an adult, and a person's spiritual development?**

We see in our world how babies that we take care of, only sleep, eat, and make a mess; beyond that they do not do much. Is it considered that they are doing bad to others? Of course not. They take part in our world at the level that they must participate in, in order to grow. They do what is required of them; therefore, it is not considered that they cause damage. In fact, their development process is much more accelerated than an adult's development process. The changes that a baby goes through within a week of his development are much greater than the changes that an adult goes through within the same time period.

The wisdom of Kabbalah explains that in spiritual development a similar process occurs. Our Sages said about this: "In the place where ones who repent stand, complete righteous cannot stand." Meaning, if one wishes to attain spirituality, and performs what is required of him in every state, precisely in those initial, small levels, he makes a small effort, as much as he possibly can in order to advance; precisely then the change and the effort that he makes are considered extremely essential. Such is the case even if he makes an error and gets confused, and even though unaware of his actions and their results, just like a baby who develops in his first stages in life.

In spiritual development, the smaller the steps, the more important are the changes that one goes through in them, more important than the changes one goes through in higher levels.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson*