

The Daily Bites

February 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

I Have Exerted And I Found

How to make the Light operate on us?

Through the study and work in the group you develop your vessels, and these vessels go through a process of refinement. You can sit with the books for 10 years and it won't help you develop. Only the Light develops the vessel; therefore we need to get the Light to work and not our minds. If you let It, the Light will work. The actions are not in the study, for "not the wise learns." Kabbalists explain to us which actions can invite the Light to affect us: only by participating in the study with everyone with the goal to attract the Light that Reforms, so that It will develop our vessels. And then, when the vessels are developed enough, you begin to understand that the evil that you feel is because you are the opposite of the Creator.

How do you know that the evil is due to the opposition of form between you and the Creator? To the degree in which you wish to be included in society, you begin to discover you are not like them and are not connected to them. Out of this feeling comes the thought that you are not connected to the Creator. For the Creator or a connected vessel is the same thing. If you yearn to reach connection, then the Light arrives and gives you this sort of thought.

-from the 3rd part of the daily Kabbalah lesson (minutes 16-18)

What should a person do if concentration during The Zohar lesson is very difficult, and different thoughts are jumping around in his head all the time?

If one has internal resistance to the study, this is very good. A person would of course rather be in the states where he is lucid, awake, curious, and attentive. In these states a person really thinks he is on the verge of revelation; however, in this state, the exerted effort is minimal, and so is the spiritual profit from it.

If one comes to the lesson tired from work, after a whole day of turbulence and mayhem, where he can barely keep his eyes open, and hears the lesson with a quarter of his hearing ability, out of a great

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effort, then this person is working during the lesson in a manner that will yield him the greatest profit, for "not the wise learns," rather "I've exerted and I found."

-from the 1st part of the daily Kabbalah lesson (minutes 42-44)

Daily Kabbalah Definition

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

What Is The Meaning Of "The Advantage Of Light Out Of Darkness"?

Everything is revealed out of its opposite form as the "advantage of light out of darkness." The Creator cannot be revealed to the creature unless the creature discovers Him in His opposite form, then out of the various opposite forms revealed to him, he learns what the correct form is.

When we read a book, we read the black part on the white part, meaning, we relate only to what is missing. We are unable to discover the attributes of the Creator, but only the disadvantages in Him because it's in our nature to reverse everything that is captured in us.

This is how our senses work and we have no other way. Discovery can be reached only through lack, in my darkness, in my desire to receive where I am completely opposite to the Creator. Then in that darkness, I detect a new lack: a lack that I call "The Light," pleasure.

-from the 1st part of the daily Kabbalah lesson (minutes 36-42)