

The Daily Bites

June 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

Everything Depends On Me

My perception of reality is the only thing that separates me from *Ein Sof* (Infinity).

Everything depends on my attitude, on my way of looking at the world. I need to imagine that all the friends in the group are in *Gmar Tikkun* (End of Correction) and in that way, I cancel the connection to the ego. We are all in the world of *Ein Sof* and all we need in order to feel this, is to cancel the shell (*Klipa*) that separates us, which is my distorted perception of reality.

We must make an effort, resembling a game, to see everyone as corrected, as great ones, as joined together. This "game" invites the Light that Reforms upon us, which corrects our nature and transforms it from egoistical to altruistic. The principle is simple: We try to perform acts using our own strength, or to see ourselves as corrected, and according to the effort, we thus invite the inner force called the "Light that Reforms," and it corrects us.

-from the 4th part of the [Daily Kabbalah Lesson 6/10/10](#) (minutes 29-33)