

The Daily Bites

October 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

An Act Without an Intention

Check yourself before each act to see if you can add an intention to the act

If we can't "dress" the acts with an intention, what is left for us is to do the acts without an intention. Gradually we will be able to add the goal to them, the intention.

"He who finds fault in others, finds it within himself," and I need to see if these things are in my favor or not. If it seems to me that a friend, for example, is showing off, then it's a sign for me. It's the way I see things and then I need to think why I am shown these things specifically.

I need to see it on two planes, both for the criticism and also to check myself. I can't waive the criticism since I must relate to the society as I see it, and on the other hand, the faults I see are my own. This is to say that on the one hand, I need to correct the society and on the other hand, I need to check within me where the disturbance that I see in my friend exists in me since otherwise I wouldn't see it.

- from the 1st part of the [Daily Kabbalah Lesson 10/10/10](#) (minutes 36-39)

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Daily Kabbalah Definition

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

Tribes of Israel

What is the spiritual meaning of the concept "the tribes of Israel"?

"The 12 tribes of Israel," is the general structure of the system of connection between the souls. It includes all the souls that enter the connection between them, including those souls who previously existed as "the nations of the world" and "wicked ones." They all rise to this system made up of 12 links.

- from the 2nd part of the [Daily Kabbalah Lesson 10/10/10](#) (minutes 38-41)