

The Daily Bites

December 10, 2009

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

Holding On To The Point Of Contact With Him

Question from a Student: If a person reading *The Zohar* was able to momentarily find a point of contact with it, then how can he hold on to it?

Dr. Laitman's Answer: He will hold on to it if he won't be afraid of anything that will come next and will be ready to rebuild this connection over and over again under any circumstances that will arise. If he is scared to death of losing the sensation of this connection, that means he lacks confidence and is not sufficiently connected with others. Besides, he does not understand that his progress takes place in the quality of bestowal, which always grows, develops and intensifies within him. However, it cannot develop if he is afraid and constrains himself. If he is concerned about his future, then he is operated by egoism instead of the desire to bestow.