

The Daily Bites

December 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

Exertion During Weakness

How does one make efforts while his body objects and his mind reminds him of failures in work?

If I failed to the extent that I now find myself in limpness, confusion, and weakness, then my entire body objects and I can't even move a finger in the spiritual direction. There is sometimes a feeling that if I try to do something, then that the situation will only make things worse than they were before. So then, why should I try to begin something when from the beginning there is no hope? What should one do?

One needs to get the importance of the goal from the society. There is no other chance. Then, we will ask the question of how we can be included into the society and receive from it the importance, if the body objects and doesn't allow me to go. If I commit to get to a certain place, I need to keep my word and fulfill it.

You make an excuse: I know in advance that they will come to help me and will take me home because I asked them in advance for help. A person needs to worry that the environment will worry for him in difficult situations, otherwise alone he will not advance. He will always find excuses for himself, "I'll study on the weekend when I have more time," etc.

- from the 1st part of the [Daily Kabbalah Lesson 12/10/10](#) (minutes 54-58)

Daily Kabbalah Definition

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

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Oil and Incense

About the meaning of what is written in *The Zohar*, “Oil and incense will gladden a heart.”

The meaning of “heart” is desire. “Incense” stands for the Light of *Hassidim* (Mercy). *Ohr Hozer* (Returning Light) and “oil” stand for the Light of *Hochma* (Intelligence). And according to what is written “Oil and incense will gladden the heart.” refers to the desire that has within it the Light of *Hassidim*, i.e., *Masach* (Screen) and Returning Light. And then he can already receive the Light of *Hochma* within him and thus it is called a joyful heart, joyful desire.

- from the 2nd part of the [Daily Kabbalah Lesson 12/10/10](#) (minutes 10-11)