

The Daily Bites

February 11, 2011

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

Independence Is a Choice

How is my independence expressed if the entire way I have felt and agreed that “there is no else besides Him?”

Independence is only in the point of choice! We learn that “the Creator brings a person to his good fate and says take.” This means that from now on I can decide what influences me, i.e., my inner attributes or the environment.

How will I do this? I will receive the values of the environment with as few as possible inner disturbances. Until now nothing depended on me. What I am today, until the moment that I reached the environment, is composed of everything I absorbed in my life. Now I must try to neutralize these things so that I can receive the influence of the environment.

If I decide, that with this environment I am going to the goal, then I have no choice other than to be within it like a baby who only wants to learn and copy everything he sees. This relation to our environment is the place for choice. So choose!

- from the 1st part of the [Daily Kabbalah Lesson 02/11/11](#), Writings of Rabash (minutes 27-30)

Daily Kabbalah Definition

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

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This World and the Upper World

What are “this world” and the “Upper World” and what is called, “going from world to world”?

The picture in a person when he perceives with the feeling that is directed inside, within himself, is called, “this world,” and when he feels with the perception that is directed outside of himself, it is called, “the Upper world,” “the spiritual world.”

This means that the transfer from “this world” to the “Upper world,” is our perception of reality, and achieved through the system called, “the wisdom of Kabbalah,” which explains to us how to correct the connection between us so that in this connection we will feel the Upper world, the spiritual world. The wisdom describes to us how to relate to each other in the correct way, in this life here, with everything we have in this world. And then we will begin to feel between us the Upper Force and will feel the spiritual system of connection.

And then when we are there and included in this network, in these new relations that we discover and really absorbed in these relations, then to that extent the feeling that we have now in our physical body that each one exists in itself will disappear from our perception. At this stage the feeling of time is lost, also movement and place, and then there is no life and no death. This is called that in our awareness, in our perception of reality, we go from world to world and this is a practical thing that we need to deal with, simply, nationally and globally.

- from the 4th part of the [Daily Kabbalah Lesson 02/11/11](#), "The Freedom" (minutes 45-48)