

The Daily Bites

March 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

Why Not Alone

I love to be by myself, thus I don't want to go to the Convention where I need to make contact with others. What should I do?

It is worthwhile to make an effort and get there, in spite of the inner battles inside you. These clarifications that a man feels within himself, i.e., lack of desire to connect, the feeling of being there physically but not mentally, and the feeling of being alone, all of these clarifications are spiritual clarifications.

If a person doesn't go through these clarifications, then he doesn't reveal his nature which is opposite the Creator and he doesn't know what to correct. We need to discover the empty space between us, the lack of desire to connect, and then the corrections begin. One must try put aside all the physical obstacles, to make inner calculations in order to see the truth.

- from the 1st part of the [Daily Kabbalah Lesson 03/11/11](#), Inner Preparation for the WE! (minutes 47-51)

Daily Kabbalah Definition

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

Empty Space

What is the meaning of “empty space” in spiritual work?

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“Empty space” is the rejection, restraint, and remoteness between us that we need to discover and correct. “Empty space,” is the inner feeling that means that I don’t want to be connected with others in anything, don’t want to be connected with them, don’t want to be dependent on them, don’t want them, and don’t want them to want anything from me. In this “space” that is revealed, afterwards we begin our corrections. And without a person trying to do some actions in order to connect with others, even though he doesn’t want them, the "space" isn’t revealed.

- from the 1st part of the [Daily Kabbalah Lesson 03/11/11](#), Inner Preparation for the WE! (minutes 47-51)