

# The Daily Bites

April 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*

### Transformation

#### **Add desire to bestowal, discover spiritual reality**

We need to discover about ourselves that we are only desire, the desire for pleasure only. I am not able to do anything, not to determine anything, not to see, not to think, etc., if it's not from within my desire to receive, if I don't find a self benefit in it.

All of reality is placed before us, everything there is, and we don't see it and don't feel it since we feel only what is good for our desire to receive. If we transform and allow the desire to bestow, then we will feel a different world.

The desire to receive is not cancelled; it doesn't disappear. The reality as we presently know it, with the physical body, remains. But above the desire to receive I acquire the desire to bestow. To the extent that the desire to bestow exists, to the extent of its size, I reveal the reality of the spiritual world.

*- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 04/11/11](#) (minutes 46-49)*

## Daily Kabbalah Definition

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

### Necessity

#### **What is necessity in spirituality?**

## The Daily Bites

April 11, 2011

Necessity is when we, ourselves, don't want to receive more because we want our compensation for the things that we give up, to be a spiritual compensation. In the wisdom of Kabbalah, it's not called, from Above, that we limit ourselves.

Necessity is when I yearn for spirituality and I can be spiritual, but I forget that I need to receive one thousand calories a day for my body to exist. For example: A cow that eats from the morning until night, and all the time chews, if you give it cakes instead of grass, it won't eat because it needs what its body requires. Also with us, it needs to be that way. If your head is in the clouds, in spirituality, then your body doesn't require more anyway and you will take it because you need it in order to survive, in order to provide for your spirituality, for your intention. It could be that according to your role, you need a car, ten body guards, servants, and one hundred suits. But, you don't need this on a personal level. You are measured only according to your intention.

*- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 04/11/11](#) (minute 34)*