

# The Daily Bites

July 11, 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*

### Finding The Creator In The Connection Between Us

**A change in my relation to others is necessary in order to reach spirituality.**

I should be anxious for my connection with others, since spirituality is found in this connection. If I want to reach spirituality, I need to convince myself that my correction is found through connection with others, others who are strange to me and who I don't care about. In order to reach my correction, I need to change my connection with them, to stop taking advantage of them, stop using them, and just the opposite, to bestow to them. This is what my spiritual attainment depends on.

The discovery that I must turn to others and change my attitude towards them, in order to reach spirituality, isn't simple and involves suffering. It is not something abstract, but we need to reach a concrete social understanding in which each one will be committed, as in "each person to help the other." Without this, it is impossible to reach spirituality.

*-from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 7/11/10](#) (minutes 41-43)*