

# The Daily Bites

July 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*

### Unity Within the Light

**Unity from within the ego will bring destruction to us and to the world.**

In order to pull the Light that Reforms, you have to be connected to the souls of the Kabbalists, with the Upper Light that is within them. For this we read their books. Without pulling the Light, without being in connection with something, i.e., to a corrected part of the system, if we connect within the ego in order to solve this or that crisis, destruction will come also to us and to the whole world.

*- from the 3<sup>rd</sup> part of the [Daily Kabbalah Lesson 07/11/11](#), Talmud Eser Sefirot (minutes 22-26)*

## Daily Kabbalah Definition

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

### Twenty Years

**What are twenty years in spirituality?**

Twenty years is a full measure. We know that a person who is born reaches the age of two from the age of nursing, then to the age of nine, to thirteen, and then to the age of twenty. Twenty years is called that he is in control already of all his desire and he is ready to use it in order to bestow. From twenty onwards it is already called *Adam* (man, human). Thirteen years is not yet called *Adam*, but from the age

## The Daily Bites

July 11, 2011

of thirteen until twenty he already acquires mastery of how to work "land property", i.e., with all the desires, *Aretz*, (land, earth, country ) from the word desire, *Aretz* from the word ground.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 07/11/11](#), *Matan Torah (The Giving of the Torah)* (minute 18)