

The Daily Bites

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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

Don't Remember, Feel

There is no need to remember anything, only to labor and anticipate salvation.

We don't need to remember anything. As far as we're concerned everything disappears even moments after the reading. What we need to do is to locate everything within us at the time of the reading. I don't need to remember what "cow" or "calf" is. If I have a feeling for this image, then I don't need a memory. Thus, we only need this to be revealed and not at all to memorize in a mechanical way. On the contrary, when I remember then it's as if I attained it, but that's a lie. I am then satisfied with this and that's not good. In order not to remember, I don't remember anything. I leave the lesson as if I didn't learn anything, only that I labored and anticipated salvation.

Everything I read about is inside of me and in no other place. Everything is within me. It isn't important to me how to locate what I am now seeing, but it's important for me to locate what *The Zohar* says, that everything is within me on a higher level. This is what I want to locate in me. To the extent that I yearn to discover that same state and reach it, it is revealed by itself. It isn't important how much I discover in a correct manner, but the desire is important. It is like a baby who grows within its desires. What does it have? It has nothing except the power of nature, wanting very much to grow.

-from the 1st part of the daily Kabbalah lesson

Daily Kabbalah Definition

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

Correcting The Break

What's the similarity between assembling a puzzle and recognition of the "Thought of Creation"?

Have you ever heard of a factory that produces beautiful pictures, and then cuts them up into different shapes and "breaks" them into little pieces? It doesn't sound logical, but this is how you manufacture a puzzle. First you make a whole picture, and then you "spoil" it. Many children's toys work with this principle of disassembling and assembling. This is because children are drawn to breaking and disassembling things into their ingredients, and then rebuilding them. This is how they grow. From this they get to know the picture in depth, and feel it from the labor of their hands. In fact, the wisdom of Kabbalah explains that all of creation is managed through the principles of "breakage" (or "spoilage") and "correction."

The wisdom of Kabbalah tells us that the Creator, the force of bestowal and complete love, created a perfect reality in which all of creation is in a state of harmony, adhered to this Upper Force, and equalized to it in all properties. Only that in this state, all the creatures and at the top of them man, are filled with the plenitude of the Creator, without any recognition of the contrasting states or self recognition. Therefore, the "break" or "spoilage" was created; in other words, the perfect reality disappeared from people's consciousness, and was replaced with an opposite, "broken" reality. The essence of man's existence is to discover the broken parts of the perfect puzzle, discover the yearning to connect them back to one perfect picture, and thus, "correct the break."

All the experiences man goes through in his life are sort of "parts of the puzzle" that come to enable him to develop an awareness and self recognition in relation to the purpose of creation. Only when he goes through all the states himself and wants to discover from them how the system works, why things happen, what is the complete picture; he creates an "I" that is already standing in front of the Creator and understanding Him and why He "broke" the creation. And thus, he discovers inside himself the "thought of creation," the thought of the Creator. Man discovers the special, perfect mechanism that was prepared for him by the Creator, that only this way, by the break, could there be room for him to enter his desire in the process, and create his self status "with his own hands" and become a "man" (*Adam*, from the meaning "similar to the Creator").

-from the 2nd part of the daily Kabbalah lesson

Daily Kabbalah Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

The Book Of Zohar—Spiritual Food

What is the difference between overeating and excessive drinking, and the correct study of Kabbalah books?

The food that we consume in our world enables us to live, to build our body, to move, and to develop. It will benefit us if we consume it to the extent which our body needs it. On the other hand, if we overeat, the food will weigh heavily on us and might even make us vomit. Even if we consume an excessively large amount of water at once, we will change the concentration of substances in our body and endanger ourselves with water intoxication. Even if we water a tree with vast amounts of water, we will only damage it.

Similar to this is the study of Kabbalah books and particularly *The Book of Zohar*, which is like a kind of “spiritual eating” that provides a person with the energy required for his spiritual development. But how will we know not to “overeat”?

The wisdom of Kabbalah tells us that the purpose of a person’s development is to reach spiritual existence, meaning the attainment of a new quality of love and care for others, which is called “the quality of bestowal;” and through it to become similar to the Creator. In the same manner as the food that we consume allows us to perform many actions, such as to play, study, or work, through which we live and develop; so are Kabbalah books intended to bring us to action and to spiritual development.

The study itself, as serious as it may be, if it does not lead a person to attaining the quality of bestowal, misses its goal and is the same as overeating or excessive drinking. On the other hand, through connection with others, a person processes the impressions he felt during the study, he deeply understands it out of his actions, understands the process that he is going through, feels balance, and thus prepares himself for additional studying. A person’s attitude toward others creates in him the “vessel” that grows and allows him to absorb and digest more “spiritual food,” more of that powerful energy of liveliness which lies in Kabbalah books and awaits bringing us to our purpose, through more connection with the others in order to attain the quality of bestowal.

In conclusion, all the feelings that one experiences as a result of studying Kabbalah books, whether positive or negative, are supposed to move him toward more connection to others. Impressions from the depths of Kabbalah books are supposed to bring him to connect to the environment in order to advance it; and on the other hand, apathy and lack of impression are supposed to bring him to turn to the environment with a request that it will rouse him and help him approach the study correctly.