

The Daily Bites

March 12, 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 Definition

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

What Is Spiritual Pleasure?

Spiritual pleasure is a pleasure from the bestowal that the Creator prepared for us, of which man enjoys when he himself bestows. Pleasure from receiving for ourselves alone is felt only in our world, in a situation where our desire is directed inwards only, so we cannot feel the spiritual world with it.

The infinite world is around us even now. Nothing is hidden from us, no distances, nothing; everything is here. But in order to start feeling it, one should "get out of himself," to begin connecting with desires that are outside of him. And if he can connect those desires that now seem like strangers, to himself, they become quite an integral part of him; then he begins to feel, within them, the spiritual world.

Therefore, "to bestow" is actually to receive inside the vessel that expanded by connecting to or acquiring the desires of others. You buy these vessels and you receive in them, like a mother that enjoys if she gives to her baby, because now the baby is a main part of her. Therefore, the method that teaches how to feel spirituality is called "Kabbalah"—the wisdom of reception.

-from the 2nd part of the daily Kabbalah lesson (minutes 13-16)