

# The Daily Bites

May 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 Reality Check

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

**If humanity doesn't move forward through the wisdom of Kabbalah, then nature will push us forward through suffering.**

The wisdom of Kabbalah is intended to help each person discover his soul, in which he will begin to discover the Upper Worlds until revealing complete reality, while at the same time existing in his body in this world. Advancement is through discovering the forces that operate us, and after discovering them we will know how to manage them, and will enter the Upper Nature.

There is no connection between the wisdom of Kabbalah and mysticism. The reason for this misconception is that the existence of the system of Kabbalah was concealed for the last 2,000 years. As opposed to previous times when the wisdom of Kabbalah was revealed only to the elect, today the wisdom of Kabbalah is being revealed to the whole world since the world has become global and is in need of correction.

*The Book of Zohar* was written in a transitional period from a time of concealment to a time of revelation, 2,000 years ago. However, it is intended to be revealed in our generation. Reading from *The Book of Zohar* is meant to open spiritual senses in a person and as a result of this, the concealed spiritual world begins to be revealed.

Our ego is a good thing if we know how to use it correctly. This is an opposite approach from religions that are only interested in man decreasing his ego. The wisdom of Kabbalah tells you to increase your ego to the maximum and through it, to attain the Upper World. As a result of a new way of seeing, you are able to manage yourself since you will see what is good and what is bad.