

The Daily Bites

August 12, 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

To Go “Outside” of Myself in Order to Advance

When I succeed to see the real egotistic attributes in myself, and to rise above them, then I can really advance.

When I succeed to rise above the reality to which I relate to in hatred and repulsion, I build a bridge of love. I exit myself and relate to the environment with true concern, i.e., more than for myself. This is called to rise above the *Masach* (screen). The intention is to be more and more above the ego and the environment and to yearn for true connection.

- from the 1st and 2nd parts of the Daily Kabbalah Lesson 08/12/11 (minutes 7-9; minutes 5-7)