

The Daily Bites

September 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 Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

From End to End

How does one arrive to study “from end to end” with the Upper?

To study from end to end is studying according to the common *Masach* (screen). It is called, *Rocha Brocha* and one has to reach this. We are referring to the extent of the connection, the extent of the annulment of oneself. It is difficult to reach this, but is possible in our world to be cancelled to the extent that the words of the Upper One transform themselves to laws for you. It is almost impossible to do it alone but in a group it is easier.

“From end to end” is the extent of minimum annulment that you are ready to perform towards the Upper One. If you want to receive from the Upper One you must annul towards Him, to be heard by Him. This is the extent of annulment through which you begin to receive the abundance from the Above, the Light that Reforms, through the point of connection with Him. But this depends on the extent of the annulment of your ego and without the annulment it is impossible.

- from the 4th part of the [Daily Kabbalah Lesson 9/12/10](#) (minutes 50-53)