

The Daily Bites

February 13, 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

Not to Be Swept Away in the Flow of Life

What is the correct way to deal with burdens?

We need to imagine to ourselves that the connection is important. One needs to reach a group and try to connect with their desires. From the group, one needs to receive desires for connection, even though they are not real desires.

You feel the laziness and the sadness, i.e., the fog that descends on us like a cloud and paralyzes us.

We all need to deal with this together, and then the fog will scatter and the burden will change into help for us. If we try to deal with the burden one by one, all of us will fall asleep and be swept away in the flow of life. The only solution is to receive admiration from the connection and act together.

- from the 2nd part of the [Daily Kabbalah Lesson 02/13/11](#), The Zohar (minutes 36-39)

Daily Kabbalah Definition

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

Imagination and Attainment

Whoever is using his imagination, then everything is in his imagination. The power of the imagination is very strong and thus it is impossible to check it. With imagination it's not possible to do anything, except

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work with the society. When a person is included in the society, they stabilize his degree and then he receives the real discernments of attainment.

A person can check if he is in attainment or not, only according to the *Kelim* (vessels). This means that he really has a constant thought about "love the other as yourself," and this is really his *Kli*. He worked for this *Kli* and the need of this *Kli* is working. All the discernments are only within the *Kelim*.

- from the 1st part of the [Daily Kabbalah Lesson 02/13/11](#), Writings of Rabash (minutes 10-13)