

The Daily Bites

February 14, 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

Building a Common Vessel (Kli)

I'm depending on society, and therefore have to worry about society having the right intention.

How to ask for the intentions of the friends?

I'm depending on society. I cannot hold on to the right intention unless I get their support, so I worry about them having the right intention. "The one praying for his friend first, wins first." If I worry about us connecting together, I have to worry about them, along with me, wanting to connect and not forgetting about it. I have to constantly think about them and our mutual connection, on the mutual guarantee (*Arvut*) that everyone would want to provide support to the other so that spirituality can exist, that the direction, getting constantly closer to spirituality, continues to exist at any moment. The outcome is that I constantly worry for the peace in the society, the perfection of the society, for everyone to be in the right intention, for everyone to be alert to it. The thought is never only about me, nor about anyone in specific, but about the *Kli* in whole and the society as a whole. This is similar to the function of the human body. Organs are not worried about themselves, each one separately. None of the organs needs the actions it performs for itself, not the heart, not the lungs, nor the liver or kidneys. It's about a general concern for the general vitality of the body. Lungs do not think about supplying oxygen to the hands necessarily, but about what they should give for the vitality of the whole body which they are part of, for this body to live.

We are in a group the same way. We should always think about the whole of our lives, about the general intention which becomes the vessel above us called "the screen and the returning light" (*Masach ve Ohr Hozer*). There we find the Creator. All of us together in the common vessel (*Kli*), that does not belong specifically to anyone, but belongs to each and everyone. Just like that. In a vessel (*Kli*) created out of our mutual intention, we discover the Creator. Once this vessel stabilizes, we will find the Creator in it.

-from the 1st part of the daily Kabbalah lesson (minutes 42-46)

Not once, never in any moment, is there anything depending on a person except for his current intention towards the target. At any moment, the only thing depending on a person is his intention towards the overall goal

-from the 1st part of the daily Kabbalah lesson (minute 67)

Daily Kabbalah Definition

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

Root And Branch

What are the meanings of the concepts, “root” and “branch” in the wisdom of Kabbalah?

In the wisdom of Kabbalah we learn that everything in our world has its source in the spiritual world from which it is drawn. This spiritual source is called “root” and its copy in our world, which we see and feel, is called “branch.”

We find that in our world, we attain the picture of reality of the “branches,” which we depict on our corporeal material (the desire to receive for the sake of receiving) by way of the Upper Lights and forces that descend from the spiritual world.

This picture of reality is false and limited because it is attained through the desire to receive, which is still uncorrected. When we begin to correct the desire to receive, we ascend to a higher level and thus attain the “roots.” This means that we actually discover From Above to Below, the truth of the present level.

-from the 3rd part of the daily Kabbalah lesson (minutes 6-14)