

The Daily Bites

April 14, 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

The Path of Pain and the Path of Torah

Spiritual advancement is only through the "path of Torah" and for that one must exert.

If I don't exert pressure on myself for connection and make efforts against my desire and on it, then you can't say that I am involved in spiritual activities, but that I am advancing by the "path of pain." For the "path of Torah" one needs to exert efforts.

- from the 1st part of the [Daily Kabbalah Lesson 04/14/11](#), Shamati #90 (minutes 40-43)

Daily Kabbalah Definition

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

A Ship

What is a "ship" in spirituality?

"Ship" is the shared thoughts and desires that join together in a network that is called, "boat," "ship." To "drill a hole in the ship" means a thought about my personal benefit and not about the general benefit. To the extent that I am not thinking about this network, but thinking about myself as separate from them and not sinking within them, not connected within them, not losing myself within them, not annulling myself completely before them, then this is called that I am "drilling a hole."

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Actually the hole refers to the foreign thoughts, the personal thoughts that are held on to, via every society. This is called the water that penetrates the ship and sinks it.

- from the 4th part of the [Daily Kabbalah Lesson 04/14/11](#), Pri Chacham (minutes 18)