

# The Daily Bites

June 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*

### **To Rewrite "Shamati"**

#### **How should one use the book, "Shamati" correctly?**

We need to try to rewrite, analyze, "Shamati" each time anew while reading it, orally or written. We need to try to correctly define all the terms in it, although of course still only egotistically. But to the extent of my being similar to the Light with my attributes, to the extent of the sensations that I developed to some attribute that exists in the Light, to that extent I will be able to understand and find within myself how to express that attribute of Light and define it anew.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 06/14/11](#), (minutes 62-67)