

# The Daily Bites

November 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*

### One Man In One Heart

#### All of us, all the world— to be together in intention

Although it may seem tiring and tasteless to us, we need to try to be connected in one intention, one desire. This is our work, versus the internal disturbances that arise in each one of us.

Within the text is the Light that is needed for correction. We, from our side, need to keep going forward toward the connection, and we must wait for the Light to perform the correct action. We need to connect and think that we want to be together, in one desire, with each one annulling oneself. I am making an effort, and I want that from Above, from in front of me, the Light will perform the action. This is called “Israel, the Light and the Holy One Blessed be He, are one.”

I am trying to reveal the Creator through the Light that Reforms. The Light creates the connection between us and the Creator is revealed within the connection. We are lacking, all the friends of the world *Kli*, to be in this one intention. I am approaching all of you to make this effort: Please.

*- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 11/14/10](#) (minutes 22-25)*

### Seventy Nations Of The World, Amelek, Heart Of Stone

**What are the spiritual meanings of the concepts, “seventy nations of the world,” “Amelek,” “Heart of Stone”?**

“Seventy nations of the world, “ “Amelek,” “Heart of Stone,” are all ways to define the kinds of desire to receive that exist in us. We have desires that are called “seventy nations of the world,” which we need

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to correct from “in order to receive” into “in order to bestow,” with the help of the Light that Reforms that we attract to ourselves. These desires are seventy in number since *Zeir Anpin* (small face) includes seventy *Sefriot*, 7 times 10.

We also have within us desires that are totally unresponsive to Light. They have no contact with the Light that we attract and from which we correct ourselves. These desires are called, “heart of stone.” These desires are separated only by the Light and it is impossible to correct them until *Gmar Tikkun* (end of correction). The generality of the desire that is forbidden to touch, since it is impossible to correct, is called “Amelek,” whose initials are A-M-LK which stand for the Hebrew words, “for the sake of reception.”

- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 11/14/10](#) (minutes 14-16)