

The Daily Bites

February 15, 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 Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

Equivalence of Form

Ask yourself: In what state do I need to be in order to reach disclosure?

Now yearn to reach there.

The most important thing is to be clean of thoughts that aren't relevant and to concentrate on the efforts you can make and what you can succeed in. The angels, the dresses, and the halls, don't belong to me and I don't care about them. If problems of digestion are not applicable to me, for example, then why should I know about how the digestion system works? I have more important matters to deal with. Kabbalists put everything that we can receive inside the *Introduction to The Book of Zohar*, and we need to concentrate only on what is relevant to the souls and what is written about the souls, like *The Book of Zohar* and all the writings of the wisdom of Kabbalah. We don't need to be involved with all kinds of things that aren't relevant to the souls.

-from the 3rd part of the daily Kabbalah lesson (minutes 34 - 36)

Ask Each Time Anew

I need to ask myself all the time, each time anew, in which state I need to be in order to reach disclosure, and to want to continue toward that same state. This is called "one goes toward the Light." We learn that spirituality is built according to the connections of equivalence of form. Therefore, we need to yearn to bestow, from within the mutual connection of the group. Of all us together need to reach the connection with the Creator.

-from the 1st part of the daily Kabbalah lesson (minutes 19 - 21)