

# The Daily Bites

June 15, 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*

### Good Envy

#### How can one use envy in a good way?

Envy can be a good attribute if it is used in order to improve the connection with others. We don't have any unnecessary attributes. Envy is the source of advancement, and we mustn't destroy it but need to learn to use it correctly. If you envy in the correct way, i.e., want to attain what another has, his level, without wanting to harm him, then this envy will result in reaching higher. This is good envy.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 06/15/11](#), (minutes 61-66)