

The Daily Bites

September 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 Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

The Agony of Love

To feel the agony of love is the happiest moment in life.

I never think about the bad. I want to discover love and there shouldn't be one moment of bad. If one discovers the bad, it will be like discovering an illness with a treatment next to it, ready in advance, and then it would be bad to be happy with it.

It is written that there is no moment happier in a person's world than the moment he is in need of the help of the Creator because he already made efforts and there is no treatment for him, meaning he cannot bring himself to correction. When a person can't bring himself to correction, he is within the revelation of evil. On the other hand, he is in a moment of happiness because he must turn to the Creator and then for sure will receive the correction.

Thus, we never think about the bad. However, the bad that will be discovered by itself on the way will be the agony of love. I will feel how much love I am lacking, and when I feel the deficiency of love, I will try to attain it. Everything depends of the *Kelim*, since the Light is in absolute rest.

- from the 2nd part of the [Daily Kabbalah Lesson 9/15/10](#) (minutes 30-32)

Daily Kabbalah Definition

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

In Absolute Rest

What is the meaning of "absolute rest" where the Upper Light is found?

The meaning of absolute rest is that there is no change in intention; that is, everything is intended as "Good and does good." There is no end to the swift actions of *Ein Sof* (Infinity) and they are all "good and does good."

To be in absolute rest is to be in every place at the same time.

- from the 2nd part of the [Daily Kabbalah Lesson 9/15/10](#) (minutes 25-26)