

The Daily Bites

October 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

Exercise in Smoking

When I get a strange desire during the lesson, I can minimize it

When I sit in the lesson and I get a desire for a cigarette, for example, I can minimize the desire and not let it erupt. This is a good exercise. I say to myself that I am not stopping to smoke, but that I will smoke, let's say, in another 50 years. It's worthwhile for you all to try.

Rabash used to smoke 2 packs of Nelson a day until one day, when he was already quite old, a doctor told him that he needed to quit. From that moment, he quit. Also Baal HaSulam smoked a lot, but one day one of his neighbors told him that when he coughed at night it bothered him. He didn't smoke again from that moment on. Try it.

- from the 3rd part of the [Daily Kabbalah Lesson 10/15/10](#) (minutes 17-21)

Daily Kabbalah Definition

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

The Wisdom of Kabbalah

Why is the wisdom of Kabbalah called “the wisdom of reception” and not “the wisdom of bestowal”?

The wisdom of Kabbalah is called the wisdom of reception and not the wisdom of bestowal since it is a wisdom that teaches us how to receive, how to receive the correct deficiency for what the Creator wants to give us so then we can receive everything from Him. This is since from the side of the Creator, there is no obstacle or any barriers, nothing. But all the barriers

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are in us, whereas we don't feel a discernment in this and thus, it is as if bland, none existent. Then as much as we develop, we develop the deficiency and according to the size of the deficiency, we feel the size of the fulfillment, the pleasure.

In spirituality, if our deficiency is correct, then the pleasure doesn't neutralize the deficiency, as opposed to what is in our world, which is that when we have a deficiency for something and we want to receive the pleasure within the deficiency, then the pleasure erases the deficiency and it disappears. The feeling of the pleasure also disappears and life again remains empty.

- from the 3rd part of the [Daily Kabbalah Lesson 10/15/10](#) (minutes 21-26)