

The Daily Bites

November 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

What Should We Do

Listen to the lesson, read the Blog, work, spend time with family, dissemination, and the group.

If a person has time each day to work with the materials we study daily, then it's the best thing. Also, in Rav's Blog there are summaries of the materials that are studied or various parts of them. If a person listens to a lesson and afterwards reads the Blog, there is almost no need for further work with the articles unless there is extra time for them. If a person listens to the lesson, reads the Blog, works, spends time with family, dissemination, and the group, it is hard to believe that he will have time to work with the articles, which are really less important.

- from the 4th part of the [Daily Kabbalah Lesson 11/15/10](#) (minutes 40-43)