

The Daily Bites

December 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

There Is None Else Besides Him

Each situation can be constructive; everything depends on my attitude.

We need to accept that each state comes from Above. There is none else besides Him. Each situation can be constructive; it all depends on my intention, my attitude. As long as I relate to a situation as to a situation that needs clarification, correction, and advancement, then it doesn't matter in which state I am in.

I am constantly raising *MAN* (*Mayin Nukvin*, female waters) with intention and from Above I receive situations. We need to see and understand that what comes from Above is a blessing: "Good and does good." If I go deeper and deeper into the studies, the group, the intention, renewal, then it doesn't matter to me what I receive from Him. It could be that each time I receive heaviness or harsh treatment, but I understand that this treatment especially brings me closer. This is how one would relate to a serious person to request advancement and not blessings like when relating to a baby.

- from the 2nd part of the [Daily Kabbalah Lesson 12/15/10](#) (minutes 40-44)

Daily Kabbalah Definition

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

The Shapes of the Letters

What do the shapes of the letters stem from?

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" Letters" are *Kelim*; their geometrical shapes express spiritual forces. This is the reason why written Hebrew hasn't changed during the years since its origin, is intertwined by the two forces that operate in spirituality, the force of reception and the force of bestowal. The combination of these two forces give us the shapes of the letters.

Thus, if we take the letters according to an author's writing, it seems that in each letter there are several, very defined elements in which each one is a sign of the connection we have between the forces of reception and bestowal, between *Bina* (Intelligence) and *Malchut* (Kingdom). The influence of *Hassidim* (Mercy) is expressed in lines going from right to left (horizontal) and the influence of *Hochma* (wisdom) is expressed in lines from up to down (vertical).

For example, if we take the letter *Alef* (1st letter in the Hebrew alphabet), it seems composed of three elements: the letter *Yod* (the 10th letter in the alphabet) which symbolizes "*Hochma*"; GE (Galgalta ve Eynaim, Skull and Eyes); the letter *Dalet* (the 4th letter in the alphabet), *Malchut* or *AHP* (*Awzen, Hotem, Peh*), and the *Parsa* between them symbolizes all the order. Also ,the letter *Yod* is actually composed of three parts: the tip of the *Yod* (symbolizes the spark from the Creator as "something from nothing"), point (symbolizes the creation of the desire itself), and the curve turning downwards (symbolizes the expansion downwards).

- from the 1st part of the [Daily Kabbalah Lesson 12/15/10](#) (minutes 40-44)