

The Daily Bites

March 16, 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

Give Yourself to the Environment

The whole system exists. What is lacking is our effort.

Try now to connect with the environment as much as you can. Give yourself to the environment. Don't be in existence towards the environment, so to speak. Ascend above your ego and connect with bestowal. You have been given the possibility to do all sorts of exercises towards the environment so that you will know what it means to get closer to the Light, because the Light itself—you do not attain; so, leave yourself and try to go out to the society, to the right environment, and connect with them.

Like that, you will make a step forward toward the Light and will show your willingness to reveal the next level. It doesn't matter if the exercises you make towards the society are successful or not. The effort is in building within us, the willingness to identify the ready level which is beginning to be revealed toward us.

I don't have to know and understand what I'm doing, but only to want to give from myself and connect with the society. The actions which I make are probably naïve and incorrect. It is called "*Lo Lisma*" (not for the sake of giving). The main things are the effort and my receiving new discernments, when my next level reaches me and I identify it. Before, I couldn't identify the next level because I lacked the effort, the understanding, and the feeling towards it.

All the levels exist. The whole system exists. Only my effort is lacking so that I'll be able to identify, each time, the Upper level, the next level, and enter it.

-from the 1st part of the daily Kabbalah lesson (minutes 26-29)