

# The Daily Bites

September 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*

### Counter-Help

#### Why do I need all the problems and the suffering?

All the problems that we are sent sever us from the group so that we will use greater strength to connect to the group. We are given all kinds of problems that are not relevant to our connection with the friends, so that through them we will connect even more with the friends.

It is the sufferings that direct us more and more towards the goal, since it is on top of them that we need to connect to the Creator. Each pain and confusion was designed in order to push us forward, to the good. This is "counter-help." One should not belittle these problems and must take care of them, but we must remember to relate to the goal above everything else.

If I don't receive troubles and beatings, then I can not intend correctly from what I want to escape and to what I want to get closer.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 9/16/10](#) (minutes 54-60)*

## Daily Kabbalah Definition

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

### Intention

#### What is "intention" according to the wisdom of Kabbalah?

In the wisdom of Kabbalah, we learn that we cannot influence or change anything that happens to us or that we go through. The only thing that we can change is the way we relate to it all. The way in which we

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relate to what we feel as a result of what we go through (that it certainly comes from the Creator), is called our "intention."

This is to say that the "intention" is the way I relate to my feeling and to Whom it is that gives me the feeling, since "There is none else besides Him." Thus all of our work is to determine the correct relation to what we receive.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 9/16/10](#) (minute 30)*