

# The Daily Bites

November 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*

### Dissemination

#### How should I decide what kind of dissemination work I should do?

Dissemination needs to be done where I am most beneficial and not according to calculations of being easy or difficult to do. My question should be where am I most needed as a delegate and which dissemination work of mine brings closer the revelation of the Creator to the creatures. If I know that in a certain job I am the most beneficial in advancing the wisdom of Kabbalah in the world, then there are no more questions. The group decides where I am most necessary and beneficial, i.e., in the kitchen, writing books, or establishing a new group in Hawaii. I need to devote myself to this work.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 11/16/10](#) (minutes 39-42)

## Daily Kabbalah Definition

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

### Sacrifice

#### What is "sacrifice" in spirituality?

"Sacrifice" is from the word, "near." "To offer up a sacrifice" means to bring our egotistic desires nearer to the intention of "for the sake of bestowal" and to do this more and more.

"Victims" are sacrificed (brought closer) to situations in which it is possible to take a little more from the corrupt will to receive, more small morsels and raise them more and more to "for the sake of bestowal"

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and thus to become closer, to become similar to the Creator, i.e., to take desires from myself, from the beast in me. In other words, from the inanimate, vegetative, and animal in me and raise them to the level of *Adam* (man). This is called that I “offer up a sacrifice.”

Each moment, each day, each night there are sacrifices of ours. There is “always sacrifice,” each time, each moment that we need to worry if we are getting closer to the Creator. And there are sacrifices that get closer when they arrive at special states called, “commemorative dates,” “Sabbaths” etc.

- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 11/16/10](#) (minutes 15-18)