

The Daily Bites

December 16, 2009

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

The Zohar Helps Us Grow

When reading *The Book of Zohar*, every person has to try to find a more internal state within. We do not have the capability to imagine a state any higher than the adjacent one. I can fantasize to no end and think that I am imagining the World of Infinity, but it will only seem that way to me, whereas in reality I will later discover that this was just the following, inner state, slightly higher than my state today.

Therefore, one must aim all of one's energy and efforts at trying to discern the inner desires and qualities which correspond to every word written in *The Zohar*. For example, "city," "tower," "ascending," "descending," "angels," "demons," "spirits," "the sons of Ephraim" —no matter what or who is being described, it is all referring to one's inner desires and qualities.

The book or the author is speaking to us like an adult to a baby, telling us only the things that are suitable for us. We will not be able to read any more than that in *The Book of Zohar*, or to imagine, hear or see more. But in fact, the contents of this book are much greater than what we currently see. We just can't see it for now. We are only able to see a small bit, as if we are being taught by an experienced teacher who is able to give us only what is beneficial to us, and no more.

Therefore, we shouldn't be afraid to give everything we have trying to find the inner concepts within us, which are described by the text in front of us. We will ascend to these notions, will recognize them and experience them for a time, like a baby that grows up over a day, a week, or a month, and is then able to understand more than before; he gains the ability to reveal deeper, more internal things. Previously a baby could not see or recognize these things because they were simply beyond his field of vision.

Our spiritual development happens in the same way: By rereading the same text, we will continually reveal new inner qualities and new connections.

Daily Kabbalah Definition

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

Light of Mercy

On the meaning of the Kabbalist expression “Light of Mercy”.

Contentment from the desire to resemble the Creator is called, “Light of Mercy.” Although it is the light of adhesion that is drawn to the Creator, it can not arrive above without there being an awakening to Him from below. Thus we can’t speak about the light of mercy if the light of wisdom isn’t within it, if there aren’t vessels of receiving (desires to receive for oneself). On these vessels the creature stabilizes himself regarding the Creator and shows that he wants adhesion, that he is ready to renounce himself—decides that bestowal to the Creator, to others, is more important to him than receiving for himself.

-from the 2nd part of the daily Kabbalah lesson (minute 17)

Daily Kabbalah Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

Grow Like A Seed

Question from a Student: What does it mean in Kabbalah to turn to the group?

Dr. Laitman’s Answer: To turn to a Kabbalistic group means that a person is completely helpless, he is drowning in an ocean, he finds himself in a horrible situation, he is starving to death—and suddenly, he reveals that there are good people all around him who want to help him. He must only ask them and show them that he wants help from them!

He has to be sure that they will help him. He doesn’t even need to hear them say that they agree to this. Everything depends on the person, similar to his outlook on the Creator’s attitude to us. In reality, the Creator is always ready to help, and the group is the same thing as the Creator. If I nullify myself before the group and expect to receive help from it, then I will receive it! It will happen automatically. It does not depend on specific people in the group, since I turn to their inner, corrected state, which is in the World of Infinity and which even they may not feel yet.

In order to achieve this, I have to really need it. I have to despair from my own lack of power and believe that I will be able to do it only with their help, only if I receive their support, their mutual guarantee, their energy, and all the rest. If I nullify myself before them in this manner, then I will definitely succeed.

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However, I have to nullify myself completely. In order for a seed that is planted into the ground to grow, it must first rot. Similarly, a person must first reject all that is his in order for the group to influence him to the full extent. He will then enter a new life; a new plant will sprout from the seed that rotted. But it won't happen until the seed rots.

We think that we have joined others and are building something together, but that is not so. A seed has to nullify itself, and then the environment will influence it. A person has to understand what he needs to receive from the group—which minerals he needs, what kind of moisture, warmth, and oxygen. He has to disintegrate in order to be able to absorb the influence of the environment.

We, however, think that all of the moisture, minerals and oxygen are inside us. Yet, all that we contain is the *Reshimo*, and nothing else. The rest comes from the environment, since the entire spiritual system is built upon our connection.

If a new cell is transplanted to the body, then the whole body begins working on it. We, however, have to annul the protective forces of the ego, which reject a foreign body and don't let them connect. This is something we have to do on our own.