

The Daily Bites

January 17, 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

Never Mind About Finding, Searching Is The Main Point

It doesn't matter if we find or don't find, the point is the "how," the search itself.

Question: What is the part that was given to the *Sitra Achra*?

Dr. Laitman: It's the same part that a person discerns inside, that section that contains desires which, for now, he can't do anything about. A person decides that these desires need to be calmed, so he satisfies those desires for now, but does so under his control. These desires can be for fun, candy, whatever. Those desires, I decided to fill them, but since they are under the general intention, they never disturb the spiritual progress.

At every degree there is a part that I cannot fix, and I should treat it as such. If I have half an hour a day dealing with something like that, so I deal with it. But it was I who decided that. It can be desires for food, sex, and many other things, but the point is to decide that I do so much, and this is my part on the way, and this is how I progress. And if you do that with criticism and calculation, then you do this part for the *Sitra Achra* (the other side) and it is there until *Gmar Tikkun* (end of correction), and this is how you progress. You're not a saint, you are working.

The search is an internal search and it doesn't matter if I find or don't find. It's *how* I detect important things that matters. It is important to me that once I open *The Zohar*, I am immediately directed to look inside. Introspection is the most important thing. The results can be seemingly good or bad, straight or backward, because we need to advance through failures and successes, more failure and more success, and through gradual correction according to what is being revealed.

We learn about the system of desires, which now have no connections between them at all, and learn how we can tie all these desires under one roof. It's called bestowal to the Creator. Towards this, in order to gain adherence to the Creator, everyone would definitely agree to cancel his own ego and connect with others, as the road to adherence to the Creator is only through connection to everyone. This is the real practical Kabbalah.

-from the 1st part of the daily Kabbalah lesson (minutes 54 - 58)

Daily Kabbalah Definition

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

Breakage

What is the essence of the breakage that occurred in the spiritual world and how can it be corrected?

“Breakage” means reversing the will to receive from “in order to bestow” to “in order to receive.”

The Creator created the will to receive only. After this desire received the intention “in order to bestow,” it wished to correct itself in its entirety in order to bestow in practice. But it was incapable of doing so, and therefore it broke and entered the intention in order to receive. This means that only the intention broke and reversed.

The desire itself remained a desire, but the intention “in order to receive” divides it into many different and separate parts, into 613 various desires and sub-desires, in all kinds of conditions. All those parts existed previously as well, but when they were bound under the *Masach* (screen), under a single intention for one Creator, a single adhesion, then the difference between them was not felt. Therefore if we will all want to bestow to the One, to the Creator, this intention will tie us together, and thus we will correct the breakage.

-from 1st part of the daily Kabbalah lesson (minutes 38-43)

Daily Kabbalah Reality Check

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

Recognizing The Evil On The Way To Treatment

What’s the difference between a doctor’s diagnosis of a disease and “recognizing evil” in spirituality?

When we are sick we go to a doctor who examines us and gives us a diagnosis as to the kind of illness we have. We don’t go to him to hear compliments and to hear how healthy we are, but we expect him to know what exactly is not in order with our body. We depend on him that he will have the correct medicine to give us. Thus we are not angry with him for diagnosing our illness, and even pay him and thank him for this discovery because we know that the medicine will help us get back to being healthy.

In spiritual advancement, this discovery is called, “recognition of evil.” When a person wants to advance and invests in spiritual development, the truth is revealed to him, the state he is in. Resembling the doctor who diagnoses the illness and explains the problem to the patient, so too, the person discovers

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how much he is stuck in and focused on the fulfillment of the desires for self and how far from the “attribute of bestowal,” which he needs to acquire in order to advance. Although at the same time, he is shown the means and forces through which he can overcome and rise: the guide, the group and books.

Concerning this Baal HaSulam wrote, “I am happy with the evil that is revealed.” He meant the evil from within, i.e., the egotistic tendencies that are increasingly discovered, those that distance him from the goal of creation—attaining the attribute of bestowal. From his advancement and spiritual experience, a person understands that the states in which he feels darkness, confusion, discomfort, etc., they actually come to assist and help him in his spiritual advancement. So it is within these states that he understands, feels, and succeeds to rise to a higher spiritual level.

-from the 3rd part of the daily Kabbalah lesson