

The Daily Bites

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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

Preparation

Everything depends on preparation.

Our preparation for the approaching emptiness that is created after a big congress should be to awaken ourselves in advance to fear that we will not have fearfulness. We need, as it were, to prepare a warehouse with a stock of fear for ourselves, fear to not forget the attribute of bestowal.

The emptiness is created when we are in connection with others, receive their deep impressions, actually absorb them, and when these deep impressions lose their source at the end of the congress, an empty space remains. If I prepare myself correctly, I come to the congress with a clear mind, do the inner work, and constantly think of how I fill the cavity that is me, that I am actually building at the moment. If I perform preparation correctly, then afterwards I won't feel any tiredness, weakness, or empty space.

-from the 1st part of the [Daily Kabbalah Lesson 8/17/10](#) (minutes 26-31)