

# 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*

### Need To Participate

We attain here a special status and for this purpose must invest. How and in what?

If you take an example from the physiology of man where numerous activities take place in the body, fluids are taken in and expelled, blood circulates, and all kinds of electrical pulses which pass to one part of the body and from there influence other parts, and from another place they are secreted, etc. I am reading the same thing now about the soul. On the internet there are simple explanations about the functions of the systems of the body, metabolism between all the organs, etc.; and the same thing happens to the soul. Complete replication.

Now we have one congress, and in another month we have another one. We must take part in this, even if virtually, to come to the place where people gather together, to be with them one or three days. There is no other choice. Here we attain a special status, a special profession, and for this we must invest.

It is like in our world. It won't be enough in an amateur way, in our leisure time, from time to time, when I feel like it. In this way we may familiarize ourselves with the wisdom of Kabbalah from afar, but in order to enter into it, with developed vessels, to experience the spiritual world, we have to develop like a baby develops in our world.

There is no other possibility. Thus people who are in distant places, even though they feel that they are far away, have a natural impulse to get closer. But they must implement this impulse. Rabash kept me at a distance for two years and didn't let me move from Rehovot. I lived far from him because he said that all my efforts in trying to get closer were to my benefit. So now, during the time of the gatherings we have in the entire world *Kli*, people need to try to get to the centers where others will gather to watch the congresses.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson*

## Daily Kabbalah Definition

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

### **Spiritual Ascent**

What is a spiritual ascent and with what is it measured?

"To ascend" in spirituality is called to reach greater unity with the friends on the way. No one can ascend alone; rather, it is possible only in a common *Kli* (Vessel) which incorporates all. As much as we try to get our points in the heart closer on top of all the evil, which is revealed among us (hatred, jealousy, honor, lust, repulsion, competition), as much as we succeed building, with the help of the Light, the connection among us on top of all this evil, this is called we are ascending.

The two lines remain, and on top of them we build the third line. I hate the others. On the one hand I want to be one, individual, and special like the Creator, whereas at the same time, I know that it comes to me from the Creator in such a way that He arranged for me the point of my breakage, and I have to work with it specifically to attain Him on top of this point.

Therefore, I have to unite with the points in the heart of the friends on top of my Mount Sinai. As much as these points get closer to being one, this is called that we are ascending.

There is no ascent in height. The ascent is measured according to the measure of the connection between us.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson*