

The Daily Bites

January 18, 2011

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

Who Stands Opposite Me

Who should I view as a person who stands opposite me?

There must be a yearning for complete connection between you, as between husband and wife. This means to place between you the attribute of bestowal and to communicate through that, through the Creator. Don't look at each other as upon just a husband and just a wife, or just a friend. Each one needs to look at the other as a means of attaining the attribute of bestowal between them since this is exactly the way we were divided into two separate parts. You need constantly to feel that you are connected between you by way of the attribute of bestowal.

A person can love everyone except that one person who he hates, in spite of his understanding that he has to love also the one he hates, above the hatred. This is the recognition of evil. If we succeed in doing that then we pass on to the next level and then again feel the hatred, and again on top of that we must build love. This is the burden of the heart from Above. It's Pharaoh that doesn't want to release us from Egypt.

From Above we are shown how to work and are given the possibilities to recognize our nature. The person opposite us is the means of working with our ego.

- from the [Daily Kabbalah Lesson 01/18/11](#) (minutes 142-144)

Daily Kabbalah Definition

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

Egosim

What is "egoism" and why do we need it in order to reach the Upper World?

The wisdom of Kabbalah explains to us that our nature is the desire to receive, which is divided into levels, i.e., "inanimate," "vegetative," "animate," and "speaking." The level of "inanimate," "vegetative," and "animate," in us cannot change, but the desire on the level of the "speaking" in us feels mutual hate, distance from one another, pride, envy, and all the attributes that characterize man compared to animals. This desire can and needs to change. This uncorrected state of the desire at the level of "speaking" is what we call "egoism."

This means that "egoism" is the state of the desire to receive that is not yet corrected on the level of the "man," i.e., the desire to exploit others for his own benefit, to enjoy at the expense of others, to humiliate others and thus rise above them. Therefore, especially in correcting this situation, we arrive at the last level, the level of the "man." First we go through some kind of stage of the recognition of evil, and then afterwards hatred changes to cooperation, to connection, and finally to love.

In this way when we advance in our world in the desires of "animate," "vegetative," and "animate," which don't change, we begin to feel in parallel the attribute of bestowal on the level of the "man" in us, the unity between us. We begin to see all that surrounds us as something that is found in us and thus we actually begin to feel the "Upper World."

- from the [Daily Kabbalah Lesson 01/18/11](#) (minutes 43-47)