

# The Daily Bites

February 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*

### Sensation of the Attribute of the Creator

**If I feel rejection for the friends of the group, should I find patience towards them and not judge them?**

I must judge myself and not them! The ego, my desire to receive, causes me to reject the friends. But I must understand that the Creator brings each one of them to the group. They didn't have the right to choose.

The final goal is to attain the attribute of the Creator. The means is to attract the Light during the studies, in order to bond with the friend that I hate. If I succeed in changing the relation towards the friend as a result of the studies, this is called that the Reforming Light is acting on me and that I attained the attribute of the Creator.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 02/18/11](#), Writings of Rabash (minutes 81-86)

## Daily Kabbalah Definition

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

### Noga Shells

**What is the "Klipot (shells ) of Noga," and what is "to go through the Shells of Noga to the contents of the fruit"?**

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The shell is not always evil. The shell guards everything. It comes to the fruit in order to protect something that grows. "*Noga Shells*" belong to this kind of *Klipot* that don't let a person get close to holiness, to the right side, until he is rid of the three impure *Klipot* on the left side. Thus *Klipot Noga* is found in the middle between the good and the evil.

A person needs to rid himself of the left side and feel that he is really in "*Noga Shell*," really in the middle, that he has a choice, hanging in the air. He has no reason to progress and nothing to exist for, and then he makes a choice above reason and goes to the right hand. This is called that he goes though "*Noga Shell*," within the "fruit." This means allowing Light, the desire to bestow, to control his desire to receive and transform it to good. The dressing of holiness on the desire to receive, on the shell, is what makes it good.

- from the 3<sup>rd</sup> part of the [Daily Kabbalah Lesson 02/18/11](#), "The Freedom" (minutes 19-23)