

The Daily Bites

March 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

From Sadness to Happiness

How does one turn heaviness and sadness in the work to happiness?

Lack of happiness indicates the lack of connection with the environment. Thus the medicine is first of all that one needs to evaluate this situation of lack of happiness since this situation is a springboard to spirituality development.

After all, all of us, according to the wisdom of Kabbalah, were in despair looking for the meaning to life and only from this emptiness we arrived at something good.

From here on, everything depends on the environment. If the environment reveals to us that the most important thing for a person is to be connected to it in mutual bestowal and I feel that I am really connected with it, then I have no further lack for anything and I am happy.

- from the 1st part of the [Daily Kabbalah Lesson 03/18/11](#), Writings of Rabash (minutes 21-23)

Daily Kabbalah Definition

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

Spiritual Distance

What is the meaning of the concept “distance” in spirituality?

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“Spiritual distance” means change of form or equivalence of form among spiritual attributes, and it isn’t measured according to meters like in our corporeal world but according to the size of the distance between the attributes.

For example: If we have two objects whose attributes are opposite, actually “plus” and “minus” which means that they have nothing that is similar to one another, then this is called that the distance between them is infinite. And if there is some kind of suitability between them, meaning that they are partially suitable in some attributes and in others they are still different, then this is called that between them there is already a certain measure of closeness. And if they become closer until they actually come and touch each other, meaning that all their parts have become similar to each other’s parts, then this is called that they are already connected. And afterwards, when there is already no difference between them in any of the attributes, then this is called that they are already connected and have become actually one.

*- from the 3rd part of the [Daily Kabbalah Lesson 03/18/11](#), "Preface to the Wisdom of Kabbalah"
(minutes 8-11)*