

# The Daily Bites

October 18, 2010

*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*

### Convention Preparation

**It is recommended for newcomers to view a previous convention before arriving at the next month's convention**

If you want to bring complete newcomers to Kabbalah, to the congress, strangers who don't know who we are, it is recommended that they first watch a recording of a previous convention, at least a part of it, like a lecture or cultural evening, so that they will see what happens at a Kabbalah convention and then they can decide if it suits them or not.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 10/18/10](#) (minutes 40-42)

## Daily Kabbalah Definition

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

### What is a “prayer” in spirituality?

“Prayer” is a deficiency, that is, a desire for a higher state than the one a person is in. It's work of the heart, a shout from within the heart without any language or words. In the language of Kabbalah, we learn that “prayer” is called raising *MAN* – *Mayin Nukvin* (female water) when *Malchut* (kingdom) wants to rise to *Bina* (intelligence).

The prayer book of the prayers was composed by men from the Great Assembly, when the nation of Israel fell from the recognition of Godliness, that is, from the spiritual world into this world. It was made in order to maintain some kind of connection to spirituality. Of course, this was correct only for the short time of the exile and this was not called, “prayer.” Today we reached a state where we need to begin to work from the heart, from the same point in the heart that pulls us to return to spirituality, “to Bina.”

- from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 10/18/10](#) (minutes 10-18)