

The Daily Bites

July 19, 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

Understanding or Thought

Should one try to understand the text of *The Zohar* during the reading?

The Zohar describes the forms of connection between us. During the reading of *The Zohar*, we look for that connection which is the spiritual *Kli* in which the Creator is revealed, from within this same, mutual, shared desire of ours, within the *Shechina* (Divinity). Thus during the reading, we must think only of this and not to try to understand the text. That doesn't help.

- from the 2nd part of the Daily Kabbalah Lesson 07/19/11 (minutes 25-27)