

# The Daily Bites

*April 20, 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*

### **Mind and Heart**

**You discover that the Creator acts upon you only when you disconnect from your matter.**

The Creator's help doesn't come when a person rises above the will to receive; there has to be an act above the calculations that can be done within one's mind and heart. All the miracles that the Creator conducted in Egypt and all the actions of the children of Israel in Egypt were done through one's ability to rise above all his calculations. Through the detachment from one's matter, one discovers that the Creator acts, conducts miracles, and advances him.

If one remains in his calculations, in the same inclinations, in the mind and heart coming from the demand for proof and discernments, then he'll advance a little and he'll get a little more knowledge, but he won't see the actual work of the Creator, that the Creator does this work.

To be able to see that the work is done for us from above, we need to rise above reason and disconnect from our previous state. We need to realize that advancement can only happen when a person works against his own mind and heart.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson (minutes 54-57)*

## **Daily Kabbalah Definition**

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

### **Independence, Freedom from the Angel of Death**

#### **What is real independence?**

The meaning of real independence is ascending above those desires for the sake of receiving, above the forces found in this world, to a new dimension of eternal life where "freedom from the angel of death," is attained. It is possible to do this only by the force of the Upper Light, in pursuing the wisdom of Kabbalah.

The purpose of the nation of Israel is to bring independence, freedom from the angel of death, eternal life to the entire world.

*-from 3<sup>rd</sup> part of the daily Kabbalah lesson (minutes 37-49)*