

# The Daily Bites

August 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*

## Surplus Connection

We suffer because we are not connected and exiting this situations is only through surplus connection.

A person needs to feel himself together with others, to try to be together, since the departure from all the situations can only be from connection. There is no other way. Each feeling we have, i.e., descent or ascent, bad mood, illness, anger, etc., comes from only one reason: in our world we are separated and in the world of *Ein Sof* (Infinity) we are connected.

Thus, the possibility to exit the situation and ascend is only if we cause a surplus of connection. A person can only try until he comes to the prayer because only the Light can save us.

*-from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 8/20/10](#) (minutes 64-66)*

## Daily Kabbalah Definition

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

## **Clarification**

### **What is "clarification" and what is the difference corporeal clarification and clarification at the level of speaking?**

"Clarification" is when something is confusing and the person needs to give importance to one thing compared to another. It is a situation where both "bitter and sweet" and "truth and lie" are found in one issue, and the person needs to clarify it, i.e., to clarify the food within the garbage, the truth from the lie, according to feeling of bitter and sweet.

For example, when a person is ill and according to the doctor's orders is not allowed to eat sweet things, he has one issue: his situation of feeling bitter and sweet if he eats or doesn't eat the sweet thing. And, there is also truth and lie with reference to his illness. And then, he has a clarification of whether to eat the sweet in any case since it is sweet or to stop eating it and to find the truth even though it is bitter.

A clarification according to the feeling of bitter and sweet is called a corporeal, beastly clarification and a clarification according to truth and lie is called a clarification of the degree of speaking or a spiritual clarification (depending on which desire, which pleasures and sufferings the clarifications are about).

*-from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 8/20/10](#) (minutes 14-27, 50-57)*