

The Daily Bites

September 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

There is Nothing New Under the Sun

What do I change: myself or reality?

Nothing in reality changes. The One who gives doesn't change; nature doesn't change. Only our relation to things changes. "Thou Hast Hemmed Me In Behind and Before," "There is none else besides Him," or "Good and does good," are all according to the point of view of the person.

The wisdom of Kabbalah says the same thing, but on another degree, from a different level. The wisdom of Kabbalah says that there is a special Force that is called the Upper Light that can change your entire relation to nature so that you will feel that everything depends on you, so that you can be the ruler.

If everything depends on me and there is a Force such as this, the Upper Light, and through it I can make real changes, that is excellent. It depends on work and labor, of course, but I can become the center of the world.

The small man thinks that he depends on nature. However, if nature doesn't change and nothing in reality changes but the man himself, you see that he has the power to change himself and by doing that to change his perception of reality. Everything is in his hands.

- from the 1st part of the [Daily Kabbalah Lesson 9/20/10](#) (minutes 35-38)

Daily Kabbalah Definition

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

Soul, a Part of Divinity from Above

What is the soul and why is it called a part of Divinity from Above?

"Soul" is the desire to bestow; that is, we call it the desire to receive that has the option to work with the Light. This is to say that it is the same desire that operates in order to fill itself, but it changes the way it operates so that it becomes similar to the Light in the attributes of giving and bestowing.

This desire is called, "a part of Divinity from Above" since it is similar to the Creator in that it can have the intent "for the sake of bestowing." It can be either a big or small desire, although that doesn't determine anything. The intention it has is what determines all the rest.

- from the 4th part of the [Daily Kabbalah Lesson 9/20/10](#) (minutes 19 -22)