

The Daily Bites

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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 Definition

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

Mitzvot (Precepts/Commandments) Tefillin (Phylacteries)

What is Mitzvot Tefillin in spirituality?

Mitzvot Tefillin means attracting the Light. In order for a person to perform the *Mitzot Tefillin*, he needs to reach certain connections with the external *Kelim* (vessels), the rule of *Malchut*, so that he can raise himself to his desire for *Malchut*, to arouse all the *Kelim* that are in it with the goal of attracting the Light from *Zeir Anpin* (small face). And then *ZON* (*Zeir Anpin* and *Nukva*), which he actually builds when he has this yearning, include *AVI* (*Aba ve Ima*, Mother and Father) and receive the Light which spreads from there via the three *Partzufim* (faces), *AVI*, *YESHSUT* (*Israel Saba ve Tvuna*) *Israel*, Grandfather and Sagacity, and *Da'at* (knowledge) of *ZON*.

If a person is able to attract the Light in this way on his connection with others, this is called that he performs *Mitzvot Tefillin*.

- from the 2nd part of the [Daily Kabbalah Lesson 02/21/11](#), *The Zohar* (minutes 39-42)