

# The Daily Bites

*April 21, 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*

### To Realize the Goal of Creation

**What do I need to do in order to realize the goal of creation?**

Each one of us must develop internally the tendency and pull towards connection, in spite of the ego. From the beginning until *Gmar Tikkun* (End of Correction), nothing else is demanded of us. If you want to realize the goal of creation and advance on the path of “before its time (path of Torah),” then you have no choice but to take steps towards the love of others.

*- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 04/21/11](#), Writings of Rabash (minutes 33-36)*

## Daily Kabbalah Definition

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

### Connection

**What is connection in spirituality?**

Connection is something that doesn't exist in you and not in me. Connection is something that exists between us. It doesn't exist in you, so don't look for it inside. I love the friend and he is inside me and that's all right. And he also says that he loves me and that I am inside him. But still this is not called connection because each one feels the other in this way. Connection is called that which is found between us, between you and I. It isn't between the bodies but in my feeling that between you and I

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there is a connection, that I feel ourselves closer and closer until I feel that it isn't that you are in me and I am in you, but that both of us are as one.

This is something one needs to begin to feel, that the place between us doesn't belong to me or to you but to both of us together. "Together" is called that there isn't us; we annul the me and you and that this doesn't exist any longer, but now only this "together" exists. Actually that is the root, that is the revelation of the Creation to the creatures.

*- from the 3<sup>rd</sup> part of the [Daily Kabbalah Lesson 04/21/11](#), Writings of the ARI (minute 24)*