

# The Daily Bites

November 21, 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*

### Everything Depends On Preparation

#### How should I prepare myself for the lesson?

We must prepare ourselves for the lesson. Consequently, we are accustomed to not speaking to each other before the lesson—each person within himself, without looking at the others. Each one should come to the lesson with his inner world, prepared to face the Light that Reforms.

It is written that in the days of the Temple, the wise men would sit two hours in silence, with great inner strength, before reading Shema (Hear). "Hear O Israel, the Lord our G-d, the Lord is One," is Israel, the Light, and G-d Almighty are one, at the highest level. We are speaking here of very strong intentions which a person comes to from within inner clarification, to the extent he succeeds in clarifying his desire to receive, in which form he can discover the light and reach the connection with the intention for the sake of bestowal. It all depends on preparation.

*- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 11/21/10](#) (minutes 30-33)*

## Daily Kabbalah Definition

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

### **Taryag (613 Numeric Value) Mitzvot (Precepts/Commandments)**

#### **What are Taryag Mitzvot according to the wisdom of Kabbalah?**

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"Mitzvot" are the corrections of the desires in a person in relation to others. *Taryag* desires express the different modes of connection with others. We are speaking about correction of the same connections of bestowal that broke as a result of the disappearance of the Light that held them together. When we pull, via the Torah, this Light that disappeared so that it will return to its place, then it first of all comes to correct the place of breakage and afterwards, it fills it.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 11/21/10](#) (minutes 14-15)