

The Daily Bites

December 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

Only From the Light

What does the wisdom of Kabbalah suggest to a person as a solution to the deterioration of mankind? Would the reduction and restriction of excessive consumption help?

Nature won't be corrected through restrictions that a man makes on himself, thus it is forbidden for us to cause afflictions upon ourselves or to fast. It doesn't help. We do not make corrections in the world this way. We won't clean the world if we stop burning fuel materials, i.e., coal and oil, because in its place will come another disaster.

The wisdom of Kabbalah doesn't tell us to limit ourselves, but that our correction is towards that part of man in us. Correction is made only through attracting the Light that Reforms and not through restrictions of all kinds that are performed in the world that, first of all, we can't keep. The Light makes the corrections.

As much as we use the Light that Reforms in the right way, the Light will arrange for us all the things in the world at the level of necessary and excessive. We will begin to feel the necessary part of our existence and that we have no use with the excessive part. We will discover that the necessity is the involvement with the Creator because this is the level of man. And we will not be submerged in the excessive, in short: only the Light that Reforms!

- from the 4th part of the [Daily Kabbalah Lesson 12/21/10](#) (minutes 24-30)