

# The Daily Bites

July 22, 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*

### Real Change

**The real change will come from within a person.**

It is hard today for a great number of people, couples who can't buy a home, resident doctors and others. They are taking extreme measures, i.e., strikes, protests. They have a deficiency. Why don't we take advantage of this deficiency and bring them the solution?

The real change can come only from within a person and not from you changing the society or replacing the government. We cannot approach those who are sitting on the street because they are not yet ready for this. It will distance them from us even more. The real and only solution can come from within us, from inside, i.e., to change ourselves and not the environment.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 07/22/11](#), "The Teaching of the Kabbalah and Its Essence" (minutes 36-40)