

# 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 Tip

*Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually*

### **The Most Important Thing Is The Effort**

While reading *The Book of Zohar*, we must instantly translate all the words and names into two notions (qualities, forces, categories) that comprise everything; these two notions are the Light and the desire. Every person has to say to himself: All of these words are different desires and qualities inside me. I have to recognize them inside me and use them as an example, because through them, the Creator is showing me the structure of my soul, my world, my inner structure, and everything in existence, which He created. He thereby reveals my eternal state to me.

That is how we have to try to see what *The Zohar* is talking about. And we shouldn't despair, because everything is attained through efforts. As soon as each of us exerts the needed sum of efforts, he will reveal his Upper World.

No matter how confused we are during the lesson, how "numb" our state is, how incapable we feel in our mind and heart (in the understanding and sensation), none of these efforts depend on us. We have to thank the Creator for giving us the opportunity to be in front of this book.

Kabbalists call *The Book of Zohar* simply "the Book," emphasizing that there are no other books besides it. That's because a book refers to a structure, system or method that reveals the Creator to the creation.

It does not depend on the person how prepared he is for reading this book; it depends on his soul. Nevertheless, he is now placed in the best possible state for him and is sitting in front of this book and starting to listen to the lesson on *The Zohar*. That means he is capable of revealing it.

## Daily Kabbalah Definition

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

### Reshimo

What stands behind the definition “**Reshimo**,” which Kabbalists use so much in their writings?

Kabbalists explain to us that the only thing in existence is matter—the desire to receive and the form which needs to dress the matter—the **Reshimo**.

The Creator created the desire to receive with the Light, which influenced the desire and created within it all sorts of forms of impression. These impressions that have been logged inside the desire are called “**Reshimot**”.

So, **Reshimo** is the form of impression of the desire from the Light that was in it—the form that the matter received in the past. These forms exist in us, and are revealed each time, one after another. The **Reshimo** which is revealed causes us to want to return to the same form of impression from the Light which was logged on to the desire in the first place. When we actualize the **Reshimo**, and return to that same form, immediately the next **Reshimo** is awakened, and once again we search for a way to actualize it.

The Wisdom of Kabbalah teaches us a way to actualize the **Reshimot** that have been impressed in us during the chain-of-events process from **Ein Sof** to our world, and ascend and return up the rungs of the ladder which have been ready for us and are well defined in front of us.

*-from 3<sup>rd</sup> part of the daily Kabbalah lesson*