

The Daily Bites

January 23, 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

Don't Despair

It's not possible to grow from within despair, only from happiness.

Your advancement doesn't need to come from within despair. You can't approach the Creator if you are in despair. This can't happen. There are, of course, situations where man finds himself in despair, but from these he doesn't advance. "The fool sits doing nothing and eats away at himself." Do everything you can; just don't stay in despair.

If I see the extent of my evil, the extent that everything is bad and empty and I become despaired, that's a *Klipa* (shell) that hides from me the truth: how everything is filled with Light, happiness, and fulfillment. When I am in despair I am under the evil eye, like the worm in the radish. From this state there is no advancement.

It's not possible to grow from despair, but only from happiness. It's not good for a person to despair even for a moment.

- from the 1st part of the [Daily Kabbalah Lesson 01/23/11](#), Writings of Rabash (minutes 40-43)

Daily Kabbalah Definition

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

Lo Lishma (Not for Her Name)

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What is "Lo Lishma"?

When man wants to rise to spirituality from within the egotistic desire that the Creator gave him, that is called "Lo Lishma." It isn't important exactly what motivates him if he wants to escape the suffering, if he wants to control, or if he wants to be well known. If in spite of that he asks to rise to a higher degree even though he imagines it in a certain way within his desire to receive, which is still a lie, then in any case he advances. He advances in "Lo Lishma."

- from the 2nd part of the [Daily Kabbalah Lesson 01/23/11](#), The Zohar (minutes 36-39)