

The Daily Bites

February 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

Intention

Everything we will attain depends on the intention and the preparation.

You must think about your goal and the intention before you go to sleep, and in the morning when you get up for the lesson. Think about what it is all for, why you do it, how it is advisable to do it. The advice of the Kabbalist is to sit and think, to make an intention before the lesson. It is more important than the lesson itself because the Light doesn't need much time. It is enough to study one or two hours a day. If your intention continues all day and it is to prepare yourself for the meeting with the Light, then it will happen within a few minutes.

My intention to change depends on the people around me because envy, passion, and honor is produced from the world. I see the others and how much they think—serious people, how their questions are pertinent to intention, etc. Before the studies one must think only about intention. Everything depends on the intention before the studies and we need to come to the lessons under pressure, sorrow, and pain that only the studies can heal.

The intention is measured according to the sorrow for what I want to attain and am not able to. Thus the intention needs to be from within pressure, pain and sorrow, and from many, many clarifications.

If we make an intention before sleeping, it will help us awaken from the sleep with the same intention and not to awaken like an animal, with emptiness in the soul. The intention we made before sleeping only develops in the morning, and we continue with it further. It is really a commitment for everyone, at least for a few minutes before sleeping to read an article about the intention.

If you have time in the morning and you can read the article before the lesson, that's wonderful. But if you don't have time then the same minutes of preparation that you did before sleeping, can help you to stay with the correct intention until the start of the studies. Read about this again in *TES (Talmud Eser Sefriot)*, in places where Baal HaSulam explains about the externality of the intention. We don't need to

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read so much from *The Zohar*. It is enough to read also just one page, since the Light that Reforms is on each page. However, we need to add intention to the text.

- from the 1st/2nd part of the [Daily Kabbalah Lesson 02/23/11](#), (minutes 42-50/minutes 21-30)

Daily Kabbalah Definition

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

Wise Student

What is the principle during the studies of the wisdom of Kabbalah and what does it mean to be "a wise student"?

The principle during the studies is to constantly hold onto the intention. Thus it is written, "not the wise study" and thus whoever studies the Torah, whoever learns how to receive the Light of *Hochma* (wisdom), is called "a wise student." This means that a "wise student" is anyone who studies from the Creator and receives his intention for the sake of bestowal. Then through this he transforms into being a vessel for the Light of *Hochma*. Thus it is enough to be with intention, as it is written, "I wish he would pray all day." This means to yearn for a self change through this virtue of the study of the Torah.

- from the 2nd part of the [Daily Kabbalah Lesson 02/23/11](#), *The Zohar* (minutes 12-16)