

The Daily Bites

May 23, 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

Build Yourself An Environment

Freedom from involvement in spirituality, brings nullification of inner work.

There is no such thing as freedom from spiritual work or from physical involvement in it, because this immediately brings cancellation of inner work. You can't lie on the couch and think about spirituality. You need to be involved with something physical, for example: reading, listening, or watching; then you are involved with it. If there isn't some kind of spiritual environment around you, such as books, radio, or television, then you will distance yourself from spirituality. Thus a man must, during all the hours of the day that aren't toward the necessities of a job, arrange for himself a spiritual environment. And if it is possible to combine spiritual endeavors with these hours, then this is even better. It can be just listening to music, but not to do anything is not being connected to the right environment.

-from the 4th part of the daily Kabbalah lesson (minutes 27-30)