

The Daily Bites

November 23, 2009

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

To Examine How Much The Importance Of The Goal Dominates Us

External support is a necessary condition for the reception of some kind of attention from Above, from the Creator, from the Light. Without this support, one cannot receive It. Thus, to the extent that a person chooses his environment, he allows the Creator to look after him and lead him to Truth.

Therefore, we should stop counting minutes or years, and begin examining to what extent the society controls us, meaning gives us the importance of the treatment by the Light, the Light that Reforms, above our reasoning. Only through the means of this control of the society, can man be ready, be deserving of his treatment of the Upper Light.

-from the Preparation to the daily Kabbalah lesson (minutes 9 - 11)

Daily Kabbalah Definition

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

Creator and Creature

Creature – an inner description of the form of reception that a man builds from within the feeling of symptoms of his desire to receive. This feeling refers to two opposite directions – towards himself, and towards something that is outside himself: who am I, and what desires, receptions and bestowals are in me.

Creator – A figure, the form of bestowal that a man builds inside the desire to receive, against the form of a creature within him. That is why it is said “come and see” (“Bo- Reh”), which means the Creator, the property of bestowal, is revealed solely within the creature.

-from the 2nd Part of the daily Kabbalah lesson (minutes 24 to 28)

Daily Kabbalah Quote

"I seek my brethren. Tell me, I pray thee, where they are feeding the flock." (Genesis 37, 16)

When everything collapses –industry, the economy, the educational system, culture, etc., all human beings will feel connected and dependent on each other; they will begin to search for how it is possible to change the situation. People will wander in the dark and will search. And then it will become clear to them that they should repair the connection between them.

-from the Preparation to the daily Kabbalah lesson (minute26)

"But unto the sons of the concubines, that Abraham had, Abraham gave gifts; and he sent them away from Isaac his son, while he yet lived, eastward, unto the east country." (Genesis 25, 5-6)

All of the faiths and religions, other than the primitive ones (like tree and stone worshipping) derived from the wisdom of Kabbalah. As a result of the revelation of the spiritual attribute named Abraham, a specific attitude was created towards the Godliness on every layer of the desire to receive. On the lowest layer of the desire to receive the "presents for the sons of concubines" (various methods of the East) were discovered that are very close to nature.

-from the 1st part of the daily Kabbalah lesson (minutes 6 to 9)

"An upside down world I saw. The top ones on the bottom and the bottoms ones on the top." (Pesachim 50)

When we discover spirituality there will no longer remain in us anything from what was in us before— not the thoughts, not the desires, not the feelings, etc.. But we do not have to worry about it. It is important to worry about one thing only that it will be Truth.

Like in physical birth, so also in a spiritual birth—nothing will remain from our world, from our outlook. All of the existing forms of proportion to spirituality stem from the broken vessels and everything will disappear with the correction of the vessels, when we move from an imaginary connection with the Creator to a tangible, real, true one with Him.

-from the 1st part of the daily Kabbalah lesson (minutes 25 to 30)

Daily Kabbalah Question

Q & A segments in the daily Kabbalah lesson provide a deeper exploration of the lesson's topics

Question: How Can Humanity "Pull" The Light That Reforms To Itself?

Dr. Laitman's Answer: Humanity will begin to feel an interdependency of all its parts and will want to connect. As long as the problem doesn't touch me and exists on the other half of the world, it doesn't matter to me. But if it is close to me and is on the other side of the building or in my family, then I begin to respond differently. As long as we are dependent on one another and troubles increase, certainly each one will begin to pay attention to what is happening in the world and through this will want to change, but won't be able to. And from no choice, he will turn to the "wisdom of Kabbalah."

-from the Preparation to the daily Kabbalah lesson (minute 25 to 28)

Daily Kabbalah Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

The Book of Zohar Is A Ticket To The Spiritual World

It is common knowledge that *The Book of Zohar* is unique. The reason for this is that it is the only book with the power to bring human beings into the spiritual world. This unparalleled mission is what brought this book to fame and has made humankind have a special relationship to it.

Nature prepares a very peculiar entry into this world for us; we are born without any knowledge and nothing is explained to us ahead of time. A child does not inherit an intellect, senses or memories from his parents or preceding generations. A person is born as an empty shell and then starts sensing this world as warmth, coldness, light, darkness, sound, and silence.

In the beginning a baby doesn't feel anything at all. But gradually it begins reacting to sound and light, and later on it recognizes its mother and notices actions that are being done to it. In response the baby laughs or cries, and gradually starts to explore the world and to want to find out what is going on around it. It begins to identify with its body and that is how it grows up.

Compared to this, it's surprising that baby animals get to know everything and learn to survive independently in just a few days, whereas a human baby remains totally helpless without an adults' care for a long time. If we leave a human baby in the woods, it would grow up just like the animals that surround him.

A human baby's development is based solely on impressions, examples and behavioral models of this world, which he receives from adults. People have created music for children, toys, playgrounds and

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games designed to teach children to take things apart, assemble them, and distinguish between colors and sounds. The purpose of these games is to prepare a child to live in our world.

A child's parents and the people around him are ready to give everything that is needed for the child to grow up in accordance with the standards of his generation and the world he lives in. Our instincts direct us to transfer our knowledge to a child, since otherwise he won't be ready for life in our world.

This type of upbringing is natural and cannot be changed. We are unable to feed a human being with information by connecting him directly to a computer that will transfer encyclopedic knowledge to him. We cannot simply "install" a proper upbringing in order to develop a child's feelings and reactions. We can only do so gradually as he shapes his personality by acquiring and accumulating impressions.

This process takes at least 20 years of a human being's life. And when we become adults, we still continue to learn and develop, and often we end up regretting that we didn't acquire more knowledge earlier in our lives.

Our birth and development in the spiritual world involves similar processes, but the difference is that we also continue to exist in the material world, a sort of inconvenience. Just like in the physical world, growth in the spiritual realm requires parents, surroundings, toys, education, a proper upbringing and explanations. If we don't get the right examples, then we won't be ready for living in the spiritual world, and therefore it won't reveal itself to us. Even if it did, we wouldn't be able to recognize it.

Baal HaSulam, in the article "Body and Soul," writes "A human being cannot exist in our world without having knowledge of it, and similarly his soul is unable to exist in the Upper World without having knowledge of it. Moreover, knowledge about the Upper World actually serves as a way of sensing life in it."

If an infant were left along in his cradle without any attention and only his immediate physical needs were satisfied, it would become nothing more than a living, breathing body. We are incapable of developing unless we receive new and diverse impressions on a regular basis. It doesn't matter that we don't understand the meaning behind many of these impressions, just like a child doesn't understand much of what happens to him. Regardless, we are still filled by these impressions and use them to grow. The same thing happens in the spiritual world: We must fill ourselves with diverse impressions that originate from the spiritual world, and that don't exist in our world.

And that is exactly how *The Book of Zohar* influences us and why this book is so special. When a person reads or listens to this book, it starts transferring impressions of the higher, unknown world to him. It doesn't matter whether we understand the meaning of its contents or not; we're still filled by those impressions. There is no other book that makes such an impact.

Gradually, as we advance through studying *The Book of Zohar*, we start receiving and accumulating impressions from the spiritual world. When those impressions enter our being, they advance our development in the spiritual world even without our awareness that this growth is taking place.

When we read *The Book of Zohar* at our lessons, I will provide explanations of the text in order to help connect a person with its contents. However, a person can read *The Book of Zohar* without any explanations whatsoever. All we need is a desire to understand and connect with the text, the same way

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that a wide-eyed child explores the world around him and can't sit still for a minute because of his natural tendency to learn and absorb everything around him. If we open our feelings, heart and intellect to absorb what flows out of this book, just like a child who soaks up everything in this world, we'll advance in the spiritual world.

It is of little importance whether a person possesses a brilliant mind or whether he has trouble learning, whether he is lazy or hard-working, rational or emotional; everyone will develop in their own way, which is best for them.