

The Daily Bites

November 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

Where Am I

To Exert from Below Versus the Awakening We Receive from Above

Even when we are not together physically, during the day we can be together in thought. A man is where his thoughts are. Also, the environment can help us in determining what we think about. When a person is involved with something, that something becomes important to him; if the environment constantly tells him how important it is, then that something becomes even more important to him.

You need to agree between you that it is important to you and to give each other strength so that everyone will remember the Upper Force each and every moment. The Creator is with us together. You must help each other. If I don't awaken, then the others don't awaken. And if they don't awaken, then tomorrow I will fall asleep during the lesson and so on.

We must push ourselves forward. There is no other solution. We must exert from below versus the awakening we receive from Above. The desire is prior, above the point in the heart.

- from the 4th part of the [Daily Kabbalah Lesson 11/23/10](#) (minutes 12-47)