

The Daily Bites

June 24, 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

How can one build in himself the correct attribute toward a book?

We can raise *MAN* (*Mayin Nukvin*, Female Water) only in the reciprocal connection between myself and the friends, i.e., when I relate to them correctly and they relate to me correctly. In the correct connection between myself and the friends, I receive the Surrounding Light from Above and with it, the correct attitude towards the written text.

I have a problem with my “I” —me and the Creator, me and the Light, me and the book, me with myself, me in relation to the world, me in relation to the group. This is clear to me, but it is still “I.” The connection between us must be without any difference between myself and others, and this is something that is still not understood.

The first time I face the written text, it’s my egotistic “I” that faces it. Afterwards I begin to understand that in order to face the Torah in a real way I need to have the power of bestowal, and then I turn to the group in order to get impressions of bestowal from it. After receiving impressions from the group, I need the Light that Reforms in order to understand what is written and to arrange myself accordingly. Then I approach the written text with *MAN*, the mutual desire I received from the group, and I receive in return, the Light that Reforms. Then, I relate in a different way to the written text and build myself according to what is written in the Torah.

-from the 2nd part of the [Daily Kabbalah Lesson 6/24/10](#) (minutes 15-20)