

# The Daily Bites

November 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*

### Primary Nature And Second Nature

**Increase the point in the heart. Everything else the Light will worry about.**

The wisdom of Kabbalah says that we don't need to work against the urges and desires that we have. There is no coercion in spirituality. It is forbidden to erase or shut out what we have and we need to continue as usual, except for one thing: to invest ourselves in the drawing of the Light that Reforms.

What we have was developed through nature, i.e., education and influence of the environment. But now that we have a point in the heart, we have an opportunity to be familiar with the second nature. Knowing the second nature doesn't involve suppressing desires and attributes that we had up to now, but in investing in the work of God, in developing the point in the heart.

We need to place our emphasis, our attention, on the development of the second nature. By this, as much as possible of the primary nature will change; it will be different. Overcoming the other desires will come from the influence of the Light, and also restriction. The *Masach* (Screen) will come from it. It can be that more desires will be felt and suddenly you will feel more heartless, more lustful. That isn't important. We don't know what stages we need to go through as a result of spiritual development. We only need to encourage the Light, and dealing with the corporeal desires that come from this development can only be harmful.

- from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 11/24/10](#) (minutes 42-48)