

# The Daily Bites

*December 24, 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*

### My Spiritual Anatomy

How should we direct ourselves to the study of *The Zohar* and what is the attitude I should cling to while studying?

When I begin studying, I must aim myself, contain myself, keep myself in an attitude of preparation with which I will open the book. I open the book and see names and states of desires only, of my inner qualities, of my desires. And I do not allow myself to escape into any images nor to think about anything other than that. The book describes my spiritual anatomy to me.

*-from 1<sup>st</sup> part of the daily Kabbalah lesson (minute 6)*

## Daily Kabbalah Reality Check

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

### Impressed By *The Zohar*

What is the similarity between listening to music and studying *The Zohar*?

The study of *The Book of Zohar* is like listening to music qualitatively. When we listen to the song, we do not always understand some of the complex melodies and harmonies in it, the art and instruments put in it. But if we just flow with the song, we are impressed by it and enjoy it. We don't need more than that.

Like music, the entire book of *The Zohar* tells about the systems that connect together and create one harmonious creation, though we do not feel them. Kabbalists tell us that those systems are actually

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inside us, in a hidden part of us called "soul." If we want to comprehend the study in the way we do with music, and if we try to be impressed by it, slowly we will develop a kind of "inner sense" which will catch that harmony in it, inside us.

Therefore, we don't have to recognize all the distinctions *The Zohar* tells about. It's enough if they "rang in our ears." The main thing that we want is that the same music that exists in *The Zohar*, will flow through us and will act upon us. By trying to be impressed by the music in *The Zohar*, slowly it "opens" for us—that harmony in it which begins to play within ourselves, is more wonderful than we could have ever imagined and a whole spiritual reality is revealed inside of us.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson*