

# The Daily Bites

March 25, 2011

*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 Penetrate the Internality of the Group

#### How does one overcome the states of indifference and wickedness of the group?

First of all, one doesn't need to pay attention to what happens in the group from the aspect of externality. This means that it doesn't interest me if there is indifference, sadness, wickedness, or crying in the group. I close my ears to all of that and ignore the externality. I direct myself to connection with the friends in the internal aspect, to penetrate within the inner connection between all the friends of the group.

Afterwards, I begin to bestow to the friends in an external way, to cause them to be in a happy mood, to be enthusiastic, to remind them of the importance of the goal. There is no need to hear about what the crying and the wickedness is about. I need to show them the opposite, to influence them with a happy mood.

These are the only two actions that I must perform, i.e., to be with them in connection from within the inner connection of the group, and to bestow in an external way.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 03/25/11](#), Writings of Rabash (minutes 41-43)