

The Daily Bites

April 25, 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

Prerequisites

What are the conditions we need to meet in order to reach the feeling of the spiritual world?

Our hope to reach the feeling of the spiritual world is our ability to draw the Upper Light upon ourselves, and there are two conditions for that. The first condition is that we connect together, as did the owners of *The Zohar*, that same group who wrote *The Zohar*, as it was before the breaking of the vessel. The second condition is that we internalize the fact that everything we read and hear about is actually happening inside us; it is all happening inside our desire, in our vessels. Everything written in *The Book*, every word, every action described, is taking place within the human soul.

-from the 1st part of the daily Kabbalah lesson (minutes 0-2)