

# The Daily Bites

November 25, 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*

### **Actualizing The Rule “Love Your Neighbor As Yourself”**

To actualize the rule of “love thy neighbor as yourself” in simple form, try to put yourself instead of “thy neighbor” and “thy neighbor” in your place. As it is written “love thy neighbor like **yourself**.” How?

Do the maximum that is good for you, and at the very last moment before you carry out your action, switch between you and your friend/neighbor. As an exercise, you can ask your child to do this and observe how he reacts. Believe that he will understand it, maybe he won't want to do it, but he will get it.

## Daily Kabbalah Definition

*Definitions in the daily Kabbalah lesson guide a precise, spiritual approach to terms, & disqualify materialized corporeal definitions*

### **Truth and Falsehood Towards The Environment**

Kabbalah relates to the terms "Truth" and "Falsehood" as an expression of mans' concern of general well being, while the terms "bitter" and "sweet" as an expression of his concern for his own narrow personal safety.

Naturally, sweet is how a person thinks about himself and bitter about the general public. However, such distinctions make him live in a lie and not in truth, because according to Kabbalah, a real man is one who is outside of his body, that is able to feel his environment and care for it.

The more a person cares about situations that are external to him, such as his city, his state, his world, or the reality as a whole, the broader his circle is, the larger he is. Therefore, in order to move toward clarification of "Truth and Falsehood," a person has to examine to what extent he can take care in all of

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his undertakings more general forms—the society, dissemination, the world, and how well he uses his ego and withdraws into his own inner circle.

Finally, in his corrected state, a person changes his perception about the terms "bitter" and "sweet" and begins to address concern for his neighbor "as sweet" and hatred towards him "as bitter."

## Daily Kabbalah Reality Check

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

### A Mother's Relation To The Other

The mother is really the queen of the world for the infant, really like the Creator for him. In spite of all of her grandeur in his eyes, she is just the one that serves him and is constantly looking to do things for his best. This sensation to the child is impressed in the mother, and that is why she has no difficulty to serve him.

This example can help us understand the relation that each of us should have to the other—we must develop towards him that same feeling and natural concern that a mother has towards her children. So even if I am the most professional or most intelligent in my field of work, and maybe even manage other members of the group, I have to remember that we are working together for the world's correction.

Therefore, the right relation to them must be that even when I am giving them orders, I feel myself doing so that I am serving them and the world.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson (minute 22)*

## Daily Kabbalah Question

*Q & A segments in the daily Kabbalah lesson provide a deeper exploration of the lesson's topics*

**Question from a Student:** How is it possible to reach love of friends in the World Kli?

**Dr. Laitman's Answer:** I see many, new groups in Israel and from abroad that join our studies, and we need to accept and receive them as an integral part of us. We need to feel that this is one system. All the friends who live abroad or outside of this building, need to be much more important to us, because if we try to jump over this distance, to rise above it, then the distance will turn into resistance, and the exertion we invest in order to neutralize ourselves brings us to the correct connection. This is so because the spiritual *Kli* is built from the resistances of the corporeal *Kli*.

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I am happy to see that there are new groups from abroad that are joining us. The only thing that I can recommend is to make an effort to feel, as much as possible, that we exist in one thought and to continually strengthen that feeling.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson (minutes 18 to 20)*