

# The Daily Bites

*April 26, 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*

### Being In The Shell Of *Noga*

**Spiritual distinctions come from actions that occur within the society.**

All spiritual observations can be sorted out of the actions we do within the society. We live in a certain reality where the Creator is hidden and cannot be revealed to us, because we would want Him in order to receive for ourselves alone. Instead the Creator gives us the society, which we reject and hate as much as we chase the pleasure of the Creator. That gives us a clarification: If I like the society, I can get the Creator; to that extent, I can reveal the Creator.

When I can associate myself with the society and say that I want it—that is, to ask for the Light to correct me, to ask the Creator to give me new clothing in order to bestow, I am in the shell of *Noga*, half good and half bad, in the middle, between the snake and the holiness. To the extent I want to be with the society, the Creator can be revealed to me and I will not "swallow" Him for myself alone, but will be with Him in unity and connection by it.

*-from the 2<sup>nd</sup> part of the daily Kabbalah lesson (minutes 25-29)*

## **Daily Kabbalah Definition**

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

### **Reincarnations**

#### **What are the spiritual reincarnations?**

In spirituality, "reincarnations" are clarifications. If a person doesn't clarify and demand new insights and doesn't implement them, then he doesn't reincarnate. This is to say that a person determines if there are reincarnations or not. The Creator cannot activate, from above, spiritual reincarnations.

Man determines all the stages through his clarifying, doing, filtering, and arranging himself, since everything is in reference to the person. As for the Creator, the creation doesn't change. Thus we decide for ourselves if we live or not, if we go through reincarnations or not.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson (minutes 6-10)*