

The Daily Bites

November 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

From The Recognition Of Evil, To Choice

What causes a person to feel that he has no free choice and how does one reach free choice?

Our ego reaches such dimensions that we begin to understand to what extent we are not free. Our nature brings us to terrible troubles, and we are not able to run from them. We received everything from birth, from education, from the environment, and according to these we operate.

We will always choose between troubles and pleasures, and therefore our choice will always be “the least amount of bad.” That being the case, how do we nevertheless advance within this lack of choice?

The environment helps us to increase the recognition of evil that is within us. From the recognition of evil we are able to discover that same Force that leads us. And then we will want to be like Him and will begin to request this from Him. This is actually a request for correction, i.e., to be like Him, to raise *MAN* (*Mayin Nukva*, female waters). And why is the act of this request eventually free choice? Because by this we become the rulers instead of Him. We take the nature of the Creator.

- from the 4th part of the [Daily Kabbalah Lesson 11/26/10](#) (minutes 13-17)