

The Daily Bites

April 27, 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

Do All That Is In Your Hands

It is said: "Do anything that is in your power to do." What can I do?

"Do all that is in your hands." "Do" means anything that belongs to: "There is None Else Besides Him" (*Ein Od Milevado*) and "Good That Does Good" (*Tov u-Metiv*), that comes from above. In fact, the only thing you can do is to be included in the society. Out of being included in the society you will receive a new mind and feeling, so you can understand what state you are in and what virtual reality you live in.

You should get an additional feeling, which compared to your current feeling, would feel like life versus death. Now, your reality is managed by the Supreme Power, without understanding, and that is also hidden from you. You have nothing to do but demand the action of the Light that Reforms.

-from the 1st part of the daily Kabbalah lesson (minutes 57-59)