

The Daily Bites

May 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

Inclusion

From our external connection we begin to understand the necessity for the inner connection.

We will never want to connect to the environment on our own. The essence of our connection is created as a result of the outward actions we perform together, such as dissemination. The activities of dissemination awaken us and advance us towards connection between us. From the physical, external connection between us, we begin to understand the urgency for an internal connection. Gradually we begin to understand that we can't do anything alone, not in dissemination, not in preparation of meals, and not in spiritual advancement.

If dissemination isn't done together, then activities of inclusion like shared meals, friends' assemblies, etc. can be done. However, without being involved in shared dissemination, the process of inclusion will be longer and more difficult.

-from the 1st part of the daily Kabbalah lesson (minutes 27-29)