

The Daily Bites

June 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

The Correct Approach

We don't need to understand with our intellect, but we do need to want the Light to perform a fundamental change.

We don't do anything from the standpoint of knowledge and don't need to know anything by heart. It is just the opposite. We need our heads to be unoccupied and clean, and in our hearts there should be one intention. The only thing that is required is to remember the goal and maintain a correct attitude towards learning.

We can't learn anything from Kabbalistic writings by our intellect, and we don't have the ability to understand what is really written there. We need to raise ourselves to another level and using our deficiency, learn to become equivalent with the writer, which is a desire to be on the same level which he expressed in writing. We don't need to use our intellect to be familiar with what is written, but we do need to be interested in a fundamental change in ourselves. That is the correct approach to learning.

-from the 4th part of the [Daily Kabbalah Lesson 6/27/10](#) (minutes 32-35)