

The Daily Bites

July 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

Being A Man (*Adam*)

What are the conditions to attain the level of "Man" (*Adam*)?

We do not know where we are exactly and which reality we should reach, because we can examine them only one against the other. To enable this process we are given two advices, two main conditions, which are a group and the study from Kabbalah books.

By the group we wish to connect together. We perform, so called, an action of getting out of ourselves to the state of "Man" (*Adam*). A Man is the one connected to others, who is in the attribute of bestowal. The Kabbalah books bring us the Light so that our imaginary tendency toward others will become a reality.

When these two conditions are met, we can attain the level of Man (*Adam*), who resembles the Superior.

-from the 2nd part of the [Daily Kabbalah Lesson 7/27/10](#) (minutes 3-5)

Daily Kabbalah Definition

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

Returning Light

What is the meaning of the Kabbalistic term, "Returning Light"?

Man's tendency to return the same pleasure and goodness to the Creator that he feels when he receives from the Creator, as well as to return his attitude, is called "Returning Light."

It is not possible to reach "Returning Light" without some feeling of receiving from the Creator. The created being cannot perform any action without reaching some kind of contact with the Creator since the created being can't be a supplier of the Light. He can't be the bestower in the sense that he has something to give. However, he does become the giver because the Creator brings him pleasure and reveals that He loves him. Thus, it is possible to transform the receiving of pleasure to bestowal to Him, in return.

This is to say that if a person arranges his pleasure so that it will be aimed toward the Creator, so that he will receive pleasure for the Creator, then this is called that man returns the pleasure to Him. And so man is actually using all that comes to him from the Creator, both with pleasure and with love. Without these two things, the created being is not able to return anything.

-from the 1st part of the [Daily Kabbalah Lesson 7/27/10](#) (minutes 30-35)