

The Daily Bites

December 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

Don't Run Away

How does one change the feeling of rejection to love, towards the internality of the group?

That you feel rejection from the internality of the group is actual, and it is because of your desire to receive. The internality of the group is a high place, a great place. And within you, you feel this position; i.e., you feel small facing all this magnitude and loftiness.

It is clear that each one has to do and work. Not to run away from these clarifications. One needs to advance step by step and become gradually accustomed to the unpleasantness towards the group. It is written in *The Zohar* that when all the friends gather together, they hate each other. It is only through inner work that one comes later to love.

- from the 1st part of the [Daily Kabbalah Lesson 12/27/10](#) (minutes 40-42)

Daily Kabbalah Definition

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

Merit

What is "Merit" according to the wisdom of Kabbalah?

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October 25, 2010

"Merit" is when I perform acts but I am not able to check the direct connection between the act and the result. This is because the mechanism that operates behind the scene, the law that according to which things are connected, is hidden from me. Thus it is called, "merit." This means that merit is not something supernatural but the law that, in the meantime, is hidden from me.

- from the 1st part of the [Daily Kabbalah Lesson 12/27/10](#) (minutes 45-49)