

# The Daily Bites

August 28, 2011

*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*

### **Mutual Arvut (Mutual Guarantee)**

**Arvut is our intellectual support of one in the other, towards the goal.**

Mutual guarantee is when we are all in one thought, in support of each other in order to locate the Force that leads reality. Rabash called this “a man helps his fellow man.” Each person needs to make an effort so that all of his thoughts, all of his desires, will be focused only on one thing. Each person needs to yearn to remember to look for and aspire to find the Creator, the force of bestowal, in each thing that happens to him. Our intellectual support in each other is the *Arvut*.

- from the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 08/28/11](#), Shamati (minutes 15-19)