

The Daily Bites

November 28, 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

Thou Shalt Not Steal

What is "deficiency in the work of holiness that allows for those external to be held there?"

We need to be very careful in spirituality in using for the sake of receiving. This is called, "measurement of cleanliness." If I want to use my *Kelim* in order to receive for the sake of bestowal, or bestowal for the sake of bestowal, I can make a mistake with this. But I must keep cleanliness and check that I am not "stealing" from spirituality to corporeality. It is very important. One has to guard against earning a corporeal matter instead of belonging to spirituality.

- from the 3rd part of the [Daily Kabbalah Lesson 11/28/10](#) (minutes 24-26)

Daily Kabbalah Definition

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

Raising MAN (Mayin Nukvin, Female Waters)

What is "raising MAN"?

"Raising MAN" is a request to be like the Creator. It comes when a person feels helpless, naked, and lacking everything, i.e., when no one can help him, like being in a desert. A person feels that he has no possibility to arrive at bestowal and love of others and this deficiency is so great that even if he has everything he needs from the corporeal world, that too is felt by him as a desert.

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He feels that he is drying out, that he is between lions, i.e., his desires are eating away at him and he feels that he is in danger and he can't escape it and go into bestowal and love. And then from all of this he shouts. He raises his shout Above and only wants this, since without it everything good that he has just seems to him as desert .

- from the 1st part of the [Daily Kabbalah Lesson 11/28/10](#) (minutes 27-30)