

# The Daily Bites

December 28, 2009

*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*

### Where Is It In Me?

What are the questions a person studying *The Zohar* should ask himself during the study?

While reading in *The Zohar* a person should ask oneself: where is it in me? What is it in me? And what is this, "in me"? Is it the pump in me called the "heart"? Is it my stomach? Or do they mean it is in my intellect? What is the meaning when they say I have to look for what is written inside of me? This is what we have to discover, and this is the intention we approach this text with. This is because, "in me" means in my soul.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson (minute 35)*

## Daily Kabbalah Definition

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

### Adam

#### Who is Adam according to Kabbalah?

Adam, from the words: "*Edameh Le-Elyon*," is a desire that comprehends, knows and feels himself and is about to know who created and shaped him. By turning to the Light that awakens him and by wanting to understand why and how this Light has created him, this desire is initiating his way back to the Light, and he is building himself to resemble the Light.

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson*

## Daily Kabbalah Reality Check

*Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world*

### **What Is The “Root Of The Soul”**

The wisdom of Kabbalah tells us that the soul is similar to a person, consisting of parts and systems that work together in complete correspondence and perfect harmony; thus allowing him to operate and manage life. To the degree that each cell and organ receives only what is necessary for its own existence, in order to fulfill its role in the system, preserving the entire body’s health and balance, thus the body lives healthily and in balance. But if one of the parts stops taking care of the whole body, and concentrates on itself, then it damages the entire body as well as itself.

The wisdom of Kabbalah says that the soul, similar to the body, is in fact a single harmonious system that is made up of various parts that maintain connections between them. All people exist inside that collective system which is also called “the soul of *Adam ha Rishon*” and they assemble it like organs in a body, but without realizing it. However, different from the human body, which we are familiar with through our corporeal senses, the soul is concealed from our eyes.

From here the questions arise, what is each person’s uniqueness, what is his soul, and how will he be able to discover it?

Similar to the human body, in which each part performs a different role in order to sustain the whole body, each of us also has a specific role to assist with the function of the whole system and fulfill the soul of *Adam ha Rishon*. Each person’s place within this collective soul, for instance: in the “heart” of *Adam ha Rishon*, the “leg,” the “nose” or the “brain,” determines the “root of the soul.”

Therefore, in order for a person to be able to discover the root of his soul, he must reveal this system. To the degree that he wants to remain a healthy organ that cares for the entire body and not just his own existence, the system and his role in it will slowly be revealed to him. A new recognition will be born within him, and only inside of his concern for “other organs”—the harmonious system that connects between the people, will he will discover the “root of his soul.” The harmony revealed between all parts of the system will create a feeling of spiritual life within him, which Kabbalists call “Creator.”