

The Daily Bites

July 29, 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

Necessity Vs. Desire

It is easy for me to cancel the corporeal desires of the body for luxuries, new products and the like. But how can I be in thought for the desire for connection, to the goal, when most of the time I think about necessities?

The answer is not to give importance to working hours and involvement with necessities beyond what we must. One should see this as something we must do that is beyond our power, from without choice, and not more than this. If a person needs to work ten hours a day because it is needed, then don't think or deal with it beyond those hours. For the rest of the time, one should focus on the goal and the desire.

- from the 4th part of the [Daily Kabbalah Lesson 07/29/11](#), Writings of Baal HaSulam (minutes 9-13)