

The Daily Bites

May 30, 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

Left, Right

Study, inclusion, dissemination, and sports help in getting over the first stages.

Usually during the first years, man is on the left, in anger and irritability, not being satisfied. I suggest engaging in sports and dissemination. Seriously, be involved as much as possible with sports and internality; be involved with dissemination. With the help of both of these things, and together with the study and inclusion into the group, a person can go through the first stages more quickly.

-from the 2nd part of the Daily Kabbalah Lesson 5/30/10 (minutes 15-17)