

The Daily Bites

August 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

My Soul

The degree of connection between me and the group is my soul.

My soul is my participation in the connection with others. I need to imagine to myself that there is a net of connection between the friends and that I am the only one not participating in it. All the friends are in *Gmar Tikkun* (Final Correction), completely righteous, and only I am not corrected. To the extent that I can participate in this infinite, complete, and corrected net of connection, this is called the dimension of my soul. I am included within the group as *Malchut* (Kingdom) in *Ein Sof* (Infinity), like *Bina* (Intelligence) where everything there is ready. The degree of connection between me and the group is the size of my soul.

-from the 2nd part of the [Daily Kabbalah Lesson 8/30/10](#) (minutes 32-34)

Daily Kabbalah Definition

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

Shame

What is "shame" in spirituality?

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"Shame" is the discovery of that same place from which it is later possible to attain adhesion, i.e., the *Kli* (vessel) from which it is possible to work. Shame is discovered a little at a time, at each level. If it weren't revealed, it wouldn't be possible for us to perform spiritual work.

We are not speaking about shame in reference to the desire to receive since there is no shame in anything that the Creator created. However, we are speaking about spiritual shame when a man is aware that he could have performed something by himself and didn't; that is, shame is discovered as a situation that depends on us and we discover that we don't want it. Also here, the desire is from our side.

This means that an actual void is discovered, an empty space of which I am the owner and can perform, but I don't do a thing, for reasons of my own. Shame is a state. It's a *Kli* that is very complex and includes within me many levels. It has its own essence, and so when we reach the end of this sensation, it is already called "shame."

It is not simple to discover it, since it is the real *Kli*, the *Kli* that was built on top of all the other, previous *Kelim* that arrive from the Creator, from the Light, from the transgressions, from the despair, after exertion in all kinds of things, and from the Light that Reforms. And then after all this process, man begins to discover this additional *Kli* that is called "shame," and then he discovers fulfillment 620 times greater.

-from the 3rd part of the [Daily Kabbalah Lesson 8/30/10](#) (minutes 24-29)