

The Daily Bites

December 30, 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

Being Happy During Difficult Times

How should we approach situations in which we face difficulties to penetrate the text of *The Zohar*?

I am personally pleased with situations where I read something and do not understand, cannot connect to it, cannot find the beginning, the middle, or the end of the sentence. This is a state that helps you hold on to the text firmly, as if hanging on by your teeth. On the other hand, all the intellectual or emotional fulfillments detach you from the correct connection; All you need is a deficit, and nothing beyond that.

When I experience various forms of excitement, or intellectual impressions, I do not see it as actual help, but rather some kind of sweetening through which a person calms his ego or his lack of confidence. On the other hand, if after I hold on to the text with my teeth, something begins to become clear to me, out of the annulment, out of the forceful entry into the substance—it is excellent. But a vague impression is not beneficial to anyone.

Precisely the states where you do not understand, do not know, cannot grasp the text and it seems dry to you without there being anything to hold on to, and at the same time you feel that it puts you in a situation of wanting to shout, of deficit—these are the best and most true states.

-from the 1st part of the daily Kabbalah lesson (minutes 62 - 76)

Daily Kabbalah Definition

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

What Is A “Soul”?

A Soul—is a distinction in the desire to receive called “I”—a central desire between the higher, divine desires (desires to bestow), and the lower worldly desires (desires to receive) that don’t belong to the Soul. It’s the place where all these desires congeal—“*Malchut*” unites with “*Bina*”. And thus gets to be like “*Keter*—the Creator. This connection between *Malchut* to *Bina* which is called “Soul” begins from a “Point in the Heart”—the spiritual drop of semen containing the material from *Malchut* and the force to simulate *Malchut* to the Creator—the force of *Bina*. From this point, grows “Man”—from “similar to the Upper.”

-from 3rd part f the daily Kabbalah lesson (minutes 34 - 38)

Daily Kabbalah Reality Check

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

ZON rises to *Aba ve Ima* (AVI), and *Ima* who is in contact with ZON through her AHP, is prepared to receive deficiency from ZON, and raise it to *Aba*. *Aba* passes Light of *Hochma* to *Ima*, and *Ima* passes it to ZON according to its request...

Short Explanation: Kabbalists write for us about a system in which the desires are activated in a way that the lower desire (the small one) operates the bigger desires, and the bigger desires operate in order to fill the awakened desire in the small one.

Still sounding complicated? What is described is a very simple mechanism which could be demonstrated with an example from our daily life. For example: a boy comes to his mom and tells her he wants something tasty, the mom asks the boy, “What do you want?” The child replies, “*Bamba*” (a common treat in Israel). From this point, there is a complete system that operates in accordance to the boy’s desire. The desire for *Bamba* passed to the mother, but still remains in the boy, the mother passes on the desire to the father who knows how much the *Bamba* costs and how much fuel will be spent to get to the store. This desire operates in everything that is needed to get the *Bamba*. In the store where the *Bamba* is sold, they know how much the *Bamba* should be sold for so they can make a profit... and we can go on and on until we get to the manufacturer who has to know the ingredients needed to make it. From this example we can see that the only thing that was transferred between all the elements involved is **only a desire**, and the one who operated the whole system was the **desire of the little boy**. What comes out of this is that each of the elements involved is operated in accordance to a desire that

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is suited to its level and does not cancel out the previous desire which initiated it, so that there is no absence. Also, we can see from this example that every one gains: the store gains money, the father gains increased pleasure from what the boy receives, as does the mother, and the child himself, gets the *Bamba*.

It is exactly the same in spirituality. Only in our world there is a body and a desire. We speak of desires that wander and enter from one to another in the world, and we influence each time the desires for one another even though we may not feel it, in our presence, in our every slight movement, everyone around you receives it, they all are impressed by it consciously or not, and so we trade all our desires and influence one another. The desires operate; the body is like a log of wood, protein. Only desire is transferred from one to another and we receive and grasp it all the time. In spirituality there are no bodies, rather there is desire = body and no absence in spirituality.