

The Daily Bites

December 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

The Light and the Kli (vessel)

The Light is in complete rest. What Kli will be build to receive it?

When we sit during a lesson things become clear and evident. Then later, after the lesson, each one needs to clarify the things within himself, and that is more difficult. It is hard work. Each one needs to ask himself how many times a day does he renew the inner connection. This is what determines the rate of advancement.

The Light is in complete rest and everything depends on the *Kelim* (vessels). If you are not attracted to the building of the Kli, you must arrange for yourself a kind of system that commits you to return to the intention all the time, the system of *Arvut* (mutual guarantee) in which all the friends worry about the spiritual life of one another.

- from the 1st part of the [Daily Kabbalah Lesson 12/30/10](#) (minutes 40-44)

Source of Light

The articles of Rabash are the source of Light and not of knowledge.

When we are engaged with the articles of Rabash we need to hope that the Light that Reforms will reach us. These articles are the source of Light that Reforms, the force of correction and not a source of knowledge and discernment.

The principle of the Torah is "we will do and we will hear." From performing the correct action, which a person tries doing with all his might, he rises above his desire to a desire that he receives from the environment. When the Light arrives, it illuminates exactly on the desire that was received from the

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environment and corrects it. The Light returns the desire for the better, and the person receives a corrected *Kli* (vessel), soul, and grows.

From within the *Kli* that a person receives from the environment and the correcting Light, a person feels the Creator's actions on him. And then when he already has a clear relation with the Creator, he can understand what Rabash wrote about.

- from the 1st part of the [Daily Kabbalah Lesson 12/30/10](#) (minutes 15-20)

Daily Kabbalah Definition

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

Raising MAN—Mayin Nukvin (Female Waters)

What is called "raising MAN" in spiritual work?

"MAN (female waters)," is the deficiency that man feels in a connection with others, in order to reveal the Creator there, which is the general force of bestowal. If this deficiency is higher than other deficiencies, greater than the others, more preferred than others, then this is called, "raise." This is called that man "raises MAN."

Everything happens within the heart, in the desire, and externally nothing ascends or descends.

- from the 1st part of the [Daily Kabbalah Lesson 12/30/10](#) (minutes 28-29)