

The Daily Bites

January 31, 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

What Is Within Us And What Is Our Relationship With Others?

This connection cannot be done by a person on his own; he should seek help to make it materialize in him.

It all depends on your connection with friends, friends who will affect you. Beg! Ask! It is written "Buy yourself a friend" (*Kneh lecha haver*). Pay them to affect you like in the story about the person who wanted the *kleizmers* (musicians) to play for him to give him some revival. He gave them his last pennies to play. So go ahead; you may buy a bottle of whiskey and we will see if it is worthwhile for us to bestow to you some lacking.

Question: At the beginning of *The Zohar's* study it was said that we need to think that everything is within us. Now it is said that everything we read is in our relationship with others. How do we move from a state where we tried to understand it is all within us to a state where it is all in the connection between us and others?

Dr. Laitman's Answer: Lose your intellect and everything will work out. There is no other solution. You want to understand this with your brain; you want to grab the whole picture, to consolidate it and control it. And I want the opposite—I want everything to blow out of your head, that you will see that you are lost.

-from the 1st part of the daily Kabbalah lesson (minutes 37-40)

Whatever Is In Your Power To Do, Do

There is something before me that I now need. We think in this world that we either obtain all, or get nothing. This comes from a lack of understanding. A great scientist or engineer who is to investigate and solve a specific problem knows that there are things before him that he must resolve now, first, before he can proceed to conclude the study. So you have no real desire to be in the final correction now. There are additional things before you that you need to actually

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reveal now; there are the reminiscences (*Reshimot*). Deal with it. As they say "whatever is in your power to do, do." Invest yourself in it, only that, precisely that.

-from the 3rd part of the daily Kabbalah lesson (minute 13)

Daily Kabbalah Definition

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

Spirituality, Creator, Perfection, World Of *Ein Sof*

What are the Kabbalistic meanings of the concepts: "Spirituality," "Creator," "Perfection," and the "World of *Ein Sof*" (Infinity)?

"Spirituality" is what is revealed within the *Kli* which is called "Love of others." In this *Kli*, "eternal life" is revealed; the Creator is revealed.

"The Creator" is the force that is composed of all our individual forces of bestowal that combine together. It is the general force that operates in the system of the souls and bestows there among everyone. In order to feel completion in spirituality, one simply has to love everyone as one loves himself. Besides that nothing else is needed. This state is called the "World of *Ein Sof*."

-from the 3rd part of the daily Kabbalah lesson (minutes 23 - 25)