

# The Daily Bites

May 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*

### Part Of Divinity From Above

#### How can one increase and develop the "point in the heart"?

Man is required to participate in the development of the point in the heart, and without his participation it will not evolve. Suffering and troubles can be piled up on man, but the point in the heart will remain a point in the heart if man does not increase it by the Group.

We exist in this world in our bestial body; whereas, the point in the heart is above it. The point in the heart is the new human desire for something that is beyond desires of this world, a desire which man does not know at all, the part of Divinity from above. The means to develop the point in the heart must also be above this world; therefore, only by the group can the point in the heart develop. Wake up this point; raise it above the beast that lives in this world.

You need to tie your point in the heart to the system of *Adam ha Rishon*, to inject connections to it, influences and energy from the group. You need to participate in the group, by choice, so that whatever you address to society will come back to you several times greater.

*-from the 4<sup>th</sup> part of the [Daily Kabbalah Lesson 5/31/10](#) (minutes 17-21)*