

The Daily Bites

December 31, 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

To Awaken Myself Prior To Study

How can we awaken ourselves prior to the lesson, so that we get the most out of the lesson?

We have to prepare ourselves on the way to the lesson. We have to get use to awakening our selves regularly and permanently to be ready for the lesson. The major point is to work on the importance, because this is where the gist of it lays—who is in control? The beast over the point in the heart, or the point in the heart riding above the beast?

For this it may be that it might help a man to laugh at himself, at how much he really can't do, or maybe listening to a *Nigun* (Kabbalistic tune) can help somewhat. Even to dance or jump up and down, in a totally mindless fashion, can be helpful, like Rabash, who would stand in the middle of the room and begin to dance. You can do many things and the most important thing is to raise the mood, because the Torah is received in joy, in equivalence of form with the Light, in an awakened, high-spirited state. You might use the help of the friends who can help you with feeling the importance of the goal.

If a man cannot do it this way, he should try another way—as it is written, “forever will a man anger his good inclination over his evil inclination.” You can try to get in to a nervous state, to find an inner anger, anything but remaining lax. If you cannot enter from the good side, at least stir up a clashing point within you. It is very awakening.

It is important that the awakening should be personal. We shouldn't replace it with some external awakening which would rob a man's possibility to add more effort from his side.

-from 1st part of the daily Kabbalah lesson (minutes 20 - 23)

Daily Kabbalah Definition

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

Israel

On the Kabbalistic meaning of the word “Israel”

“Israel” is the name of the same desire that comes “Directly from the Creator” in the direction of the Light, that has, as it were, suitability to the Light. This is the desire to connect with others, for everyone to gather together, and to assemble that same *Kli* (vessel) in which the fulfillment, disclosure and the spiritual life will be received.

-from 1st part of the daily Kabbalah lesson (minute 19)

Daily Kabbalah Reality Check

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

The Thought Of Creation

What is the connection between the desire to build a house in this world and the Thought of Creation?

When a person wants to build a house he begins with a thought, about how the house should eventually look, what its size will be, what its structure will be, and what it is supposed to be used for. Afterwards he begins to process this thought: he drafts a plan, plans the various stages, the materials he will be using in each stage, the methods of work, etc.. Later on he must find a place, obtain the necessary approvals, buy the materials, hire workers. Only in the end, after a long and entangled process full of details, that initial thought in which the house is “in force,” is realized.

The wisdom of Kabbalah tells us that similar to that house, so did our whole reality begin with one simple thought, called the Thought of Creation. Just as that house is complete in a person’s thought, the entire creation is also complete in the Thought of Creation, and so are all the details and the occurrences that take place in our world, which come in order to bring it into its completion in practice. But if we are not familiar with the purpose of creation, we will not be able to know the different stages that we must go through in order to attain it.

Only out of the recognition of the purpose, will we be able to know what we are required to go through in every stage. In fact, this thought is perfect and it includes in it all the details and the purpose of

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creation, which is called to do good to His creatures. Just as we will not be able to start building a house before we imagine its end and purpose, so does everything that is found in creation undertake its role perfectly in implementing that purpose that creation has.

-from the 3rd part of the daily Kabbalah lesson