

# The Daily Bites

November 15, 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 Definition

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

### Truth

The Creator is called "Truth." The letters *Aleph* (the first letter of the Hebrew alphabet) and *Tav* (the last letter of the Hebrew alphabet) are the two ends of the wills, but the letter *Mem* (the middle letter of the Hebrew alphabet) which is placed in the middle is the Attribute of Intelligence that by means of it connects those two ends and reaches to Correction (to a corrected situation) which is called "Truth."

*-from the 1<sup>st</sup> part of the daily Kabbalah lesson (minute16)*

## Daily Kabbalah Reality Check

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

### All Of Reality Is Will And Within It Is Feeling

Feeling is all that is going on in the desire to receive, and the desire to receive is all the material of creation. Feeling is not only love, hate, etc., but is all of the existence of the reality. On what does the existence of every single thing depend? Everything exists because it feels itself, even on the still level. Maybe it seems to us that will is what I or others want, but also atoms, and molecules, are kinds of desire.

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We are not talking about all kinds of veneration like in good literature, but about actual material, about iron, wood, earth, man, beast, stars, and galaxies – they are all will.

**And what exists in the will is named a feeling.** What is a feeling? Does the Earth feel? The answer is yes. The Earth actually feels that it must hold everyone on its surface, and therefore does not allow anything to escape from it – this is called the power of gravity.

This is also how the Kabbalists explain the perception of the spiritual reality: All of the reality except for the Creator is called will, and all that is going on in the will is named a feeling. The Kabbalists describe to us the spiritual world, and if we will develop in us the will to feel what they describe, from within this desire we will arrive to the feeling of the spiritual reality.

*-from the 2nd<sup>t</sup> part of the daily Kabbalah lesson (minutes 26 to 29)*

## Daily Kabbalah Question

*Q & A segments in the daily Kabbalah lesson provide a deeper exploration of the lesson's topics*

**Question: How is it possible to train thinking so that the correct picture of myself and the surroundings won't shatter?**

It's not possible. Only the surroundings can help you in discovering the spiritual picture, in searching for it, in constantly strengthening it, and not losing it. If a man does not strengthen this picture with each moment, it immediately disappears.

Spirituality is not calculated according to speed, but to acceleration. This means that we need to be constantly working by over- exerting in order to stay in the present state. This is because we are working against an ever growing ego. Thus, we must constantly increase our strength in relation to spirituality. There is no other way. You must constantly toil in order to stay at least on the same plateau.

*-from the 3rd<sup>t</sup> part of the daily Kabbalah lesson (minutes 8:30 to 10:45)*