

The Daily Page

September 01, 2010

*Taken from the Daily Kabbalah Lesson
of Dr. Michael Laitman and Bnei Baruch*

Sweet Is the Longing in the Work

Question: Is our suffering in this world not enough that we have to feel more pain striving for the Upper World? It looks like a person doubles his suffering when he embarks on a spiritual journey, doesn't he?

Dr. Laitman's Answer: That is correct. Your suffering becomes greater so that you cover this spiritual distance faster! What else could possibly give you a start? However, we do not receive suffering from Above, but are expected to find this lovesickness on our own. The Light that Reforms evokes our **heartfelt longing** for it, and we start moving ahead motivated by the latter. This is not the same as the suffering of this world, where we are like animals who are being beaten and don't understand why, and simply keep running from the blows.

It is up to us to start acting. But we think, "Oh well, let's wait until the help from Above arrives and takes care of everything." What kind of help do you think is going to come? Only the suffering in this world will force us to advance!

Alternatively, if you connect to the group, you will receive spiritual suffering and will start advancing sooner. It will be a sensation of a spiritual void, the longing of the heart, lovesickness. Then you won't need to be driven by the corporeal pain. If you make an effort to advance at the speed that is assigned to you, according to your original spiritual genes (*Reshimot*), it won't be necessary to drive you "toward happiness with a rod."

It is true that when you ascend so high that you can connect with all the other souls, you start feeling pain for them like a mother suffers when seeing the pain of her children. This is why we think that Kabbalists also suffer in this world.

From the 4th part of the [Daily Kabbalah Lesson 9/1/10](#), "Introduction to the Book, Panim Meirot uMasbirot"

Stem Cells of the Soul

Nothing disappears in spirituality. On the contrary, the differences between the souls become even more vivid. Every particular soul possesses special qualities that create the entire wealth of perceiving the Creator. This happens precisely by virtue of connecting with the opposite qualities of other souls. That is how the mutual perception of the Creator becomes 620 times greater than the perception of a separate soul.

The size of our spiritual vessel (*Kli*) is not defined by its quality, but quantity. That is why every soul is revealed more powerfully and uniquely. This is similar to stem cells which are universal and can be used

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like building blocks to build everything else. The heart, liver, kidneys, and lungs can all be built out of this basis called the stem cell.

The same thing is true in spirituality. For now each of us lives inside the “stem cell” of his own soul. Later we will begin connecting to the general system, the group, or the system of souls that we reveal in the group, and by attaching them to us, we will then connect to the Creator who becomes revealed in the system of souls. That is when we will also begin to attain ourselves: Who we are, what we belong to, what our soul is, what my mission is, and what my main quality is out of the entire sum of qualities accompanying it.

Therefore, when we advance in spirituality, every person becomes more and more connected with everything, but at the same time he stands out more and more, becomes more unique because by connecting with others, he increases his own “stem cell.” That is why Baal HaSulam wrote in the article “The Freedom” that every person must develop, rather than suppress, his unique qualities. By virtue of every person’s uniqueness, we will attain a huge, perfect vessel of the soul in which we will be able to perceive the entire spiritual world and the Creator 620 times greater than at the beginning of creation.

From the 2nd part of the [Daily Kabbalah Lesson 9/1/10](#), The Zohar