

# The Daily Page

November 1, 2010

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

## What Should We Do?

**Question:** We constantly hear that we have to unite and look for the Creator, but we do not perceive this as practical work. What should we actually do?

**Dr. Laitman's Answer:** If the external actions are beneficial to the inner processes, then we have to carry them out. The benefit might come in the future. For example, suppose I perform a physical action for an entire year so that my actions will result in me attaining a more inner layer, or in other words, so I will come closer to the quality of the Creator, bestowal. I will realize how far away I am from it and then my desire will facilitate the correction of my intention from “for myself” to “bestowal.”

In other words, the “end of the action” must be present in the “initial thought.” Either I am told what to do and I carry it out “above reason,” or I act this way myself. In any case the execution of the action belongs to the person.

However, if the action is not done with the intention “for the sake of the group’s unity,” then no matter how important the intention is, it won’t bring any benefit. A person’s work is precisely the work on the intention.

It’s impossible to go around it because the nature of the world is the desire to enjoy and the desire to give pleasure, the thought that is next to them, their unity and mutual inclusion. There is nothing besides the desire and intention!

The desire to receive of the lower one enters the desire to bestow of the Upper One as *MAN* (plea for correction), and the desire to bestow of the Upper One descends into the desire to receive of the lower one and fills it as *MAD* (the Light of Correction). Then the two undergo mutual unification: *Bina* in *Malchut* and *Malchut* in *Bina*, the Creator in creation and creation in the Creator, until they attain total equality. That is the entire act!

Where does this happen? It takes place only in the thought, in the desire, in the inner effort! Of course, that is the most difficult thing. Some of us find it easy to work mentally while others find it difficult. However, spiritual work is equally difficult for everyone, whether you are a scientist or a carpenter, because it is performed in the soul, not in the mind.

We do perform certain external actions that unite us with the right intention: Why are we doing this? Why do we do it together instead of individually? Why do we want to expand the circle of participants? This revives us and brings us inspiration.

Without an intention to our efforts, we are a “gathering of fools” because even the most important work is devoid of meaning if it lacks an intention!

*From the 1<sup>st</sup> part of the [Daily Kabbalah Lesson 11/01/10](#), “And the Children Racketed Within Her”*