

# The Daily Page

November 2, 2009

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

## **Realizing Every Moment In Life**

The ability to process every incident that a person experiences depends on his attention and the degree to which he is correctly connected to the environment. If one does not forget, does not escape, and is in constant attention to things that occur in his life, he does not waste those moments. That is because the entire advancement, meaning urging the time, is measured according to the number of moments throughout the day when one is connected to sanctity. It does not matter what the result of his attempts is, but the efforts are important. One has to be restless like a child and use every single moment. In this regard, the environment is very important. The environment speeds up a person's development by giving him the right direction and by always pushing him forward. And then he quickly advances.

Therefore we must be very alert every moment. We do not need to pay attention to sensations that we experience, but to the number of discernments that we go through every moment. We must not draw our attention toward the discernments, but toward the number of discernments that we went through. Life does not need to be something that passes on its own, but a time during which we do not let any moment escape from us without we drawing some benefit from it, without attributing it to the Creator, and to what He wants to tell us at that moment.

Our whole life is a story, a talk, a conversation with us, except we are not listening. If we listen closely, we will hear God's voice each and every moment. Then we will link the time in this world to the time in the spiritual world and enter a picture that is entirely spirituality. Everything depends on linking our moments to the spiritual moments, meaning to the spiritual actions. If one thinks of the corporeal moment as a spiritual one, meaning if one refers to the number of actions that he is going through, he is already very much prepared to see the spiritual process in his life.

But again, only the group can put every one of us in such an alert state that will make one treat his life that way. In fact, we are already capable of doing so, and we must begin realizing it. Time demands it.

## **Honoring His Quality In Order To Perceive It**

We must try to show delicacy, sensitivity to God's voice, to His plea for us. This Force's desire to be revealed to us is called "His beatings on our hearts," yet still we are unable to feel them. This Force exists here, except we are not feeling it. What are we missing in order to feel it? We aren't honoring the quality of bestowal, exiting ourselves, and rising above ourselves. When we step out of ourselves within the group, there, inside the group, inside the connection between us, we feel Him, we hear Him. Our

receiver does not exist in us, but in the quality that is outside of us. And if this quality controls us we will be able to feel Him.

### What Does It Mean To Hear The Creator's Voice?

**Question From A Student:** What does it mean to hear the Creator's voice? Does it mean just remembering that there is none else besides Him?

**Answer By Dr. Laitman:** No, we need to try to feel this inner Voice inside of us which is a consequence of the surrounding Light's influence. We need to raise the sensitivity of the soul slightly so that we feel the need to hear that the Creator is addressing us. This Upper Force wishes to be revealed and is knocking at our hearts, but we are still incapable of feeling Him.

He is inside me, but I don't feel Him! What is it that I lack? The truth is that I don't place enough value on the quality of bestowal, on coming out of myself and rising above my egoism. However, if I come out of myself, into the group, I will feel His voice in the connection between us.

I don't have a transmitter inside with which I can tune into the Creator. This transmitter is outside of me, in the connection between those who aspire to the Creator. If the quality of bestowal begins to dominate my qualities, then I will feel Him.

Search in your heart for what you can discuss with Him. It doesn't matter whether it is good or bad, but it should come from the bottom of your heart. This is called a prayer – work in the heart regarding your thoughts, intentions, and desires – everything that can be connected to the Creator.

### Revealing The Creator Inside Of Us

**Question From A Student:** Why does a person's inner change in his approach to reality from reception to bestowal give him unlimited ability to know the present, past and future?

**Answer By Dr. Laitman:** The Light, the attribute of bestowal that a person reveals, is all encompassing, for it is the only force in all of Nature, and is Nature itself. The Light governs us, the creation, for we are the only thing that was created. Its broadening revelation in us reveals everything above time, space and motion. Therefore, by revealing the quality of bestowal, a person knows all of the Creator's actions – from beginning to end.

"There's no Creator without the creature that reveals Him." The quality of bestowal that influences the creation, is in fact, the Creator. When that quality which created me begins to reign inside me, it means that I am revealing the Creator. The quality of the the dominance of desire to bestow and the intention to bestow within me is called the Creator's revelation to me.

Such revelation occurs to the measure that I become a giver myself. How then, can I state that I am revealing the Creator? Who is that "I" who is revealing the Creator? It turns out that there are qualities

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within me that are still in the process of revealing the Creator. Later on however, when I reveal everything to its fullest extent, there is no division into “me” and “Him,” there’s only an attribute of bestowal that is reigning supreme within me, and nothing more.

Eventually, I begin to substitute the force that drives me and I develop the desire to alter it myself so that instead of constant thoughts about reception, I think only of how to bestow. Actually, I am simply in the bad habit of thinking for the sake of reception, and it’s a habit that I am unable to rid myself of.

Baal HaSulam writes that there’s just a psychological problem of passing on to the will to bestow, nothing more. It turns out that in the desire to bestow, there are many more opportunities for me to develop and receive pleasure. But I am stuck in the habit of acting for the sake of reception and that’s how the whole of humanity works.

That’s why we must all apply an external force against our habit, the force of which is the Surrounding Light. Through the force of this Light, called, “My sons prevailed over me,” it will change our operating program.