

The Daily Page

May 3, 2011

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

Going Towards Each Other

When a person already understands that he has to ask the Light to make the changes, the entire difficulty lies in imagining what changes to ask for. That is why he is led through various states in order to understand what “his own good” means according to his egoistic desire, for the sake of a pleasant mood and fulfillment.

But precisely above all of these calculations, he has to desire to act in the opposite way, preferring for egoism to suffer for the sake of rising above it, and there to build a relationship with the Light, the Creator, “for the sake of bestowal.” All the situations he had to go through were necessary in order to help him establish this relationship with the Light. Then he understands that even though everything comes from the Light and the desire does not awaken, does not change, and overall does not exist without its influence and support, still the desire has an ability to awaken the Light. This action is called “awakening from below.”

It is possible only on the condition that the desire precisely understands itself and its entire egoistic nature. It has to ask for its opposite transformation so the Light would give it a new force, enabling him to rise above himself, to step on his own desire, to squash it and freeze it, and to build the act of bestowal above it. If we will be able to ask for this, this will be called “an awakening from below.

When we receive an addition from the Light, called “awakening from below’ (*Itaruta de Leila*), then according to our request the Light will give us the ability to rise above our ego and act contrary to our egoistic desire. That is how a person begins building his spiritual vessel (*Kli*).

A new desire is continually awakened in him, burning within and not letting him rest, demanding to be fulfilled egoistically on account of the neighbor. Nevertheless, he begins to recognize the true attitude to his desire, that he has to lock it up and not let it break through in order to build a screen and the intention for the sake of bestowal above it, enabling him to use the same desire in the opposite form.

When he sees that he is completely incapable of this and only the Creator can help him, he reaches a request called “an awakening from below, “ a *MAN*. And if he asks correctly then he receives an answer from above—a *MAD*, and then he unites in a mutual action with the Light.

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From then on a person already has experience in building a relationships between himself and the Creator.

From the 1st part of the [Daily Kabbalah Lesson 05/03/11](#), Shamati

From the Bottom of the Heart....

Question: What is a prayer from the bottom of the heart? Where is the innermost point located?

Dr. Laitman's Answer: "The bottom of the heart" is such a deep desire in a person that he cannot reach it himself. There, in the deepest point of the heart, hides the upper force that maintains my entire heart, the entire desire it created. That is where the secret of life is concealed.

But if from the depth of the heart, from this innermost point inside of me where the Creator is found, who is the one that created me, supports me, and controls all of my thoughts and desires, I will be able to speak to Him, that means I have reached the right request.

From the 1st part of the [Daily Kabbalah Lesson 05/03/11](#), Shamati