

# The Daily Page

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

## A Problem To Help You

**Question:** How can I actually turn the desire that awakens in me to bestowal?

**Dr. Laitman's Answer:** Suppose I am relentlessly worried by something since the morning. This unsatisfied desire gives rise to a thought that I have to calm it down. I am tormented by this problem, immersed in it, and am looking for a way to solve it.

I received all of this from Above. If my problem relates to something that is vitally necessary, then I have to solve it without paying too much attention to working with the intention. First of all I have to provide myself with the vital necessities. It is written about this, "Without bread there is no Torah."

However, if it is not something that's vitally necessary, if it isn't something I need on the animate or bodily level, then I have to try to transfer this thought to the right format. I received it from the Creator and it was in order for me to build the right reaction to it. It is "help against the Creator." It is against the goal, yet at the same time it helps me to react correctly, and by pushing myself off of it I can aim at the goal.

My goal is adhesion with the Creator. The Creator is good and does good and there is none else besides Him. He sends me all the problems and worries in order to help me. Therefore, above my worry, as if making a mirror image of it, I turn back to Him, who is good and does good.

I have to reach the sensation that my problem is help to enable me to understand the Creator's attitude to me, which is opposite to the sensations that awaken in me. That is how I build the Creator's image. By having a careful and accurate attitude, I will be able to identify why a certain worry or problem is being sent to me precisely in this form. I will see a reverse mold of it, the form of the One who is good and does good, and who engraved it in me.

By virtue of this "inversion" I will ascend to the degree of a righteous man and will justify the Creator in some regard. And by doing so I will get on the right track. The most important thing is to keep going, without falling asleep during any state on the background of any negative forms that the Creator sends me.

I can react to them correctly at every second if only I equip myself with the support of the environment. Without it my efforts are episodic, but with it I am constantly "in the loop." The group entirely determines the speed of my advancement.

## **Bestowal By Deferred Payment**

**Question:** How can a person choose bestowal instead of reception?

**Dr. Laitman's Answer:** First of all, this requires preparation on his part. He has to desire for this to happen. Even if he will get knocked off track later on because the Creator will increase his egoistic desire and alien thoughts, the preparation he made will still do its job.

Secondly, one must set apart a time for studying and doing things related to bestowal. This will also give him forces to return to the path.

Thirdly, a person must motivate the environment to bestow and reach mutual guarantee so that not a single one of the friends would stop thinking about it, but will always aspire to ascend above reason and egoism. The constant, common thought of the group is the surest guarantee there can be.

It is written: "Do everything that is in your power." At the end of the day, our common efforts awaken the Light that Reforms. A person has to understand that it is necessary to obligate the Creator to give him Light. The Creator constantly increases his egoistic desire, and only at times does He awaken a person with the bestowing desire, the Light, in order to ignite his inner spark which he has to bring into the group. However, this can only happen several times and we shouldn't wait for it to happen because this kind of awakening is linked to a very unpleasant calculation.

That's because the Creator cannot give you a bestowing desire "for free." Therefore, if you are waiting out for it, you will have to experience suffering and pay back for the support in full. On the other hand, you can ask for it ahead of time according to the principle, "Turn to Me and I will give it to you." You can ask the Creator for the forces of bestowal and then pay for them.