

The Daily Page

November 4, 2010

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

How Do You Put A Call Through To The "Heavens"?

Question: If the will to enjoy attacks me during the Convention, I feel weak and “fall” down, is there an emergency number I can call or someone I can tell about it?

Answer: Every person will receive the phone number for emergency situations at the registration. But how do you put a call through to the “heavens”?

“The heavens” is the next level, and that means it is the group that is united as one and that I imagine as being in mutual guarantee and perfection. And it really does exist in this state. I can be outside of it or I can see myself as inside.

The “heavens” are the common desire or *Kli* of the higher level. It is all of us, but more consolidated. Spirituality does not exist in a ready-made form. **We** build it. Nothing exists in front of us. We contain *Reshimot* that gradually awaken. But they only awaken, while you enter various states and build them according to your desire and intention.

We create the worlds and levels ourselves. Before we act, there is only informational data from which we build levels. But there are no worlds before us. That is why you can imagine the future states only in the form of greater unity of our common desire or *Kli*.

That is where you should turn; this is “the heavens.” And they will respond, “If you want to, come closer, and if you don’t want to, then stay where you are.” It’s true that a person cannot pull himself out of prison, but he has to ask, demand, and make efforts to be helped.

If a person is not trying to be in one connection with us, then he does not receive the opportunity to advance. If you ask, “Who should I ask for help?” It is written, “I am looking for (asking) my brothers.” That is whom you ask for unity.

From the 2nd part of the [Daily Kabbalah Lesson 11/04/10](#), The Zohar