

The Daily Page

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

The Group is My Shadow

The group is my copy, my shadow, just as I am the Creator's shadow. I receive much more from my friends than what I put into them. It doesn't depend on them or their behavior, but only on my attitude to them. This environment is also the Creator. It is the opportunity He gave me to work with Him, having created an illusion for me as if something exists outside of me while, in fact, only the Creator exists outside of me.

That is why we must always awaken the environment until we attain the state where the environment influences me so I desire to unite with it in order to unite with the Creator through it. I cannot attain the Creator without the environment because the environment is an external means through which I will see the image of the Creator.

If I don't desire to unite with the group, then I am not aiming at the goal, the Creator at all. After all, who is my neighbor? The force of the breaking that took place in spirituality divided me into two parts: me and my neighbor. What for? It was in order for me to discern what I lack in order to unite with the Creator.

As soon as I can bring this environment closer to me even though it seems foreign to me, the more I am able to come closer to the Creator. I was deliberately endowed with a dual perception so I would see a part of me as alien and hateful.

That is why "love your neighbor as yourself" is the main rule of the Torah. This is the only thing the Light corrects, and there is nothing to correct but this. If you don't ask for this correction, then all your efforts are wasted. Everything else is useless cries into the wilderness.

From the 2nd part of the [Daily Kabbalah Lesson 10/5/10](#), The Zohar

A Person Starts with a Spark

Question: Why does the science of Kabbalah restrict its focus to just one single action: unity?

Dr. Laitman's Answer: Kabbalah does not restrict itself. On the contrary, it has expanded to envelop the entire universe, the Upper Worlds and the lower ones in order to tell us that there is nothing besides unity.

It does not focus on select actions, but rather makes a synthesis of everything that exists. It brings us to the single principle that encompasses everything.

This science tells you: Don't look at every problem separately whenever it occurs, as that would be a narrow-minded view. There is just one reason and explanation to all the problems: lack of unity. If you want to rise above the problem, then you should aspire to greater unity. If you are going in this direction, it means you are moving correctly.

Every science is based on one fundamental principle. In physics everything is attained through the basis of matter, through several elementary particles from which everything is made. In the past it made wonderful sense: you have an electron, a proton, and a neutron, meaning a plus, a minus, and a neutral particle between them, and that's all.

But then they suddenly discovered that there are hundreds of elementary particles, and thus the entire theory was thrown into disarray. That's because a scientist holds onto one principle, according to the truth that exists in nature. Science always aspires toward a unified picture.

A "simple interpretation" (*Pshat*) is the last, highest level of research and attainment. When we attain the World of Infinity, everything becomes very simple because the simple Upper Light fills the entire universe, the corrected desire. This is called realizing the single principle.

If, on the other hand, it seems like all our problems are unconnected, then this is what we have to correct by attracting the Upper Light that will unite everything.

In the meantime there is a great mess in our minds, hearts, and all of our actions. It's unclear what is happening to me, this world, my family and friends, and my life and death. Every person would love to close his eyes so he won't see this or think about it.

However, the path of Kabbalah is the opposite: to accept all of this as the revelation of the breaking and bring us to unity. That's why the science of Kabbalah does not become revealed until a spiritual spark awakens in a person, a call for unity that the Creator gives us.

This spiritual gene has to start speaking in us, being a spark from the screen we once had. This is the beginning of a person's birth.

From the 4th part of the [Daily Kabbalah Lesson 10/5/10](#), "The Love for the Creator and Love for the Created Beings"