

The Daily Page

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

Look into Yourself and Don't Turn Away

Question: How can I check whether my intention is really aimed at the Creator? What practical test does the science of Kabbalah have to offer?

Dr. Laitman's Answer: Kabbalah offers something very simple: work in the group, which accelerates your personal development and provides you with a practice ground. Inside the group a person can find the place for the Creator's revelation, the place to bestow to the Creator. Overall we attain the goal by way of mutual study and unification with friends.

At the same time, no matter what we do, it is important to ascertain that we do not suppress our egoism by trying to run away from bad sensations. After all, a person spends most of his time covering up his ego.

Inside us there is hatred, envy, lust, ambitions, and other attributes of interaction with others. Sometimes these desires are so small that a person does not even discern their evil. Yet, whenever I look at someone, I unconsciously or consciously make a calculation: how much better I am than him, how much I don't accept him, how much power I have over him, how much I can use him, and so on.

I always have to feel higher than the neighbor in some way. Even if I don't have anything to criticize, I am still higher.

Thus, if I don't blur over my egoistic attitude, then at every second I reveal an opportunity to work. Overall my sensations are called "unfounded hatred." My nature dictates that I feel it toward every person. But can I immediately build a good attitude, love above it?

I hate every person for some reason and if I don't conceal this from myself, then I can work ceaselessly until every situation turns into a means for coming closer to the Creator.

From the 1st part of the [Daily Kabbalah Lesson 01/06/11](#), Writings of Rabash

From the Means to the Cause

Question: What is the Creator's help?

Answer: If a person tries to reach love and unity above hatred and repulsion, he will see that this is impossible. Good intentions turn to their opposite every time.

At first when making unsuccessful efforts, a person feels that this happens to him because of himself. Later the same efforts show him that the reason for it is a certain external force.

Then, by accumulating more new impressions, a person discovers that it isn't some foreign force, but the Upper Force that directs him in this way and illuminates his negative attitude to others by means of various situations in life. That is how a person starts to reveal the Creator as the cause of the negatives and positives. He discovers that the Creator is the force that's necessary for combining opposite extremes. Without His help a person cannot combine these two qualities inside him.

After that, this also turns out to be insufficient. It's not enough that the Creator helps a person improve his sensation and arrange his life comfortably. Until now my bad attitude to others was unpleasant to me, but now I want the opposite: to use everything for connecting with the Creator. The combination of opposites has to happen inside the Creator and be completed only there.

That is how a person gradually ascends up a slanted ladder. At first he wants to put his *Kelim* in order, but then with their help, he turns to the Creator and finds the right combination with Him. Stage by stage, the right attitude to creation becomes apparent in a person: He goes from the means to the cause, from efforts to correct his desires to the realization of why he is doing this and what he achieves by it.

The goal is not to enjoy fulfilling your vessel, but to attain the upper root by virtue of your work. Then your attitude changes: By uniting *Bina* with *Malchut*, you discover *Keter*, the point of the letter *Yod* (י), which is the beginning of the letter *Aleph* (א), symbolizing our work and ascent up a diagonal.

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