

The Daily Page

June 6, 2010

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

MAN: The Prayer That Contains Everything

Question: We have to rise *MAN* (*Mayin Nukvin*, a prayer). Is this action performed within the desire?

Dr. Laitman's Answer: *MAN* means that I'm asking for the force of bestowal. From within *Malchut*, I turn to *Bina* and ask *Bina* for the ability to bestow. However, I have to reach the state whereby becoming filled with this prayer (*MAN*) is enough for me; I feel joy from being able to rise *MAN*.

How does the Torah describe this state? It is when you come into the "daylight." A "day" is when you have nothing and have been wandering in the desert, looking for *MAN* (the desire to bestow), and you find it. When you do, it enlivens you, satisfying all of your tastes. It contains everything that you desire.

What kind of "taste" is it? Where is it coming from? What is *MAN*? It comes to you from *Bina*. It is when a mere possibility to make a plea to the Creator is enough for you: "I have the connection with Him. I can ask Him. Nothing else is important to me."

Yet, don't I want to have the desire within which I can reveal the Creator? No. I'm satisfied by merely having an aspiration to Him. This constitutes my fulfillment now. The connection with the Creator through the group fulfills me.

"But what kind of connection is it? How can you have anything? You have nothing." True, but can I appeal to Him by rising *MAN*? When this is possible, that's enough. This is called "wandering in the dessert," acquiring the properties of "*Hafetz Hessed*" (he who doesn't want anything). In the dessert you are deprived of everything; you truly desire nothing for yourself. Yet thereby, you acquire the correction by the property of bestowal, similarity to the Creator, and this is your fulfillment.

-from the 1st part of the [Daily Kabbalah Lesson 6/06/10](#)

Setting Examples Of Bestowal

We can't even imagine how much the environment in which we grew up has shaped us for life. We were constantly exposed to examples of how to profit in our egoistic desire. This is how the others conducted themselves, and from them we learned to do the same. We never received a single example of how to perform acts of bestowal! That is so even when we were taught "good" behavior or it was explained that certain behaviors were in our best interest.

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In other words, we were constantly receiving egoistic examples. The program of reception aimed at securing an egoistic gain was simply “embedded” into us. Then a habit became a second nature, and now I can’t see the world in any other way. Possibly, if I saw the world in waves of bestowal, instead of reception, I would see a completely different picture. Who knows, maybe I would see something which I presently cannot discern?

I simply grew up and became like I am. Now, an enormous work is required in order to transform my nature. But perhaps the time will come when children will be growing up in a different way, in an environment of teachers, parents, family members, and society in general in which everybody relates to each other completely differently: altruistically. Then children would be influenced in this altruistic manner.

-from the 4th part of the [Daily Kabbalah Lesson 6/06/10](#)