

The Daily Page

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

Patience Is Key To The Healing Process

We are being influenced by the Upper Light, which raises us above our egoistic desire. However, later on we will have to continue coming out of that desire on our own. When the Light elevates us, it makes it seem like we are escaping Egypt. Yet, can we really escape Egypt if it is inside us, if it is our very nature?

This brings us to the question: What does it mean that we are in the desert? It's when Egypt returns to me and I have to come out of every part of it. This is referred to as the 40-year journey through the desert. It's when I sequentially increase and discern my desires, like a human embryo whose organs develop in a sequence, one after another. First one part develops, then another; and the development moves in one direction followed by another, while overcoming various obstacles and problems. The process of the soul's growth and development is similar to that of the embryo in a mother's womb.

We have to appreciate the fact that we have *The Book of Zohar* because it is the means of salvation that changes us from one day to the next. However, we won't feel the result until this means starts to act in the full measure. It works gradually, like medicine that has been prescribed to a sick person who has to take it every day, but will only start to feel better several weeks later.

In the meantime, he continues taking the medicine every day, but feels even sicker. The same happens with our spiritual development. Therefore, we must be patient and constantly add more efforts, even though it seems like the medicine isn't working – until our cup overflows.

Walking In One Intention With The Light

Usually it takes time to enter the flow of *The Zohar's* text. How can we speed up this entrance?

This depends on a person's state. It takes me at least 20 minutes, and sometimes up to 40 minutes to begin feeling *The Zohar* and connecting to it, to begin working together with it in one shared breathing, on its waves.

One has to read and wait for it to happen. But the time of preparation is not a waste. It is great work when one must have faith that *The Zohar* will soon be revealed to him. You already have experience and

The Daily Page

January 31, 2010

you know how it happens. You understand that all you have to do is continue, and eventually some sort of connection will open up.

By virtue of this connection, we begin to feel *The Zohar*, to perceive it closer to us. We begin to receive a greater illumination from it; the text “plays” with us, awakening change inside us.

All of this takes time. The time of preparation is necessary to establish contact with *The Book*. Therefore, it is very important and you have to be patient, giving it as much time as necessary. After all, it is very important to me for this to happen! And I am sure that it will definitely happen. I wait for it and desire it, and that is how I connect with *The Book*. Later you will feel that it isn't just some picture clearing up before you, but you are entering an ocean of sensations and inner changes. You are starting to experience many ascents and descents, where *The Zohar* makes you shift to the left or the right (with regard to your spiritual sensations). You will feel very clear and drastic phenomena within you, feeling how the Upper Force operates within your matter.

However, advancement lies in the fact that I am waiting for this to correct me and bring me to unity, love for the neighbor, and unity with the Creator. It is for this sake that I am reading and making efforts. In that case, I am waking in one intention with the Light.