

The Daily Page

January 11, 2011

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

Step by Step Towards Pleasure and Love

Question: What is goal-oriented pleasure?

Dr. Laitman's Answer: Goal-oriented pleasure is pleasure from bestowal, and the only way it is possible to enjoy bestowal is when you love the person you are giving to.

So how can I achieve love? By virtue of correction, by replacing hatred with love. Who or what makes this correction happen? The Upper Light.

When does it happen? When I ask for it. So when will I ask for it? When the group obligates me to do so.

When will it obligate me to do so? When I lower myself before the group and in it find the force that obligates me.

So when will I finally lower myself before the group? It will happen when we work on this together with the friends.

And that is where we stumble....

From the 2nd part of the [Daily Kabbalah Lesson 01/11/11](#), The Zohar

Not A Moment Of Rest

Question: Who has to overcome evil: me or the Creator?

Dr. Laitman's Answer: No matter what others tell me about the Creator, I have to work on my own from beginning until end. Then, according to the things that become revealed, I will be able to tell how exactly this takes place: by itself, by virtue of my efforts, or with the help of a certain Upper Force.

We shouldn't wait for anything to come from Above. Nothing will come. With my forces and efforts I have to reveal a picture that already exists.

Everything depends on how much I yearn for it. I am like a child who grows only to the degree he wants to grow. And I have to add this desire myself. Now just imagine what life would be like for that child.

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In our world children develop naturally and we can barely keep up with them. A child runs around all over the place and always wants something. That is how we should do our spiritual work as well. Otherwise we won't develop and grow. However, what we do instead is take "breaks" all the time and time-outs to stop and think it over.

Does a child ever take a time-out? No, he does not experience a moment of rest. He has to attain the world at every moment.

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