

The Daily Page

April 12, 2011

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

Using the Holiday as a Trampoline

Question: What should the world *Kli* focus on now in order to feel that we are in Egypt and to really desire to come out of it?

Dr. Laitman's Answer: We have to remain in an ascent instead of a descent. Each of us and all of us together should never descend or stray from the established order because this will definitely cast us down.

We must very quickly turn to the week of Passover and prepare ourselves, understanding what the exodus from Egypt means. We must prepare for this inspiration and this surge with all our might. The more powerful our aspiration will be, the more we will be influenced by the Lights of Passover.

We have to actualize this right now. First of all, we must be united. It's not one person that comes out of Egypt, but everyone without exception: women, men, children, and the elderly. This is the unification toward the common exodus. This is what we have to think about, constantly keeping the intention.

There is less than a week left until the holiday. A "holiday" is an external sign, but by using these seven days we will be able to unite, to create such a connection and form such intentions at the lessons that we will "get a lift" forward.

Some people are experiencing a descent and others an ascent. Others yet are feverishly undergoing changes. But we need all of these states. A person must value a descent just as an ascent because you can't have one without the other.

From the 4th part of the [Daily Kabbalah Lesson 04/12/11](#), Writings of Rabash

A Sign of Spiritual Progress

Question: What signs can help us tell whether a person is advancing in the study of *The Book of Zohar*?

Dr. Laitman's Answer: Which books you study is irrelevant in this regard because besides studying *The Book of Zohar* we also study *Talmud Eser Sefirot* as well as articles and letters by Baal HaSulam and Rabash which explain how to advance toward unity among us and toward mutual study. They help us to get organized correctly. After we organize among ourselves into a study group, we begin studying actual Kabbalah.

The purpose of the study group in Kabbalah is not to study the material, but to aspire through reading it to realize the "*Segula*," meaning to evoke the influence of the Light upon us from a higher level. If during the study we desire for the Light to become revealed inside our unity, then by this effort we build the higher level and then our effort brings about the emergence of that level.

However, if we study trying only to **understand** the material, then we do not study the Torah. That's because the Torah refers precisely to our effort and the appearance of a new level in it.

Therefore, progress in studying the primary sources (*The Zohar*, the books of the Ari, and *Talmud Eser Sefirot*) is determined by the force of your aspiration to reveal the next level inside of you, instead of the desire just to know the material.

There is no advancement in understanding or accumulating knowledge because prior to the sensation of the upper world, all our notions of it are incorrect.

From the 2nd part of the [Daily Kabbalah Lesson 04/12/11](#), *The Zohar*