

The Daily Page

September 12, 2010

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

Through *The Zohar* to the Creator

Here is a simple intention to have while reading [The Book of Zohar](#):

1. I connect to every letter and word, and they enter me like a medical infusion that is administered drop by drop, which I perceive as “the elixir of life.”

I go from one word to the next, not knowing what hides behind each one. Yet I am convinced that word after word, like drop after drop, this “elixir of life” gradually pours into me.

2. If I am able to hold on to this thought at all times, then without really delving into the text but through the text or inside it, I allow myself to discern the Creator and my attitude to Him.

The text is what happens to a person, and the intention is a person’s connection to the Creator. At first we hold on to the intention, and then through it we try to reach the Creator, the One from whom we hear and from whom we receive. The text is the state of my desires which I want to attain.

If a person is also able to imagine that right now he really hears the text of *The Zohar* from the mouth of the Creator, that the Creator passes this knowledge to him, telling him about his own higher states, then this is one of the best ways to connect to the Creator. This is called “Hearing or studying the Torah from the mouth of the Creator.”

3. If we try to unite our intentions together while reading *The Zohar*, then deep down, inside our joint efforts, we will feel that *The Zohar* talks precisely about this.

The [Torah](#) describes only how we should unite together, in what degree, form, and manner. Therefore, the text of *The Book of Zohar* is not separate from the intention. It does not exist by itself, but talks only about realizing the intention.

From the 2nd part of the [Daily Kabbalah Lesson 9/12/10](#), The Zohar

Expect to be Healed by *The Zohar*

Question: When I read the text of *The Zohar*, it’s not good if the text conceals the purpose of reading from me. I must constantly check: What exactly do I desire by reading it?

Dr. Laitman’s Answer: First and foremost, I desire for the reading of *The Book of Zohar* to reveal my illness: egoism, and then to heal it by helping me acquire the quality of bestowal instead of it. I want to acquire unity with others who aspire to the same goal. This is called the intention before the study.

The Daily Page

September 12, 2010

After preparing the intention or the reason *why* I read *The Book of Zohar*, I can then start to read it. If I am consistently able to maintain the intention, then I can allow myself to also listen to the text and its meaning.

This is similar to a sick person who is in a critical state: He reads a medical book only in order to find the remedy. Nothing else interests him! He doesn't care about the style of the text or the details of the story. He only looks for the remedy (the elixir of life: the Light)!

Therefore, first and foremost we must have the right intention, and after that we can listen to the details about what *The Zohar* narrates. There is nothing more important than receiving the "medical procedure" because we don't understand any of the actual story until we enter that state ourselves.

Why then did the authors of *The Zohar* write all of these stories for us? It was in order for us to make efforts to keep the intention. Only after that, to the extent it is possible, can we allow ourselves to listen to the story while desiring to reveal it through the intention. We have to realize that we are not living these states and don't understand the text, but we do desire to reveal it and aspire to be inside the state that is being described. Then we can understand the text and connect to it.

My primary desire is to attain the spiritual quality through the right attitude to *The Book of Zohar*. After that I can pay attention to the text and be sure that I will understand it correctly. This is called "desiring to attain what you study," as written in Item 155 of "Introduction to *Talmud Eser Sefirot*."

The text of *The Zohar* is the place where I perform my inner work and make the inner discernments regarding where I am. First I must have an intention in relation to the goal, and then a sensation in relation to the text.

We have to feel the depths of the layers of attainment. This is called "Engaging in the Torah and the Commandments," and "Studying the Torah."

From the 2nd part of the [Daily Kabbalah Lesson 9/12/10, The Zohar](#)