

The Daily Page

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

Traveling in the World of Desires

Question: Is it possible to hold on to the Surrounding Light (*Ohr Makif*) during the day, when I come out of the group and the lesson into the external world?

Dr. Laitman's Answer: The law of any physical field states that the intensity (of light or any other stimulus) decreases proportionally to the distance of the source squared. When you move twice as far away from the source, the intensity decreases by four times. But if you come twice as close, then the intensity increases by four times.

In the spiritual world there is no source of Light because the Light fills the entire universe. Therefore its influence is the same no matter where you are. You think that you come out of the lesson and enter the outside world, while in fact, all the spatial changes take place inside you. You go from one desire to another. All the "places" are your desires. You are traveling inside yourself.

Therefore, everything depends on how much you awaken the Light inside the desires. The Light is present in them equally and fully. It doesn't matter where you are – out on the street or at the lesson in the group. I might be physically present in the group, but be far away in my thoughts. The degree of my connection with the Light depends only on the intention: How much do I desire to be connected to it?

From [the talk on the Light that Reforms 9/8/10](#)