

The Daily Page

March 14, 2011

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

Change Your Thoughts and You Will See a Different World!

Today, in light of the earthquake that has befallen Japan, we see how nature threatens our existence. After all, we are, in fact, living on top of a giant volcano that is boiling deep underground, while we exist on the thin layer of the earth's crust.

From the depths of the earth we mine oil, water, and minerals, and we use plants and animals which exist on its surface for food, and breathe the atmospheric air. We are entirely dependent on the processes happening in the earth's crust.

Besides, we are influenced by many other factors: magnetic fields, the force of attraction, all sorts of radiation, the speed of the Earth's rotation, and so on. But we don't even imagine that the smallest change in any of these parameters can fundamentally change our lives!

All of the natural cataclysms are caused by the imbalance of forces, which is happening as a result of our incorrect actions. The entire universe is a single system which includes the still, vegetative, and animate levels of nature as well as man. The greater part of the universe belongs to the still level of nature; this is the entire universe, including the Earth. Plants cover only its surface, and the animate kingdom comprises even a smaller part of it, and compared to all that, just a tiny fraction belongs to man.

However, in the spiritual dimension what is taken into account is not quantity or mass, but the quality of forces. Therefore, man, who is on a higher qualitative level of development, can change the entire universe with just one thought. Baal HaSulam writes that all of the still nature is equal to one plant, all plants to one animal, and all animals to one person.

In other words, if a person makes any tiny change for the good or for the bad, this changes the entire animal kingdom. The vegetative world undergoes even greater changes as a result, not to mention what happens with the still nature. That is because all of it is a single system!

Therefore, we have to change ourselves and attain balance among one another. Only then will all of these forces of nature that are below the human level—the entire animate and vegetative world, and all of the still nature—will also reach balance.

Question: How can we convince everyone that the world is controlled by our thoughts?

Answer: It is impossible to achieve this through words. We have to bring the world to the inner sensation that thought is the most powerful force in the entire universe. But we have to prove the same

thing to ourselves! If I realized that my thoughts influence the whole world, would I allow them to “go with the flow,” free and uncontrolled? No, at every moment in time I would check what I am thinking about, where am I directing my thoughts, and what I am influencing. I would constantly control myself! We just can’t explain this to ourselves or to the world. We cannot measure the power of thoughts, and especially the degree of their influence on specific events. We will never be able to give the world proof of this connection’s presence. So how will we bring the world to balance?

There is just one solution: We, those who understand this and study Kabbalah, have to attract the Upper Light through ourselves so it will give people the awareness “from within” of the fact that everything in nature is interconnected and precisely our desires (hearts) and thoughts (minds) determine the state of the world.

Precisely the Surrounding Light, which intangibly influences everyone, will evoke the inner understanding in people that their thoughts and intentions influence the state of the system of nature, where the still, vegetative, and animate levels of nature, as well as man with his intention, are united into one.

From the Lesson on Shamati 03/11/11

Like a Drop in Free Fall

We live in a unified reality that is called *Elokim* (God), the Upper One, bestowal. It is upper in the sense that it exceeds our force. This is a more powerful and more dominant force, which formed the reality in which we constitute one whole.

Imagine a huge drop of water in free fall. Because there is no force of gravity or mutual attraction of molecules, an entire bucket of water can be one drop there. That is how we are interconnected in a common “drop” without any of the differences that we imagine here.

This drop, one desire and one Light, begins to compulsively be permeated from above by the force of disunity. The Light exerts pressure on the desire and makes an imprint in it, its opposite. Then the common single desire suddenly feels that it crumbles, falls apart, and divides into many different parts.

This breaking is actualized by the force of the Light, which disperses the initial drop into billions of separate splashes. They separate from one another and a reverse imprint of the Creator emerges in them—Pharaoh, egoism, the evil inclination, impurity—instead of the force of unity called “holiness” that reigned between them.

Now our attitude to one another is opposite to our higher state, the Creator. The correction lies in understanding that we are disunited deliberately so we would desire to unite and reveal the initial state in which the quality of the Creator—bestowal, love, and unity—reigns among us.

Our work lies only in discerning the appropriate desire or necessity. By desiring to return, I come back to perfection, one level after another. That is why we are all dispersed and separated by hatred, meaning

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the opposite side of the Creator, darkness, the reverse side of the Light. From this darkness we have to reveal the desire that aspires to Light.

The way to reveal it is by means of various kinds of impulses that awaken me, coming to me from within and from outside. I need these “irritants.” However, afterward I have to put in my own efforts both in feeling and reason. As a result I discern that the state of unity that was created for us by the Creator as the only existing state is the best state.

Our current state, the reality on the opposite side which divides us, is undesirable because its force disconnects us from one another. And it disconnects us in a special way, cunningly and shrewdly, evoking all sorts of collisions between us, problems, and negative impulses in order to awaken us to search for goodness.

We begin with the material level and then shift to the spiritual search. In the end, we prefer one over the other. It’s as if the Creator tells us: “Take My opposite side. Stay separated and disunited, that doesn’t matter. Most importantly, enjoy it.” But we have to work on preferring His front side, His revelation over our own fulfillment. Our task is to make a special analysis in order to return to the state where we are together in His quality that reigns in us—the quality of unity.

In order to awaken us to ascend from the sensation of the current reality of this world, we are sent various negative impulses such as tsunamis, revolutions, wars, fires, the economic crisis, and so on. All of this is intended for us to feel uncomfortable on our material level, in our current desires (*Kelim*), and to feel how shaky our existence is.

This will push us to search for other states, and then besides feelings, we will also activate the mind: “What do we have? How can we get to a better state?” We will make the analysis: “What has already been tried? What should we try?” Maybe we will stop lying to one another and maybe we really will start searching for a solution without allowing various parties to get credit at our expense and immerse us into graver crises.

That is how all together we will discern the current situation and look for a better state.

From the 4th Part of the [Daily Kabbalah Lesson on 03/14/11](#), Globalization