

The Daily Page

June 14, 2010

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

Growing Up In Spirituality

A Kabbalistic group is the AHP of the Upper One, Malchut that incorporates many other souls in it. I'm the lower one, and my task is to connect my point in the heart to those other souls even though they are foreign to me. If I annul my point in the heart relative to the Upper One, it turns into my *GE* (*Galgalta ve-Eynaim*) and thanks to the Upper One, acquires a form. The Upper One gives it everything it needs for growth, providing it with the structure—meaning, with all the souls, the entire World of Infinity, the whole vessel of the common soul.

If you want to become a spiritual object (*Partzuf*), adhere to the Upper One, and its *AHP* will become your newly revealed world. To the measure that you cling to the *AHP* of the Upper One, your point in the heart expands, thanks to the *AHP*'s parts.

To adhere means to accept its rule over me, as Baal HaSulam writes in the article "The Freedom." The *AHP* of the Upper One is my environment. By clinging to it, I receive from it everything I need, much like an embryo receives blood, oxygen, and nutrients from its mother. I do so in order for my point in the heart to grow into a spiritual organism.

This organism will resemble whatever I received from the *AHP* of the Upper One, the group. Yet, it will be its manifestation in my point in the heart, my spiritual gene. In other words, it will be shared by them both, the group and my own point in the heart. This is similar to how a child looks a little like his mother and his father, yet receives his essence from the Creator.

I pass myself into the "hands" of the Upper One; I introduce my desire into it, my demand to become the part in which the right and the left lines unite and realize the act of bestowal. To the extent that I accomplish this, that is, to the extent to which the semen annuls itself before the mother and obliges her to develop it, the mother starts taking care of it in return.

-from the 2nd part of the [Daily Kabbalah Lesson 6/14/10](#)

The First Contact With Spirituality

Question: In addition to thinking about studying together and wanting to correct ourselves, what should our connection be with the text while reading *The Zohar*?

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My Answer: The connection with the text of *The Zohar* will come later; you will start feeling how it excites you. *The Zohar* touches one's innermost layer of the heart as if it were a very personal, intimate, life-changing letter, a letter from someone very dear to you.

You may go through various states, plunge into some thoughts and actions; however, when you come back to *The Zohar*, you feel that it enlivens you. It fills, calms, caresses, embraces, and envelops you. This text expresses the state of the soul that is in absolute adhesion with the Creator.

After a person receives a very first sensation of spirituality, he already knows what it means. He can't live without it anymore. For him, it's like a very personal, inner message from Above, like "cold water for a weary soul."

The first feeling is followed by more complex and richer sensations that burst out into a full drama. Yet first we need an initial contact that requires a few years of serious work. If we do it together and really desire it by helping and obligating each other, it will take less time.

We need to establish a contact with spirituality. It may not even be the initial adhesion, but a certain anticipation and sensation that transcends the boundaries of our ordinary reality. Everything seemingly remains the same, yet above everything there is a state starting from which a person unites with *The Zohar*.

-from the 1st part of the [Daily Kabbalah Lesson 6/14/10](#)