

The Daily Page

May 16, 2010

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

Shame Gives Birth To Creation

Question: What forces the creature to make the decision to perform the restriction (*Tzimtzum*)?

Dr. Laitman's Answer: Shame! The creature feels shame in all of its desires. The decision to perform the restriction comes from this feeling rather than from a conscious decision of the mind. The restriction occurs when I feel that I am unable to remain as a receiver. When the Light fulfills me and turns the pleasure from receiving into death for me, it makes me feel that I lose all Light, all fulfillment.

The Light is pleasure. The instant I receive it, I feel like I receive something great. I feel fulfilled and experience enormous, infinite pleasure. However, then I immediately discover that I received this pleasure from someone, which makes me feel ashamed. I am engulfed by the fire of shame. I feel tremendous discomfort because it nullifies my individuality. I burn with my shame and I hate myself and Him.

This is called the disappearance of the Light, and it doesn't require any intelligent conclusions and decisions. All sensations are experienced through feelings, because when the pleasure disappears, I no longer receive fulfillment. The shame of receiving is a very exalted sensation. I wish for everyone to achieve it.

-from the 2nd part of the [Daily Morning Lesson](#), Preface to the Wisdom of Kabbalah