

The Daily Page

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

The Easiest Path To Spirituality

Baal HaSulam, Rabash, and other great Kabbalists tell us that if we desire to advance, the easiest way to do so is never to stop thinking and imagining that we are all together. They are describing the spiritual reality while already being there. But how can we get there? To do this we have been given an auxiliary means: to imagine that we are connected through love and mutual guarantee with our friends who also desire to attain the same reality.

In this way, by doing my inner work I enter a state that is concealed from me. I don't see it yet and I can't imagine or understand it. Therefore, let's imagine that we are together. This will definitely bring us closer to revealing the reality described by *The Zohar*.

-from the 2nd part of the [Daily Kabbalah Lesson 8/16/10](#)

We're Building A New Reality!

***The Zohar*, Chapter "VaYechi (And Jacob Lived)," Item 26: "And he called his son Joseph." Jacob questioned his sons and told them, "I see many and great troubles coming over your children. It is necessary to find higher *Rachamim* [mercy].**

Everything described in the Torah, *The Book of Zohar*, and all the "holy books" (books written by Kabbalists, those who attain the Upper World based on their sensation of that world) takes place exclusively inside of us. Nothing exists outside of us!

Our entire current reality, everything we feel now, is intended only to help us awaken to the perception of a new reality, or more precisely, to form it inside of us. We have to change our qualities and then we will form the world to come, a new reality inside us. There is no time or external changes. We are only being awakened with the help of unpleasant states in order to change and see the only true reality, the World of Infinity.

-from the 2nd part of the [Daily Kabbalah Lesson 8/16/10](#)