

# The Daily Page

July 19, 2010

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

## When You Open *The Zohar* And *The Zohar* Opens To You

**Question:** What should someone who is just beginning to study the wisdom of Kabbalah do when he is sitting in front of *The Book of Zohar* and is absolutely clueless about what is written in it?

Should he keep trying to hold intention for the entire 45 minutes of the lesson? It is so frustrating to sit in front of such an incredible book and get nothing out of it. What am I to do?

**Dr. Laitman's Answer:** The only thing I need to get out of *The Zohar* is the force of bestowal, nothing else. If I have a minimal force of bestowal, I will start sensing *The Zohar*, my involvement with it, and the flow of text in it. I will start feeling how precious this book is to me. Gradually, through my reactions to its words, I will start feeling what it is talking about.

But all of this follows my desire above myself for the force of bestowal and for an open heart. Only with such intentions should we open *The Zohar*. When you step “out of yourself” (out of your egoism), that is when *The Zohar* enters you.

-from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 7/19/10](#)

## Open The Door To The Creator!

**Question:** What does it mean to strive toward unity and to try to “step out of myself” during our reading of *The Book of Zohar*? It sounds like fantasy. What am I supposed to visualize? What can I latch on to?

**Dr. Laitman's Answer:** If I am sitting in a stuffy building and need fresh air, I open the door. Opening the door is all you need to do! When you open yourself outward, everything that is outside will enter you.

It is written: “You shall not bow down to a foreign god.” (Psalms, 81/9) If you do not want the Creator to be foreign to you (dwelling outside of you), bring Him in.

The entire *Book of Zohar* speaks about the Creator, as does the whole of the wisdom of Kabbalah. Above our world and everything else that exists is the Creator. There is nothing more to look for but the

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Creator. Beyond this world, there is Upper Light that is revealed to you in your corrected desires where you discover the properties of the Light.

*-from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 7/19/10](#)*