

The Daily Page

August 19, 2010

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

The Beginning Of Practical Ascension

At each Kabbalah Convention we accumulate a “covering” (screen), the force of mutual bestowal that we are ready to work with. A convention is like a large group. We gather people and unite them, and this makes us ready to carry out a mutual goal like a combat squad. However, if we get together just to sing and dance and then go our separate ways, then what’s the point? A convention has to be the place where we do mutual work!

Depending on the states we go through, we will decide how often we should hold these conventions. As we become more sensitive, we will understand when and where we should hold every subsequent convention, how big it should be, and whether it should be regional or worldwide.

Our entire life will be built upon these mutual ascents and descents and they will also determine all of the work done by our factory. Otherwise what are we living for if not for spiritual advancement? The faster we do all of this work, the faster we will reach the entrance to the spiritual world and start ascending up 125 spiritual levels.

For now we are only learning about how to make this ascent, but it is already very close. Once we go through several more exercises like this, we will be ready to work with the Lights and *Kelim*. It’s not because we are getting smarter and learning the theory, but because we are building a collective force that is a spiritual vessel.

Through these actions we reveal the common force of the group, its soul. With each convention we build it more and more and start to feel how the Light acts within it. That is how we pass the *Machsom*.

-from the 4th part of the [Daily Kabbalah Lesson 8/19/10](#)

Be Your Own Observer

We have many different desires inside and each of them must go through correction in a specific order. Depending on the connection of desires inside the soul, a person reveals his connection with other people.

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Therefore, we do not know the true reasons for the states we go through, but we have to understand that their order is predetermined. The only thing that depends on us is how to go through them: by way of Light or by way of suffering. In any case, without understanding why it is happening, we will have to accept the revelation of any state as a useful occurrence.

We don't have any control over the things that are already happening. We have to accept the things that come to us with gratitude, correct them, and move on. We should never try to reject the next state because we thereby refuse to accept the means that are given to us for our advancement.

There are no states that do not facilitate advancement. Therefore, we shouldn't torture ourselves with doubts: Is this a good state or a bad one? We shouldn't give them any personal attitude. It's best to look at the things happening to you "from aside," as if you are an outside observer. I have to go through this state and that means I act, go through it, and advance onwards. Everything is for the best (*HaKol Le Tova*)!

-from the 2nd part of the [Daily Kabbalah Lesson 8/19/10](#)