

# The Daily Page

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

## There Is No Empty Space, All Is Filled With Desires

**Question:** If I hate the “Egypt” within me, how do I handle this, since it is also a part of me?

**Dr. Laitman's Answer:** The whole world is a part within me. I need to examine with what desires, aspirations, inclinations, and forces I can work now in order to advance to the goal; and with what desires, thoughts, and qualities I need to part, to separate myself from, in order to come closer to the goal. I need to elucidate what to draw away from and what to draw closer to. My movement is determined by what I separate myself from and what I connect with.

Since we are talking about our whole, common desire, which I don't know what to do with, I need to clarify with which desires I wish to unite and which I do not. Our picture of the spiritual world, which we imagine to ourselves, seems similar to our world where we move from one object or place to another. However, in the spiritual world, I exist within one huge desire comprised of many different desires. I am situated in a space filled with desires with no empty spaces between them. There is no space without desires. Therefore, while I am in the uttermost depth of this field of desires where nothing except them exists, I merely need to sort through those desires: which do I wish to connect with and which I do not. This is called movement.

After all, the whole reality is a desire, a *Sefira*, within which I exist. There is nothing else. There are some desires, with which I am more connected, and others with which I am less connected, and some desires I reject. This is movement in the spiritual world. As I clarify more and more desires and unite with them, this is an “ascent.”

I exist among all of these desires, within matter where I was placed along with a small spark of Light. This spark allows me to scrutinize the desires. Our whole work consists of clarifying the desires within which we exist: which desires I can use for the sake of bestowal and which desires I am incapable of using for the sake of bestowal and need to reject using.

After all, we cannot come out of this field of desires; there is no empty space between them. Free space is what we call a desire that is not clear, that has not been elucidated; which you do not see and cannot make out anything in it.