

The Daily Page

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

Lower Your Head and Take as Much as You Want

Question: Where do we get the strength to tolerate the corrections?

Dr. Laitman's Answer: From the environment. A person by himself does not have the strength to move forward one inch. If the group gives you the realization of the goal's importance, indicating how lowly and despicable the current state is, then you will have the forces to awaken from this state to a better, more advanced state.

Stated differently, bestowal becomes better in your eyes even though it seemed worse to you before. You used to think, "Why do I have to bestow and unite with the friends? This is repulsive to me. I am incapable of it." But the friends show you that this is development. You see that everyone aspires to this and then envy, a passionate desire, and pride move you toward the same thing. And then you are already able to do it.

However, this is so only on the condition that you can lower your head before the environment. To do this you are provided with everything that's necessary. You have the force of self-rejection, but if you don't use them, there's nothing you can do. You have been brought to the group and told, "Take it." That is where your free choice begins: To take it or not?

"To take it" means to annul yourself, to lower your head. Go ahead, do that and you will advance forward. The smaller and more humble you feel in relation to the friends, the more you will need their help. Then you will be able to receive from them the realization of your own lowliness and the Creator's greatness in order to advance forward according to this.

If, however, you do not lower yourself before them, then you remain a "rooster" with your head held high, and will remain on the animate degree.

From the 1st part of the [Daily Kabbalah Lesson 02/21/11](#), Writings of Rabash

The Current Situation Is an Exercise from the Creator

Question: Eventually we have to realize that we want to unite but cannot do so. But why do I keep forgetting about this?

Dr. Laitman's Answer: You aren't forgetting about it. Baal HaSulam has an article called "The Wondrous Quality of Remembering" which explains how it's impossible to remember and then forget something. It's simply that *Reshimot* are surfacing and passing in me.

Therefore, you shouldn't be sorry about something you forgot from the past or something new that emerges that you don't want. You have to accept every state as a working exercise and realize it. I need everything I have. I see myself after something has surfaced in me and I begin working from that point. No matter what desires or thoughts awaken in you in order to confuse you with these unexpected "surprises" or infinite repetitions, they won't go away until you realize them to the end, until you decide that this thought is not fit and you do not want to focus on it, or that it is desirable and you do want to realize it until the end. Nothing goes away until you make that final analysis.

The speed of realizing your desires and thoughts depends on your willingness to tolerate and ascend above them by working with faith above reason. In other words, it depends only on how included you are in the environment.

Question: Why do I have to tolerate this?

Answer: Because you are obligated to not run away from these desires, but to preserve them and analyze them, rising above them.

For example, I get some unpleasant thought. Then I become included in the study and the group, keeping a distance between myself and the disturbance that worries me. And I decide for myself that one is more important than the other. And I keep going that way until this bad thought gets discarded to the very bottom and disappears. That is how I analyze it. After that it keeps happening over and over again until I "trample" it completely.

From the 1st part of the [Daily Kabbalah Lesson 02/10/11](#), Writings of Rabash