

The Daily Page

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

Don't Remain In The Same Frame For Too Long

***The Zohar*, Chapter "[VaYaera \(And The Lord Appeared\)](#)," Item 258: The *Din* (judgement) that the Creator executed in the flood and the *Din* in Sodom were both *Dinim* of hell, since the wicked in hell are sentenced by water and by fire.**

Item 259: Sodom was sentenced by the judgment of hell, as it is written, "And the Lord rained on Sodom and Gomorrah brimstone and fire from the Lord out of heaven." One was sentenced with water; one was sentenced with fire. And both are sentences of hell. And the wicked in hell are sentenced by these two discernments, for there is hell of snow, which is water, and there is hell of fire.

We have to understand that we make all the discernments within us, while reality itself does not change. I am in the World of Infinity even now, and nothing can ever change in the existing reality. The only thing that changes is my own perception, sensation, awareness, understanding, and assessment. These changes are what I feel.

It is written, "Every person judges to the degree of his own shortcoming." In other words, I depict a picture within me according to my assessment of the World of Infinity. This is why heaven and hell, good and evil, and judgment by fire and water are different levels of my attitude to a static, unchanging picture. It is written, "I did not change My *HaVaYaH*."

We depict our own reality inside ourselves with our attitude to a constant state. Everything depends on our qualities, perception, and assessment of the World of Infinity, the Creator, the Light, and absolute bestowal.

Heaven, hell, and different kinds of judgment are all states that I reveal inside myself. Nothing changes on the outside. Everything is determined by the change that takes place in my consciousness or my vision. In other words, everything depends on me and my inner values, qualities, and foundations.

It follows that everything depends on education and a society that will help me to change my foundations. That is how I can develop a more accurate attitude to the unchanging reality. The faster I will be able to change my inner qualities, the faster I will go from one "frame" to the next.

From Illusion to Perception of Reality

A question I received: What should one's intention be while reading *The Book of Zohar*: to reveal the Light between the friends, to reveal the text within oneself, or both of these together? And which is more important?

My Answer: I don't consider the two separate. We talk about how the whole world is inside a person, and the entire reality that I perceive exists within me. Even though I currently exist inside an illusion, thinking that I see friends in front of me, the surrounding world, enemies, houses, stars, and everything else, the fact is that all of this is my own desire. That's how I perceive it.

My desire contains spheres. Some of them are my inner spheres, called root (*Shoresh*), soul (*Neshama*), and body (*Guf*). Then there is a more external sphere, called garments (*Levush*), as well as a more external one, called castles (*Eichal*).

This is why I perceive **myself** inside the inner spheres (root, soul, and body); and in the external spheres (garments and castles), I perceive the **world**, which seems to be outside of me. This is so because during the Second Restriction (*Tzimtzum Bet*), the two external spheres separated from me and became surrounding in relation to me. That's why they surround me. However, in reality they are mine. They exist inside of me and I only perceive them as external.

Since my inner desires are *Keter*, *Hochma*, and *Bina* (or root, soul, and body), inside them I perceive the Inner Light (*NaRaN*). In the desires surrounding me (garments and castles) there is a weak surrounding glow, and that's why I don't consider them very important. I depend on them to some extent; for example, the stars and the sun shine for me and the world surrounds me; but, the most important thing is me.

I don't even suspect that my most important desires are precisely the ones outside of me. And they are all mine. It's just that I exist inside an illusion where they seem foreign to me.

So where is the group, the teacher, the Creator, *The Book of Zohar*, the entire world, my spouse, and my children? They are all inside my desires. Who did I marry: my desire. Who did I yell at today? Who did I laugh at? It was all my own desires. All of it is me.

You might say, "So you're saying that I am inside of you, but I say that you are inside of me. Who's right?" The answer is that both are correct.

As long as we don't ascend above this world into spirituality, we won't be able to free ourselves from this illusion. However, if I view the whole world as my desire, then it's much easier for me to go from this illusory perception of reality to the true **sensation** of reality.