

# The Daily Page

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

## Breakthrough

**We exist in this world on the animate level, where we are completely controlled by our nature. However, at some point in time, we reveal that this life is insignificant and pointless, and experience a desire to rise to a higher level.** Yet, how can we ascend above the animate existence, which is automatic and involuntary? How can we become “human,” free and above the life of our animate bodies?

“Human” means “similar” to the Creator, because the word “Adam” comes from the word “Domeh,” similar. In order to realize this ascent, to build a new, “human” nature inside the “animal,” so that our new nature will be equal to the Creator, we have to draw the Light that Reforms upon ourselves. This is a special Upper Force that influences and changes us so we ascend, raising our understanding, sensation, abilities, and perception. That is how we rise to a higher level called “Human.”

This is not just a mechanical ascent or an accumulation of more knowledge, but a transition to a different level of nature. We don’t understand how it occurs because right now we are all looking at the world from within our animate bodies. I am hiding inside this animal and I perceive this world through its eyes, ears, and other senses. I am unable to see the world differently until the Light comes from Above and enables me to be liberated from this animate skin and its sensations, and to clothe into a human guise. Then I will see and feel a new reality.

Right now we don’t know what kind of reality we exist in or where we have to arrive. Each of these things can only be assessed and researched based on the other. However, in order to set this entire process in motion, we were given two main pieces of advice: Be in a Kabbalistic group and study Kabbalistic books. Through the group and the desire to unite together, we are able to come out of ourselves and become human. A human being is one who is connected with others and has the ability to bestow to his neighbor. With the force of our desire, a Kabbalistic book draws Light upon us and turns what we desire into reality. That is how we actually attain the human level, equivalence to the Upper One.

Each of us has this desire to become human and not remain an “animal.” And we have the group which affords the opportunity to make efforts in order to come out of the animate sensation and unite together. Our connection is what will enable us to be called “people.” The Upper Light that we draw through our mutual reading will complete this work for us and will transform our efforts into a new, actual reality. So let us study together with this hope.

*-from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 7/27/10](#)*

## The Upper World – Here And Now!

**Question:** If we don't really understand the state of having to unite together as one man with one heart, then what should we focus on or imagine while reading *The Book of Zohar*?

**Dr. Laitman's Answer:** There is nothing more than this. We live in a world that contains all the exact components that enable us to come together physically or virtually in order to join our aspirations to reveal the Creator while reading *The Book of Zohar*.

Our world is identical to the spiritual world in every detail with the only difference being that the spiritual world is a world of forces while our world is a world of material objects that are the results of spiritual forces. Every level is an imprint of the Upper Level, and in this manner they descend from Above downward, from the World of Infinity to our world along 125 levels. The only difference between the levels is their matter, which becomes increasingly less spiritual during the descent. However, every level consists of the same details.

“Ascent” means the revelation of a greater connection between the world's components. Everything that is happening in our world today is pushing us toward this. What do you lack? You lack a connection between people. Inside this connection you will reveal the spiritual level called “*Ruach*,” and when you attain a greater connection you will reveal the level of “*Neshama*.”

Right now the connection between us is egoistic. You have to start turning this egoistic connection into a real, spiritual connection. Whoever desires to reveal the Upper World in this lifetime must first and foremost understand that this revelation takes place according to the laws of nature.

Therefore, Kabbalah advises people not to invent their own methods, but to heed the advice of Kabbalists.

*-from the 2<sup>nd</sup> part of the [Daily Kabbalah Lesson 7/27/10](#)*