

The Daily Page

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

Make The Moment Last Forever

The Creator's goal is to raise man to His level. What does this mean? We perceive our lives within the will to enjoy, which was created by the Creator. This quality is the only thing that exists outside of Him, which is why we always feel lack of fulfillment. We always lack something and aspire to some kind of pleasure. But the Light that comes to the will to enjoy immediately disappears. It nullifies the desire, and the desire does not feel fulfillment.

Therefore, because we perceive our life inside the desire for pleasure, our life is perceived as temporary and transient, where everything disappears. Every moment goes by and disappears, instead of remaining and becoming supplemented by every subsequent moment. On the one hand there is the desire, and on the other hand, the pleasure. When the two meet they are neutralized, even if the pleasure is minimal.

That is why our entire life is built out of these tiny point encounters between the desire (*Kli*) and the Light, which immediately disappear. And this continues until our life comes to an end. For example, suppose you have a quota of desire: several million small portions of the will to enjoy, which become revealed one after the other. Opposite each one of these portions, there is Light, which brings that portion fulfillment. Then they meet —and disappear. Once you exhaust your quota, your life is over, and your whole existence along with it.

However, if over the course of these encounters of the desire and the Light, you were able to attain a state where the Light and the desire “catch” each other and remain together, then you begin to feel Light that is perceived inside the desire as eternal, endless life. That's because the previous moment stays with you as well. You then ascend above the sensation of time. You stop the moment and acquire eternal existence! This is the entire patent of spiritual life, which is eternal and perfect. This is what one can attain by applying the wisdom of Kabbalah.

The Method of Spiritual Birth

How is it possible to attain eternity and perfection? It can only be done according to the law of “equivalence of form.” If the Light and desire are opposite to each other, then the Light nullifies the desire; but if they are equal, then they support each other. In that case, we feel that they exist, and this sensation is called eternal life. This is exactly what the science of Kabbalah is intended for.

In order to reach this state—the ability to live eternally and to feel the true reality, similarity to the Creator, we have to go through the process of correction. All the corrections come down to making the will to enjoy similar to the Light; we thereby observe the law of "equivalence of form."

This constitutes all correction. Either we are opposite to the Creator, the way we were initially created, or we gradually attain equivalence to Him. We correct ourselves while the Light and desire don't unite. The moment they unite, we are born into spirituality.

This method of correction is called the science of Kabbalah (*Kabbalah* means "reception" in Hebrew). It's a science about how to receive Light into the desire so the Light won't disappear; we then feel the true, eternal reality. This is, indeed, a very great wisdom that is not so simple.

We don't really understand how to make this happen. But making it happen is exactly our innermost desire, which we aren't even aware of. This is why we exist and what we are always unconsciously searching for.

The phase when we first attain contact with the Light and perceive it inside our desire, so the Light remains inside us—meaning that we perceive eternal life because the Light is inside us, and we don't part with it—is the spiritual birth. It is also called the exodus from Egypt.

Prior to it, we must remain in the Egyptian exile, the preparation for spiritual birth and redemption. This is why we pay so much attention to studying the phases that we have to go through in the Egyptian exile in order to be able to come out of it as quickly as possible, with the help of various means that have been prepared for us by Kabbalists of all the generations.