

The Daily Page

July 28, 2011

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

Stop Looking at The World Through a Torn Curtain!

Question: What sentence can I write in front of me in capital letters so that every time I get distracted and my thoughts wander, I could come back to it and refocus again?

Dr. Laitman's Answer: Imagine a state that is worth constantly aspiring to, and describe it so this sentence would immediately remind you that you perceive reality as divided and broken up into different parts only because you are inside of egoism.

As soon as you discard this view through your ego, everything becomes a single whole. It's like you are looking at reality through a curtain that has small holes in it and what you see seems to be made up of separate parts. But then you remove this curtain from your eyes and all of reality turns out to be one.

From the 2nd part of the [Daily Kabbalah Lesson 07/28/11](#), The Zohar

You Can't Go Against the Facts

Baal HaSulam, "The Peace": I have come here to speak only through critique of empirical reason, beginning from the simple recognition no one disagrees with, through proving analytically, until we come to determining the uppermost topic. And it will be tested synthetically, how His work [bestowal] is confirmed and reaffirmed by simple recognition from the practical aspect.

Thus, based on our research, we have to realize that the only thing we need in life is bestowal to the neighbor. Everything that Kabbalah calls "the work of the Creator" and "love for the Creator and the creatures," is expressed and realized by way of bestowal to the neighbor.

How can we make this clear? Where can find the proof that this is exactly how we should live? Where can we take the strength to realize this principle? Why are we opposite to it by our nature? Why is this work hateful to us? And how can we nevertheless carry it out? After all, Baal HaSulam writes that it is

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necessary and obligatory. This means that experimental data has to show us facts that will obligate us to act accordingly.

In principle, this is what always happens. For example, a person is shown what kind of harm he causes himself by smoking. Specialists present this message to him so clearly and convincingly that he quits smoking even though he really wants to do it. That's because he sees the harm with his own eyes and everyone supports him. Humanity really is fighting smoking, and if the producers weren't pushing cigarettes "through the backdoor," people would already have gotten rid of this habit by now, as well as anything else that causes real harm.

It's even easier to achieve the necessary effect by using a positive influence, through something that brings benefit. If society publicly and demonstratively praises something, I will automatically aspire in the same direction. Children grow up with this value: It is the only thing of importance and we live for its sake.

It is possible to make us adopt the most diverse values, which is what in fact is happening to humanity. We are all different. Every person has his own religion, his own ideas and preferences, his own mentality, his own habits....

Therefore, with the help of research, we have to find a proof that won't leave us any other possibility besides bestowal to the neighbor.

From the 5th part of the [Daily Kabbalah Lesson 07/28/11](#), "The Peace"