

The Daily Page

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

The Light Is Inside Me, Not Outside

Question: Do I feel just my reaction to the Light and never the Light itself?

Dr. Laitman's Answer: That's right. "The Light" is my reaction to bestowal and I don't know where or from whom it comes from. The Light is what I feel within me; it is my desire to bestow, the impression inside my will to enjoy.

The same thing is true in our world: I don't know what causes my pleasure. I take a piece of cow, make a steak out of it, put it in my mouth, and enjoy it. Can you explain that? The cow is surprised, thinking: "I have half a ton of meat, so why don't I enjoy it?"

In other words, everything depends on the desire, not the fulfillment. The spiritual vessel is *HaVaYaH* (*Yod, Hey, Vav, Hey*) or desire, and the Light in it is designated by additional letters, meaning other desires. Yet, we use them to designate the Light, the desire. I never feel the "meat," but only my impressions of what I call "meat."

The Protective Shield Of Bina

The World of *Atzilut* is separated from the Worlds of *BYA* by a special screen called [Parsa](#). This is not just the end of one world and the beginning of another, but a special shield that the World of *Atzilut* has from the lower worlds, separating them and not enabling them to connect.

The protective shield has the quality of *Bina*, the [quality of bestowal](#), mercy. If anyone wishing to receive approaches this boundary from below, the sensation of this quality throws him back because he is an [egoist](#).

This is how all the qualities of *Bina* operate (such as Noah's Ark, womb, city walls, and the letter *Samech*). They indicate what spirituality is, that it is "for the sake of bestowal." That's why a person who is an egoist runs away from it if he is not ready for it.