

The Daily Page

May 31, 2010

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

The Direct Path To Bestowal, Love, And The Spiritual World

The instruction says that first one has to study the Torah, Mishnah, and Talmud, and only then embark on the study of Kabbalah. This is correct provided one already deserves to study at the level of *Lishma*, that is, if one has corrected himself completely.

However, one first needs to reach the correction of his soul. We exist for this purpose, and herein lies our entire work. The Torah (the Light of Correction) is given to us specifically to this end, as it is said: "I created egoism and gave the Torah for its correction."

The order of correction is as follows: First, you need to reach the level of "*Lishma*" (attain the property of bestowal and love, enter into the spiritual world) in the shortest and most effective manner. Then you are free to study the entire Torah, since the soul that you have acquired will teach you itself. Nobody will be able to tell you what to do. You will see, understand, and attain everything yourself.

-from the 3rd part of the [Daily Kabbalah Lesson 5/31/10](#)

The Mind Cannot Comprehend The Zohar

Question: Sometimes the text of *The Zohar* is written so clearly that it seems to address me and talk about me directly.

Dr. Laitman's Answer: You should be clever and realize that even though a portion of the text appears to be clear, you actually don't comprehend it any more than you do an unclear part. Comprehension at this point doesn't matter. In your current state, you don't understand anything.

If by chance it seems that you can put these words together and prescribe a certain meaning to them, then it's a problem of confusion. It has nothing to do with the intention of the authors of *The Zohar*. They write about properties and actions which you have no connection with yet. Not a single word there talks about a person in this world or the actions that he or she performs here.

Cast your mind away as soon possible and as far away as possible. This is the biggest favor you can do for yourself.

Question (continued): Sometimes *The Zohar* talks about something incomprehensible and it makes it easier for me to focus on the intention.

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Dr. Laitman's Answer: Going deeper into the intention does not depend on the text being or not being clear to you. It bears absolutely no relation to how much you understand the text.

Suppose that now I simply listen to the text, without knowing any Hebrew or having any translation. Then I only think about when this medicine will affect and cure me. That's all. That is all you need.

Say I come to see a doctor and he tells me to take a certain medicine. He mentions a long name in Latin that reflects its chemical composition. Do I really need to know how this medicine works, what its composition is, and why it is called a certain way? Do I need to know these things in order to believe that it will help me and I will be healed?

I only have to understand what the doctor says in terms of how to take the medicine, and nothing more. All other information will only harm me. I will think I'm smart and start acting as if I really know about these things. However, it is a doctor, and not you, who is given the right to treat you. You don't have to treat yourself. The instruction says: "If you are sick, go to a doctor (*Nitan La Rofe Lerapot*)."

Does the intention depend on how much you understand the text? There is no connection between them whatsoever.

-from the 1st part of the [Daily Kabbalah Lesson 5/31/10](#)