

The Creator and The Creation

A collection of
authentic Kabbalah inspirations

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Acknowledgements

I want to especially thank Rav Michael Laitman, PhD, and Bnei Baruch for permissions to use the material so important to the successful achievement of this project. The sources I researched to accomplish the task at hand seemed never-ending, but the resulting inspirations chosen for the book will serve the reader well.

There are several people I am grateful to for their efforts in bringing this work to completion: Executive Editor, the ever patient Chaim Ratz (Israel) and Proof Reading, Sarah Talal (Israel), who worked tirelessly to translate this work for content editing. Also, Leah Goldberg (Israel) and Olia Utkina (Russia) for their layout assistance.

And regarding Rav Laitman, my teacher: I am sometimes overwhelmed by his intense efforts to bring the teachings of the science of Kabbalah to the rest of the world. He does so freely, without conditions. He has a higher sense of the critical state of this world community and it is with great urgency and purpose that Rav Laitman brings his message. He is arguably the most spiritually advanced person on this earth today and Rav Laitman is a man who must be heard.

About Rob Taylor

Rob is a power industry project management advisor. An eight year veteran of the U.S. Marine Corps and former undercover police officer, he is also an avid nature photographer. Over the course of his life, Rob has traveled extensively and has been fortunate to have interacted with people in a number of different cultures. As a youth, having already dismissed conventional religion as a valid spiritual method, Rob turned to the Eastern disciplines for a lengthy period of his life. Eventually, it became quite clear that these disciplines functioned only with regard to higher and lower physical states as opposed to actual spiritual attainment. Simply put, the religions and other influences are not capable of delivering what they imply they can deliver.

Rob was first introduced to the science of Kabbalah in 1985. During that time there did not exist any reliable, translated Kabbalah texts and most of the available written material amounted to nothing more than commentaries by those without a clear grasp of the true Kabbalah method. At the precise moment that Rob learned of Kabbalah an incontrovertible truth was implanted within his being. Without the benefit of study material, or a teacher, Rob spent years contemplating this revelation and the absolute certainty of the existence of a force higher than the human level, yet existing within each soul.

In 2000, having returned from working abroad, Rob continued with his search to find a genuine Kabbalah teaching source. The amount of available written material had blossomed considerably by this time, but it was the teachings of Rav Michael Laitman that clearly represented the true science of Kabbalistic methodology. Rob became a student of Rav Laitman in 2004 and less than a year later Rob was the first native-born North American to attend the Bnei Baruch Kabbalah Education and Research Institute in Israel.

Foreword

It is not the objective of this book to teach the method of Kabbalah to the reader. Kabbalah is a science that reveals to us the structure of the Upper Worlds. As with any science, Kabbalah is discovered and absorbed through a very disciplined and focused study regimen. The true science of Kabbalah, this method of spiritual attainment, can only be taught through authentic sources---individuals, Kabbalists---who have actually attained the spiritual worlds about which they teach. The science of Kabbalah has no concern for the physical/material world. There is no place in this science for red strings, mystical fantasies, magic water or any other such nonsense that has absolutely no connection to our spiritual involvement.

The purpose of this book is to bring to the reader a collection of authentic Kabbalah inspirations. The inspirations contained herein will speak to you---to that internal part of your being which is completely aware of the fact that each of us is an integral part of a greater collective. The sources for these inspirations are but a handful of Kabbalists whose teaching lineage has evolved from Abraham, continuing through the revelation of the Book of Zohar, and the eventual development of the Lurianic method of Kabbalah. These sources are Rav Shimon Bar-Yochai (Rashbi), Rav Isaac Luria (The Ari), Rav Yehuda Ashlag (Ba'al HaSulam), Rav Baruch Ashlag (Rabash), and my own teacher, Rav Michael Laitman, PhD. What do we hope to gain by studying the works of these accomplished Kabbalists?

It is only the egoistic desire for self-gratification that prevents us from experiencing the sensation of our connection with the Unified Soul. When we develop the capacity to understand this, we relate differently to the world around us. Try looking at the world outside you as if you were the eyes of the Creator and you may begin to grasp this concept, albeit ever so slightly. To view the world through the eyes of the Creator means to live in a state of absolute bestowal and eternal love. To exist in such a condition is to exist without any thought or desire to harm another soul. This is clearly the opposite of the egoistic driven society in which we currently live.

Why should we have such an awareness? Do we really need to care about this Unified Soul? What is the point? What is in it for us, as individuals? An objective Kabbalistic analysis of the current condition of humanity would provide very precise answers to these questions. Humanity and the entire existence that surrounds humanity is in a state of crisis. From humankind's "birth" and until this very moment, our condition has worsened to the point that we now approach "critical mass".

There is, of course, the misplaced argument that humanity has advanced dramatically in the areas of technology, medicine, the physical sciences, etc. Such an approach merely avoids the prime issues, to wit: In what manner have any of these advances actually improved how human beings relate to each other? With these advances, why do we still experience war, famine, terrorism, natural disasters, increased drug abuse, and the seemingly inexplicable levels of brutality that humans manage to suffer upon each other? Why do these events occur? Is there a purpose behind any of it?

We have a multitude of organizations and nearly unlimited funding to "fix" everything. Every religious and so-called spiritual discipline, every government and political party, and all the philosophies have "the answer". We have every form of government and non-government save the world, save the environment, and save humanity organizations imaginable. All of these groups were created and exist as a method to fix something....anything will do. Just give the world a fix. None of these attempts has provided a solution to the deteriorating human condition. What is it we don't get?

We have yet to realize that the answer exists in the most basic premise of Kabbalistic teachings. We cannot fix anything until we have corrected internally. That means all of us, individually. It is only after this achievement of self-correction that we can look forward and consider the work of correcting that which we perceive as being external to us. Through this internal correction of the soul we finally evolve from the "receiver" to the "bestower". To learn what that means is entirely up to you. There is no coercing allowed here. You need a true and passionate desire for this work. The only question is this: Do you

really want to do your part? And yes, every soul in existence has a role in this process. The science of Kabbalah will teach you the methodology to achieve true spiritual growth. It is important to understand that we cannot achieve any level of spiritual growth by avoiding the world around us. Self-deprivation, the inhibition of desires, or life-long repetitions of baseless prayers will not bring us to adhesion with the Creator. These methods have an effect very similar to what would be achieved by hiding one's head in the sand.

The only moment that exists is the moment we're in. This is the moment we must work to master. In each moment, we must strive to hold the intention to reach an equivalence of properties with the Creator. Our thoughts must continuously reflect a desire to bestow. We function through a life-long process of situations and/or conditions placed before us as opportunities for spiritual growth. We must adjust our attitude towards these circumstances to better understand the purpose behind them. The science of Kabbalah will guide each of us through this process so that we begin to realize our true path.

So, how do we use this text? You can start at the beginning, or just open the book and see where it takes you. Early morning reading is most effective. Additional readings throughout the day provide more opportunity to connect with the Collective Soul in a similar thought and desire. The more souls sharing these inspirations, the more energy we develop in changing our attitude towards each other and the nature that surrounds us.

The journey for spiritual growth does not just happen. There is a requirement for an overwhelming desire to improve the human condition while at the same time realizing this is a function of the spiritual realm. We must reach a point where we seek some validation in our relationship with that which we call "Creator". A monumental effort is necessary to attain the Upper Worlds, but this is a path that is open to all of us. I have put forth a number of questions in the foregoing for which the science of Kabbalah can provide answers. Enjoy the journey.

Rob Taylor
January, 2008



“Why do we have to see ourselves as not being equal to each other?”

Rav Michael Laitman, PhD
During a lecture in Toronto
May 12, 2007

The Tree of Life
by The Ari

Behold, that before the emanations were emanated and the creatures were
created,

The upper simple light had filled the whole existence.
And there was no vacancy, such as an empty atmosphere, a hollow, or a
pit,

But all was filled with simple, boundless light.
And there was no such part as head, or tail,
But everything was simple, smooth light, balanced evenly and equally,
And it was called the Endless Light.

And when upon His simple will, came the desire to create the world and
emanate the emanations,

To bring to light the perfection of His deeds, His names, His appellations,
Which was the cause of the creation of the worlds,
He then restricted Himself, in the middle,
Precisely in the center,
He restricted the light.

And the light drew far off to the sides around that middle point.
And there remained an empty space, a vacuum
Circling the middle point.

And the restriction had been uniform
Around the empty point,
So that the space
Was evenly circled around it.

There, after the restriction,
Having formed a vacuum and a space
Precisely in the middle of the endless light,
A place was formed,
Where the emanated and the created might reside.

Then from Endless Light a single line hung down,
Lowered down into that space.
And through that line, He emanated, formed,
Created all the worlds.

Before these four worlds came to be
There was one infinite, one name, in wondrous, hidden unity,
That even for the closest of the angles
There is no attainment in the endless,
As there is no mind that can perceive it,
For He has no place, no boundary, no name.

The Creator and The Creation

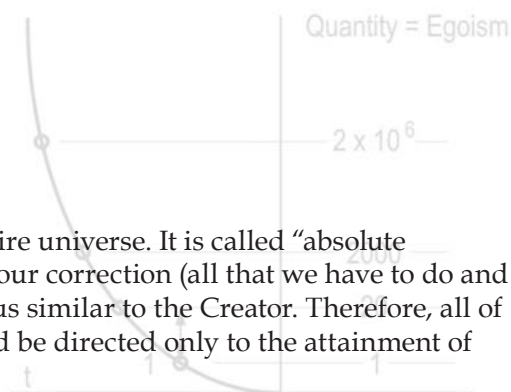
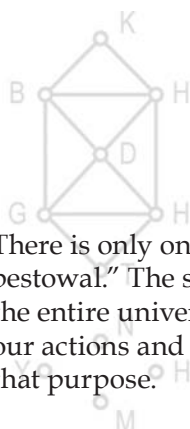
“A human being is a part of a whole, called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest ... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

Albert Einstein

The wisdom of Kabbalah describes for us the entire process of creation from beginning to end. It explains how the Creator created the created being from a stage where it is still completely dependent and attached to the Creator, not yet an actual created being, up to the state where the created being reaches its end of correction, its goal. This entire path is explained by Kabbalah, including all that happens to us on that path.

Selected teachings of
Rav Michael Laitman, PhD





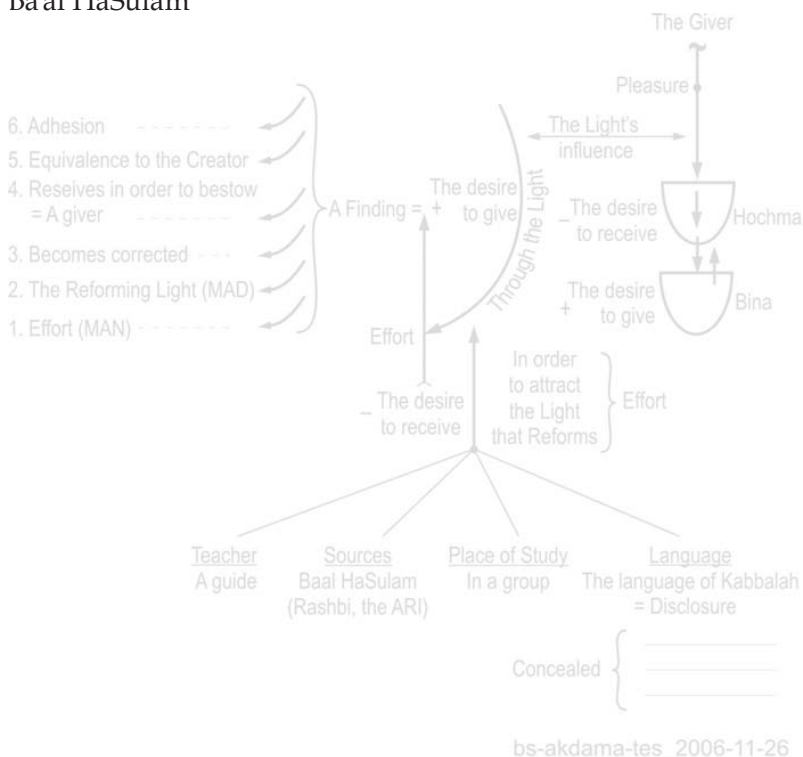
There is only one law in the entire universe. It is called “absolute bestowal.” The sole purpose of our correction (all that we have to do and the entire universe) is to make us similar to the Creator. Therefore, all of our actions and thoughts should be directed only to the attainment of that purpose.

Selected teachings of
Rav Michael Laitman, PhD



Only when one marches on the path of bestowal, meaning in a place where the will to receive is not found, whether in mind or in heart, there the Light can come in utter perfection.

Book of Shamati Ba'al HaSulam

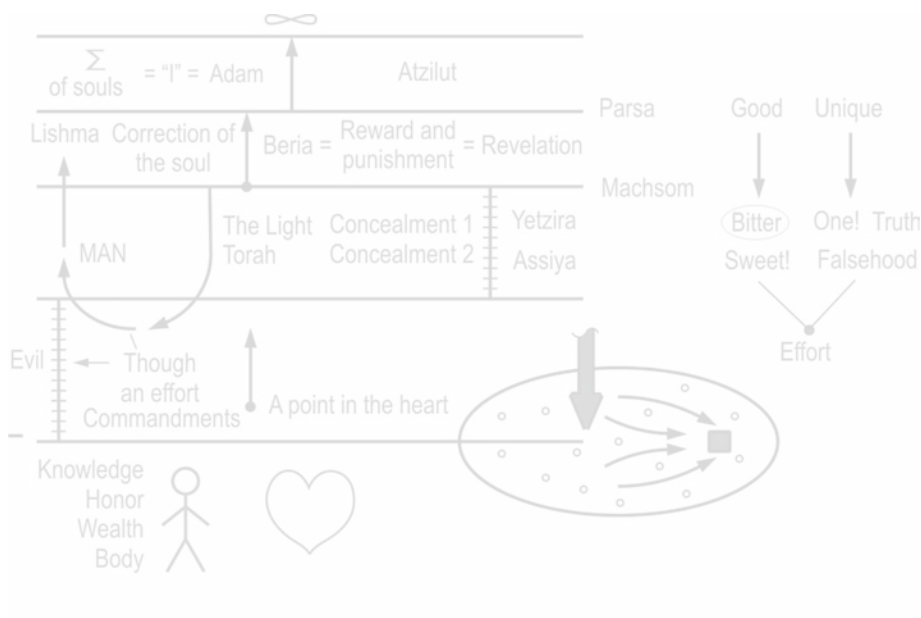


The “world” is the sum total of all the conditions that define the measure of man’s equivalence with the Creator. This is called the measure of his adhesion with the Creator.

Interview With The Future Rav Michael Laitman, PhD

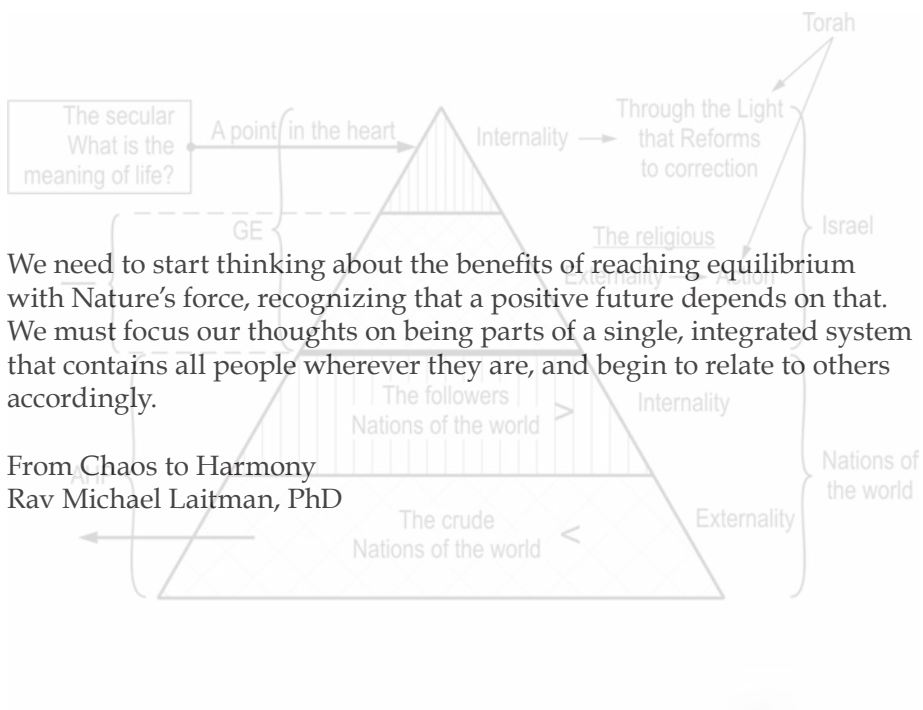
If we can change a measure of Light in us, we cardinally change our life—it takes life to the next level, and the greater measure of Light in us, the higher the level. The only thing we should do is to let the Light that is in us do its work, open ourselves and let it shine in us. We can facilitate this process only from our attitude to the Creator, from our likening to Him.

Commentary on the Introduction to the Book of Zohar, Volume 2
Rav Michael Laitman, PhD



Everything that was, is and will be – the entire Universe, was built according to the principle of “cause and effect”. There is no beginning and no end. There is only cause and effect.

Preface to the Wisdom of Kabbalah
Ba'al HaSulam



We need to start thinking about the benefits of reaching equilibrium with Nature's force, recognizing that a positive future depends on that. We must focus our thoughts on being parts of a single, integrated system that contains all people wherever they are, and begin to relate to others accordingly.

From Chaos to Harmony
Rav Michael Laitman, PhD



By studying Kabbalah, man gradually begins to comprehend the properties of giving. According to his comprehension, he gradually ascends, learning the properties of the descending levels that have the property of bestowal. Then he reaches the level of the desire only to give, receiving nothing in return. As a result, man completely merges with the Creator, i.e., reaches the state for which he was created.

The Preamble to the Wisdom of Kabbalah
Ba'al HaSulam



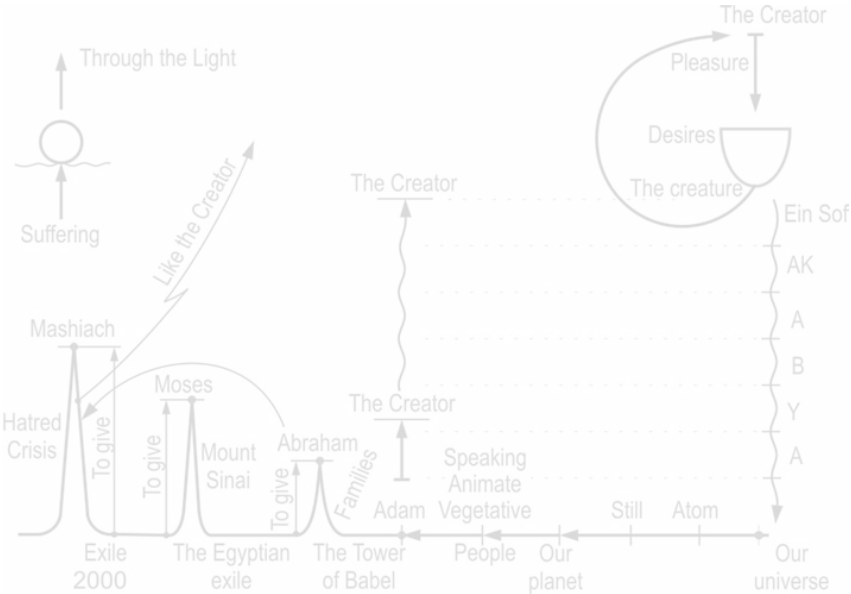
It follows accordingly, that the main part of person's work is only to come to a feeling of the Creator's existence, meaning that he will feel the existence of Creator, that the whole earth is filled with His honor.

Book of Shamati
Ba'al HaSulam



At the moment a person receives spiritual properties, time and space merge into a point where there is no movement. Then a person sees that everything around him is absolutely static; that is, nothing is happening around him and everything happens only on the inside.

Preface to the Book of Zohar
Rav Michael Laitman, PhD

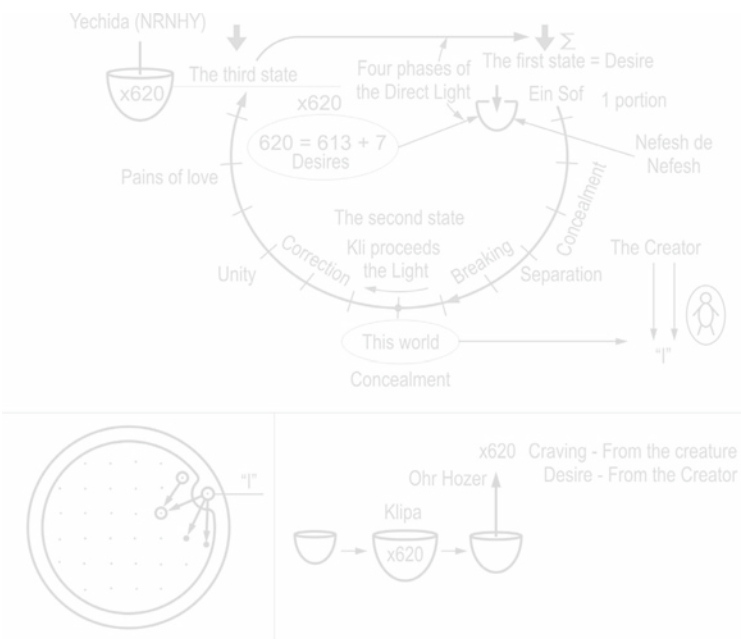


Truth is man's correct development in accordance with the inner and outer condition. Truth is the correct development of a person in accordance with the inner and outer conditions given to him. It is what he reveals in his soul, his desire and what is revealed to him as existing in other souls.

Selected teachings of
Rav Michael Laitman, PhD

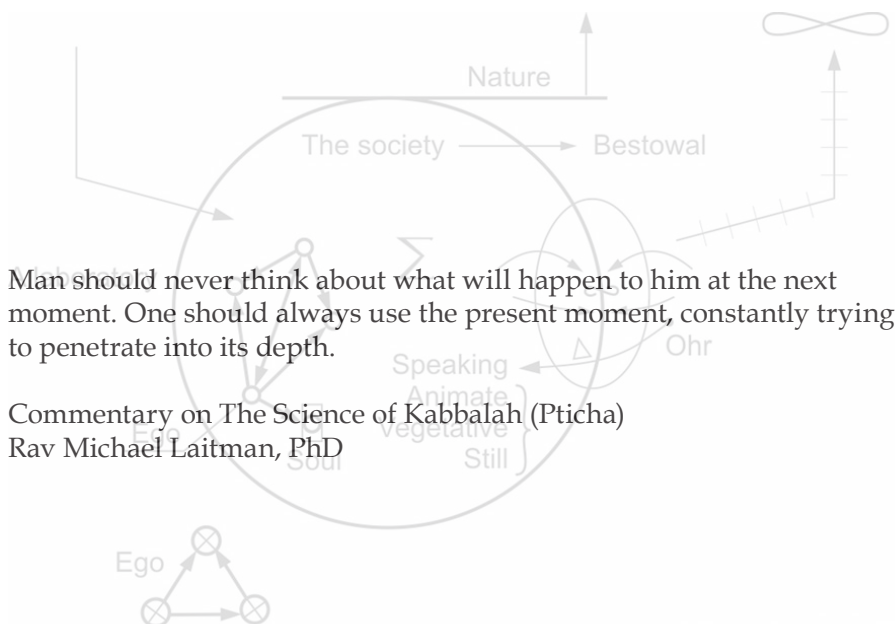
The law of the general states that all of humanity will have to come to the inevitable revelation and complete attainment of the Upper Governing Force. The law of the particular asserts that even before all of humanity (all the souls) achieves such a perfect state, certain individuals in every generation can accomplish this task.

Law of the General and the Particular
 Rav Michael Laitman, PhD



The power of faith is sufficient for one to work in the form of bestowal. It means that one can believe that the Creator receives one's work though one's work is not so important in one's eyes. Nevertheless, the Creator receives everything. If one attributes the work to Him, He welcomes and wants all the works, however they are.

Book of Shamati
 Ba'al HaSulam



Man should never think about what will happen to him at the next moment. One should always use the present moment, constantly trying to penetrate into its depth.

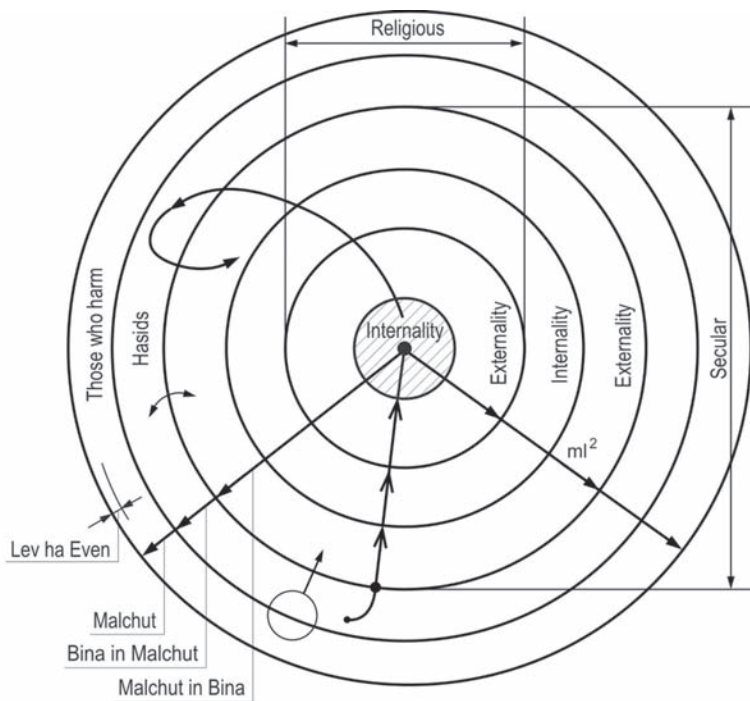
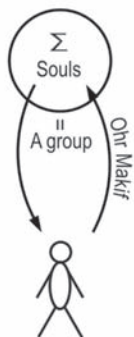
Commentary on The Science of Kabbalah (Pticha)
Rav Michael Laitman, PhD

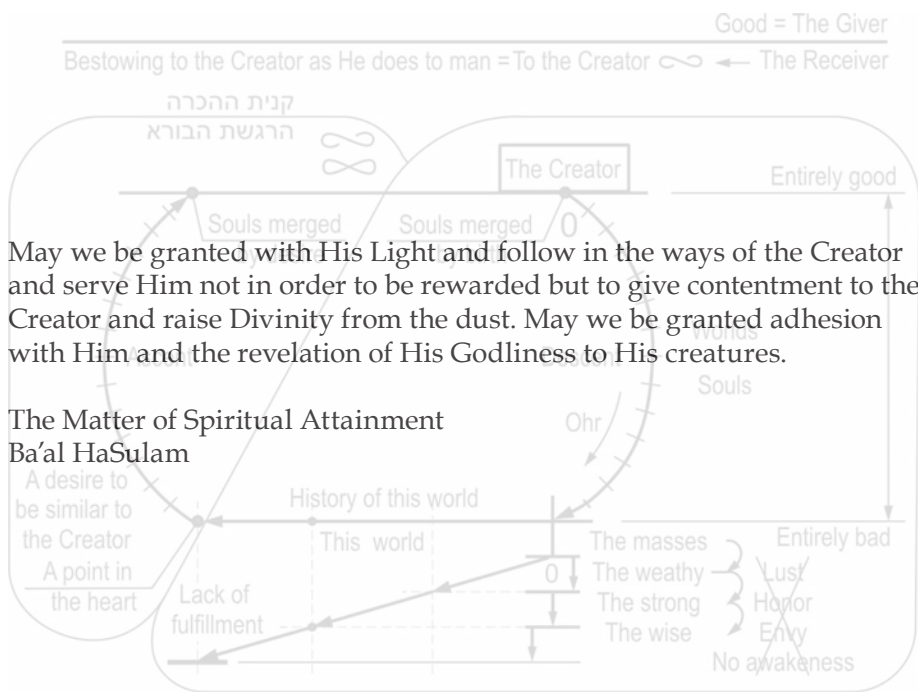
When man looks objectively at the situations around him and the human condition, he obtains a truer appreciation of creation. The existence of the Creator has implications for us, according to Kabbalists, who have actualized the inherent ability to commune directly with Him, and if He controls everything and creates the life situations we constantly find ourselves in, then the most sensible thing to do is to be permanently united with Him and the closer, the better.

Answers

Rav Michael Laitman, PhD

Adam ha Rishon

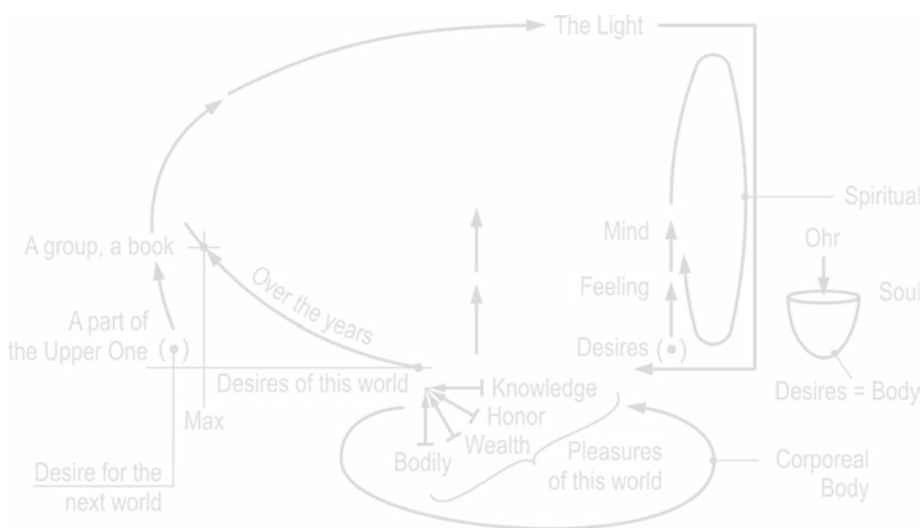




We only partially understand the laws of creation and their logical completeness. However, we do not see any logic in the governing laws, the laws that bring a human being to the purpose for which he apparently was created.

Spirit and Body

Rav Michael Laitman, PhD



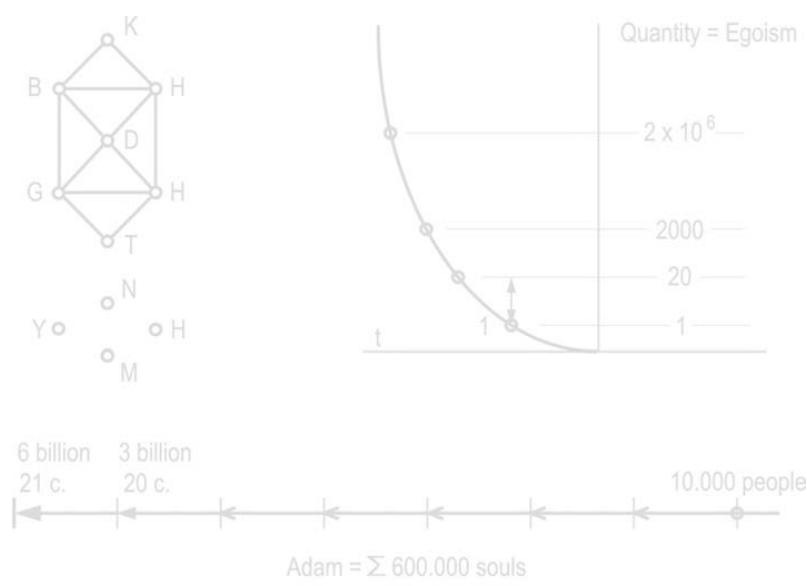
All the spiritual worlds exist in man's soul, forming a ladder between man and the Creator. Man is surrounded only by this: an absolutely altruistic property of bestowal and delight. Man calls this property the Creator.

Commentary on the Preface to the Book of Zohar

Rav Michael Laitman, PhD

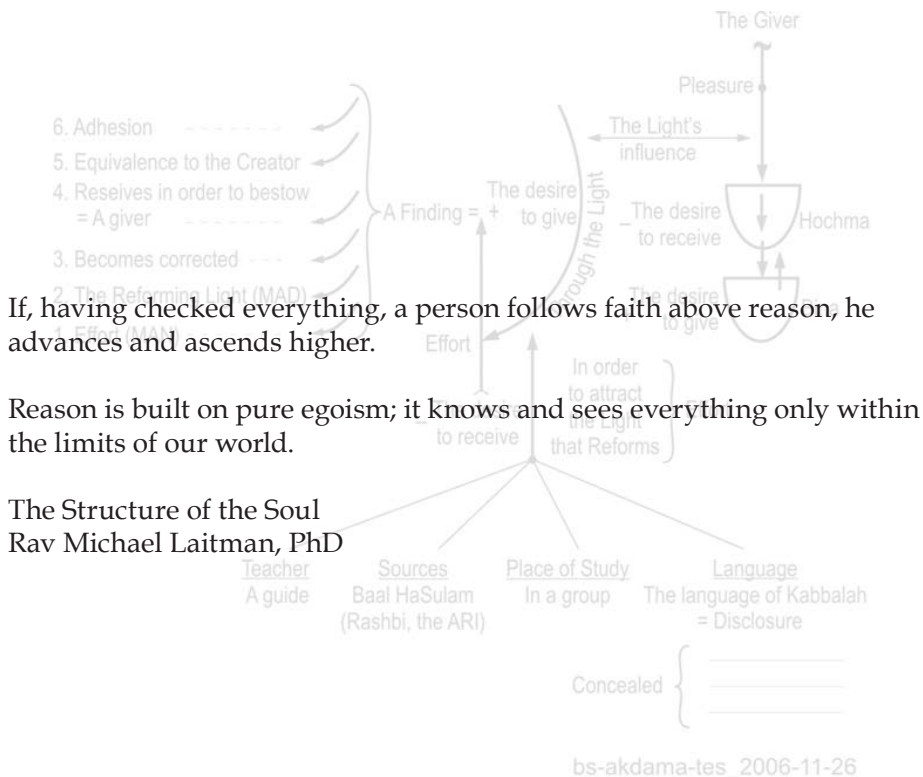
Tell me, at which level of human beings, namely thoughts, desires, hormones or genes, or through the laws of nuclear physics, or some other level, can we change anything? We only study how it exists. To change anything is only possible from the root, where the level of the causes for all the effects in this world is.

Course in the Perception of Reality
 Rav Michael Laitman, PhD



One must believe that His guidance is benevolent, but since one is immersed in self-love, it induces disparity of form in him, since there was a correction called in order to bestow, called equivalence of form. Only in this manner the delight and pleasure can be received.

Book of Shamati
 Ba'al HaSulam





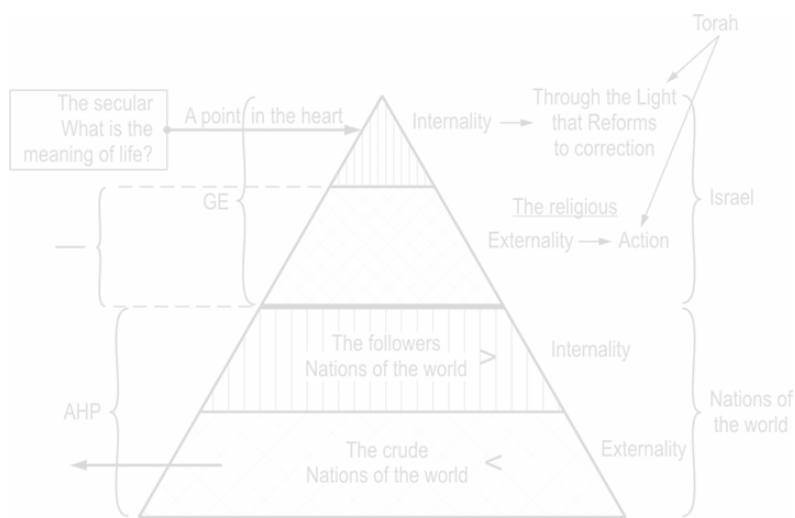
And if you wish to listen you shall feed on the fruit of the earth, for poverty and torment and exploitation shall be no more in the land, and the happiness of each and everyone shall rise ever higher beyond measure. But as long as you refuse to take upon yourselves the work of God, in all the above measure, then Nature and its laws will stand ready to take revenge and it will not let go until it defeats us and we accept its authority in whatever it commands.

Now I have given you a practical scientific research, examined by experimental knowledge, regarding the absolute necessity of all people to take upon themselves the work of God with all their hearts and with all their souls and with all their might.

The Peace
Ba'al HaSulam

Only by intensifying our involvement with everything that happens in the universe, meaning in the Upper World, we will learn how to control our fate. We must learn to see the Upper World through our corporeal world. The reasons for the future of our existence are found in the Upper World.

The Open Book
Rav Michael Laitman, PhD

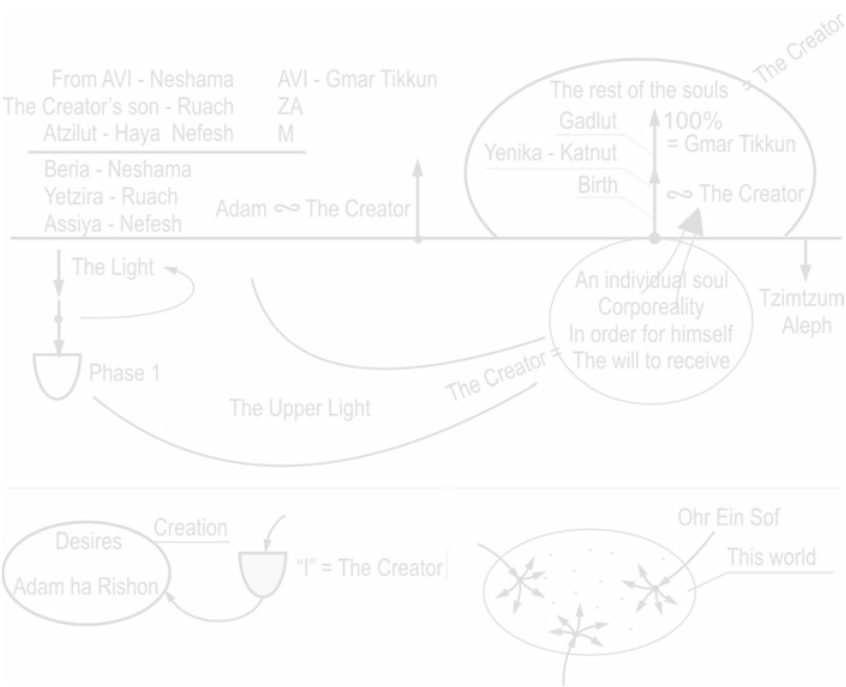


The ultimate goal of the spiritual energetic system that we study is the reception by a man of the ultimate pleasure of reaching the total perfection of his existence: an absolute knowledge resulting in a complete balance within the entire internal system (soul) and the external system called “the Creator”.

Researching Man and the World
Rav Michael Laitman, PhD

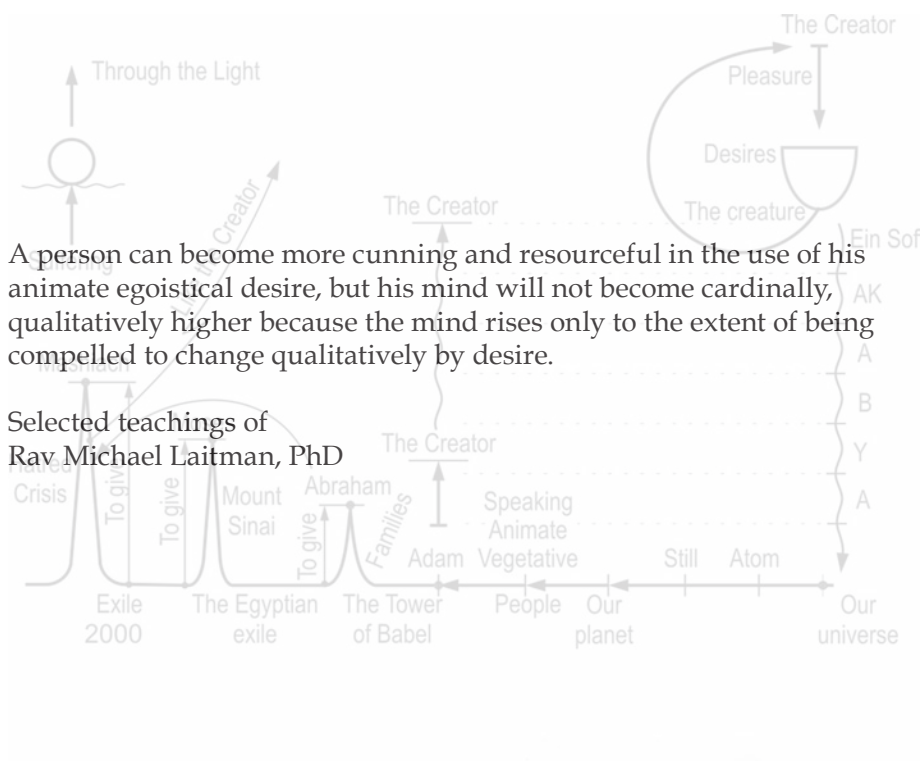
We must realize this; we have no other alternative, but to begin studying the laws of the Upper World, to try and understand them, because we are an inseparable part of it.

The Open Book
Rav Michael Laitman, PhD



When the person contemplates the Creator's action, he comprehends His mind. The one who attains the actions, with which the Creator created the world and its order, merges with the Creator's mind. This means he merges with the Creator.

The Creating Mind
Rav Michael Laitman, PhD



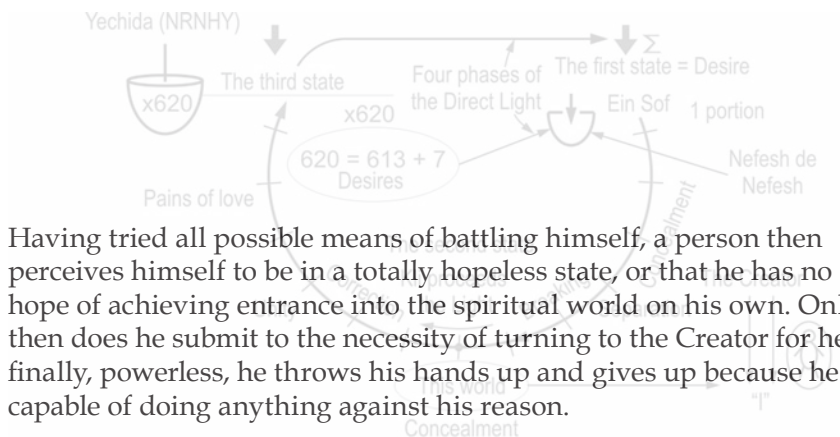
A person can become more cunning and resourceful in the use of his animate egoistical desire, but his mind will not become cardinally, qualitatively higher because the mind rises only to the extent of being compelled to change qualitatively by desire.

Selected teachings of
Rav Michael Laitman, PhD

While pointing at the precept, “Love thy neighbor as thyself,” Kabbalah wishes to say that the entire universe was created according to this law, and only our world is functioning in accordance with the opposite property of “love for oneself.” If man in this world wishes to exist in harmony with the general law of the universe, he is bound to change and adapt himself to it. The cause of all suffering in the world lies in our opposition to this general law.

Love for the Creator and Love for the Created Beings
Ba'al HaSulam

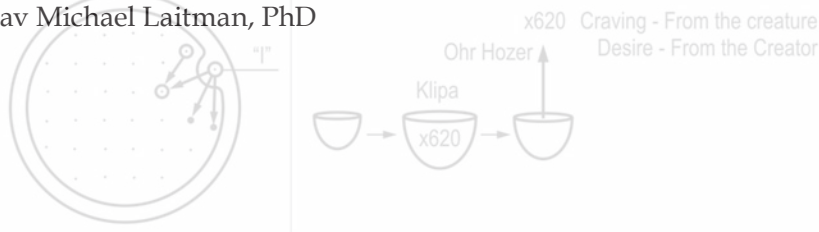




Having tried all possible means of battling himself, a person then perceives himself to be in a totally hopeless state, or that he has no hope of achieving entrance into the spiritual world on his own. Only then does he submit to the necessity of turning to the Creator for help: finally, powerless, he throws his hands up and gives up because he is not capable of doing anything against his reason.

The Structure of the Soul

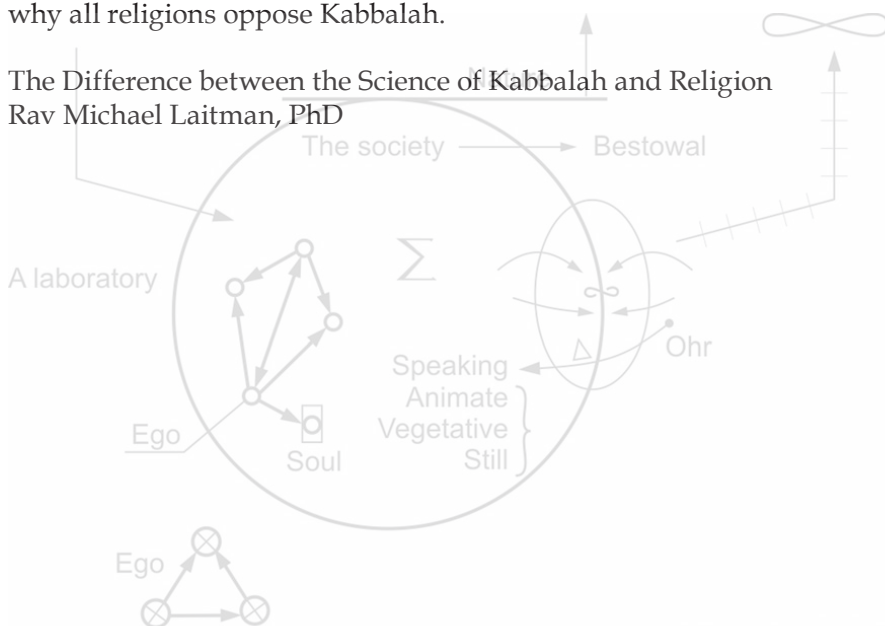
Rav Michael Laitman, PhD



It goes without saying that the study of Kabbalah provides a concept of creation and of the person's place in it that naturally deters him from prayer. Yet, it is the most important and central act in religious practices and everything else is organized around it.

In this case, the wisdom of Kabbalah naturally directs the person towards inner reflection and transformation, which alienates him from performing rituals and following any religious injunctions and that is why all religions oppose Kabbalah.

The Difference between the Science of Kabbalah and Religion Rav Michael Laitman, PhD



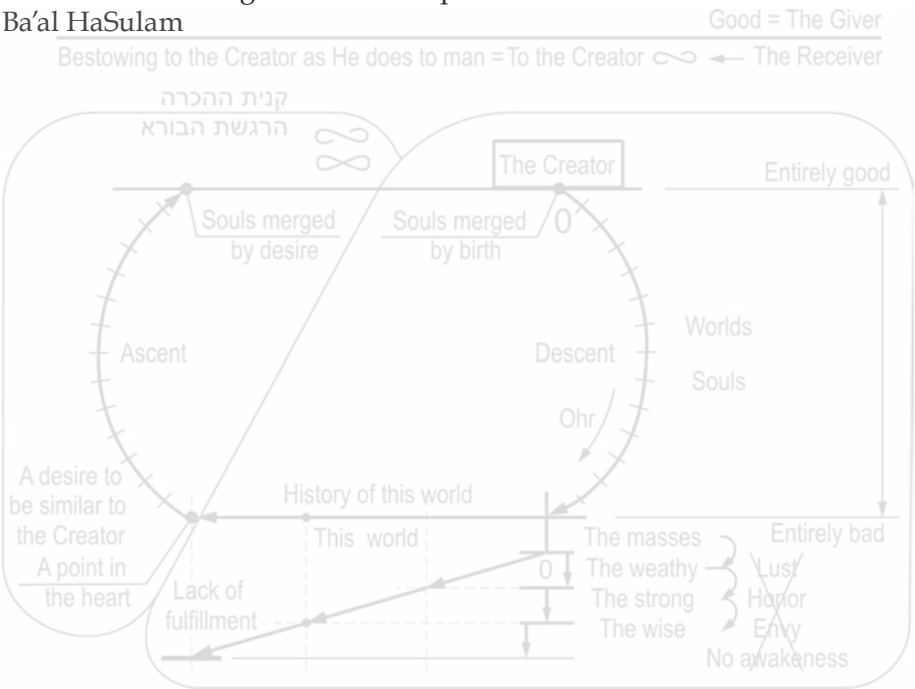
I should only think of one thing: "How can I more closely resemble Him? To that extent I shall discover Him and I shall feel His filling in me. In that measure I shall receive the sensation of pleasure, Light, life, eternity, and perfection".

Commentary on Introduction to the Book of Zohar,
Volume Two
Rav Michael Laitman, PhD

And first we must understand the Creator, who is the Absolute Goodness. Meaning that there is no way in the world that He will ever cause any sorrow to any man. And this we take to be the first concept, for our common sense clearly shows that the basis for any evil doing in the world stems only from the Will to Receive.

The Essence of Religion and Its Purpose

Ba'al HaSulam



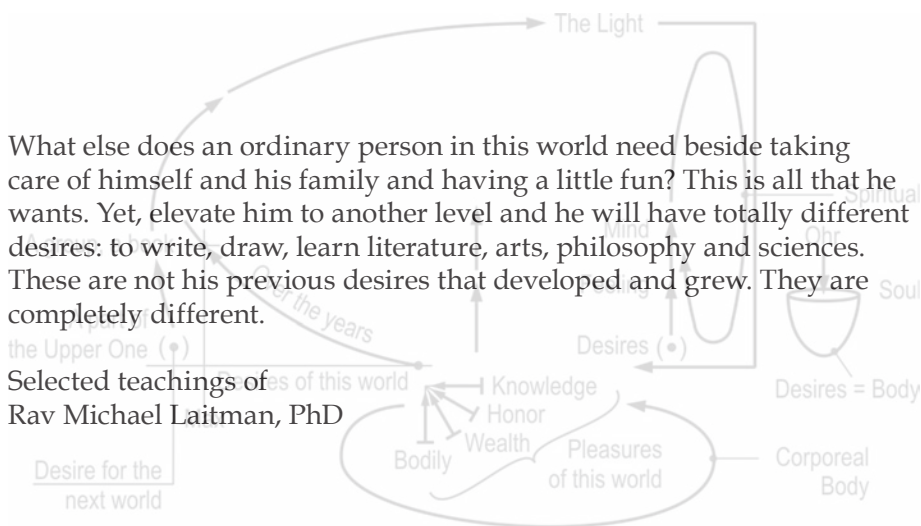
The term “spiritual” indicates that (like air) it has neither limits nor form. However, as the reality of air is obvious in the person’s perception, so is the spiritual reality.

Finding the Creator Within

Rav Michael Laitman, PhD

What else does an ordinary person in this world need beside taking care of himself and his family and having a little fun? This is all that he wants. Yet, elevate him to another level and he will have totally different desires: to write, draw, learn literature, arts, philosophy and sciences. These are not his previous desires that developed and grew. They are completely different.

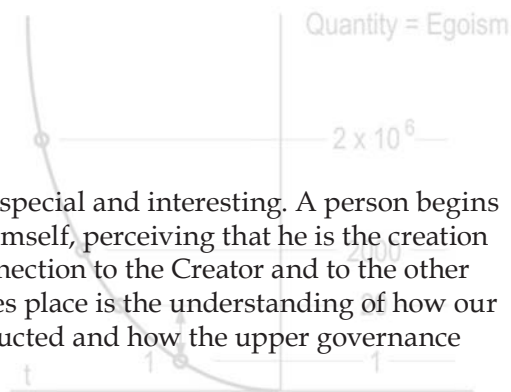
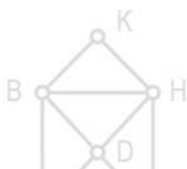
Selected teachings of
Rav Michael Laitman, PhD





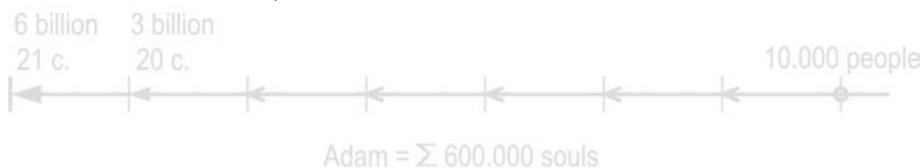
One of the difficulties for the Kabbalist is that he analyses all his thoughts, actions and events according to their impact on his spiritual path. He gauges the importance of these factors in his progression, in his relation with the Creator. As the connection with the Creator fosters higher concentration and inner efforts against selfishness, man meets difficulties in performing physical deeds supposedly linked to the spiritual. No physical deed can have an influence on the spiritual world, the Creator . The relation between man and the Creator is woven in the heart of man .

Selected teachings of
Rav Michael Laitman, PhD



This path is a long one, but it is special and interesting. A person begins to elucidate new attributes in himself, perceiving that he is the creation and becoming aware of his connection to the Creator and to the other parts of the universe. What takes place is the understanding of how our whole external system is constructed and how the upper governance works.

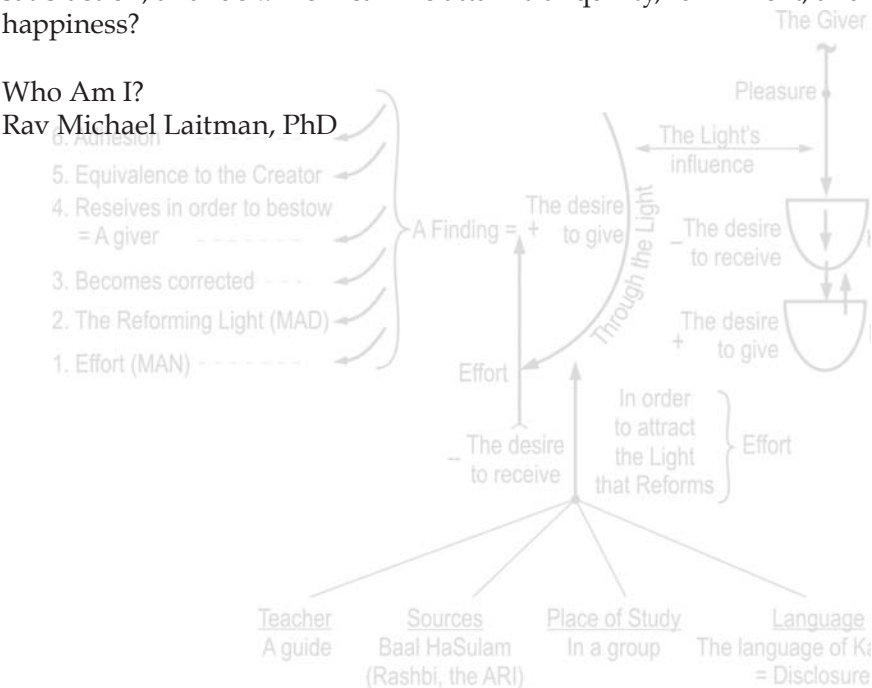
Selected teachings of
Rav Michael Laitman, PhD



Who am I and for what purpose do I exist? How did we appear here and where are we going? Is it possible that we have already been in this world before? Can we know ourselves and the universe? Why does man suffer and is it possible to avoid suffering? How can one find peace, satisfaction, and luck? How can we attain tranquility, fulfillment, and happiness?

Who Am I?

Rav Michael Laitman, PhD



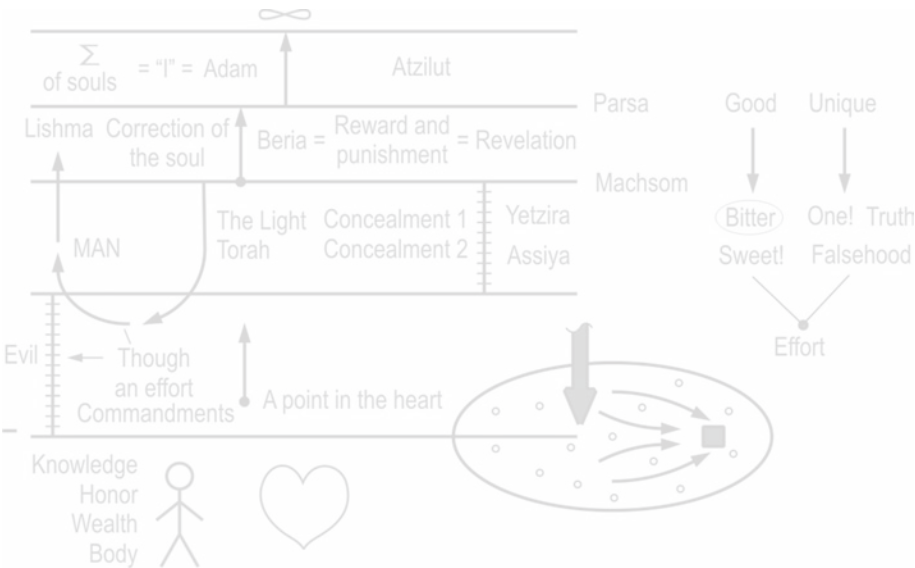
Our problem is that we don't know this power that is inside of man, — which is called man, and we don't know the forces that act on us either, on this inner person that's inside of us; we don't know.

Whoever elevates to the level of seeing forces in reality and forces in people, he or she is in control.

Selected teachings of
Rav Michael Laitman, PhD

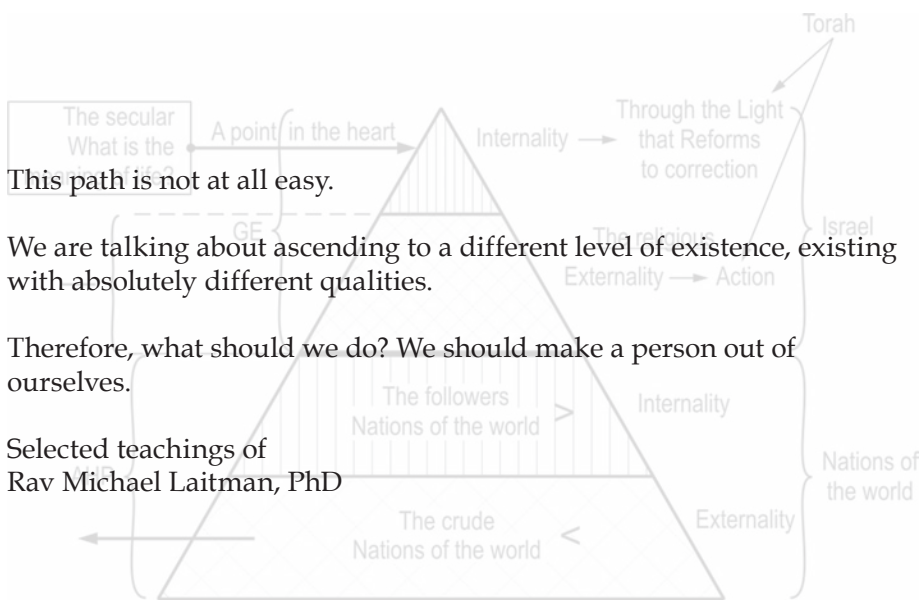
Thus, we do not attain the Creator’s act of bestowal in accordance with what we feel and enjoy, but rather ascend with its help to His initial thought to delight us. We penetrate His desire to please us and that is what brings us the most enjoyment. Entering His thought to bestow delight upon us is the ultimate bliss called the Thought of Creation.

Selected teachings of
 Rav Michael Laitman, PhD



We see that there is one thing that is common to all – the spirit. It is said, “A concern in one’s heart, let him speak of it with others.” This is because with regard to feeling high-spirited, neither wealth nor erudition can be of assistance.

They Helped Every One His Friend
 Rabash



This path is not at all easy.

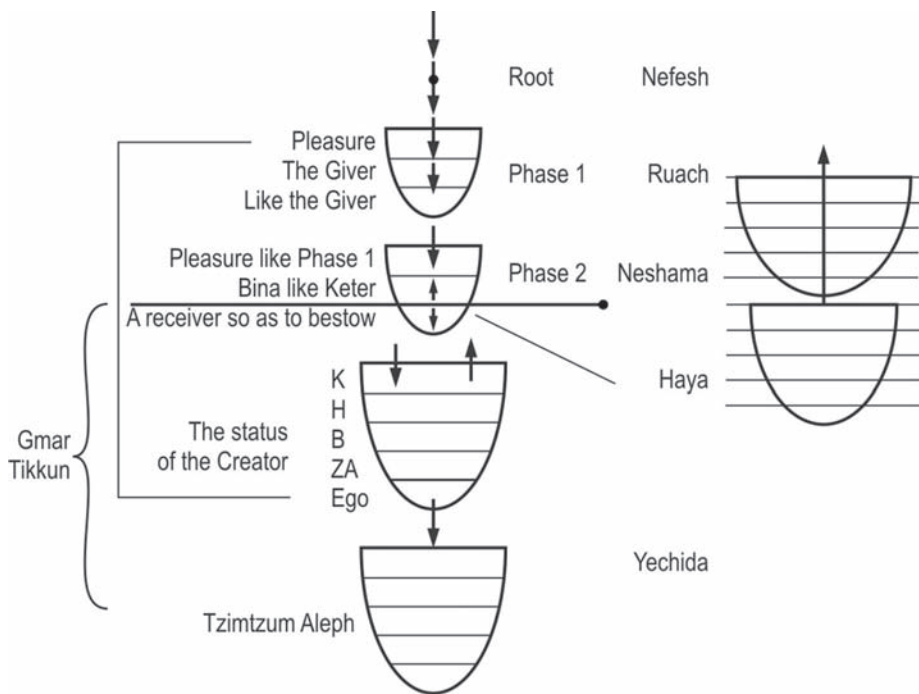
We are talking about ascending to a different level of existence, existing with absolutely different qualities.

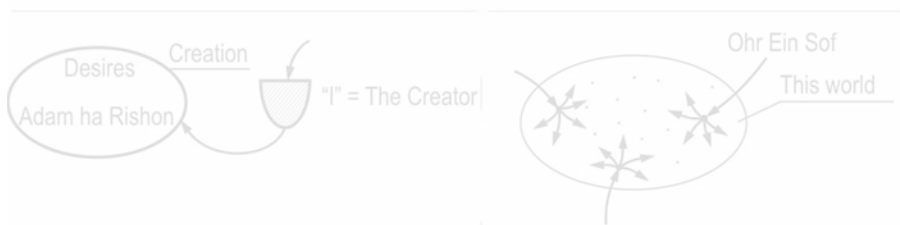
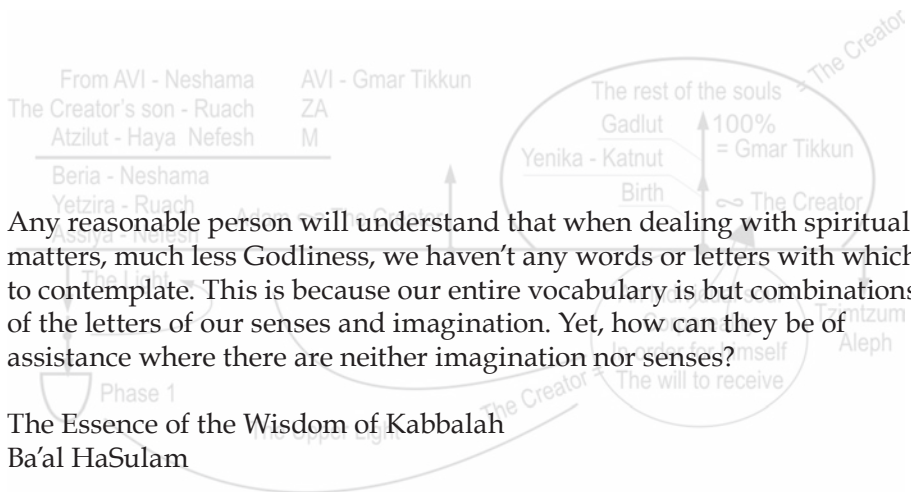
Therefore, what should we do? We should make a person out of ourselves.

Selected teachings of
Rav Michael Laitman, PhD

In our work, in our advancement and correction, one needs the Creator either because of the desire to receive or because of the desire to bestow. There cannot be anything else. There are no other reasons. It is possible that a human being finds himself in a very confusing state in which he will have to clarify his own desires or motives. However, there are no other reasons except for these two, either for my own sake or for the sake of the Creator. There is only He and I. The right approach to the work brings one to such a state where he wants the feeling of greatness of the Creator, in order to rule over his nature, over his egoism, over his will to receive. Then he needs to glorify the Creator, he needs His greatness.

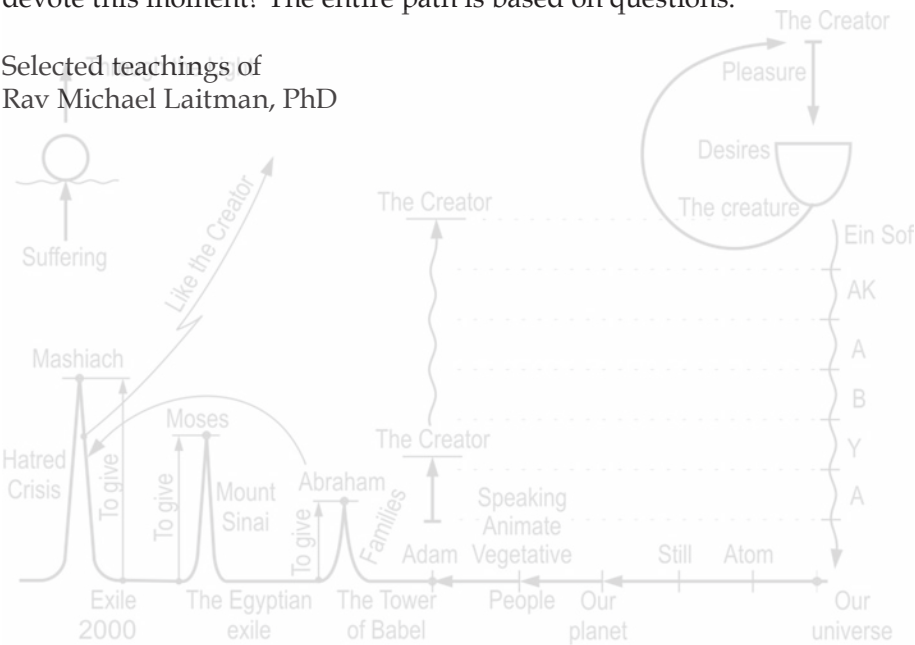
Selected teachings of
Rav Michael Laitman, PhD





Each moment of life can be directed or not toward continuing on the path. And even on the path itself, each moment can be associated with it or not. One has to decide each second which direction to go. There are global questions about life in general, there are questions about my own life, and there are questions about individual moments: to what do I devote this moment? The entire path is based on questions.

Selected teachings of
 Rav Michael Laitman, PhD



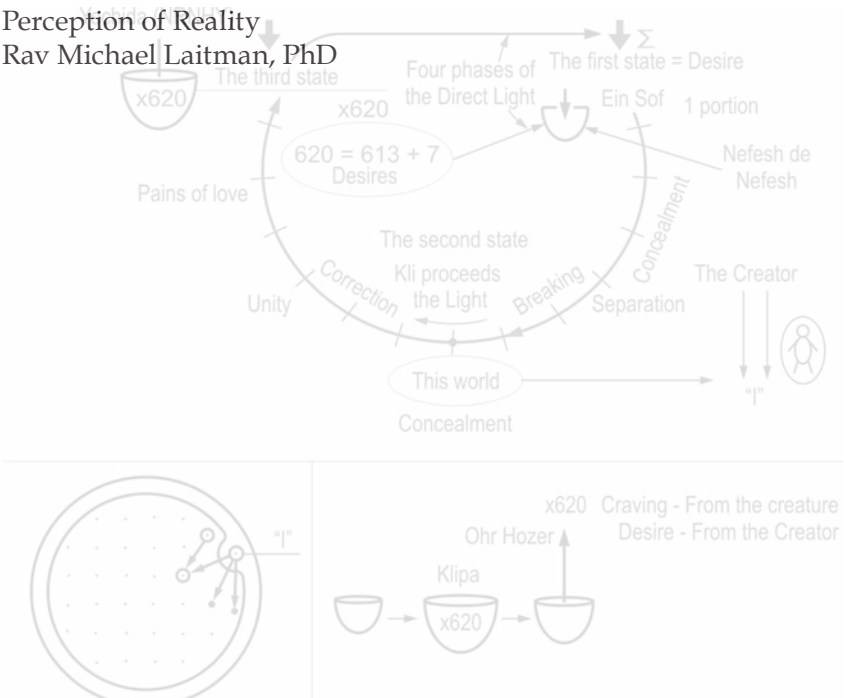
When we are liberated from the chains of our innate perceptions, we can discover a whole new world and begin to experience life’s eternal, complete, and unbounded flow. We will be able to experience the forces that operate on reality as a single power, and events that seemed accidental to us, unexpected or incomprehensible will suddenly make sense.

Kabbalah, Science, and the Meaning of Life
 Rav Michael Laitman, PhD

As much as we discover nature in all of our research, in all types of science, we only discover one thing; that everything acts according to pre-determined, absolute, decisive rules that never change, and that everything behaves according to cause and effect, and is arranged by formulas.

Perception of Reality

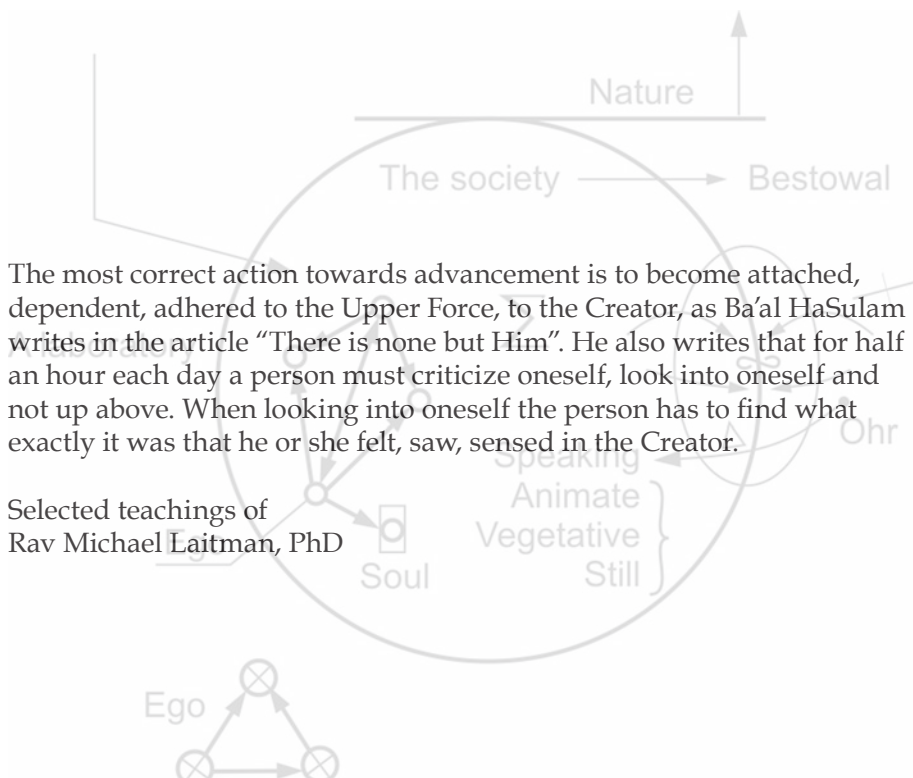
Rav Michael Laitman, PhD



The Creator is unable to delight His creatures without our participation. We happen to be the voluntary executors of His desire. No creature can be fulfilled unless we do what we have to do. Everyone is between the Creator and the rest of creation. He urges us to realize His desire with regard to all the other creatures.

Selected teachings of

Rav Michael Laitman, PhD

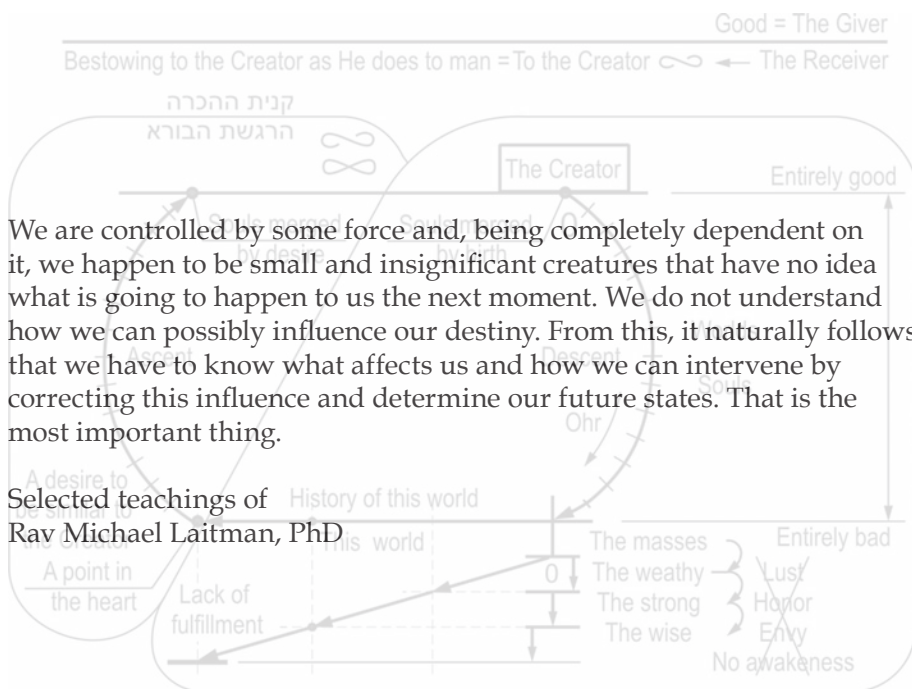




The language of Kabbalists is a Language of Branches.

Meaning, that the branches indicate to their roots, being their molds that necessarily exist in the Upper world. This is because there is no reality in the lower world that is not elicited from its superior. As with a mold and an imprint, the root in the Upper world compels its branch in the lower one to reveal its entire form and feature, since each and every branch in this world well defines its mold situated in the Higher world.

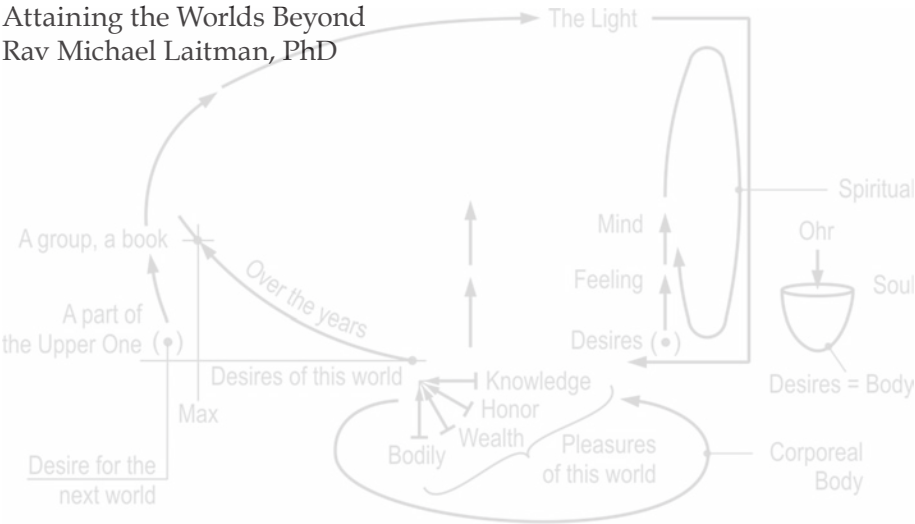
Root and Branch
Ba'al HaSulam



Each of us is correct in maintaining whatever our beliefs are in our present condition, regardless of what that belief is. This is because we maintain only what we feel to be true at that moment, as well as what we have analyzed with our own minds.

However, those of us with vast life experience know how drastically our views can change throughout the years. We cannot say that we were wrong before, but now we are right; we must realize that today's point of view may be proven wrong tomorrow.

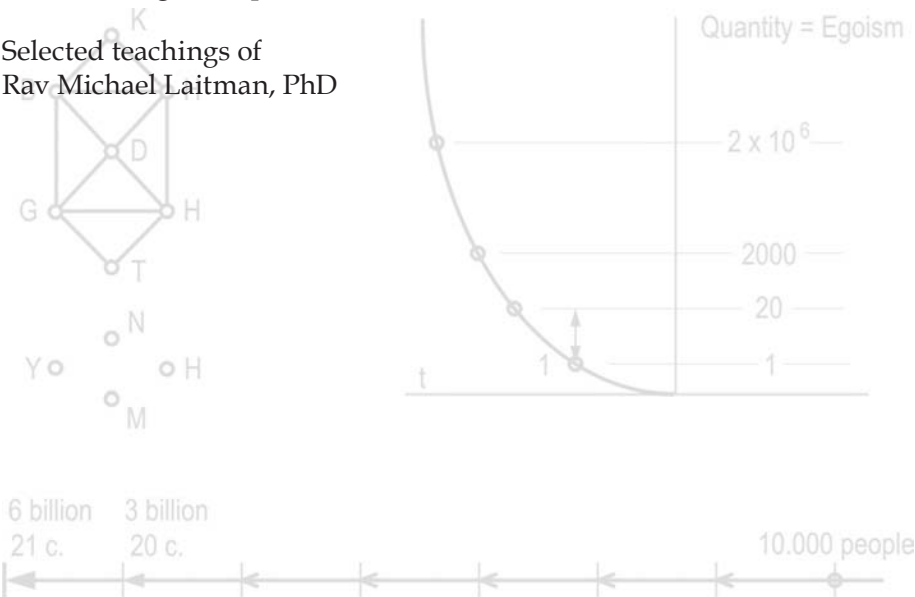
Attaining the Worlds Beyond
Rav Michael Laitman, PhD



And because we realize that the Creator is in and of itself complete and needs no one to help Him to completion, since He precedes everything else, it is therefore clear that He does not have any Will to Receive. And because He has no Will to Receive, a reason for Him to harm anyone is fundamentally absent; it is as simple as that.

The Essence of Religion and Its Purpose
Ba'al HaSulam

By exercising our free will, we will realize that the only correct advancement is directed to the Creator, to the point of merging with Him, where we, He, and the entire universe merge into a single whole. A Kabbalist, who researches the universe, while attaining and summarizing his experience, comes to such a conclusion.



Therefore, common sense dictates that we grasp the opposite of what appears to be on the surface, and decide that we are truly noble and worthy creatures, of immeasurable importance, actually worthy of the worker who made us. For if you wish to find faults in our bodies, then behind all the excuses that you give yourself, it falls only on the Creator, who created us and the nature within us, for it is clear that He created us and not we. He also knows all the ways that stem from the nature and attributes He created in us.

Introduction to The Zohar
Ba'al HaSulam



Our aim is to know how to achieve equality of form, to become equal to nature, to merge with the surrounding world, to know how to achieve a state in which everyone will want what I want, and think like I think, where no one will have anything against me, or any desire to give or take something from me by force, where all would be done with love and tranquility. To reach this state, I need to know who I am, what the nature of the world around me is, and how to achieve equality of form.

Course in the Perception of Reality

Rav Michael Laitman, PhD

A guide Sources Place of Study Language
 Baal HaSulam In a group The language of Kabbalah
 (Rashbi, the ARI) = Disclosure

Concealed { _____

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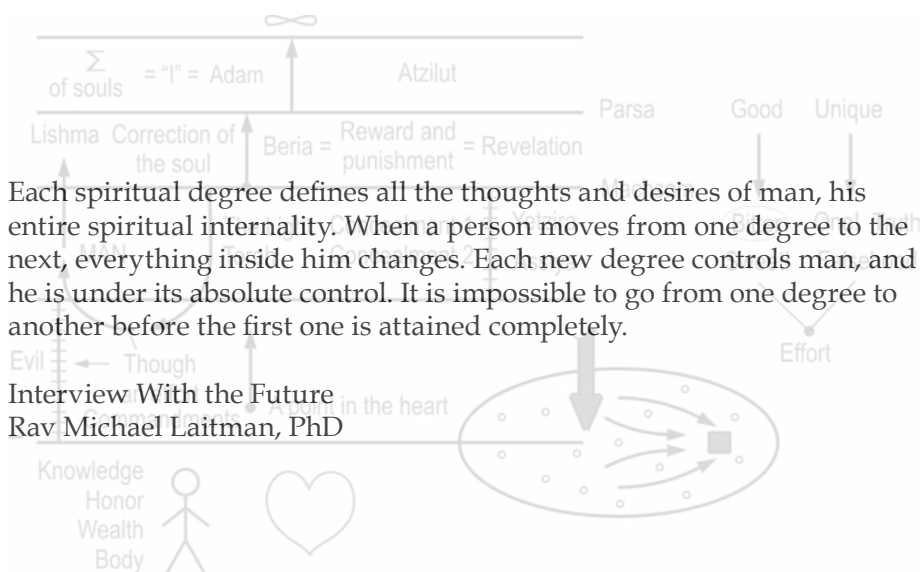
“Depth” is the greater amount of effort applied in search for the Creator. This is when I can find the point of contact with Him from within the depth of my sensations and thoughts that accumulate inside of me.

But I want to stress that this has to happen only in the present. It follows that in one’s search for the Creator one has to constantly delve deeper into oneself, to search and get continually deeper.

Why do I stress that time does not exist? It’s because it really does not exist, including in this world.

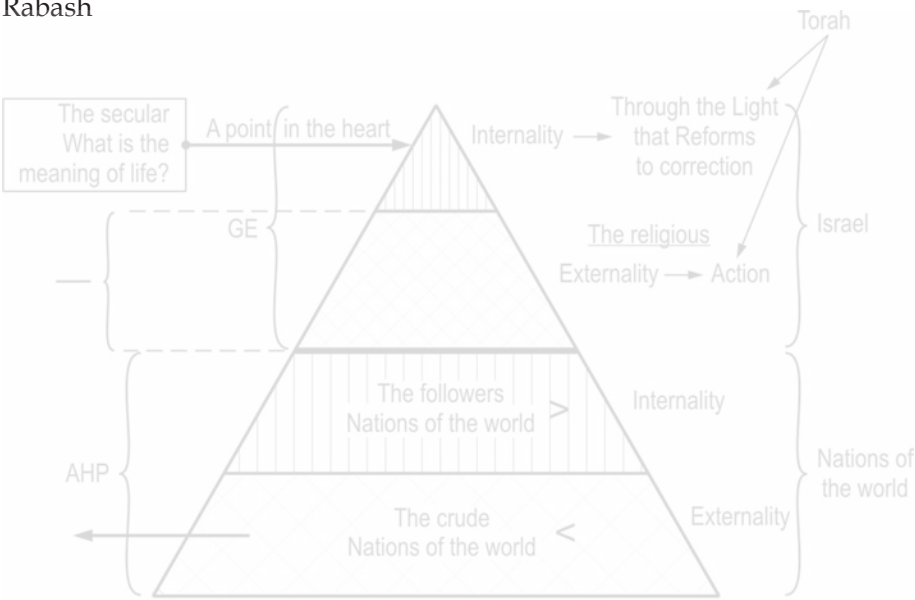
Selected teachings of
Rav Michael Laitman, PhD





A person can only correct that which belongs to his small portion. The Ari Za'l, in the book Etz Chaim wrote: "One day does not compare to another, one moment does not compare to another and one person does not compare to another. But every one has to fix that which belongs to his portion."

To Which Level Does a Person Have to Reach?
 Rabash

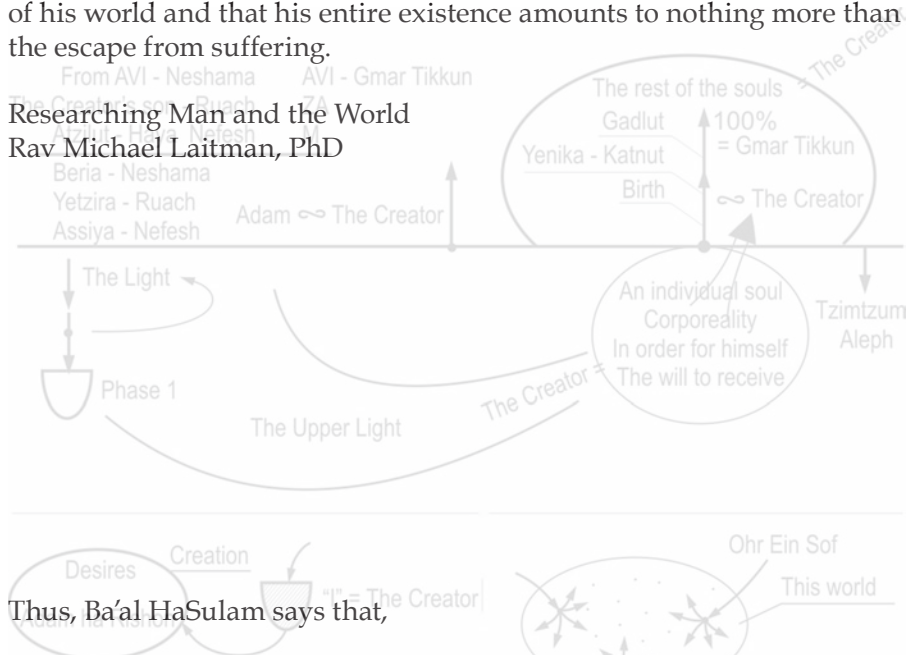


In the process of correction, the soul obtains the necessary skills, knowledge, and experience. Most importantly, a person acquires new sensations and new, spiritual properties. When a person corrects his soul completely, he acquires properties which allow him to exist in the Upper World in its full entirety; in eternity, peace, and perfection.

The Secret Meaning of the Bible
 Rav Michael Laitman, PhD

After a man attains the Upper Worlds, while living in this world, he begins to sense the unified system of creation and its single purpose. Even before attaining the spiritual, when just beginning to study Kabbalah, a man begins to realize that without developing the sixth altruistic organ of perception he will not be able to go beyond the limits of his world and that his entire existence amounts to nothing more than the escape from suffering.

Researching Man and the World
Rav Michael Laitman, PhD

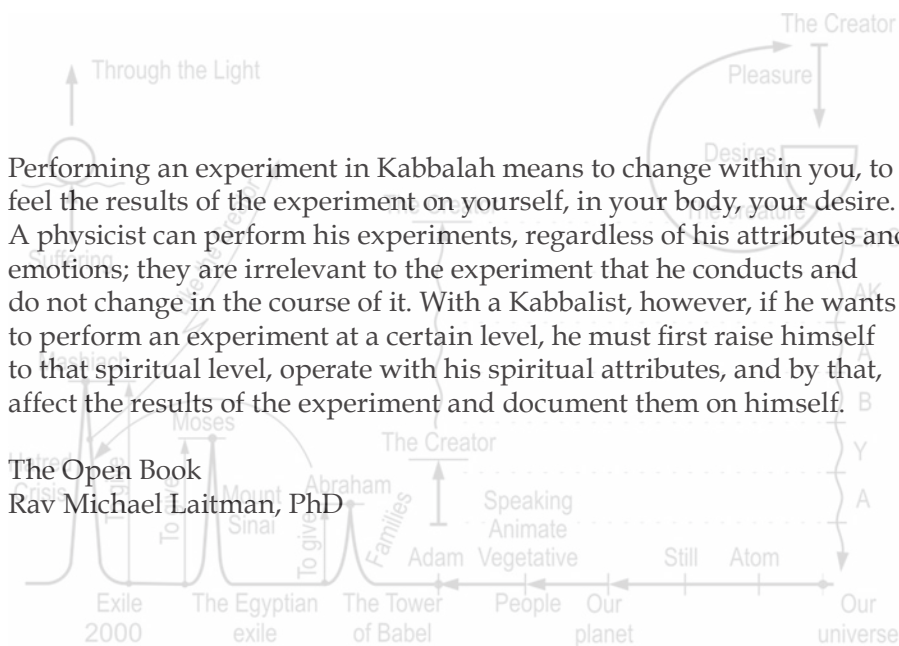


Thus, Ba'al HaSulam says that,

"The prayer is measured according to the desire. The thing that one needs most, the desire for it is greater. According to the measure of the need, so is the measure of the yearning."

In other words, our prayer must be turned towards the Purpose of Creation. It has to be strong and charged with strongest yearning.

Selected teachings of
Rav Michael Laitman, PhD



Performing an experiment in Kabbalah means to change within you, to feel the results of the experiment on yourself, in your body, your desire. A physicist can perform his experiments, regardless of his attributes and emotions; they are irrelevant to the experiment that he conducts and do not change in the course of it. With a Kabbalist, however, if he wants to perform an experiment at a certain level, he must first raise himself to that spiritual level, operate with his spiritual attributes, and by that, affect the results of the experiment and document them on himself.

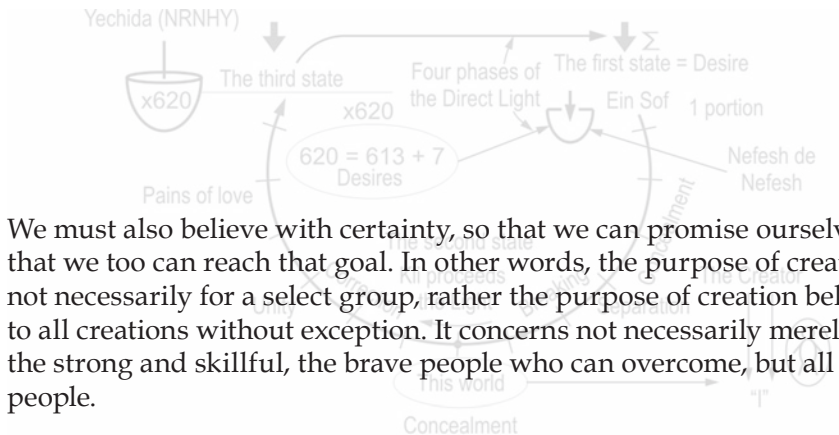
The Open Book
Rav Michael Laitman, PhD



In man, to begin with, there are forces that require balancing. These are desires that are above those necessary for existence, meaning above what nature gives us. I want to devour, not just eat what I need. I have physical desires, I want a huge house, I want to swallow the world, I want to be greater than anyone with more money, honor, power, knowledge, more of everything. I want more.

All of these attributes and desires in us have to be transformed within us to be in order to bestow. Then we will be in balance with nature. It is not the desires themselves that must be corrected, but rather how we use them.

Selected teachings of
Rav Michael Laitman, PhD



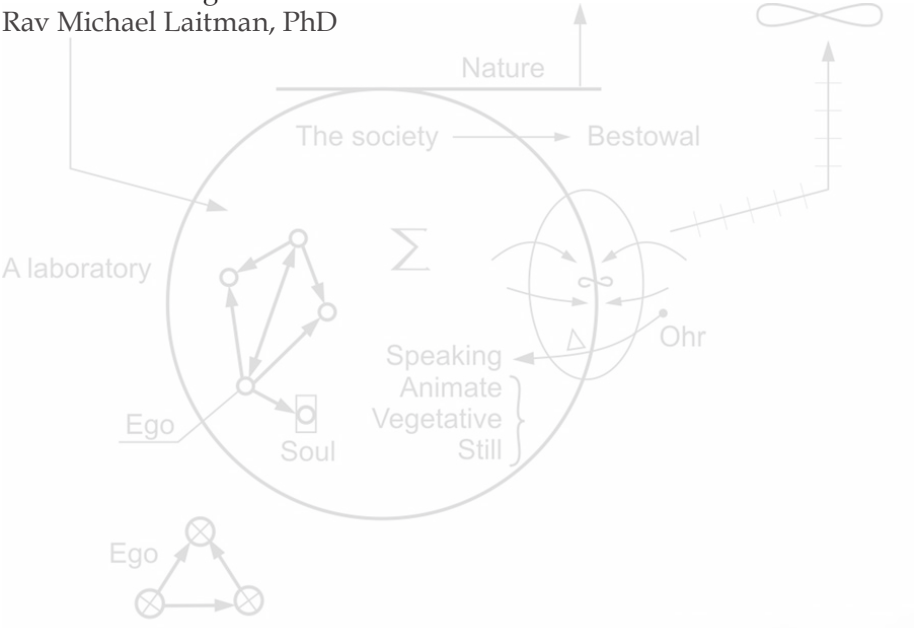
We must also believe with certainty, so that we can promise ourselves that we too can reach that goal. In other words, the purpose of creation is not necessarily for a select group, rather the purpose of creation belongs to all creations without exception. It concerns not necessarily merely the strong and skillful, the brave people who can overcome, but all the people.

Love of Friends Rabash



If we really want to attain freedom of will and come to the right decision of good and pleasure, we should start revealing what surrounds us. And what surrounds is the Thought of Creation, the special action of the only force that puts in motion everything around us, including us ourselves, to bring us to the right decisions, the right vision, and ultimately to the best possible degree and condition.

Selected teachings of
Rav Michael Laitman, PhD

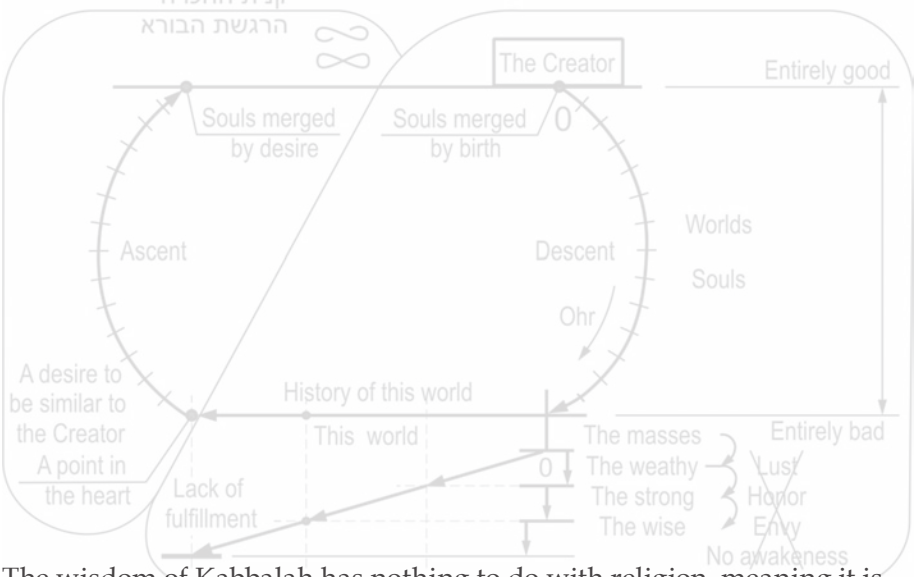


How do I find the root of something? If I resemble myself to the Creator by equalizing my attitude to Him, meaning as He is to me, so I am to Him, by that I learn who He is. I do not study Him, but His attitude toward me. And I do it by equalizing the relationship between us.

Selected teachings of
Rav Michael Laitman, PhD

Kabbalah teaches people to accept a person just the way he was created. We cannot hate someone for this or get angry because we see these attributes in him. Nevertheless, it is difficult to communicate with the external world and to have the patience to observe the petty egoism of someone you may encounter. However, each person is created the way he should be. We should only try to help each other to change the attributes we have been given into the altruistic attributes.

Selected teachings of Rav Michael Laitman, PhD



The wisdom of Kabbalah has nothing to do with religion, meaning it is no more related to it than physics, chemistry or mathematics. Kabbalah is not a religion and this becomes obvious from the fact that religious people know nothing about it and do not understand a word in it.

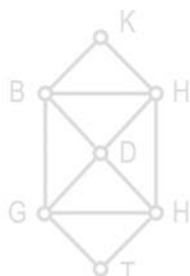
The Alternative of Our Life
 Rav Michael Laitman, PhD

The Creator acts upon us using the various elements of our world. Man must understand that events occurring to him are nothing but messages from the Creator. If man responds correctly to divine action, he will clearly grasp what the Creator expects of him and he will feel Him.

Not only does the Creator act upon us through the people in our environment, but he uses everything which exists in our world. The structure of our world is such that the Creator can influence us and draw us nearer to the goal of creation.

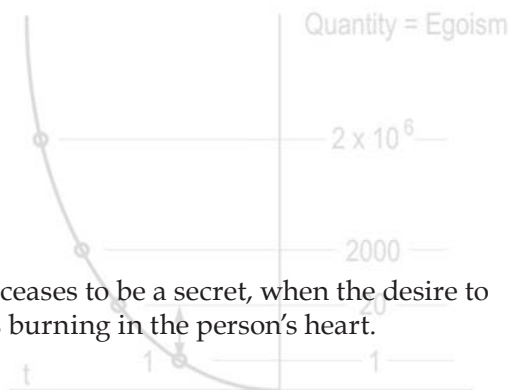
Selected teachings of
Rav Michael Laitman, PhD





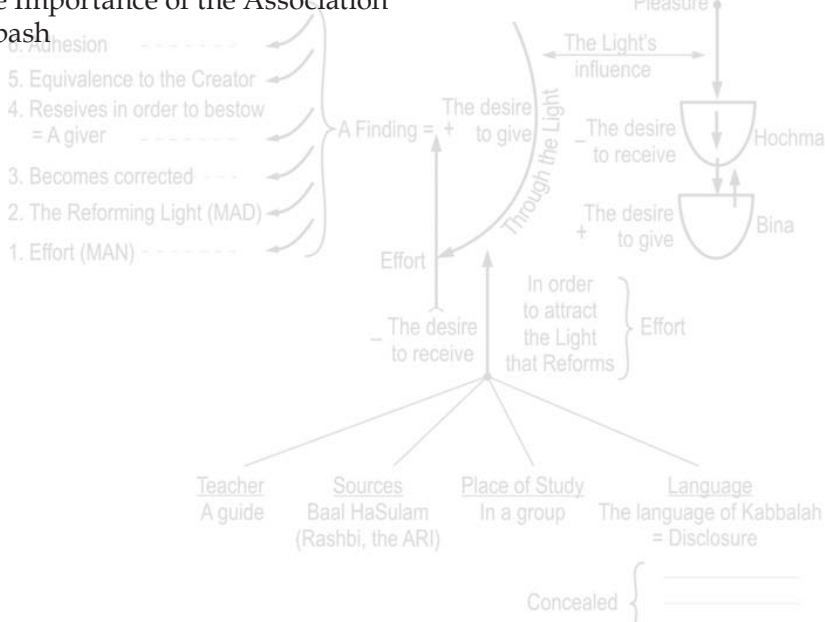
“The Creator’s personal secret” ceases to be a secret, when the desire to become similar to the Creator is burning in the person’s heart.

Selected teachings of
Rav Michael Laitman, PhD



To work in the Path of Truth, isolation from others is required. The Path of Truth, being in opposition to the Way of the World, requires continual encouragement. The Way of the World is to accumulate information and knowledge, and to take, while the Path of Truth is to believe and give. If one's concentration wanders from this, he will forget his work and aspirations in the Path of Truth. He will fall into self-love.

The Importance of the Association
Rabash

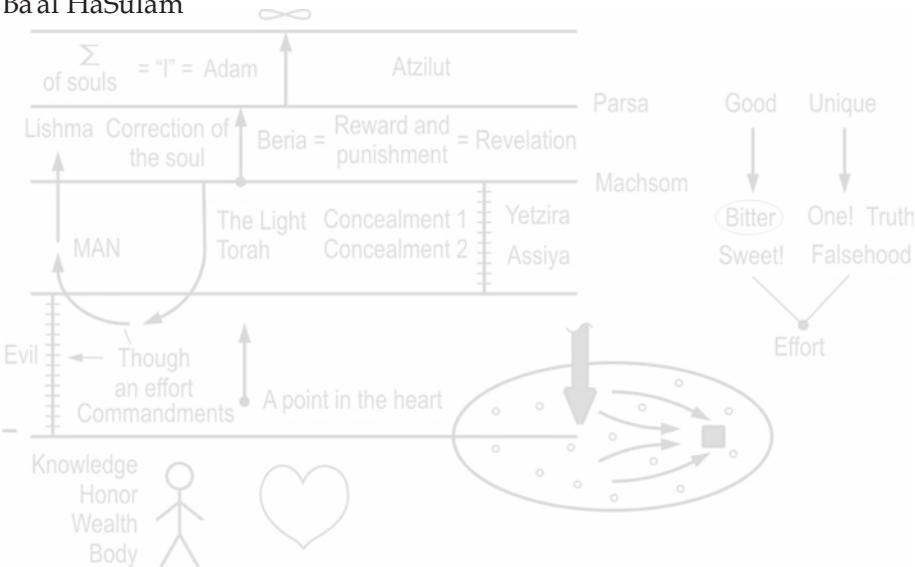


Egoism is man's property that automatically makes him derive benefit from everything he does. Only in this does he see the purpose of his actions. Altruism is a property we are totally unable to comprehend; it is when a person does something without any benefit to himself. Nature endowed us only with the egoistic properties. Altruism is beyond the limits of our understanding.

The Science of Kabbalah (Pticha)
 Rav Michael Laitman, PhD

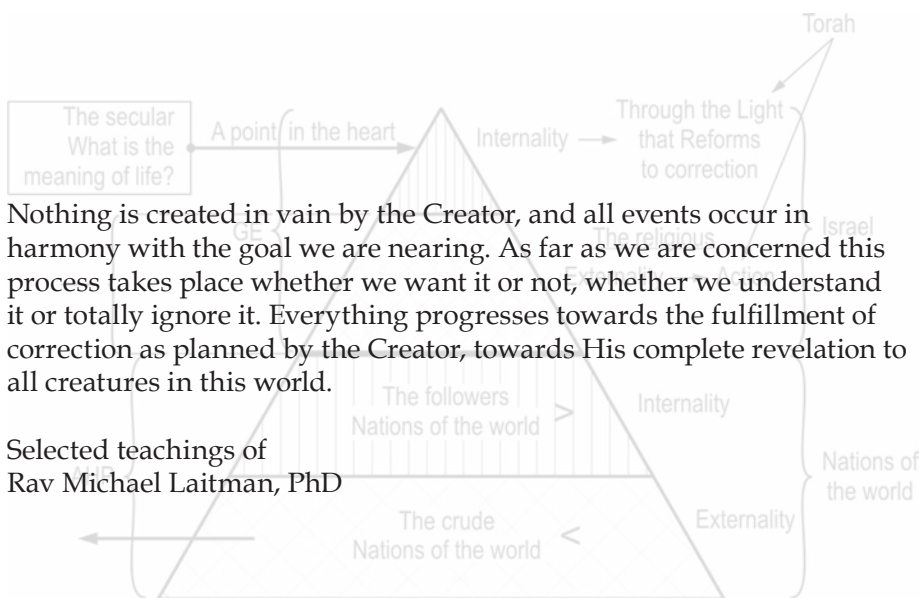
Since the wisdom of Kabbalah is a method of man’s correction and elevation to the level of the Creator, it is clear that the purpose of this science is to lead us to a state where we will be able to fulfill the commandment, “Love thy neighbor as thyself.”

Love for the Creator and Love for the Created Beings
Ba'al HaSulam



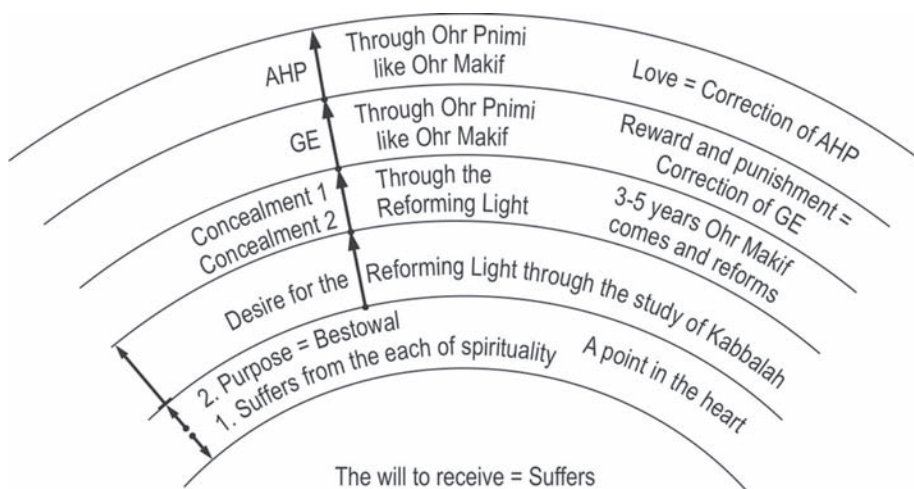
Everything in this world was created for a purpose. There are no coincidences. Our whole world and the whole universe is built of corporeal substance, but in precise accordance with the Upper spiritual forces. Each detail is built of forces, and each spiritual force has a corporeal object that corresponds to it. That is why man studies the spiritual, because it is the origin of the corporeal world. Man begins to understand why everything is ordered as it is, because everything in this world is a result of the spiritual world.

The Open Book
Rav Michael Laitman, PhD



Nothing is created in vain by the Creator, and all events occur in harmony with the goal we are nearing. As far as we are concerned this process takes place whether we want it or not, whether we understand it or totally ignore it. Everything progresses towards the fulfillment of correction as planned by the Creator, towards His complete revelation to all creatures in this world.

Selected teachings of
Rav Michael Laitman, PhD



Everybody suffers. Everybody feels unpleasant sensations. The history of mankind is one of suffering. And you have the task of explaining to a person that there is a reason for suffering, and the reason is simple: it's because we don't listen to the point in the heart.

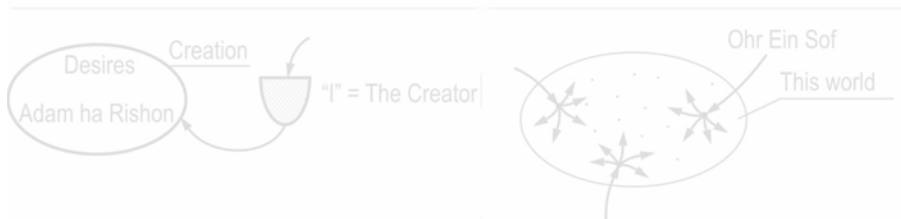
If humanity had listened to the point in the heart, it would have brought us to the right place, and engaged our inner development. By listening to it, we would reach a state where spiritual evolution is the most important thing in life. It doesn't matter what you do for a living; it doesn't matter what your surroundings are. What's important in life will change for you.

Rungs of the Ladder, ARI Films
Rav Michael Laitman, PhD



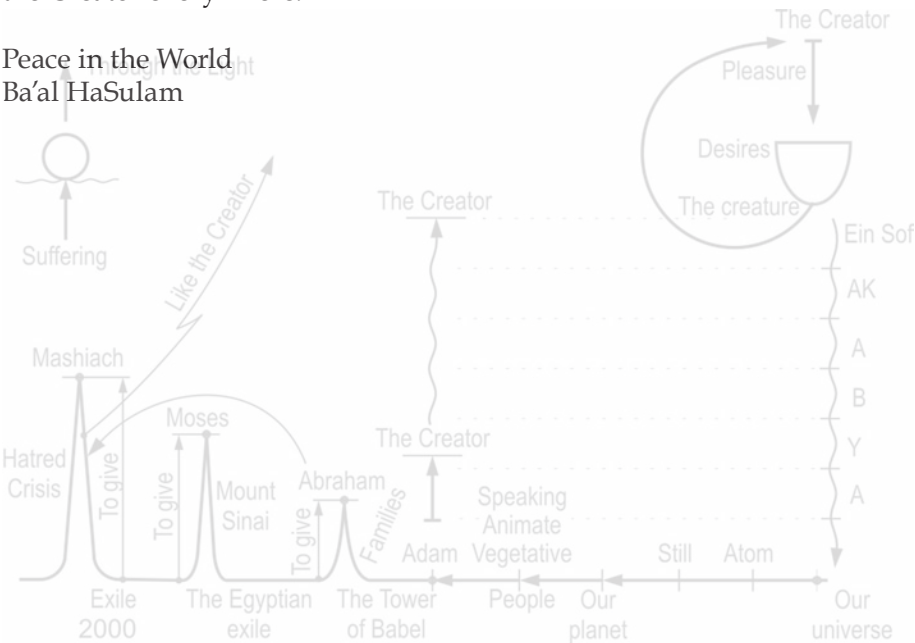
All the problems that we want to solve, the sensation of deficiency, confusion, and striving constitute our aspiration to unite contrasting states. One contradicts the other. Yet later, when there is an opportunity to unite them, we experience immense pleasure.

Selected teachings of Rav Michael Laitman, PhD



If we could see that in reality we constantly give to one another, we would have no problem attaching the correct intention to this action. To this end, we need to look at ourselves through the eyes of the corrected person. We will then see that no one ever does anything for himself, but only gives to another. To the extent of his correction, the person reveals the Creator everywhere.

Peace in the World
Ba'al HaSulam

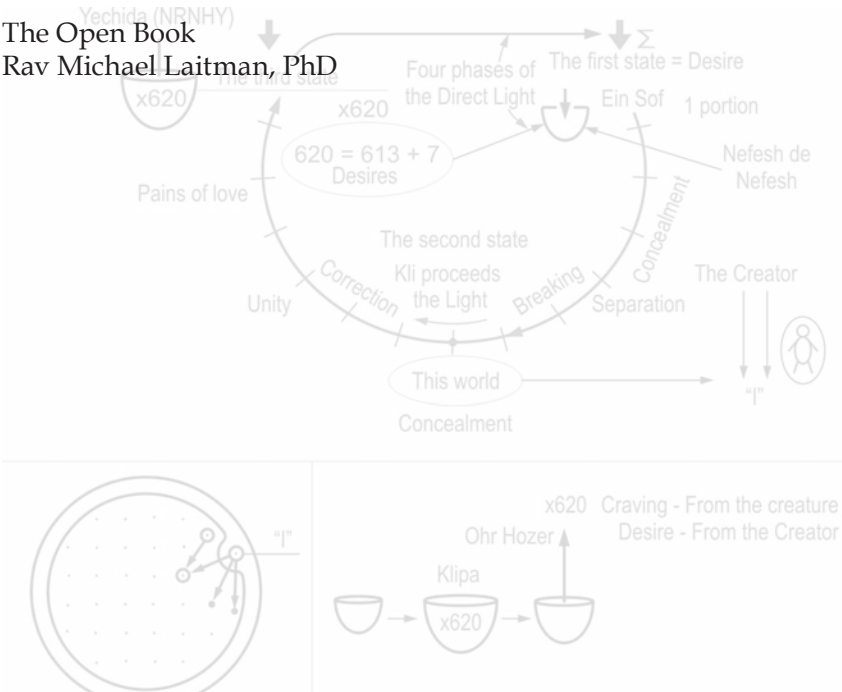


If the Creator is omnipotent, why did He not provide man with everything necessary? Why did He not allow each of us to do something of our own will? If desire alone were enough – each of us would have created a much better world than this. Why then did the Creator do it all this way?

Commentary on Introduction to the Book of Zohar
Rav Michael Laitman, PhD

How can I evolve to the spiritual degree of sensing the Creator? I have to be united, tightly linked with the Creator all the time. Then I will always be in the degree of the spiritual sensation of the Creator.

But what does it mean, to always be with the Creator, in a place where there is no death, no imperfection. How can we attain that?

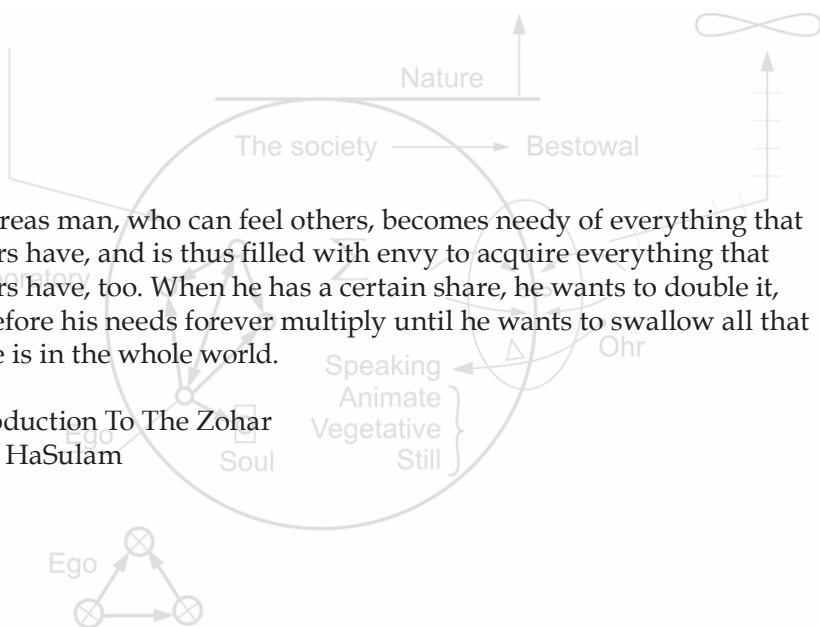


We describe the process of uniting with the Creator as fusion, i.e., the state in which no distinctions can be discerned. How can distinctions be absent if creation is opposite to the Creator? They support and complement each other; there is no Creator without creation and there is no creation without the Creator.

Selected teachings of
Rav Michael Laitman, PhD

Whereas man, who can feel others, becomes needy of everything that others have, and is thus filled with envy to acquire everything that others have, too. When he has a certain share, he wants to double it, therefore his needs forever multiply until he wants to swallow all that there is in the whole world.

Introduction To The Zohar
Ba'al HaSulam



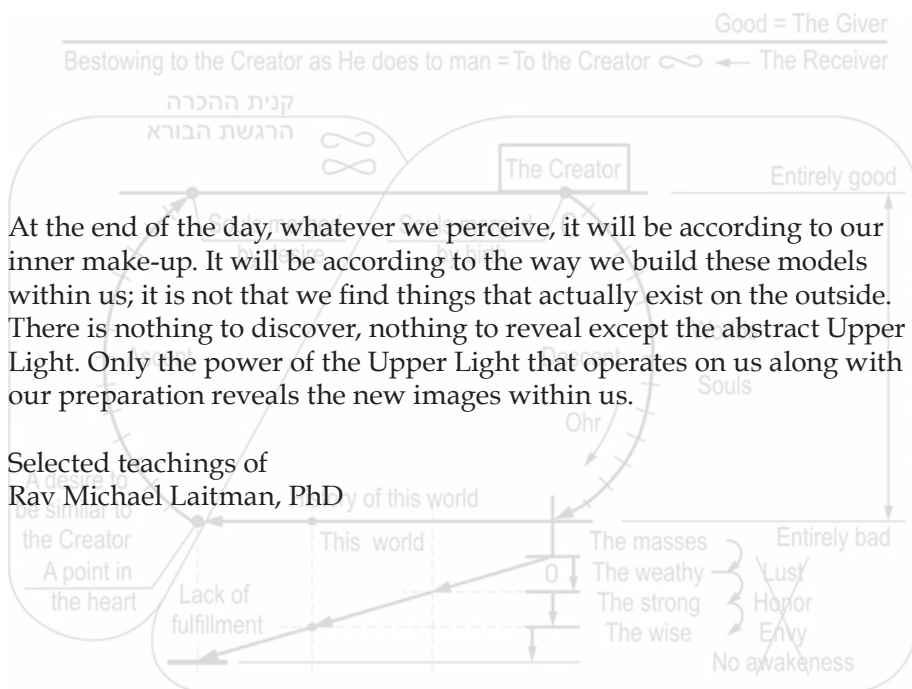
What does it mean to comprehend the secret of conception of the entire universe from the original thought of creation and up to its final goal?

The entire creation, from the beginning to the end, all of its properties and path is contained in the Light, emanating from the Creator. Receiving this Light in the process of our development; we comprehend the secret of the universe.

As we climb the steps of the Light's precipitation, evolving spiritually, we attain our past, our Origin at each step.

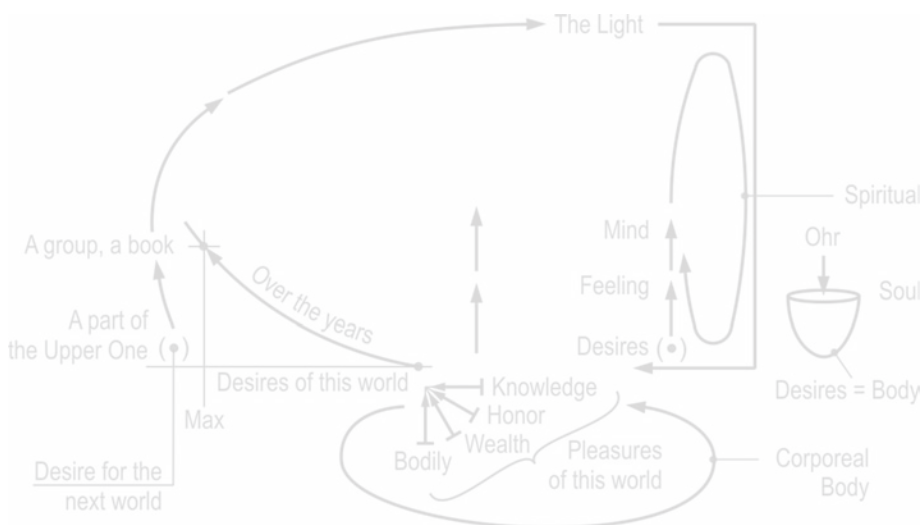
Spirit and Body
Rav Michael Laitman, PhD





Whatever we do and however hard we try, unless our efforts are aimed at the revelation of the Creator's unity, merging with Him, and returning to the point where everything becomes one, we will only see our insignificance and corruption.

Selected teachings of
Rav Michael Laitman, PhD



There are no miracles, and no one can help a person but himself. In the thousands of years that humanity has existed, no wonder-drug has been found that could change our situation. The reason for the pain is that we live in this world like blind kittens. We do not understand what it is we must do, what will become of us tomorrow, what impact our actions have and what the world around us really wants from us when it presses us so.

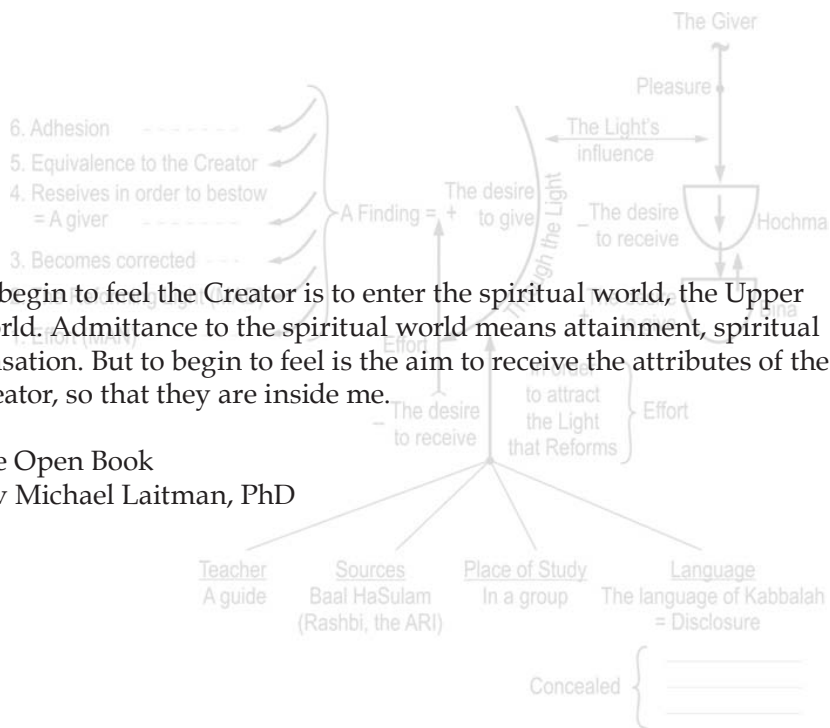
The Open Book
Rav Michael Laitman, PhD

The purpose of creation is to bring the soul, meaning the whole of mankind, with all of its parts, to a state where its every movement is in harmony with the Creator, who is our criterion for perfection. But first, humanity must go through all the opposite situations in order to realize that, indeed, only the Creator is complete.

The Kabbalah Experience
Rav Michael Laitman, PhD

Everything in reality, good and bad, and even the most harmful in the world has a right to exist and should not be eradicated from the world and destroyed. We must only mend and reform it, because any observation on the work of creation is enough to teach us about the greatness and perfection of its operator and Creator. Therefore, we must understand and be very careful when casting a flaw in any detail of reality, any item of creation, and say that it's redundant and superfluous, as that would be slander about its operator.

Peace in the World
Ba'al HaSulam



To begin to feel the Creator is to enter the spiritual world, the Upper World. Admittance to the spiritual world means attainment, spiritual sensation. But to begin to feel is the aim to receive the attributes of the Creator, so that they are inside me.

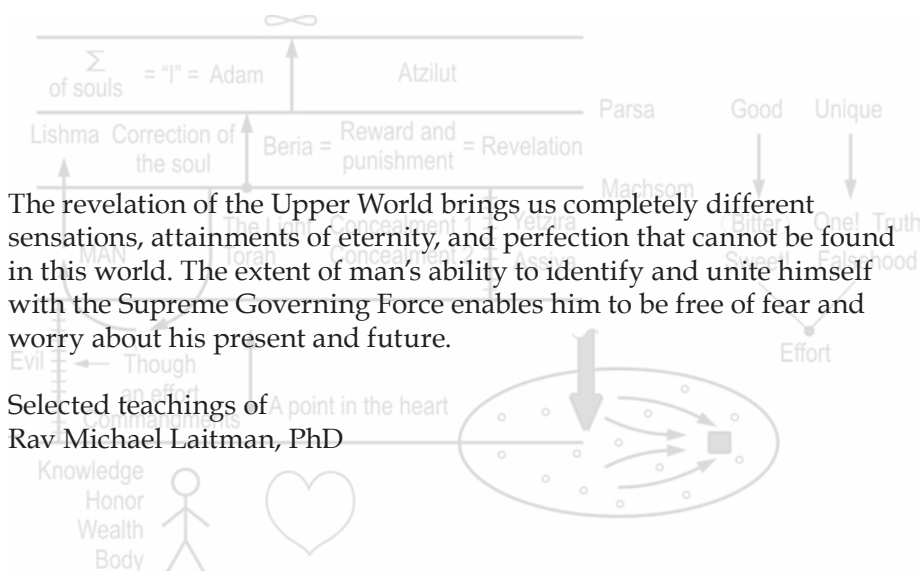
The Open Book
Rav Michael Laitman, PhD

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Our purpose for being here is to elevate ourselves to another level of being, which enables us to exist in the spiritual world while still living in this world. There can be no rest in this world or less suffering befalling us as long as we are neglecting this important goal. According to the ancient wisdom of Kabbalah, the Creator is calling out to us to speed up the process of discovering Him. Especially at a time like this of global suffering, we must make this a priority.

Selected teachings of
Rav Michael Laitman, PhD



The revelation of the Upper World brings us completely different sensations, attainments of eternity, and perfection that cannot be found in this world. The extent of man's ability to identify and unite himself with the Supreme Governing Force enables him to be free of fear and worry about his present and future.

Selected teachings of
Rav Michael Laitman, PhD

And all who understand the depth of these matters will surely be amazed at how it could be possible for a human being to shape his attributes so completely that all his deeds will bring benefit to another; and at the same time a man's existence is nothing but to receive for himself.

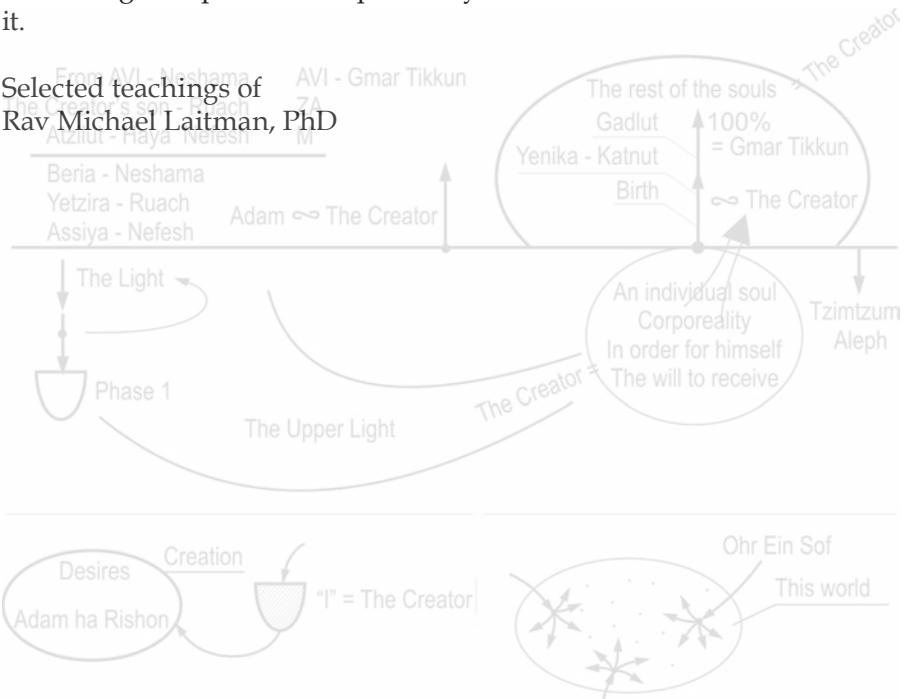
A Speech in Celebration of the Conclusion of The Zohar Ba'al HaSulam

The existence in our body is very central and our body, with all of its demands, should not be disregarded. It is the correct relationship, the right combination of the world in which a person lives and the spirituality that is revealed to the person that determines the person's behavior. That is why no one can judge anyone else by external appearance, since no one can know the other's inner world and what is revealed there.

Selected teachings of
Rav Michael Laitman, PhD

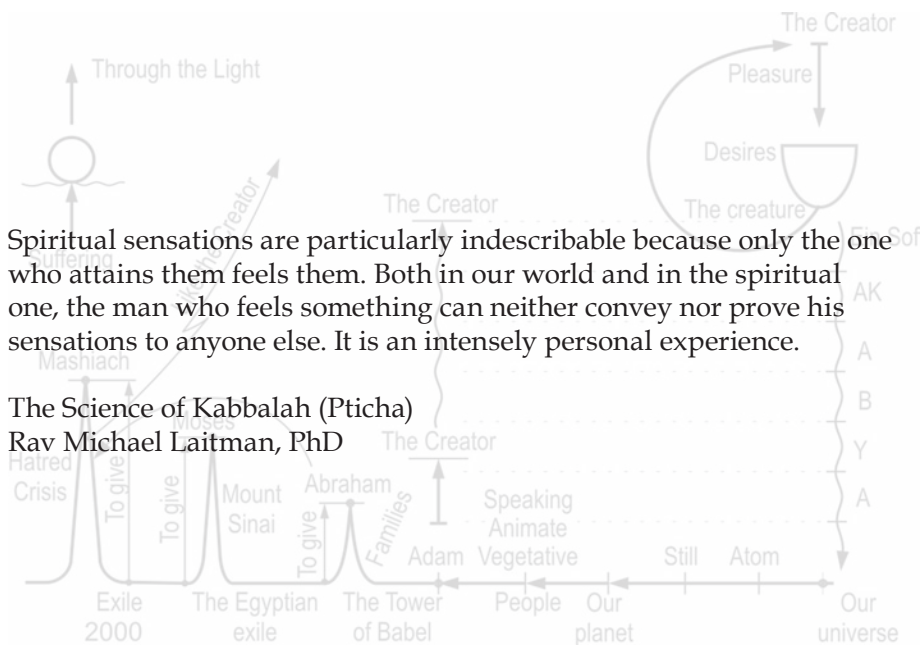
We are not familiar with all creation in its entire scope, but from here we can imagine how special is the desire called “the desire for the spiritual,” comparing it to our entire Universe—endless amounts of stars, infinite distances, and huge masses. In comparison to all this, how special is this tiny desire of a person for the spiritual!? Look, what a pyramid! It is impossible to imagine it! This is not even a pyramid, but rather something of exponential dependency—I am not even sure how to name it.

Selected teachings of
 Rav Michael Laitman, PhD



Attaining Nature’s thought transcends us to exist at a supernal level, and grants us wholeness, eternity, and unbound pleasure. Our world is not where our bodies are, it is where our “selves” are. If we perceive a reality of eternity, sublimity, and perfection, this is where we are.

From Chaos to Harmony
 Rav Michael Laitman, PhD



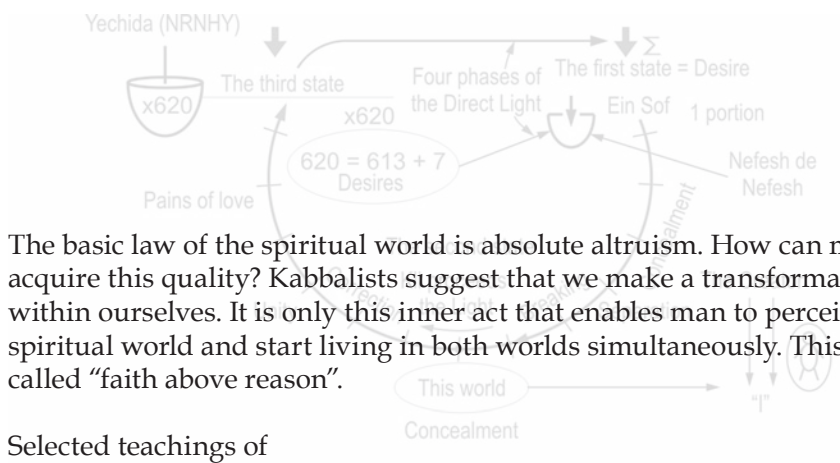
Spiritual sensations are particularly indescribable because only the one who attains them feels them. Both in our world and in the spiritual one, the man who feels something can neither convey nor prove his sensations to anyone else. It is an intensely personal experience.

The Science of Kabbalah (Pticha)
Rav Michael Laitman, PhD

The transience of our existence creates a sensation of its inanity. Our life lacks meaning because of suffering, despair, fear of death, pain of irretrievable losses... But the same transience forms our responsibility, since everything depends on the grasp of essentially temporary opportunities. A person should constantly choose from a lot of existing opportunities: which of them will be realized, and which will be doomed to non-existence. At every point of time, a person should decide on what defines his future existence, how good or bad it is. What should guide the person's decision process?

The Meta-science of Kabbalah
Rav Michael Laitman, PhD





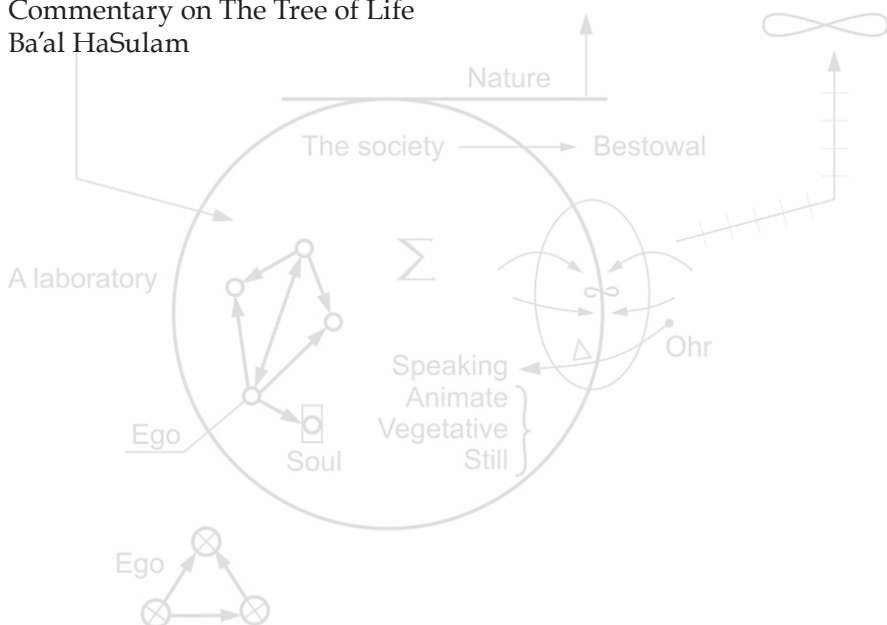
The basic law of the spiritual world is absolute altruism. How can man acquire this quality? Kabbalists suggest that we make a transformation within ourselves. It is only this inner act that enables man to perceive the spiritual world and start living in both worlds simultaneously. This act is called “faith above reason”.

Selected teachings of
Rav Michael Laitman, PhD



The extension of the Upper Light of the Emanator is limitless, but the emanated being himself makes a limit to its proportions in accordance with his own attitude or behavior. He can receive of abundance only in accordance with his desire and will to receive. That is the actual measure which functions in spiritual matters, as there is no such thing as compulsion.

Commentary on The Tree of Life Ba'al HaSulam

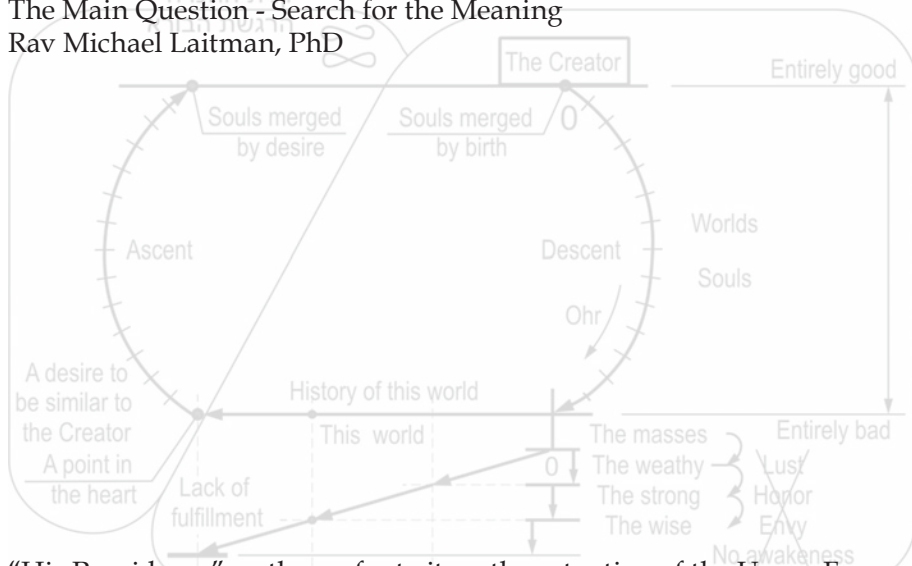


Who am I? What is the goal of my existence? Why does the world exist? Do we continue to exist after death? etc. These unanswered questions about the goal and meaning of life add to our everyday human suffering. Why do we need to suffer at all? It does not allow us to feel fulfillment, even when some of our everyday desires are temporarily satisfied.

The Science of Kabbalah
Rav Michael Laitman, PhD

A person realizes that there is Upper Providence: “God exists, the Creator exists”. The only problem is the question of what qualities are inherent in God or the Creator. Kabbalah claims that the Creator is the highest Law of Creation, the most synthesizing, containing all the rest of its particular laws, all of us, and all creation at all its levels and in all the worlds. This universal Law of Creation is called the Creator.

The Main Question - Search for the Meaning
Rav Michael Laitman, PhD

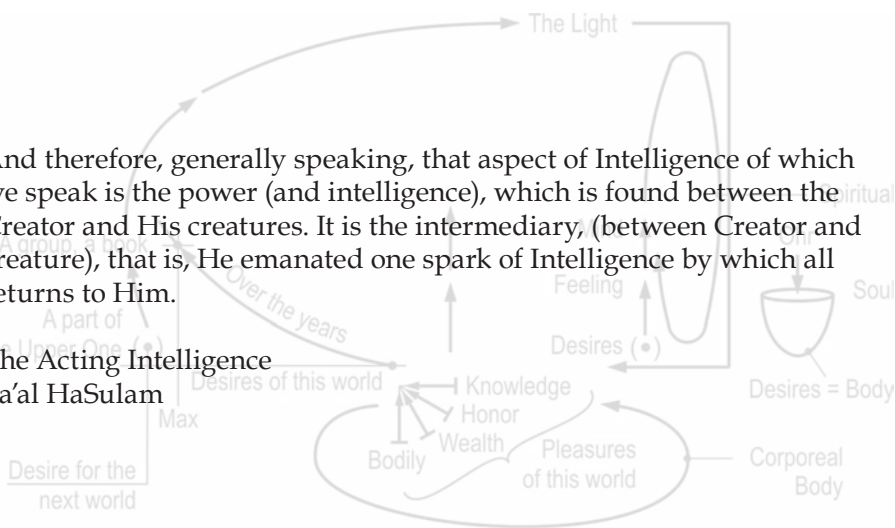


“His Providence”, as they refer to it, or the actuation of the Upper Force upon us, is purposeful, although we find ourselves in a bad state, undergoing all kinds of unpleasant experiences that are to take us to the good state. So what are we to do? Are we supposed to just sit and suffer until we arrive at the good state, the state of the fruit that is good and ripe? Or, is there nevertheless something we can do to make our situation better and convert it into good, at least from the moment we find out about it?

Selected teachings of
Rav Michael Laitman, PhD

And therefore, generally speaking, that aspect of Intelligence of which we speak is the power (and intelligence), which is found between the Creator and His creatures. It is the intermediary, (between Creator and creature), that is, He emanated one spark of Intelligence by which all returns to Him.

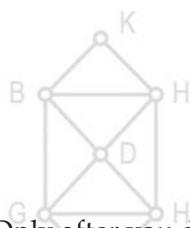
The Acting Intelligence
Ba'al HaSulam



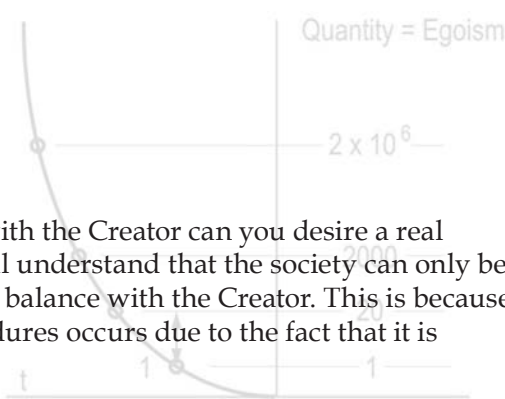


Love is a consequence of equivalence of inner traits, meaning attributes. In Kabbalah there is only one law – the law of equivalence of form, attributes and desires. If two spiritual objects are equal in attributes, they unite. That does not mean that from two they have now become one, but that they are as one. Everything that happens to one, enriches the other, is immediately felt in him. That mutual feeling, that two separate objects equally feel in the senses between them, that there is absolute equality between them (be it two people, or the Creator and a person) – is called love. Love is the sensation of equivalence of spiritual attributes. Distancing in attributes and desires distances people from one another, even to the extent of hate.

Selected teachings of
Rav Michael Laitman, PhD



Only after you desire to unite with the Creator can you desire a real benefit for society. Then you will understand that the society can only be in a beneficial state if it exists in balance with the Creator. This is because all the suffering that society endures occurs due to the fact that it is opposite to the Creator.



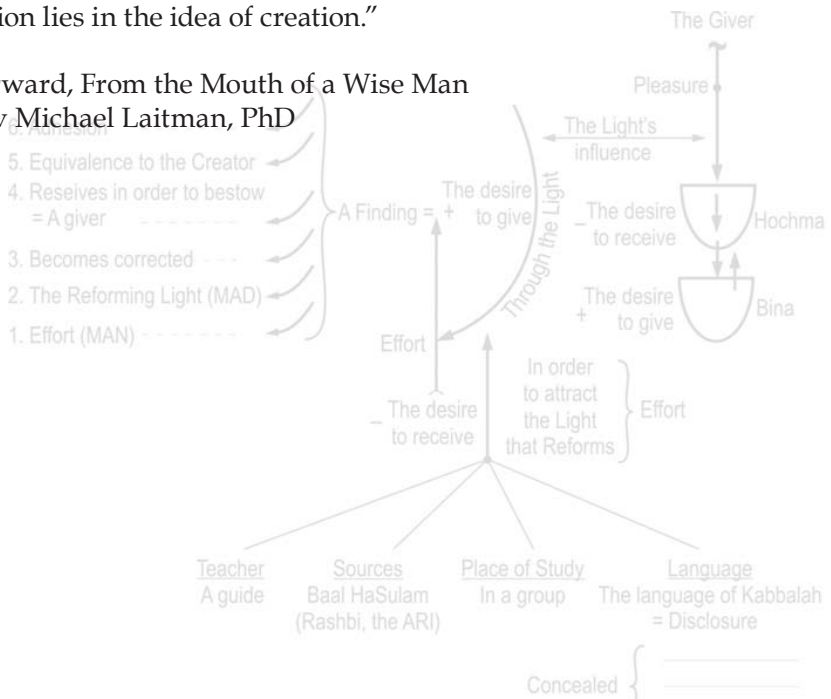
Selected teachings of
Rav Michael Laitman, PhD



The Zohar tells us that all of the Higher Worlds were created to bring every single person to perfection. In the beginning, it was the reason for the creation of the Universe. As it is said in the Zohar, “The end of the action lies in the idea of creation.”

Forward, From the Mouth of a Wise Man

Rav Michael Laitman, PhD



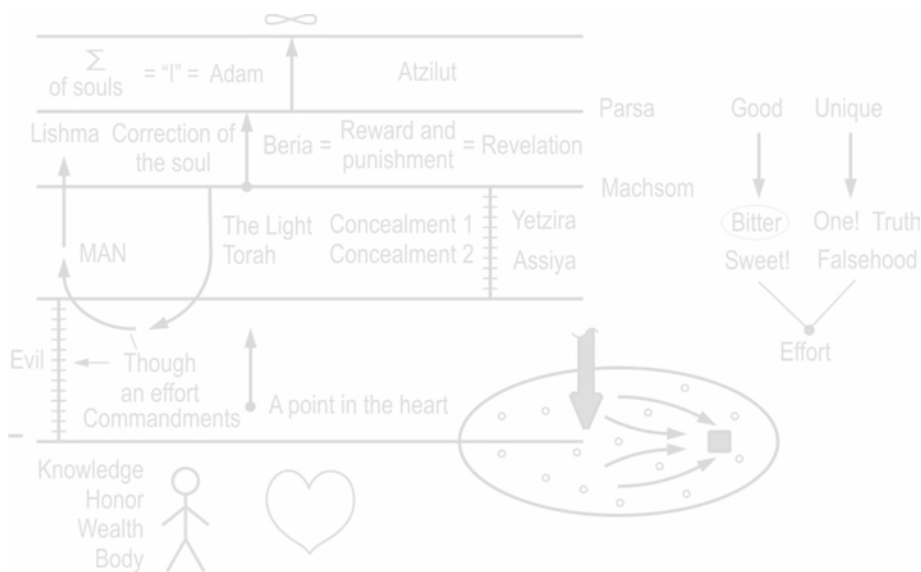
We are all captives of our egoistic nature. Freeing ourselves means to overstep the limits of our world and enter the Upper Reality. Since we are entirely in this world's grip, we can get free only if, in spite of our natural egoistic environment, we artificially surround ourselves with people, who share our views and aspirations, and fall under the power of the environment ruled by the laws of the Upper World. Freeing ourselves from the egoistic bonds and revealing the property of bestowal is our realization of free will.

Freedom of Will

Rav Michael Laitman, PhD

The transfusion of the Light within the desire brings this desire through all the stages and metamorphoses - from complete egoism to complete altruism. Private Providence is concealed from us on purpose. It can reveal itself only to the extent that we can discern it, evaluate it correctly, come to terms with it, and completely justify it in our heart.

Selected teachings of
Rav Michael Laitman, PhD

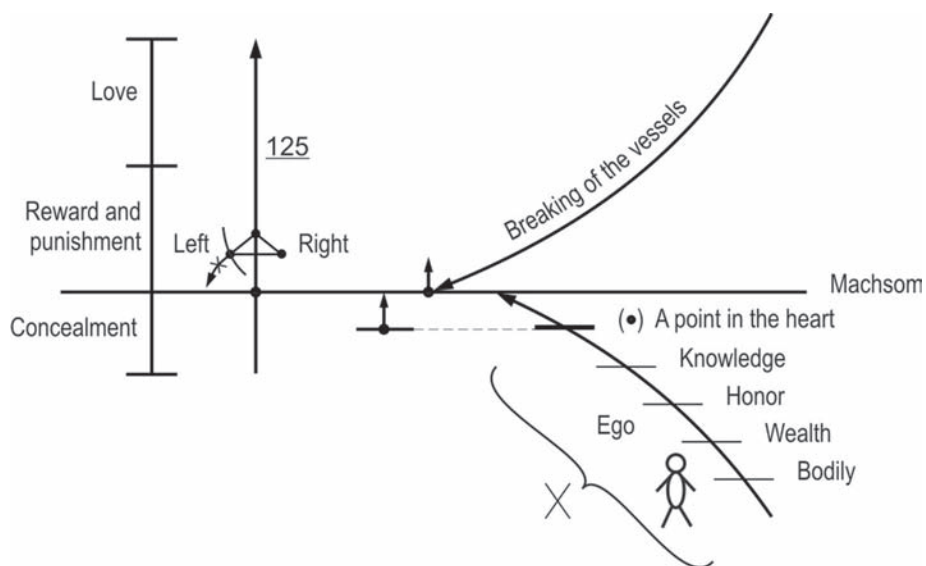


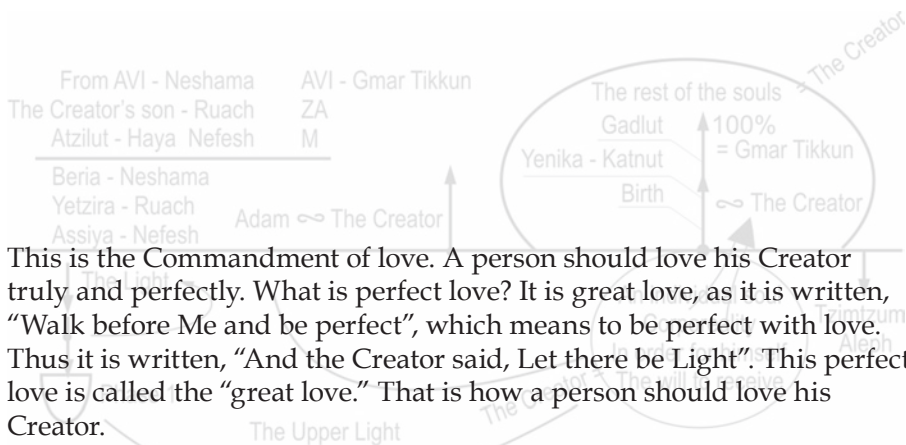
The only property of the Creator that we know about is the property of bestowal. Closeness to this property is defined as working “for the Creator’s sake.” Any other desire can only mean moving away from this property and from the Creator because except for this property or the opposite of it (its absence) there is nothing in the creation.

Commentary on the Book of Zohar
Rav Michael Laitman, PhD

Our problem is that we do not know that power which is inside of the person. Also, we do not know the forces that act on this inner person from the inside. We are not familiar with them. In the world of the surrounding reality we relate to substances that are still, vegetative and living. We do not relate to the acting powers. Whoever rises to the level where he sees the forces in reality and in human beings is in control. This is what has to be achieved. Every disaster and dreadful occurrence, everything that is with us in some way or another, and the lack of satisfaction with life is all in order to push us to elevate a little and control reality. Humankind must attain it. The Kabbalah says that eventually everyone will attain it.

A Course in the Perception of Reality
Rav Michael Laitman, PhD



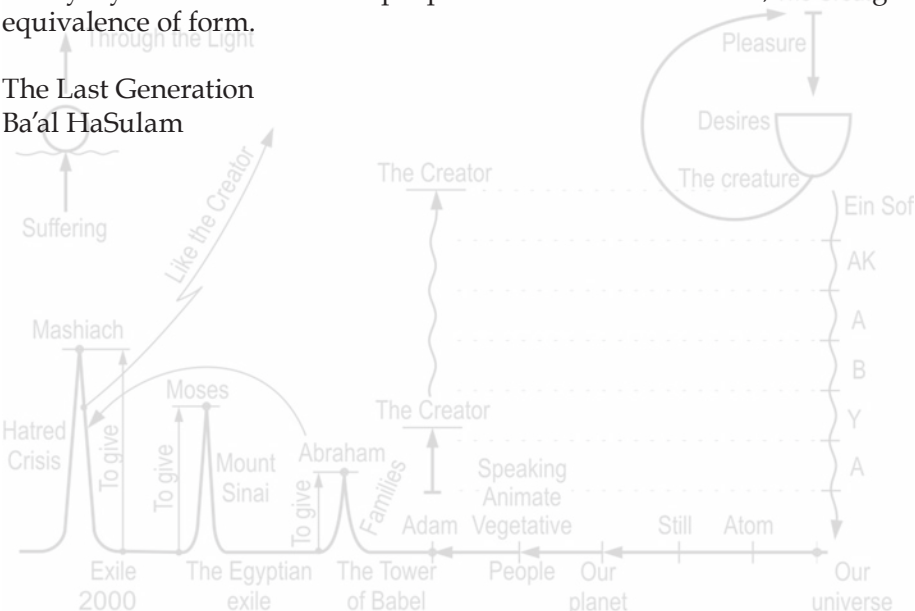


The Book of Zohar



Thus it is clear that what the Creator wants from us is equivalence of form, by which we return and cleave to Him as before we were created. It is as the verse goes: “To cleave to His attributes: as He is merciful, so shall you be merciful”. Meaning that we change our attributes, which are the will to receive, and accept the attributes of the Creator, which consist purely of bestowal, in such a way that everything we do will be only to bestow upon our fellow man and benefit them to the best of our ability. By that we come to the purpose of adhesion with Him, meaning equivalence of form.

The Last Generation
Ba'al HaSulam



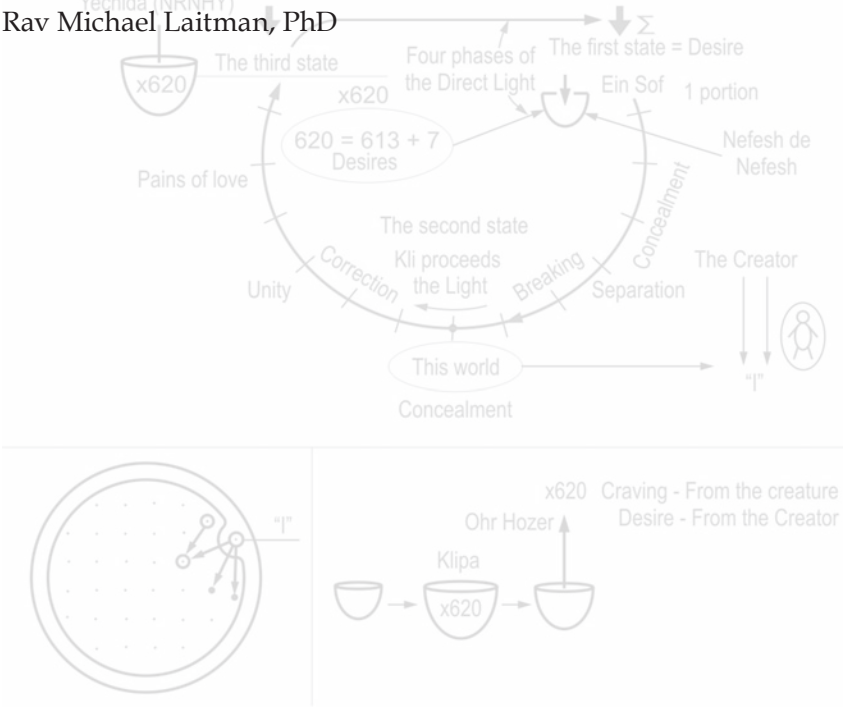
I should constantly enhance my commitment and imagine the greatness of the spiritual so that it will attract me and I will feel no suffering. As soon as I start lagging behind the general pace that is set from above, I instantly feel suffering, which has a sole purpose of pushing me towards the goal. The extent of our suffering depends on how quickly or slowly we advance to the goal.

Selected teachings of
Rav Michael Laitman, PhD

We can either be egoists or altruists, either think of ourselves or think of others. There are no other options. Freedom of choice is possible when both options are clearly visible and equally appealing (or unappealing). If I can only see one option, I will have to follow it. Therefore, to choose freely, I have to see my own nature and the Creator’s nature.

Kabbalah Revealed

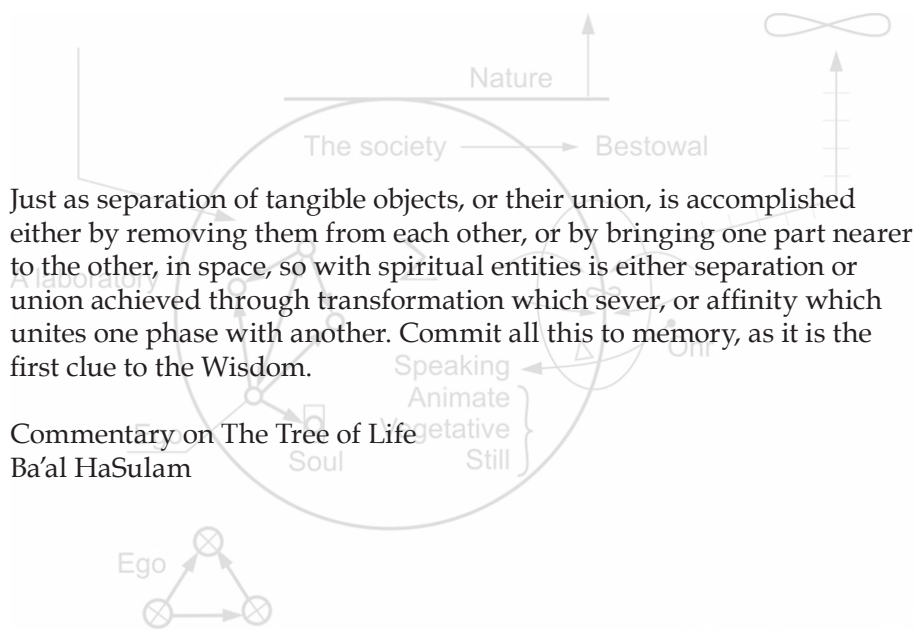
Rav Michael Laitman, PhD



The spiritual world means the adoption of the attributes of the Creator. In fact, it is all very simple and not as we imagine it in baseless fantasies. The reception of an attribute of the sensation of the Creator is called the spiritual world, or the Upper World, and nothing else.

The Open Book

Rav Michael Laitman, PhD



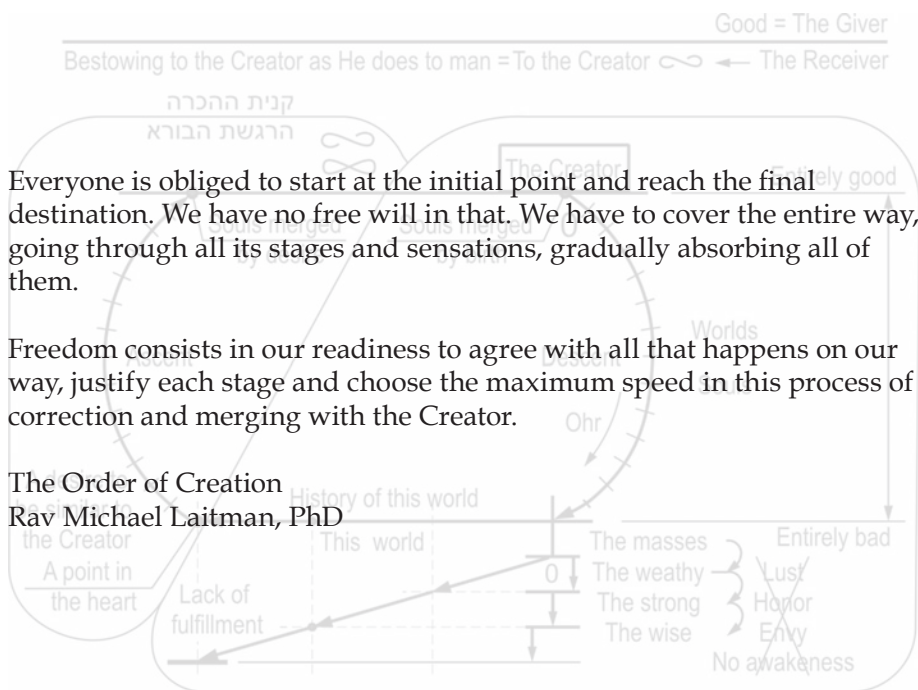
Just as separation of tangible objects, or their union, is accomplished either by removing them from each other, or by bringing one part nearer to the other, in space, so with spiritual entities is either separation or union achieved through transformation which sever, or affinity which unites one phase with another. Commit all this to memory, as it is the first clue to the Wisdom.

Commentary on The Tree of Life
Ba'al HaSulam



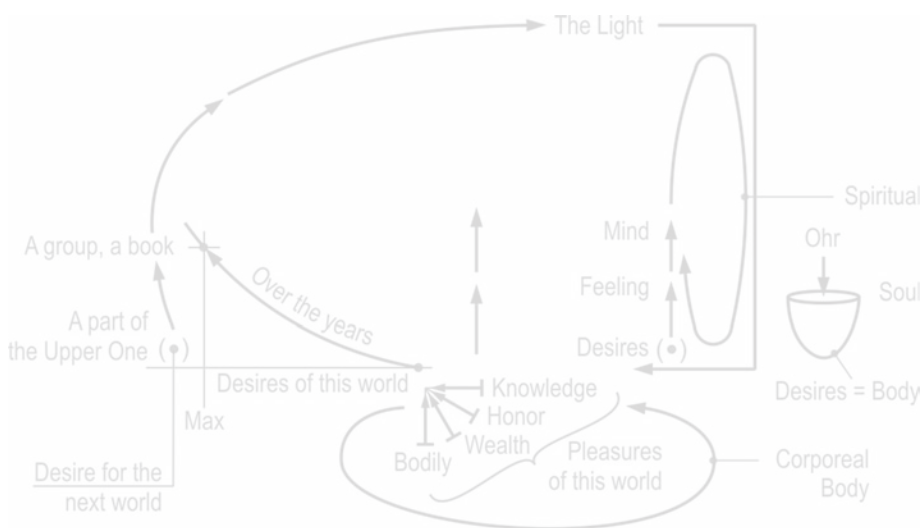
Kabbalah refers to the Creator, to this common informational field as to the general law of nature that acts in all the worlds (including our world). In other words, it is a law just like the law of gravity: you may or not pray with it - it does not matter, because if you jump from a ten story building you will have the same result. This is how Kabbalah looks at the world around us, meaning, that this is not God who can be kind or harsh - it is a law. If you comply with this law, then you use this world properly to the degree of your compliance with it.

Selected teachings of
Rav Michael Laitman, PhD



The unity of the Upper Force manifests in our attainment of one purpose behind all properties and forms in the universe, in the all-encompassing thought of creation “to bestow delight upon the created beings.” This thought embraces the entire reality up to its complete correction, because it is the purpose of creation and at the same time its working force. The thought of the Upper Force is a law for the created beings.

Commentary on Inner Reflection
Rav Michael Laitman, PhD



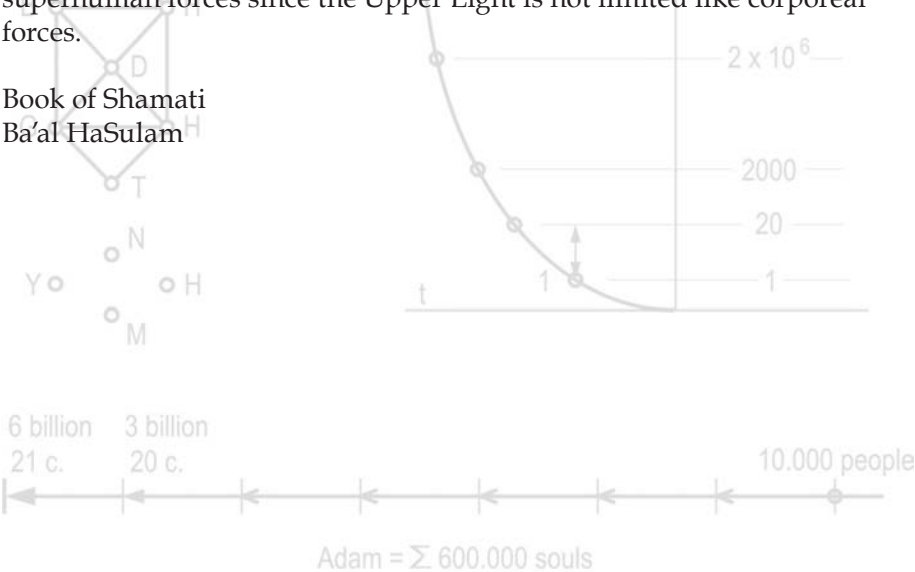
Love is a result of everything, just everything: everything you did and experienced, you and the Giver and the gift between you, and without the gift between you, and you toward Him directly, and you toward Him as equal without any thought of yourself—above all that love was born.

Selected teachings of
Rav Michael Laitman, PhD

Thus, the Light is felt and recognized in the vessel of confidence. Because of that, one's life is measured by the measure of confidence that appears there. One can measure the magnitude of vitality in oneself according to the confidence in himself.

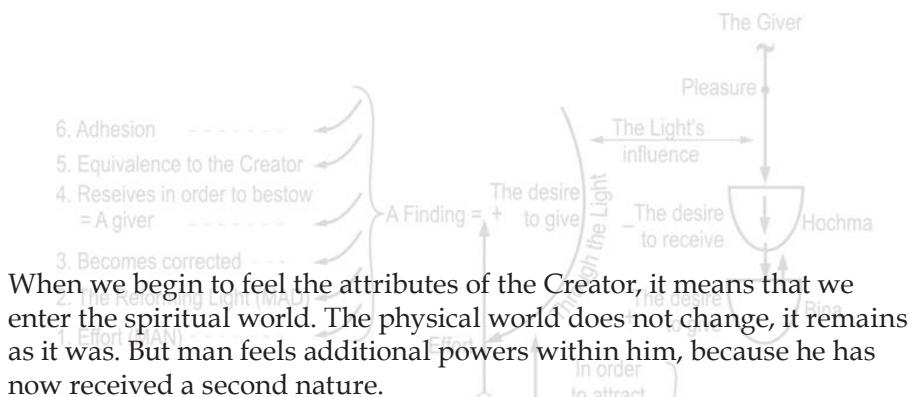
For that reason one can see in oneself that as long as his level of vitality is high the confidence shines on every single thing, and he sees nothing that can obstruct him with what he wants. This is because the Light of life, which is a force from above, shines on him and he can work with superhuman forces since the Upper Light is not limited like corporeal forces.

Book of Shamati
Ba'al HaSulam



Humans are the only creatures whose nature grants them an opportunity for free choice; that choice is only at the level of correcting human relations. The comprehensive balancing of all of Nature's degrees depends solely on our realization of this choice.

From Chaos to Harmony
Rav Michael Laitman, PhD



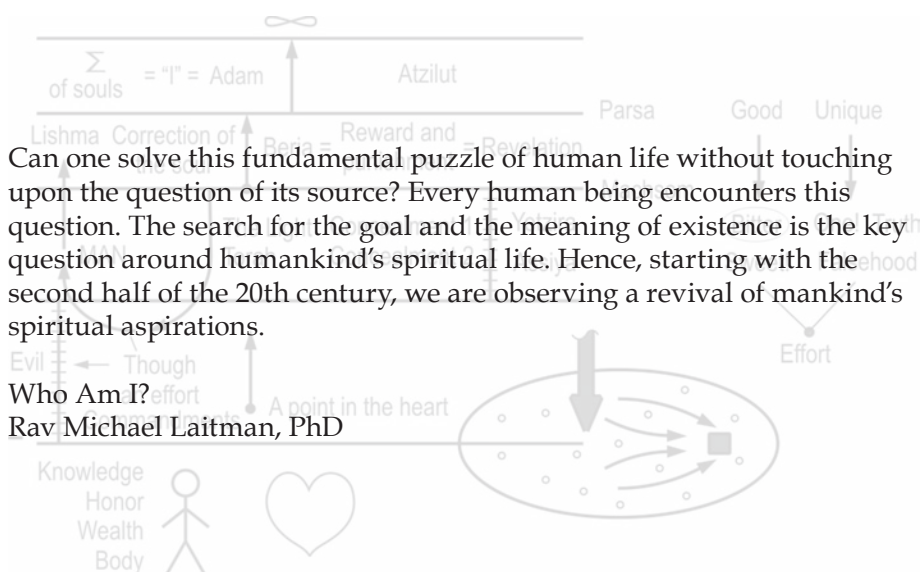
When we begin to feel the attributes of the Creator, it means that we enter the spiritual world. The physical world does not change, it remains as it was. But man feels additional powers within him, because he has now received a second nature.

The Open Book
Rav Michael Laitman, PhD

Man can become so powerful in this world that he will be able to know the entire prospect of soul evolution, the advancement of humanity. He can rise above our world and literally be in charge of the material world—transcending time and space, life and death. Is it man's goal? It is. He has to evolve so that nothing we see in this world would stand in his way. He would instantly travel in time and space, covering unimaginable differences—being in the past, the present, the future, simultaneously, and in any place.

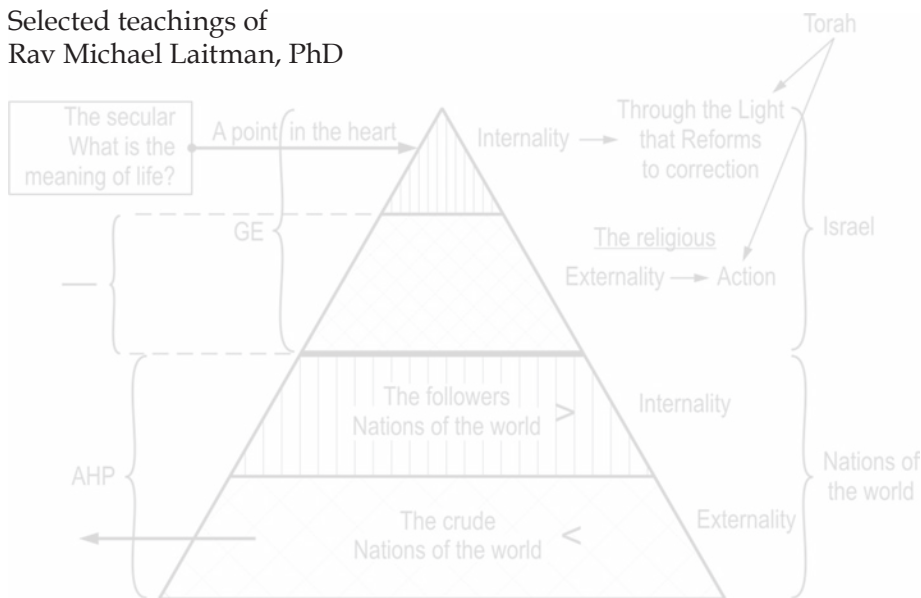
Dialogues on Kabbalah, ARI Films
Rav Michael Laitman, PhD





When a Kabbalist grasps spirituality, he feels it experientially, just as we experience the occurrences and incidences of this physical world with our physical senses and feelings. However, since the objects in the spiritual realm are totally dissimilar from the objects of our physical world, he has no words with which to express the way he experiences them.

Selected teachings of
Rav Michael Laitman, PhD

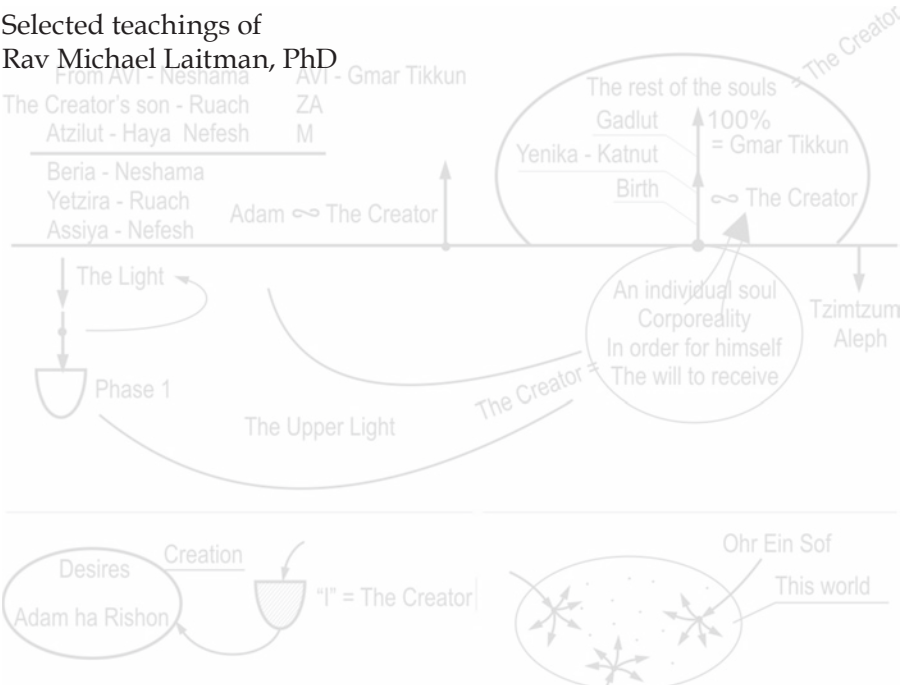


Kabbalistic education is entirely individual and completely contradicts the education of the masses. A Kabbalist must be given the freedom of self-knowledge, the tools, the means with the help of which he can constantly develop. In no way should his inner development be limited. If man is given all kinds of instructions, he ceases to be free, for someone else's model is imposed on his "self".

Foreword, Preamble to the Wisdom of Kabbalah
Rav Michael Laitman, PhD

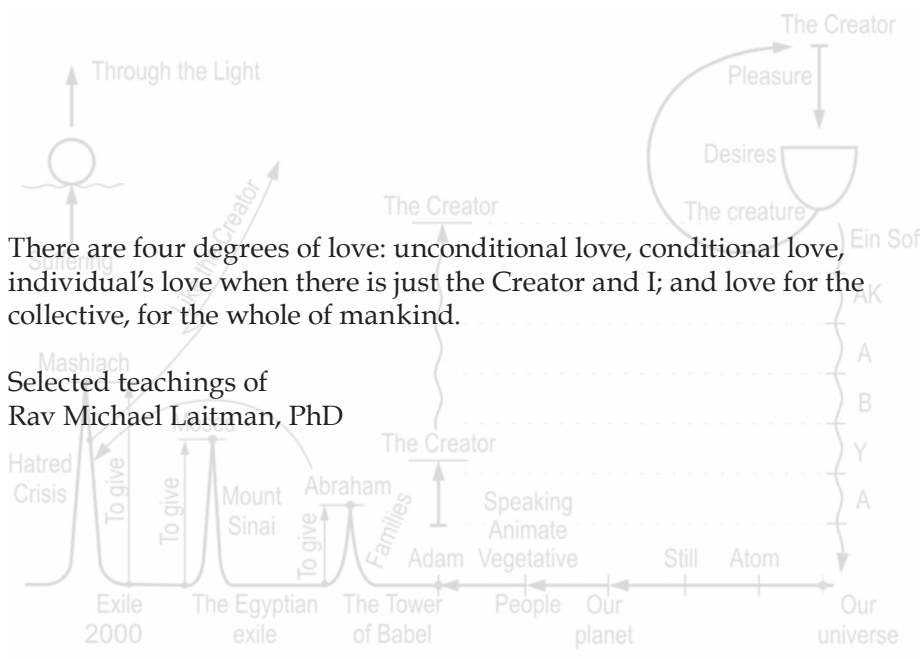
The Creator is a force; it is not something that is wise. It's just a force that governs me. Because I realize that it has created me, I call it the Creator. This is not something that religion ascribes to the Creator or the God – this is absolutely not true. The Creator is something that exists at the higher level than me, just a governing force and that's all.

Selected teachings of
Rav Michael Laitman, PhD



Without this intention, without the desire to attain the Light, nothing will be gained. The power of the study and the Light works on us according to our power of intent and desire. But the disclosure is a slow and gradual process. If we connect everything we feel with the primary question – “What is the meaning of my life?”; all other questions, which are consequences of this one, are answered by themselves.

Interview With the Future
Rav Michael Laitman, PhD





It is common knowledge that the Creator did not complete creation when He created it. And we can see in every corner of reality, in the general and in the particular, that it abides by laws of gradual development - from absence through the completion of its growth. For that reason, when the fruit tastes bitter in the beginning of its growth, it is not considered to be a flaw in the fruit, because we all know that the fruit has not yet finished its development.

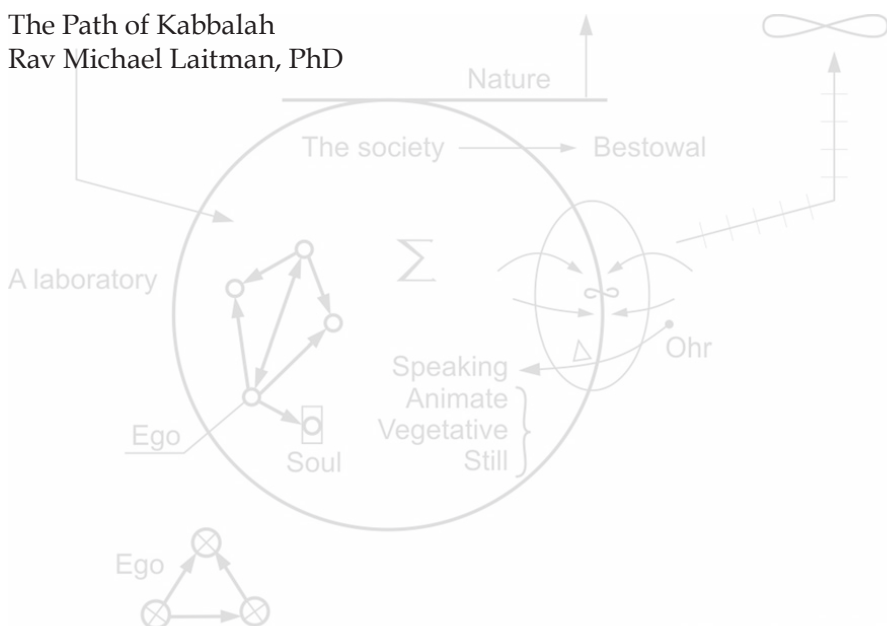
And so it is in every aspect of reality, when some item appears bad and harmful to us, it is but a self-testimony of that item; that it is still in that transition phase - in the process of its development. Therefore, we cannot decide that it is bad and it is not wise for us to cast a flaw in it.

Peace in the World
Ba'al HaSulam

We are all given many chances to begin to progress in the right direction. It is important to identify these opportunities and not to miss out any that we are given by the Creator. We must strive for Him alone and try to see His Guidance in everything that happens to us, in every thought that comes to our mind.

The Path of Kabbalah

Rav Michael Laitman, PhD



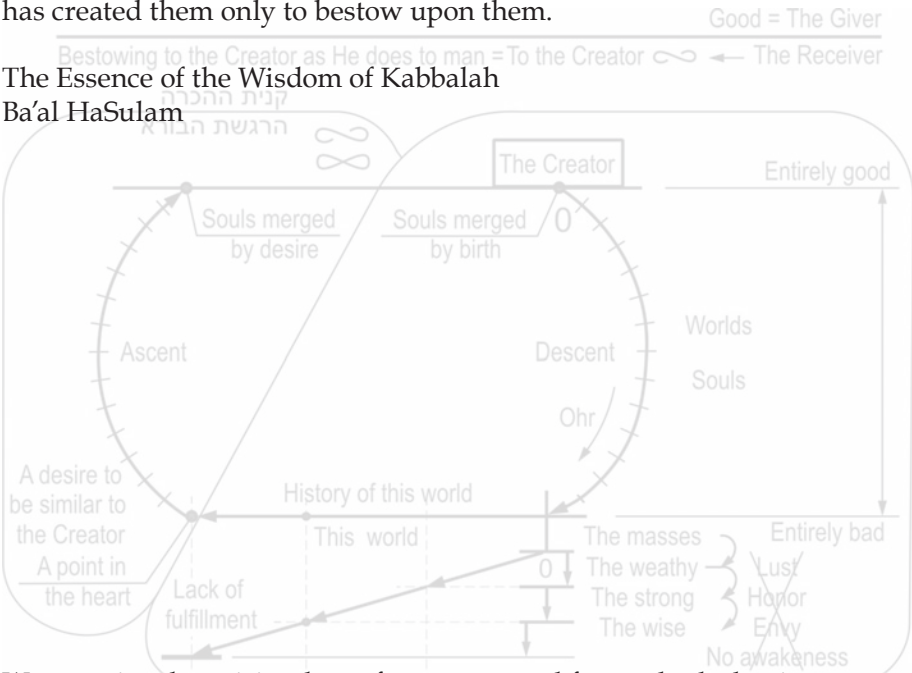
Correction only means our attitude towards whatever occurs to us. When, regardless of what happens, we evaluate and accept everything that happens as being absolutely beneficial, this arouses a sensation of happiness and pleasure. This leads to a situation when a person discovers that nothing really changes at all except his attitude towards the constant state he exists in. He was created in this state and always existed in it.

The Difference between the Science of Kabbalah and Religion

Rav Michael Laitman, PhD

For in this world there are beings that necessarily feel either good or bad, and that feeling necessarily comes from the Creator. And once it is absolutely clear that there is no aim to harm in the nature of the Creator, it necessitates that the creatures receive only goodness from Him, for He has created them only to bestow upon them.

The Essence of the Wisdom of Kabbalah
Ba'al HaSulam



We perceive the spiritual as a force separated from a body, having no material image. It is a separate property and has no contact with the material world. But if the spiritual has no contact with the material, then how can it give birth and put the material into motion?

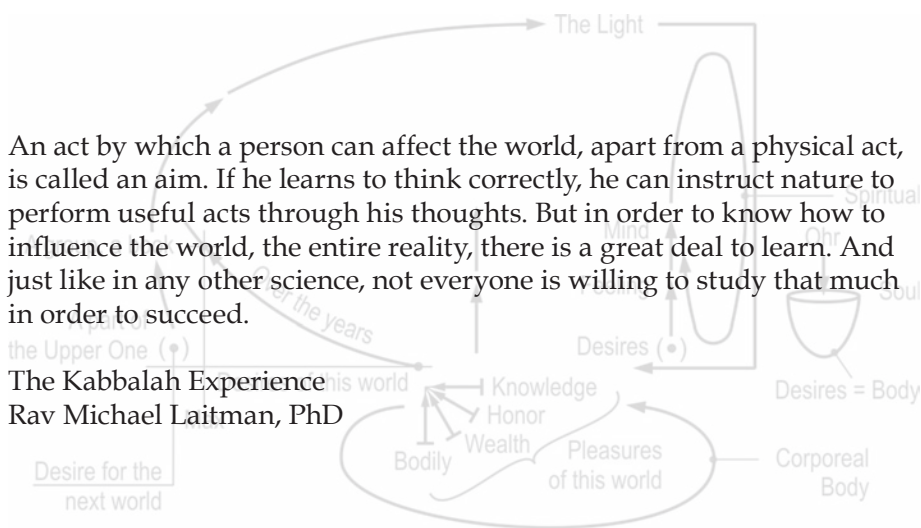
A force in itself is a true matter, no less than all the other matter of our world. The lack of an image that can be perceived by our senses does not diminish its value.

Wisdom of Kabbalah and Philosophy
Rav Michael Laitman, PhD

An act by which a person can affect the world, apart from a physical act, is called an aim. If he learns to think correctly, he can instruct nature to perform useful acts through his thoughts. But in order to know how to influence the world, the entire reality, there is a great deal to learn. And just like in any other science, not everyone is willing to study that much in order to succeed.

The Kabbalah Experience

Rav Michael Laitman, PhD

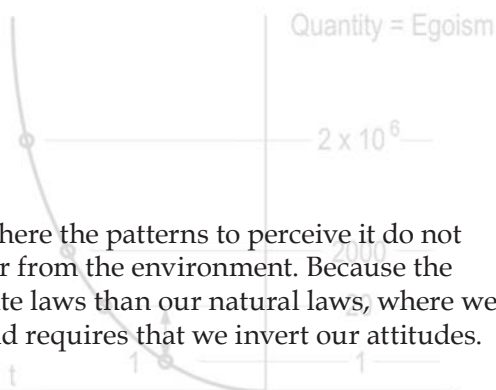
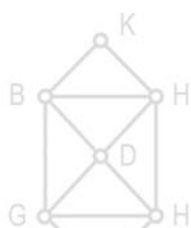


Who am I?
Why do I exist?
Where did we come from? Where are we going? And what is our purpose here?
Have we been in this world before?
Why is there suffering in this world and can we avoid it?
How can we attain peace, fulfillment, and happiness?

All that surrounds us is permeated with cause-and-effect connections. Nothing is created without a purpose; the physical world is governed by precise laws of motion, transformation, and circulation. However, the main question—"Why does it all exist (not only us, but the entire universe)?"—remains unanswered. Is there anyone in this world who has not been touched by this question at least once?

Who Am I?
Rav Michael Laitman, PhD





The spiritual world is a reality where the patterns to perceive it do not come naturally, from within us or from the environment. Because the spiritual reality abides by opposite laws than our natural laws, where we presently exist, the spiritual world requires that we invert our attitudes.

Kabbalah, Science and the Meaning of Life
 Rav Michael Laitman, PhD

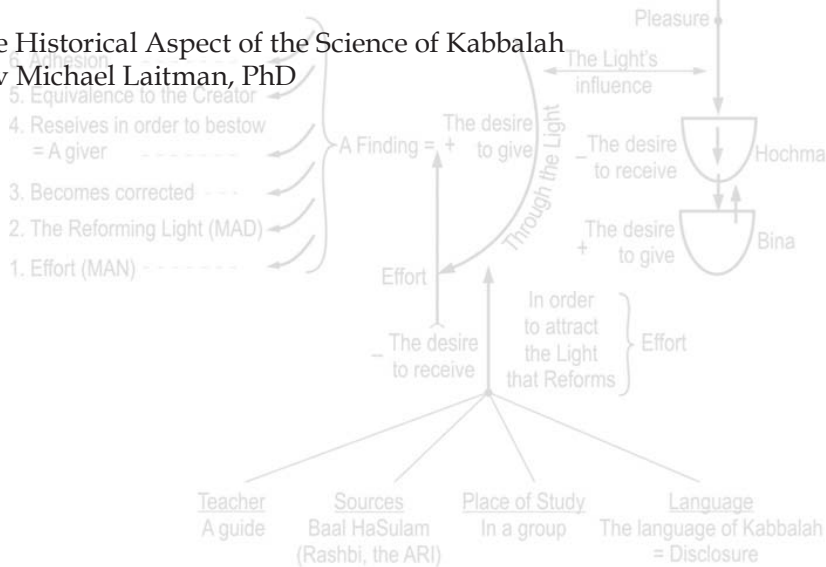


The wisdom of Kabbalah suggests that we should not be dealing with the earthly human properties, because they cannot be corrected directly. However, the very difference between our properties and the spiritual ones evokes in us the sensation of suffering.

The wisdom of Kabbalah makes this offer: if the person wishes to achieve perfect existence, he must copy the spiritual law of bestowal in himself, so that the outer and the inner laws would become equivalent.

The Historical Aspect of the Science of Kabbalah

Rav Michael Laitman, PhD



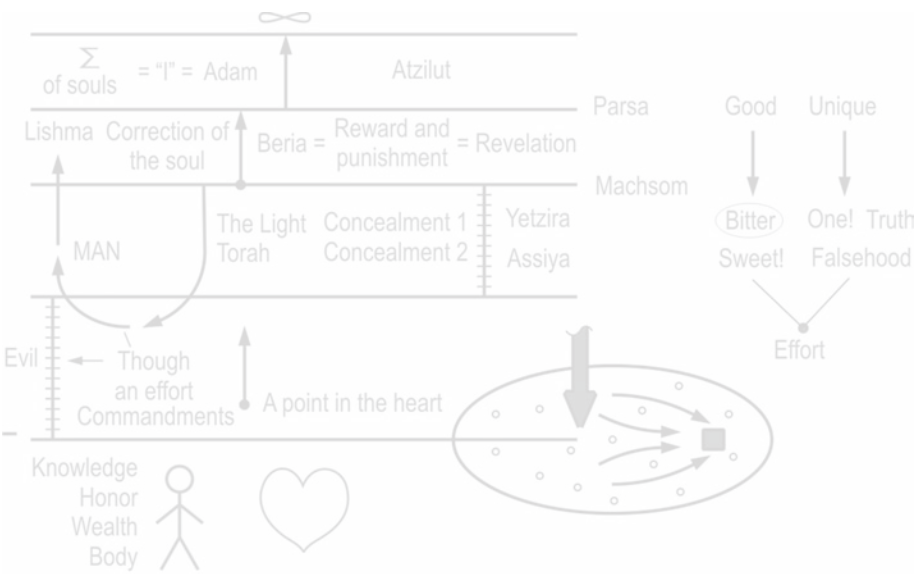
As we have said, man is compared to a tree which, when invaded by weeds, will be disturbed by them. Man, too, must avoid hostile environments, i.e. companions who are not sympathetic to the Path of Truth. He needs careful protection, not to be drawn after their opinions. This is called isolation, or, thoughts of the private domain.

The Importance of the Association

Rabash

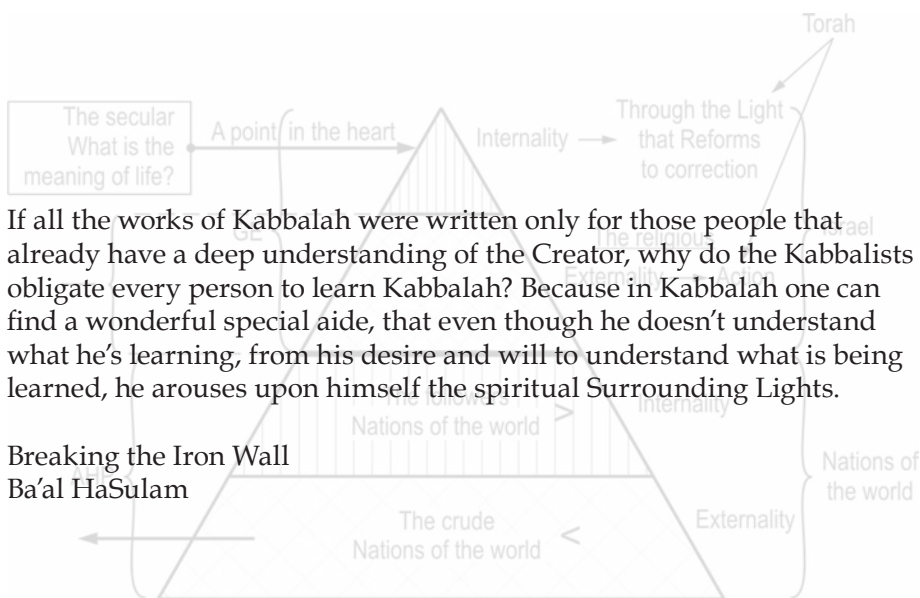
What conclusions can be drawn from all this? That the spiritual law of bringing back every tiniest part of the Universe, or the system as a whole to the Purpose of the Creation is irreversible and firm. It is the only law, and nothing can change or substitute it. There is no other law acting but this.

Selected teachings of
 Rav Michael Laitman, PhD

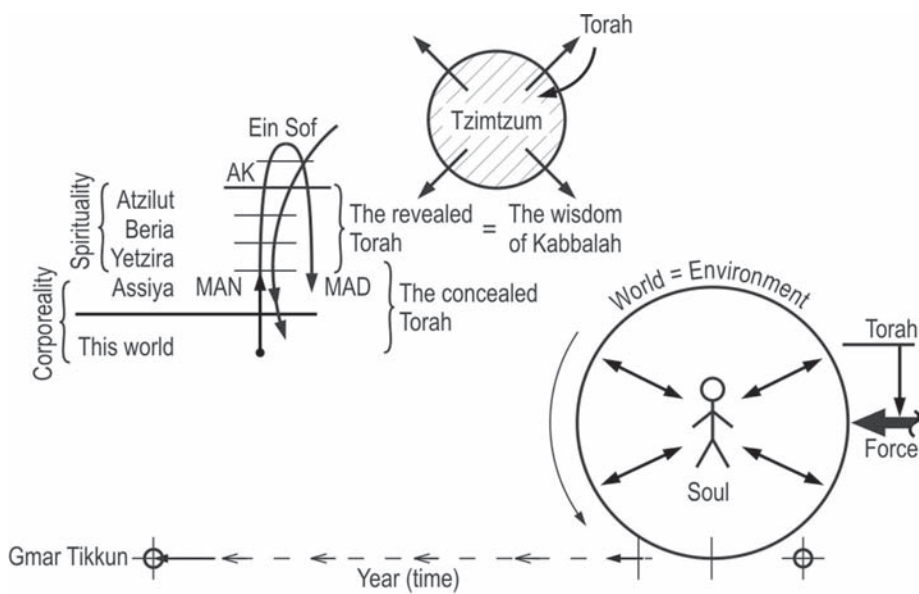


In the end, all will attain a single goal. The only difference lies in the path: a person who willingly and consciously advances towards the goal gains twofold: saving time and experiencing the delight of merging with the Creator, instead of suffering. The gravity of the situation is that humanity does not yet imagine the calamities that lie ahead of it. The goal has been set and the laws of the universe are invariable.

The Basic Concepts of Kabbalah
 Rav Michael Laitman, PhD



If all the works of Kabbalah were written only for those people that already have a deep understanding of the Creator, why do the Kabbalists obligate every person to learn Kabbalah? Because in Kabbalah one can find a wonderful special aide, that even though he doesn't understand what he's learning, from his desire and will to understand what is being learned, he arouses upon himself the spiritual Surrounding Lights.



“Our world” means that we exist in it. It can be the world in which we are now, and a totally different, spiritual world, but it is always the part that we distinguish in the World of Infinity. Therefore, the notion of a world is non-existent by itself. A world is what manifests in man’s perception; we can speak of it only with respect to human beings. No worlds exist beyond man.

In other words, in his inner properties of similarity and dissimilarity to the Creator, the person divides his perception into the revealed and the concealed. The picture of his world is based on this contrast.

Selected teachings of
Rav Michael Laitman, PhD

From AVI - Neshama	AVI - Gmar Tikkun
The Creator's son - Ruach	ZA
Atzilut - Haya Nefesh	M
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Beria - Neshama	

Feeling the significance of the Creation inside oneself changes one's nature. Then obviously one is ready to sacrifice, to bestow, work on giving, and leave one's self. All of this is possible only if one feels the significance of the Creator. Why? There is no real power in our world, but a human being. It seems to a person that he or she is the one who decides and can do everything. But when this sensation is replaced by the Creator's rule, this feels like the most terrible thing in the world.

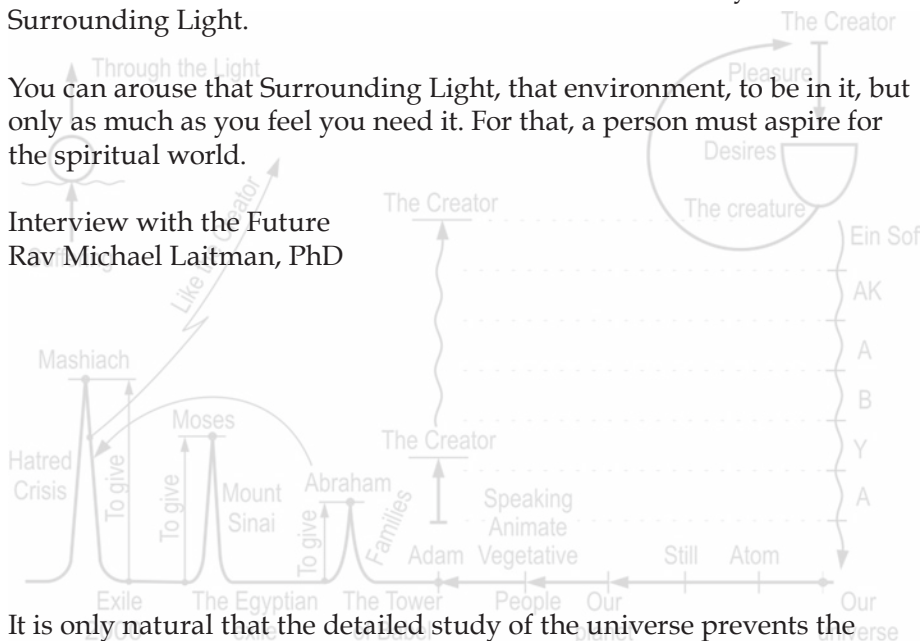
Selected teachings of
Rav Michael Laitman, PhD



If a person does not aspire for the Light, meaning if he has no intention to be corrected, to receive the spiritual attributes of the Creator, the Light will not come to him. Each person has a certain amount of Light that he must draw into his soul. In the meantime, that Light stands outside the soul and waits for a chance to enter. That is why it is called a Surrounding Light.

You can arouse that Surrounding Light, that environment, to be in it, but only as much as you feel you need it. For that, a person must aspire for the spiritual world.

Interview with the Future
Rav Michael Laitman, PhD

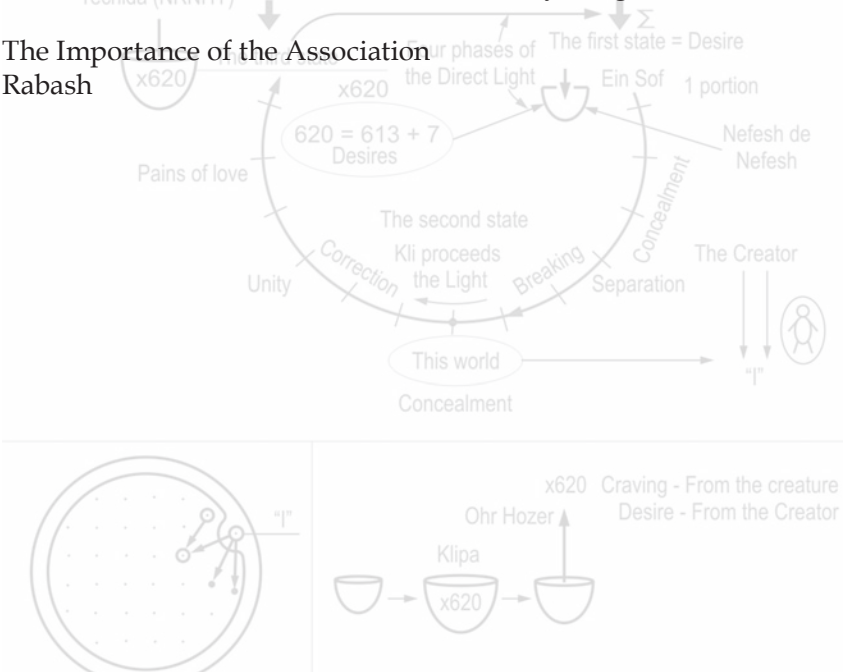


It is only natural that the detailed study of the universe prevents the person from thinking that the Creator changes His attitude toward him depending upon his requests. In this way, Kabbalah forms in us the correct attitude to the universe, to the Creator. It tells us: "The Creator is invariant, only you are changing. You will not be able to change by yourself. The Light created you, therefore you have to ask it to transform and correct you. All your inner states and perception of the world depend only upon your equivalence to the Upper Light, the Creator. The more similar to it you become, the better you will feel."

Selected teachings of
Rav Michael Laitman, PhD

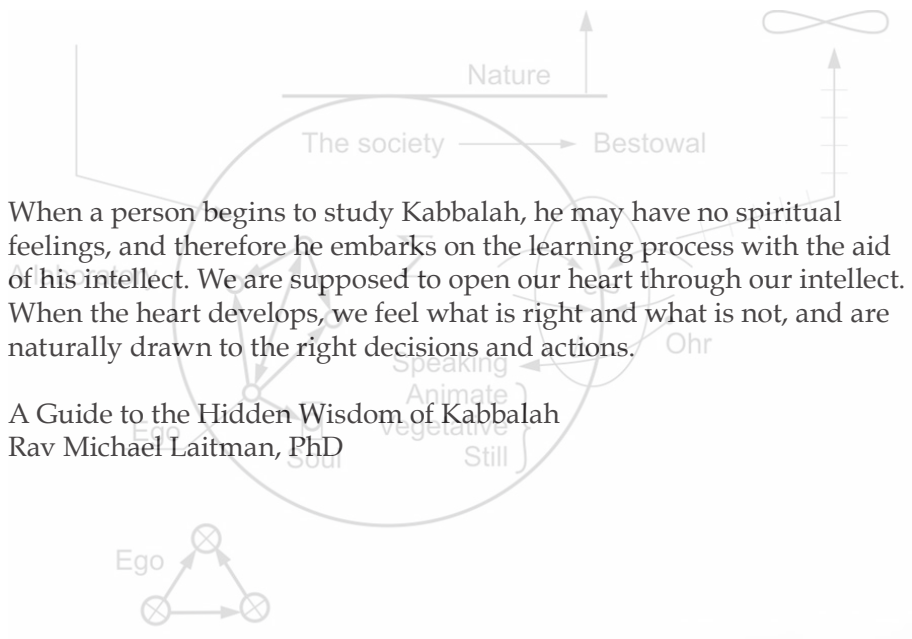
If there is brotherly love, one of its natural laws is that one sees the good in his friend. Therefore if a person sees a flaw in his friend, the reality is that the flaw is in himself, that is, in his brotherly love, and that is why he can see flaws. He should not wish that his friend should improve, but that he himself should. Then he will see only the good in his friend.

The Importance of the Association
Rabash



Kabbalists characterize the Upper ruling Force, which is usually called the Creator, as absolute kindness. This is how they attain it in their own sensations - as the ultimate manifestation of the outer and inner nature and of all the laws that influence desires. The Creator or nature cannot possibly cause harm to anyone. This fact is perceived by Kabbalists who attain it and who identify it as the principal law of the universe. This law embraces the entire universe and determines all that happens in it.

Selected teachings of
 Rav Michael Laitman, PhD



When a person begins to study Kabbalah, he may have no spiritual feelings, and therefore he embarks on the learning process with the aid of his intellect. We are supposed to open our heart through our intellect. When the heart develops, we feel what is right and what is not, and are naturally drawn to the right decisions and actions.

A Guide to the Hidden Wisdom of Kabbalah
 Rav Michael Laitman, PhD

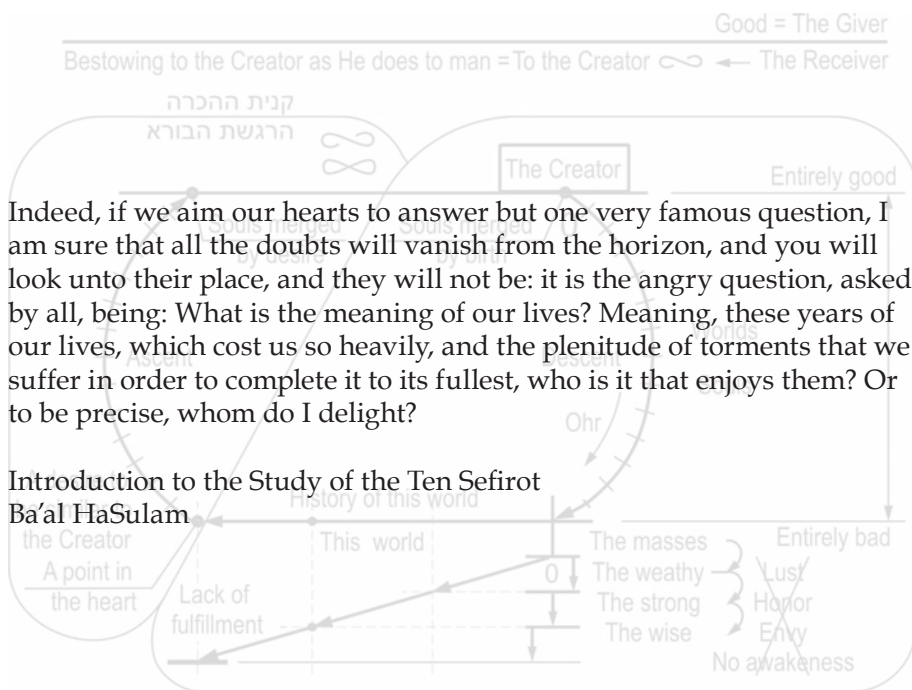
The final goal is but a simple thing – to dwell there. This is the meaning of the words, “according to the beauty of a man, to dwell in the house.” It is a simple thought, without any philosophizing and without wit, only a simple will.

Know, that all the sophistications in the knowledge are mostly mistakes that should fall before the truth. Yet, the truth itself is simple, without any wit.

There is a secret in that, principally being the iron wall that separates us from our Father in Heaven. There are things that are hidden because of their great height and depth, and there are things that are hidden because of their utter subtlety, like flies in the air, too thin to be seen.

Introduction to the Book, “From the Mouth of a Sage”
Ba’al HaSulam

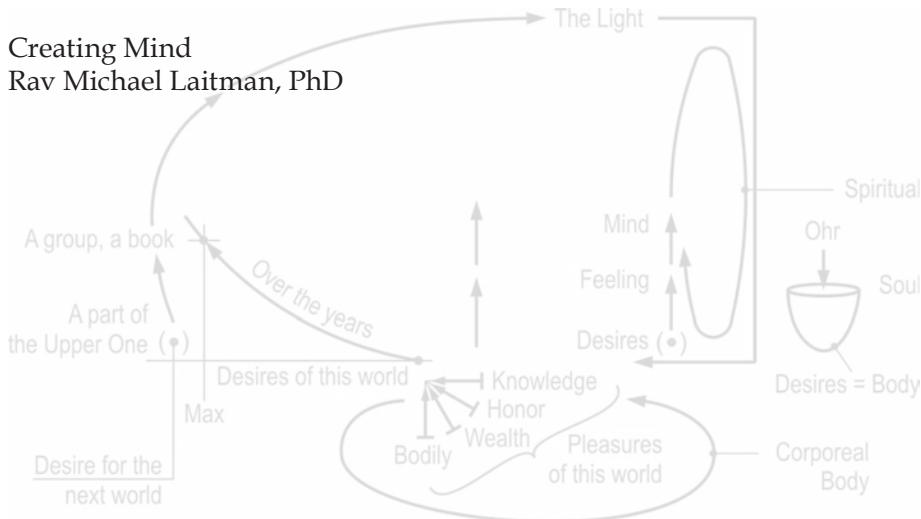




Study yourselves as egoistical creatures, learn how you can become similar to Him, and from the clothing of one form into another you will understand what the Creator is. We, as created beings, have no contact with the Creator because we exist beneath His mind and plan. But from our observation, from acts of bestowal similar to His, and while attaining His plan, we really rise above the point of our own creation. Therefore, it is said that we “become equal to Him.” By ascending, man not simply becomes Man, but attains the Creator’s level.

Creating Mind

Rav Michael Laitman, PhD



The most important thing in a person, during his entire path from down up, is to perceive within himself the ability to correctly evaluate truth and falseness on every stage. That is, to be able to negate what he has gone through, what is false, and rather to aspire towards the Supreme Truth.

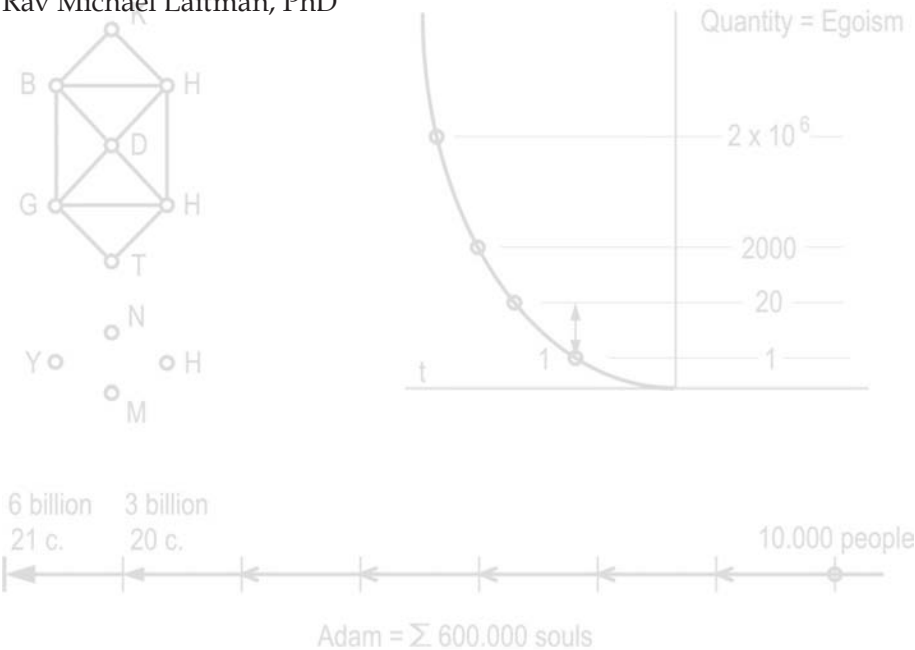
Although it seems to us that this depends on the mind, in reality this depends exclusively on the Creator.

Selected teachings of

Rav Michael Laitman, PhD

In the spiritual world, all processes take place according to the cause-and-effect relation. There is no time, nothing changes or disappears there. All that was continues to be, and everything new merely dresses onto it. The previous continues to exist and is the cause, while all the new becomes its effect.

Commentary on The Science of Kabbalah (Pticha)
 Rav Michael Laitman, PhD



Every person is guaranteed that in the end he will reach awesome levels of understanding, that the Creator thought in the beginning of creation to give pleasure to his creatures. He that doesn't merit in this incarnation, he will merit in the next incarnation, in the one after that, until he manages to complete the first thought of the Creator.

Breaking the Iron Wall
 Ba'al HaSulam

The ego's force is a wonderful thing. It brought us this far, and thanks to it, we will also reach our perfection. It is the ego that pushes us forward and facilitates unlimited progress. Without it, we would not have evolved as a human society, and we would not be fundamentally different from animals. Finally, thanks to our egos, we are now arriving at a situation where we are no longer willing to settle for ephemeral, familiar pleasures, but want to have what lies beyond them.

From Chaos To Harmony
Rav Michael Laitman, PhD



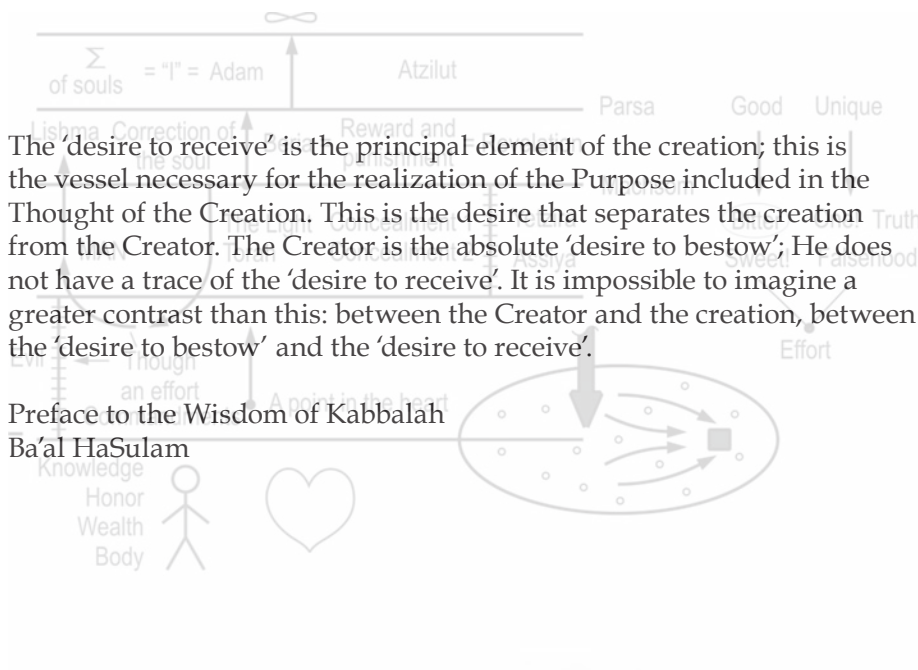
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The actions of a man thriving to achieve the Higher Worlds are as follows:

1. The correction of his intention is from the egoistical to the altruistic. A desire, to be filled with the Higher Light, is to become altruistic, and similar to the Higher Power.
2. The corrected desire is filled with the Higher Light. As a result, men begin to understand the qualities of the Higher Power, its goals, the idea of his creation. And this is his reward.

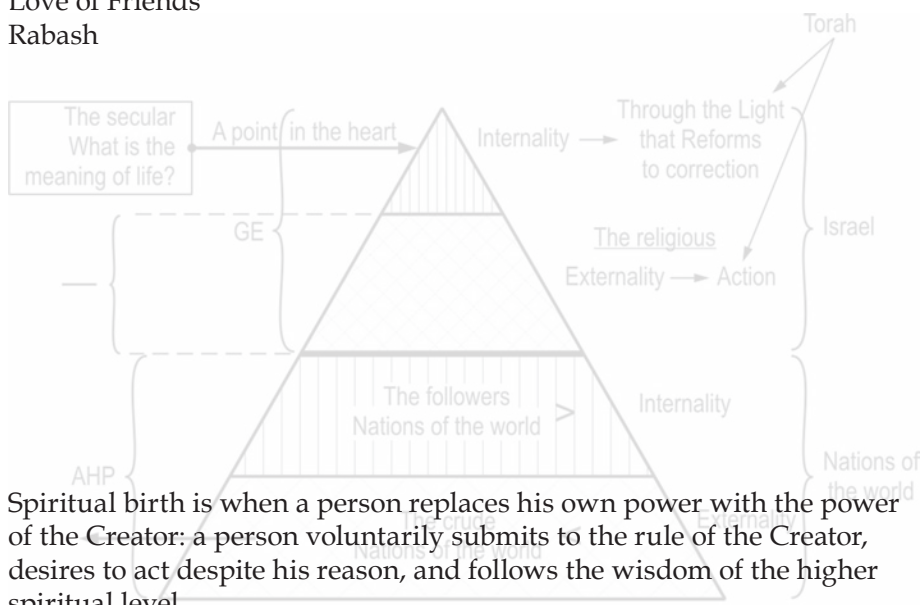
Foreword, From the Mouth of a Wise Man
Rav Michael Laitman, PhD



In the end, from love of friends, one can reach love of the Creator, meaning to want to give contentment to the Creator. It turns out that only in this does he obtain a need and understanding that bestowing is important and necessary, and this came to him through love of friends.

Love of Friends

Rabash



Spiritual birth is when a person replaces his own power with the power of the Creator: a person voluntarily submits to the rule of the Creator, desires to act despite his reason, and follows the wisdom of the higher spiritual level.

Spiritual birth – appearance of the spiritual desires – happens like birth on all the levels – intellectual or animated.

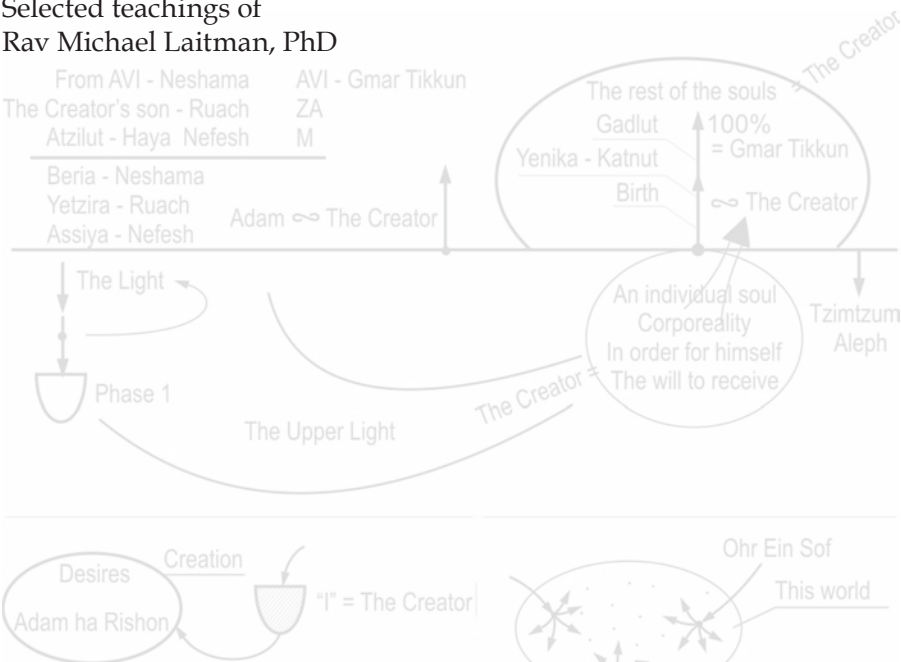
Until that moment, a person has no spiritual desires – he is under the influence of his egoistical desires. Receiving from the above new spiritual desires, replacing egoistical desires with altruistic ones, is called spiritual birth.

Spirit and Body

Rav Michael Laitman, PhD

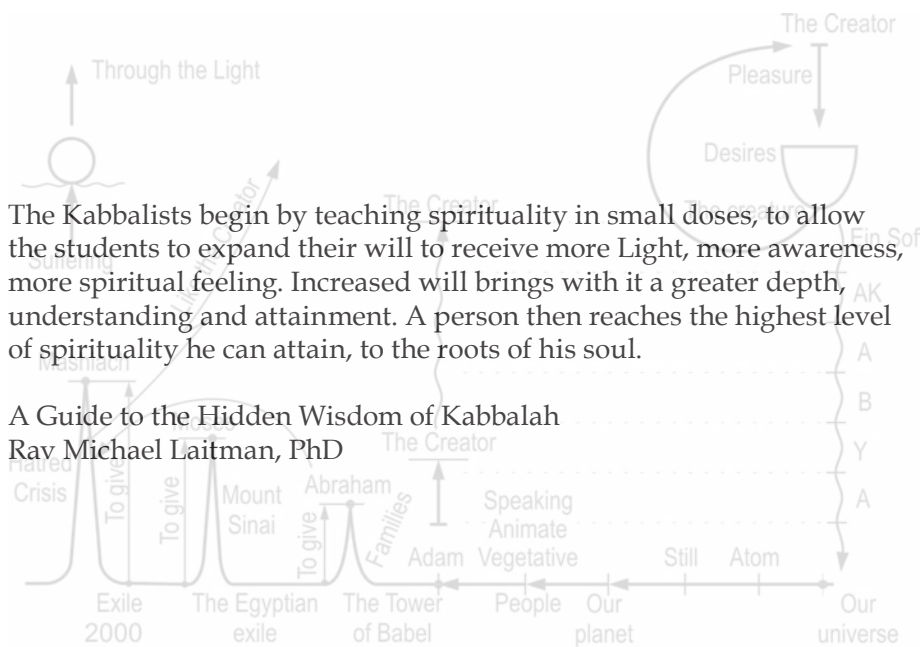
As it is the sole intention of the Emanator to bestow to mankind, it becomes a matter of necessity and obligation that the recipients should desire with an intense will the All-Goodness of their Creator, for their joy and satisfaction is measured according to the intensity of the will to receive.

Selected teachings of
 Rav Michael Laitman, PhD



Our sages said that all the worlds were not created but for man. And it seems very peculiar, that for such a small man, whose worth is no more than a wisp compared to the reality before us in this world, much less compared to the upper spiritual worlds, the Creator would go to all the trouble of creating that for him. And even more peculiar is what would man need all these vast spiritual worlds for?

Introduction To The Zohar
 Ba'al HaSulam



The Kabbalists begin by teaching spirituality in small doses, to allow the students to expand their will to receive more Light, more awareness, more spiritual feeling. Increased will brings with it a greater depth, understanding and attainment. A person then reaches the highest level of spirituality he can attain, to the roots of his soul.

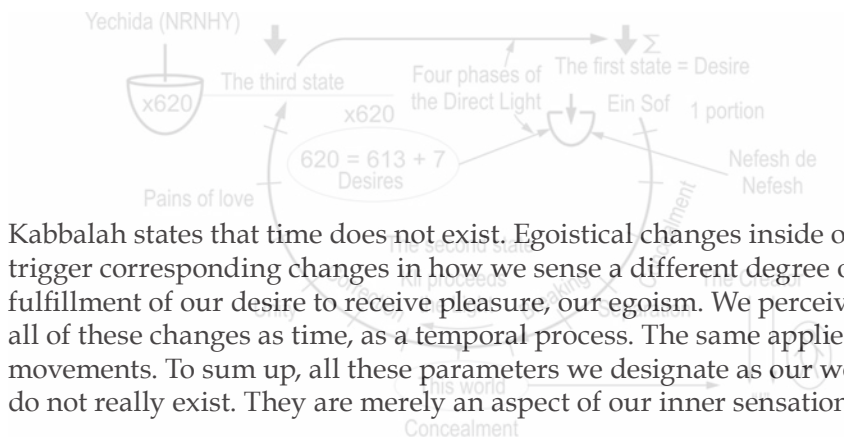
A Guide to the Hidden Wisdom of Kabbalah

Rav Michael Laitman, PhD

The point in the heart determines what a person does. It directs a person precisely to a single central place in creation where one should be. There is no way to escape it. Some people try, but it doesn't work because regardless, the spiritual potential in one's heart—that point—is truly the central point. It directs a person precisely to the exact place where this point can develop, to the place where it can really feel at home. At home, meaning, in the end, through that place, through this process of evolution, one reaches the Source from which this point descended, rising up through all the worlds, to that same place in the Creator where the point originated, which is called "the Creator's part given from Above."

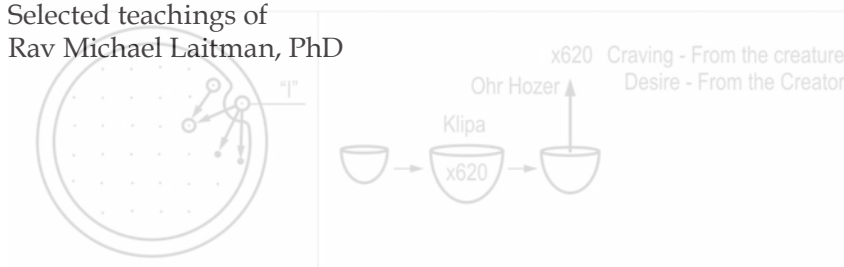
Rungs of the Ladder, ARI Films
Rav Michael Laitman, PhD





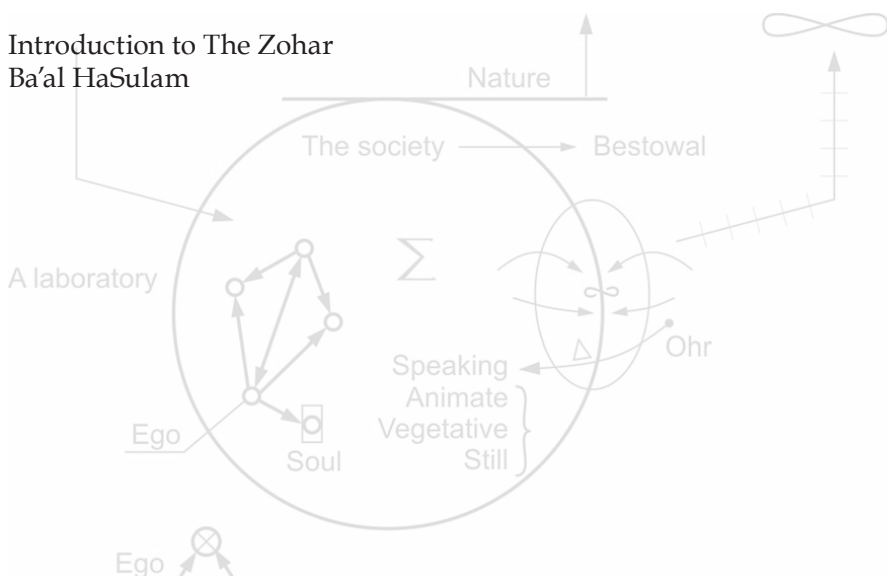
Kabbalah states that time does not exist. Egoistical changes inside of us trigger corresponding changes in how we sense a different degree of fulfillment of our desire to receive pleasure, our egoism. We perceive all of these changes as time, as a temporal process. The same applies to movements. To sum up, all these parameters we designate as our world do not really exist. They are merely an aspect of our inner sensations.

Selected teachings of Rav Michael Laitman, PhD



And we must bear in mind, that since the thought of creation is to bestow to His creatures, He had to create in the souls a great amount of desire to receive that which He had thought to give. For the measure of each pleasure and delight, depends on the measure of the will to receive it. The greater the will to receive, the greater the pleasure, and the lesser the will, the lesser the pleasure from reception.

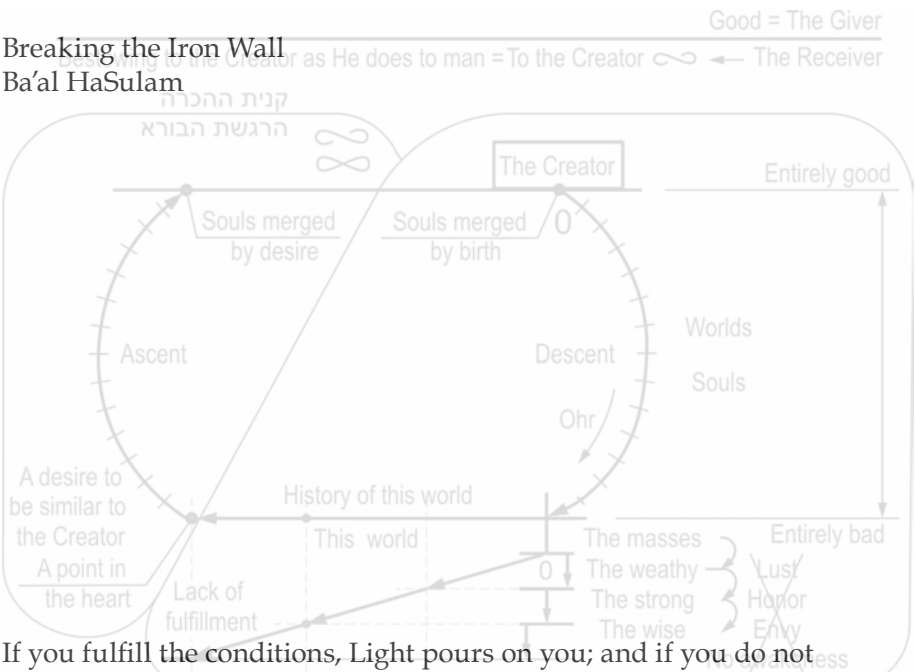
Introduction to The Zohar Ba'al HaSulam



Kabbalah takes man's "I" as its object of study, the only creation that exists besides the Creator, and researches it. This science breaks "I" into parts, and then explains the structure and properties of each part and the purpose of its creation. Kabbalah explains how every part of man's "I" called soul can be changed, so that a person would reach the purpose of creation, the state desired by the Creator and man, provided he realizes that.

Commentary on the Book of Zohar Rav Michael Laitman, PhD

Therefore we must ask: why then, did the Kabbalists obligate each person to study the wisdom of Kabbalah? Indeed there is a great thing in it, worthy of being publicized: There is a wonderful, invaluable remedy to those who engage in the wisdom of Kabbalah. Although they do not understand what they are learning, through the yearning and the great desire to understand what they are learning, they awaken upon themselves the Lights that surround their souls.



If you fulfill the conditions, Light pours on you; and if you do not fulfill them, then it doesn't pour. That is it. There is no desire from the above, and there is no additional code above, that you need to realize. Everything is inside you. At the moment when everything is ready in you – the abundance comes and the Light that returns one to the Source works on you.

The Faith
 Rav Michael Laitman, PhD

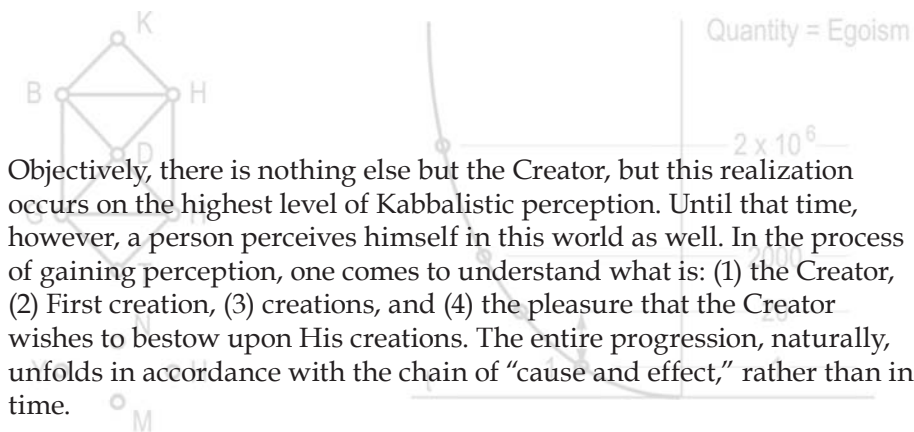


There are many truths in the world, but among them, there is a Supreme Truth that subordinates all the others. This Supreme Truth is the truth about the unity of all that exists in the Creator-Creation system, in a human. I live in everyone; everyone lives in me.

There are many laws in the world, but among them, there is a Supreme Law that subordinates all the others. This Supreme Law is the law of return of the Creation to the Creator (to pleasure, to Light).

There are many senses in the world, but the Supreme Sense of one's life consists in self-knowledge, in human comprehension of one's own "I", one's own immortal nature.

The Meta-Science of Kabbalah
Rav Michael Laitman, PhD



Objectively, there is nothing else but the Creator, but this realization occurs on the highest level of Kabbalistic perception. Until that time, however, a person perceives himself in this world as well. In the process of gaining perception, one comes to understand what is: (1) the Creator, (2) First creation, (3) creations, and (4) the pleasure that the Creator wishes to bestow upon His creations. The entire progression, naturally, unfolds in accordance with the chain of “cause and effect,” rather than in time.

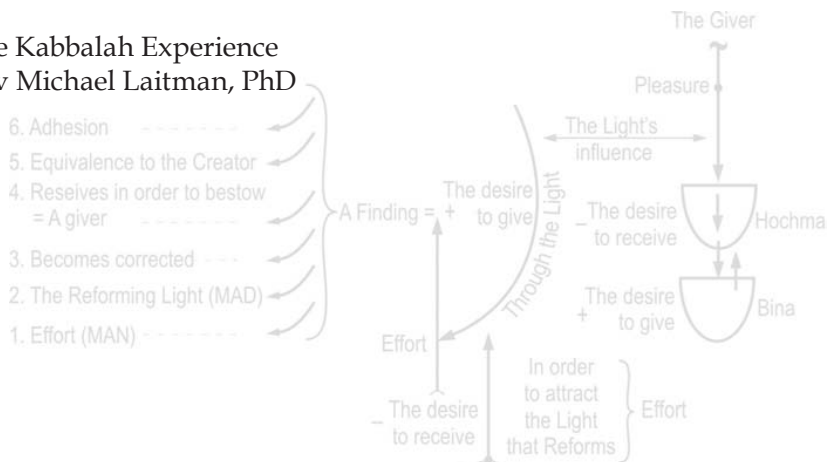
Attaining the Worlds Beyond

Ray Michael Laitman, PhD



To equalize with the Creator means to be equal to Him in every manifestation. It does not refer to the Upper Force itself, but to how He relates to things, how He appears before us, within us, as a Supreme Power, as Essence, in the way that He wants us to feel Him.

The Kabbalah Experience
 Rav Michael Laitman, PhD



Thus according to this, all the distinctions and differences (in the Upper Light) are relevant specifically to the recipient with regards and according to the recipient's (degree of) excitation from them (the Light that extends onto the recipient). But we need to understand the perspective of the speaker - when speaking about the distinctions in the (Upper) Worlds - one speaks of distinctions in potential, and when the recipient comprehends (attains) those manifestations, then they are spoken of as actually existing.

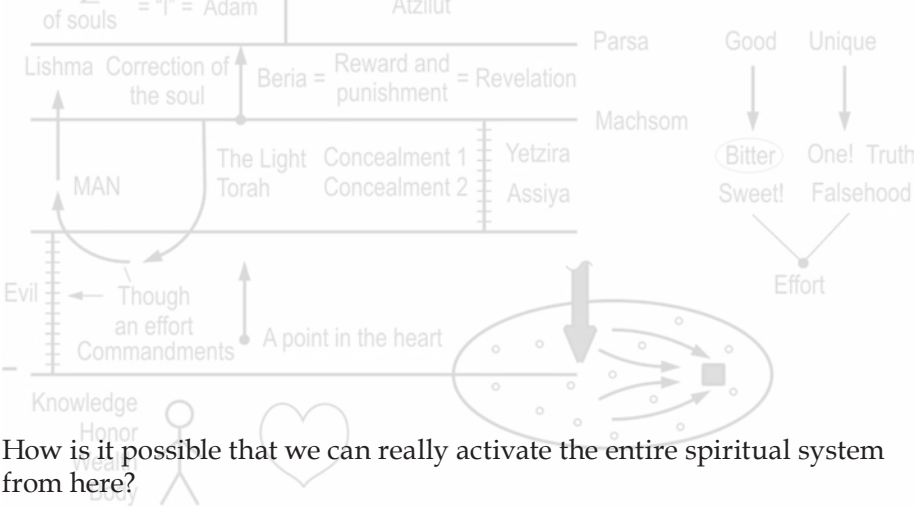
Spiritual comprehension is that the comprehending soul and idea that is comprehended join together.

Comprehending the Spiritual
 Ba'al HaSulam

The spiritual sphere is not a physical one, but one of desires, the highest being that of the Creator, and the lowest, its total opposite. There are five principal spiritual degrees between these opposing desires, called “worlds.” We can traverse them according to the changes in our attributes and desires. When our desires become identical with those of a certain spiritual degree, we immediately bond with that degree on a feeling level.

The Path of Kabbalah

Rav Michael Laitman, PhD

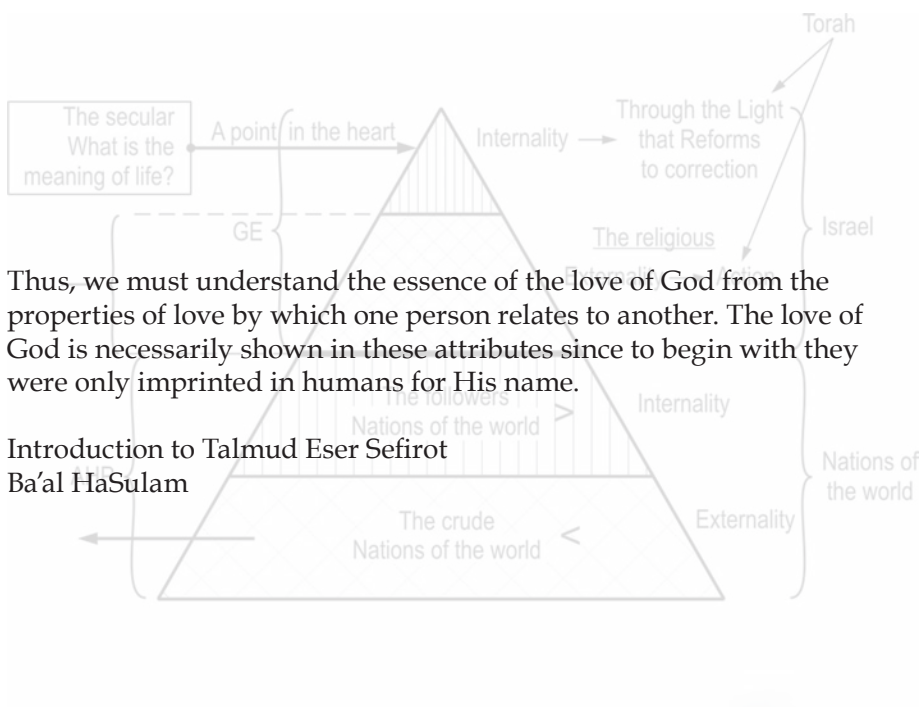


How is it possible that we can really activate the entire spiritual system from here?

We do not understand, we do not sense. You can even say that we don't even belong to it.

Why would we, from the level that we're on here? If there is any connection, where would we get the brains and the ability? We can't even take care of ourselves properly.

Selected teachings of
Rav Michael Laitman, PhD



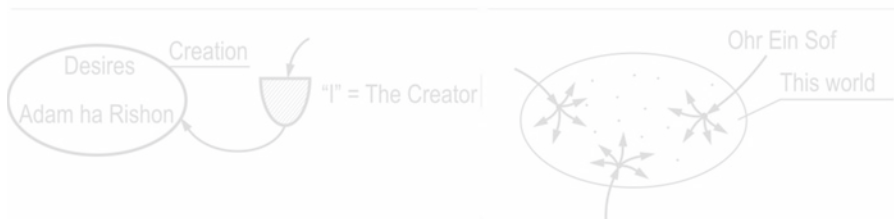
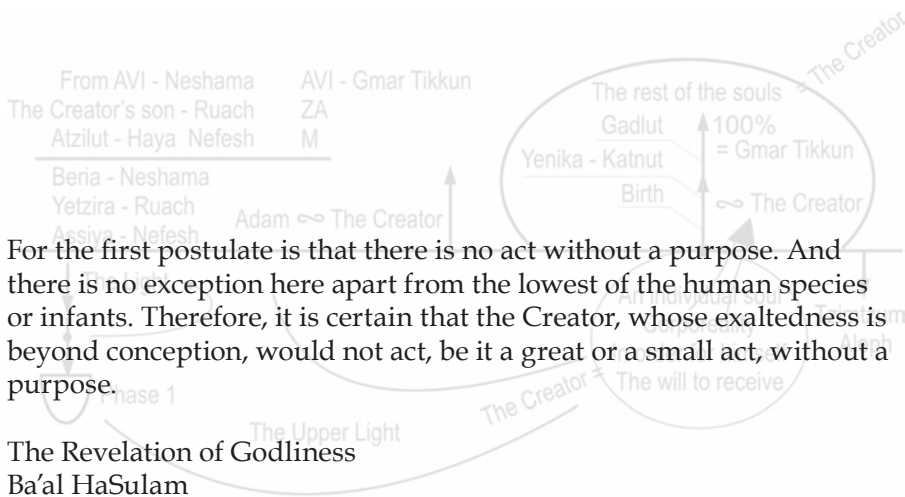
In order to bond with the spiritual world, a man has to achieve a similarity of attributes with this world.

If even only one desire matches the spiritual attribute of giving relentlessly, then at this stage, a connection with the Creator is established.

It is quite difficult to establish this first contact.

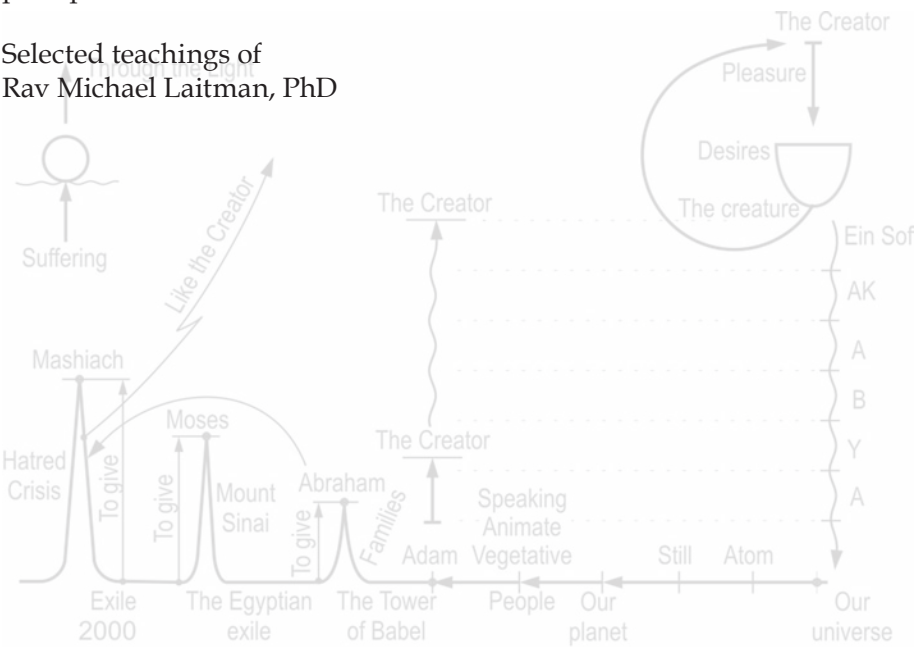
Selected teachings of
Rav Michael Laitman, PhD





In order to come to a spiritual state and in general to any situation, the creature must first want to be in it. Without a desire for it, he won't feel that situation itself. All situations exist before us in potential, in their infinite form, in an unbounded way. It means that from Above there are no limitations. All the limitations are from below, from the person himself. To the same extent that he is limited, he limits his own perception.

Selected teachings of
 Rav Michael Laitman, PhD

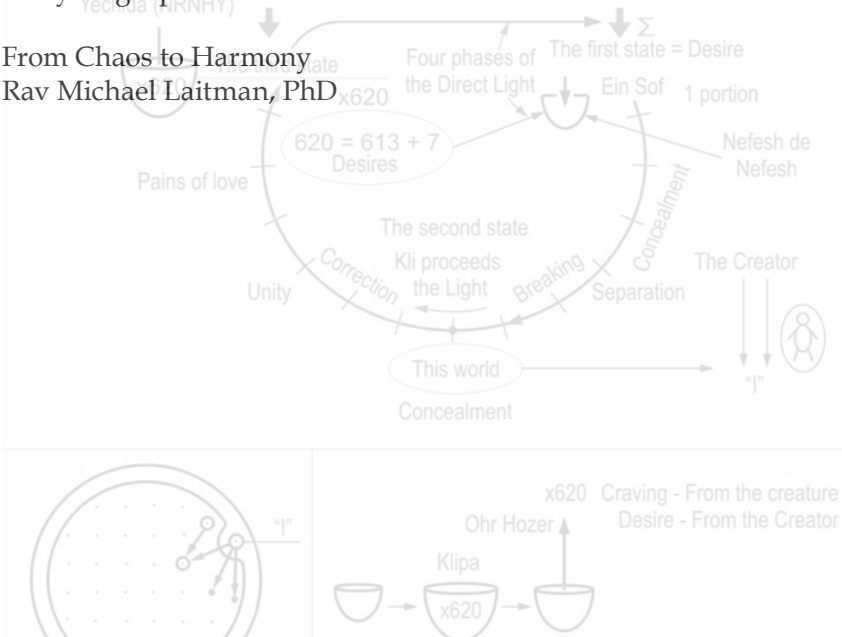


Thus we can vividly see what God demands of us: equivalence of form. For by nature our body has but the will to receive and none of the will to bestow, which is the opposite of the Creator, which is all bestowal and no reception. That difference of form causes severance from the Creator.

The Last Generation
 Ba'al HaSulam

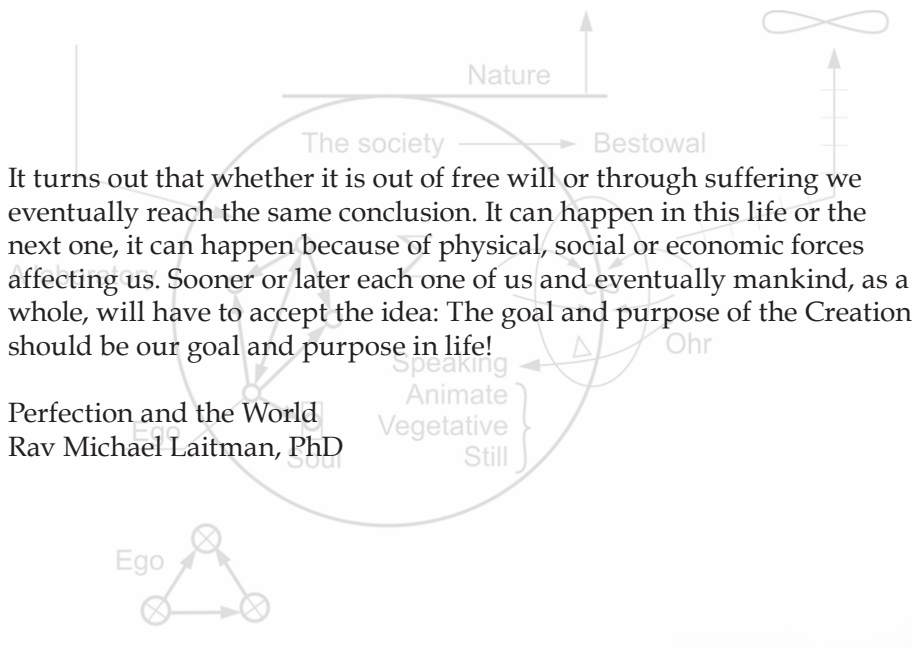
A single person who changes his or her attitude toward others induces change in the whole of humanity. In fact, we can picture the relationship between the individual and humanity in the following manner: You and all humankind are part of a single system. However, the other members of humanity are completely dependent upon the way you operate them. The whole world is in your hands. This is how reality is arranged for every single person.

From Chaos to Harmony
 Rav Michael Laitman, PhD



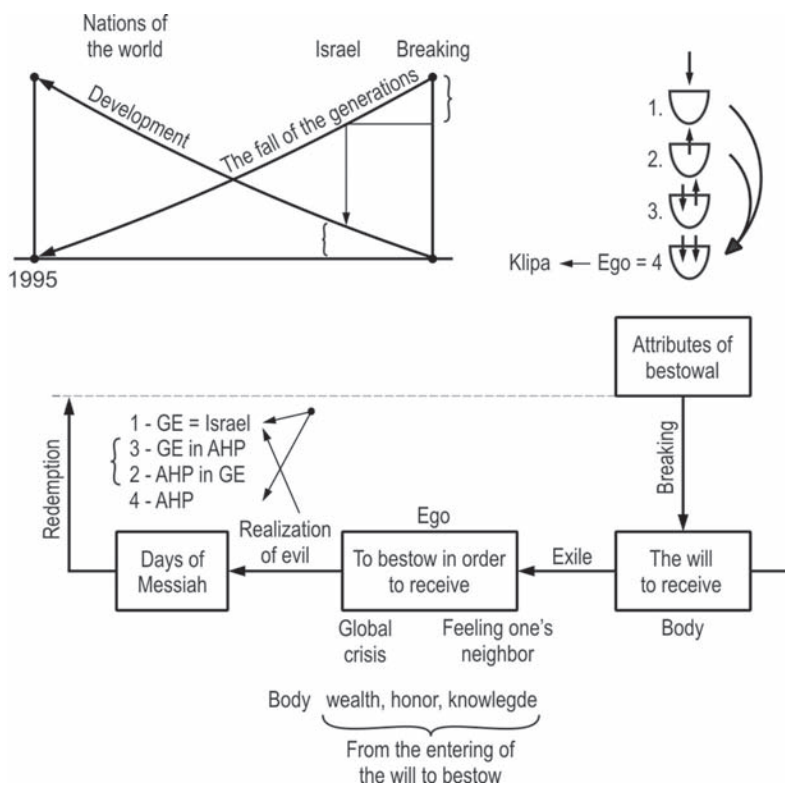
Therefore, the person's work consists in finding the environment which will develop his small desire for spirituality and elevate it above all the others. As these small desires grow bigger, his mind changes automatically. It begins serving these better, more important desires. In this way, the connection between the mind, desire and environment is realized.

Book of Shamati
 Ba'al HaSulam



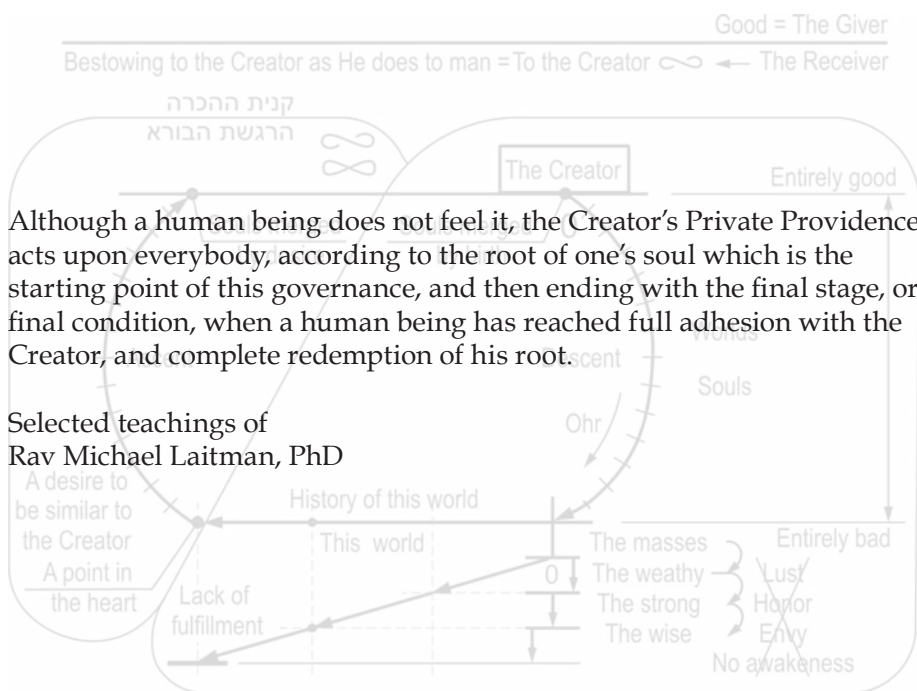
It turns out that whether it is out of free will or through suffering we eventually reach the same conclusion. It can happen in this life or the next one, it can happen because of physical, social or economic forces affecting us. Sooner or later each one of us and eventually mankind, as a whole, will have to accept the idea: The goal and purpose of the Creation should be our goal and purpose in life!

Perfection and the World
Rav Michael Laitman, PhD



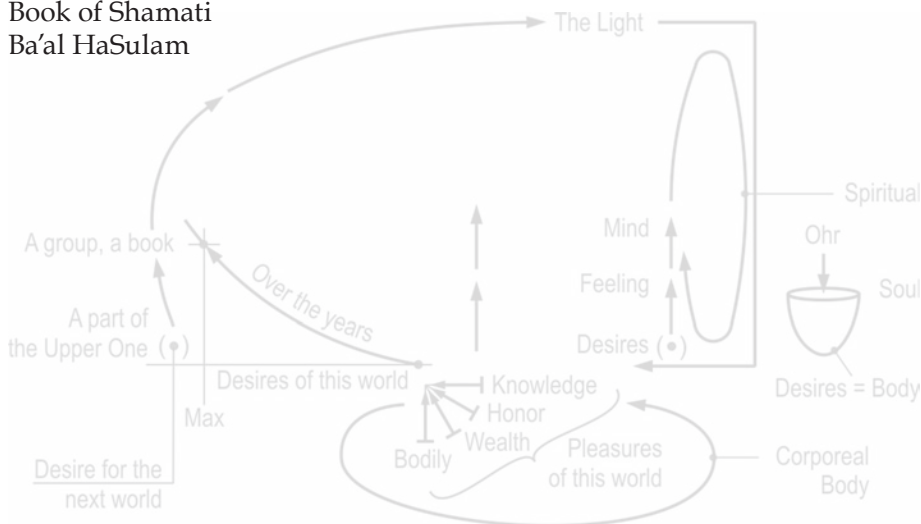
The Zohar speaks of the path each soul goes through separately, and the way that all the souls go through as humanity, starting with the descent of the soul to the body for the first time, through all the cycles that this soul goes through, and ending in the state where the soul, along with the body, comes to a state where man feels his existence in the whole system of creation, and life and death cease to exist for him, and he becomes an active part of a complete eternity. That is the situation we must all come to.

The Open Book
Rav Michael Laitman, PhD



If the desire is big enough, it dominates over other, smaller ones. If the person wishes to strengthen some particular desire, he can achieve this by constantly concentrating on it. The more he thinks about it, the stronger it will become. Therefore - by studying Kabbalah - through a continuous mental effort, the person can heighten the spiritual desire so greatly that it will grow to prevail over all the others.

Book of Shamati
Ba'al HaSulam

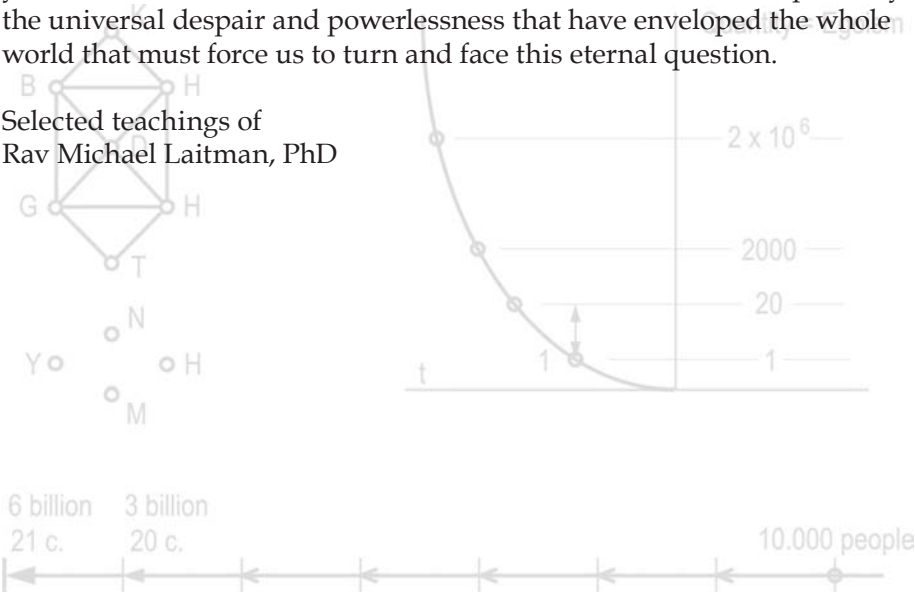


If man can mentally grip the Creator with both hands, i.e. ignoring the critical approach of reason and rejoicing in the fact that such an opportunity has presented itself, and if he can endure this condition for at least an instant, he will see how wonderful this state is, that it is in this state where he has attained the real, eternal truth that will not change tomorrow, just as all his former beliefs have, because he is now united with the eternal Creator and regards all events through this truth only.

Answers
Rav Michael Laitman, PhD

Today the question — For what sake do we live?, or What is the essence of our life? — is not the question of an individual person, but rather one of all humanity. By adopting this question from all humanity, a person feels that he is one of many. On one hand, if everyone suffers, then this is already halfway a relief: “If everyone suffers and so do I, then what can you do? Somehow we will draw it out.” On the other hand, it is precisely the universal despair and powerlessness that have enveloped the whole world that must force us to turn and face this eternal question.

Selected teachings of
Rav Michael Laitman, PhD



If the heart is the desire, and the point in the heart that awakens is the sensation of the Creator, and at that time a person through this point begins to want something that is beyond the desire, such people—they aren't many in the world, but those who awaken; and they grow, and they grow—those people want to realize that point, but at the end of the day everyone, in the end all humanity, the billions of people will have to come to the evolution of that point and they will have to reach the same level as the Creator Himself.

Ups and Downs in San Francisco, ARI Films
Rav Michael Laitman, PhD

The diagram shows a vertical flow of energy or influence. At the top, 'The Giver' is connected to 'Pleasure' by a double-headed arrow. Below 'Pleasure', a downward arrow leads to a bowl-like shape labeled 'Hochman'. This bowl is connected to a box at the bottom labeled 'The Receiver' by a double-headed arrow. A horizontal double-headed arrow labeled 'The Light's influence' connects the bowl to a vertical line labeled 'The desire to give'. To the left of this line, a bracket groups four items: '6. Adhesion', '5. Equivalence to the Creator', '4. Receives in order to bestow = A giver', and '3. Becomes corrected'. An arrow points from this bracket to the vertical line. The text 'Through the Light' is written vertically along the line. Below the line, the text 'The desire to receive' is written. At the bottom, the text 'n is born with a drive to receive called self-love. Wherever he not see a benefit for himself, he has not fuel enough for the slightest' is partially visible.

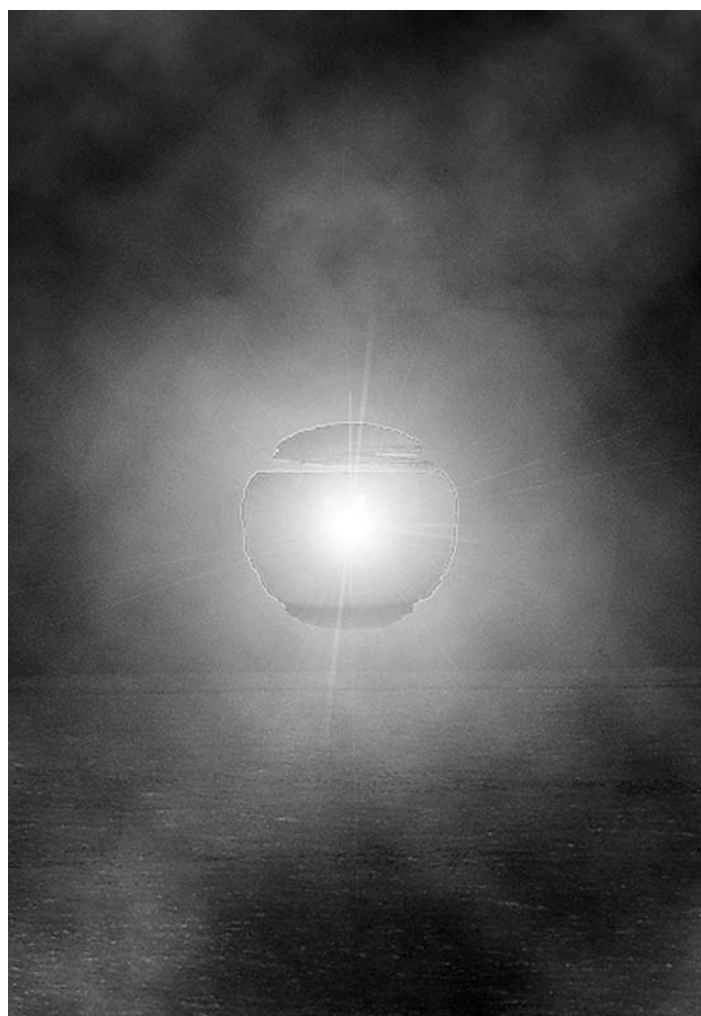
– The desire to receive } Effort
In order to attract the Light that Reforms }

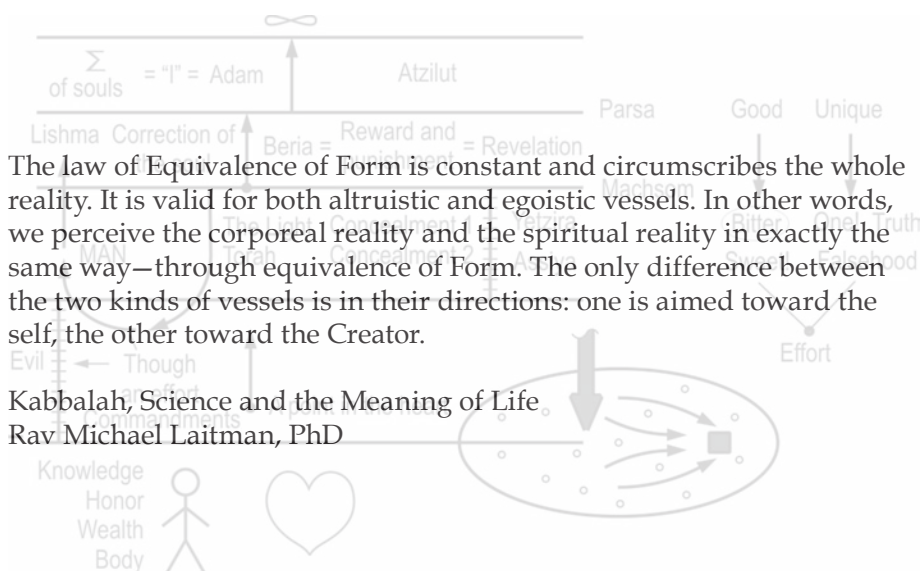
Regarding the Light Itself, It is always found in a state of absolute rest; motionlessness. This is because It is extended from the Substance of the Creator and has the same tranquil static nature.

At this point we must again reiterate that the reader of these pages should try to thoroughly understand and remember all that is taught through this entire discussion.

From what we have already said, you should understand that the Supreme Light does not cease even for a single moment to shine upon the emanated beings, nor is it influenced or subordinated by any circumstantial incident or revelation.

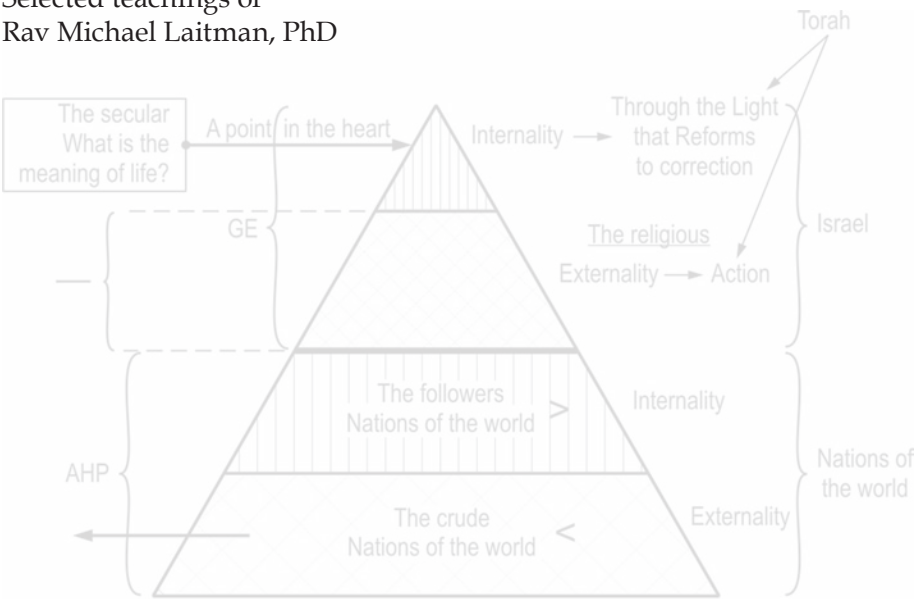
Commentary on The Tree of Life
Ba'al HaSulam





A true created being is one which itself desires to benefit from all the Light that comes from the Creator, and in order to enjoy the Light, the created being must of itself wish to become filled with Light. That is, the desire comes from within himself and not from the Creator.

Selected teachings of
 Rav Michael Laitman, PhD



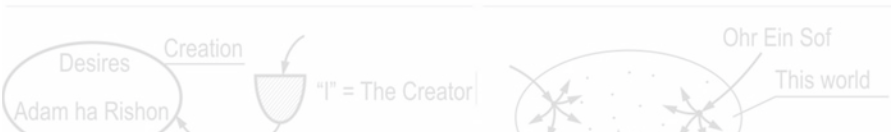
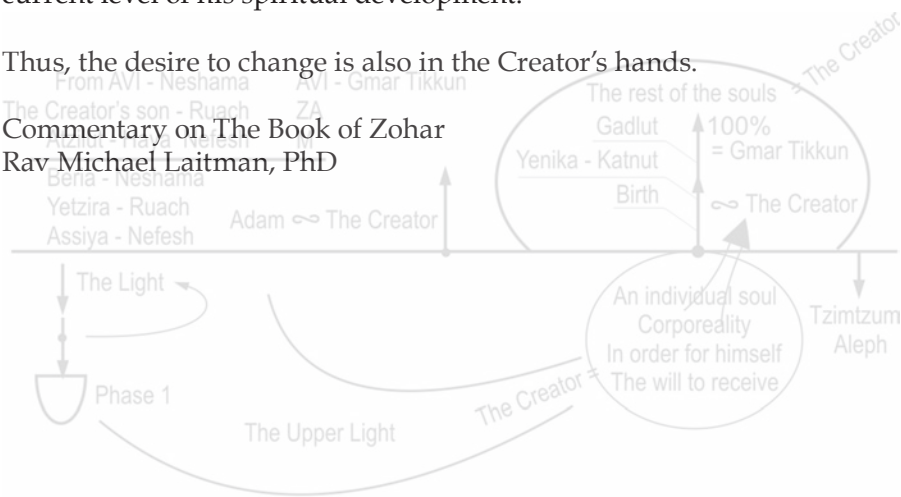
All desires born in man are selfish desires. This is the desire to receive for one’s own pleasure. Only the intention “turned toward the Creator” will transform it into an altruistic desire. Hence the difference solely lies in the intent. That’s what makes Kabbalah so important. It helps us transform our intent. The intention “turned toward the Creator” is called “screen” because it prevents one from “receiving for oneself” and generates the intention “turned towards the Creator”.

Selected teachings of
 Rav Michael Laitman, PhD

Prayer is a sensation, a desire in the heart. A person does not realize it completely and cannot describe it exactly because the sensation of the heart is not subject to any control and conscious correction. One cannot create it with one's own will. The sensations of the heart happen to be the consequence of man's mental and spiritual condition, the result of the current level of his spiritual development.

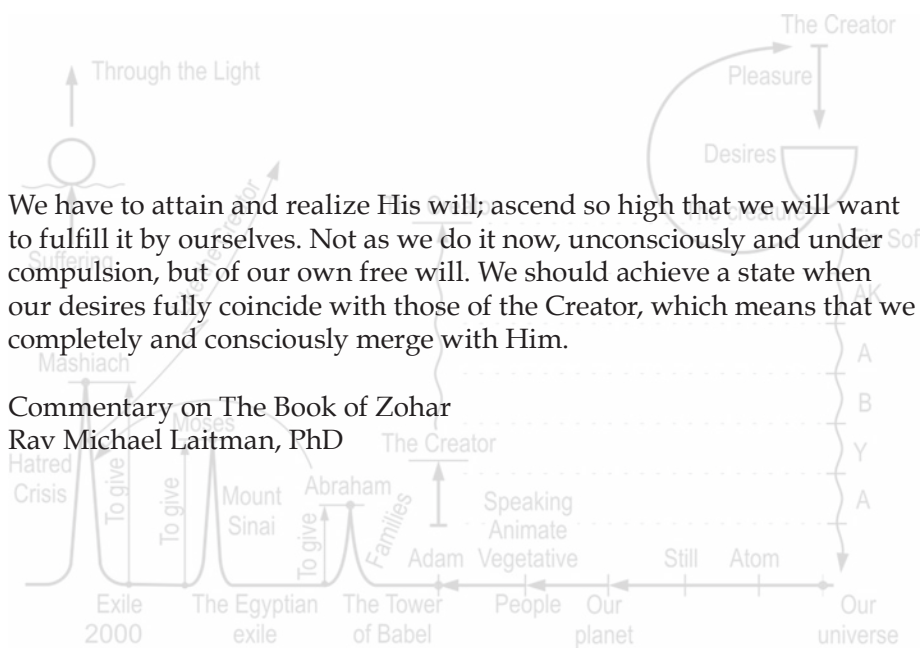
Thus, the desire to change is also in the Creator's hands.

Commentary on The Book of Zohar
Rav Michael Laitman, PhD



And indeed, initially, there is nothing except our society. In our world, below the barrier we feel it as society, as people around us. Above the barrier I already understand, see, feel, connect with the souls. There is a different space, it seems different, and that is why it is not concealment any more, but revelation. Then it is revealed that people and the relationships between them are actually relations within the general soul, the correction towards the general soul.

Selected teachings of
Rav Michael Laitman, PhD



We have to attain and realize His will; ascend so high that we will want to fulfill it by ourselves. Not as we do it now, unconsciously and under compulsion, but of our own free will. We should achieve a state when our desires fully coincide with those of the Creator, which means that we completely and consciously merge with Him.

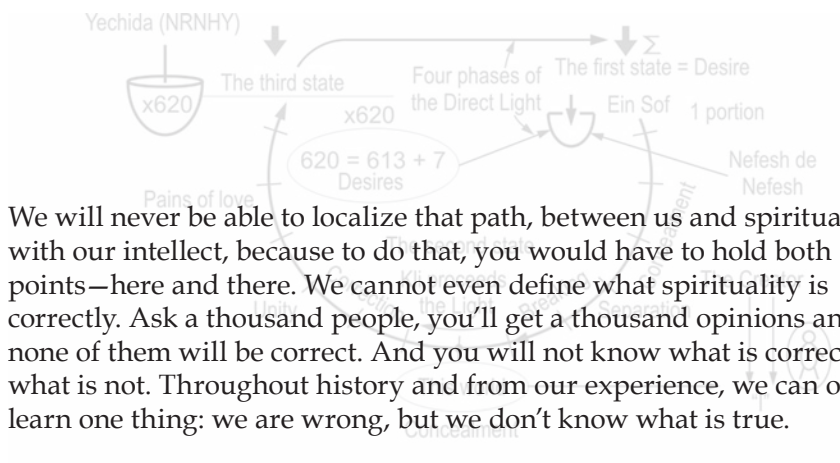
Commentary on The Book of Zohar
Rav Michael Laitman, PhD



Therefore we can no longer speak or deal with just conducts that promise the well-being of one country or one nation, but only the well-being of the whole world, because the benefit or harm of each and every person in the world depends and is measured by the benefit of all the people in the whole world.

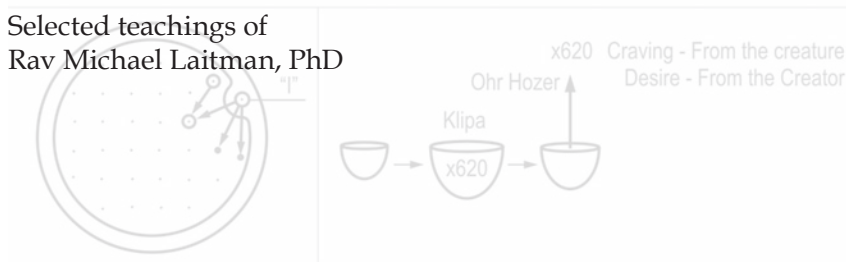
And although this is in fact known and felt, still the people in the world have not yet grasped it properly. And why? Because so is the conduct of the development in nature, that the act comes before the understanding. And only actions will prove and push humanity forward.

Peace in the World
Ba'al HaSulam



We will never be able to localize that path, between us and spirituality, with our intellect, because to do that, you would have to hold both points—here and there. We cannot even define what spirituality is correctly. Ask a thousand people, you'll get a thousand opinions and none of them will be correct. And you will not know what is correct and what is not. Throughout history and from our experience, we can only learn one thing: we are wrong, but we don't know what is true.

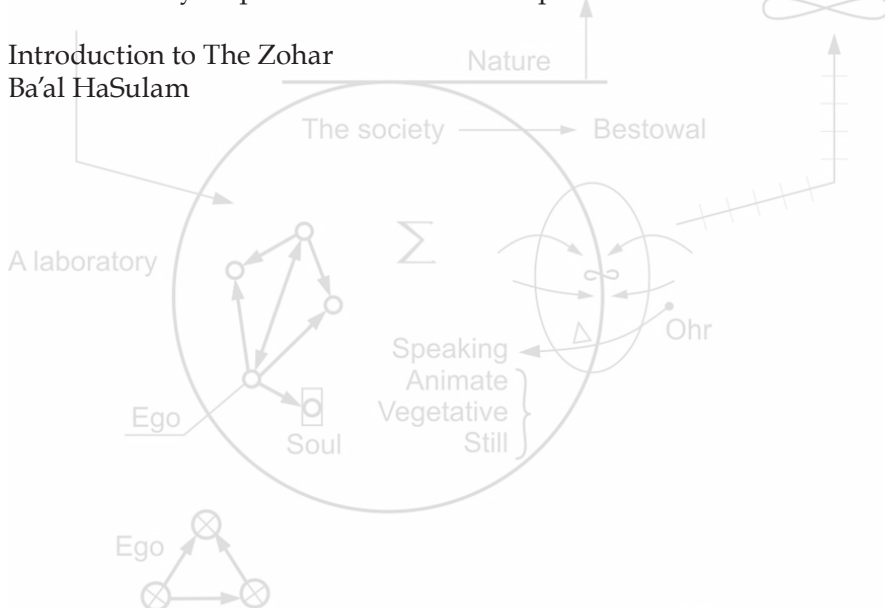
Selected teachings of
Rav Michael Laitman, PhD



The study of this work revolves upon the knowledge of “macrocosm” - “the universe”, contrasted with “microcosm” - “man in his miniature form”, who is but a replica, a copy, of the universe.

Encased herein is a reservoir of spiritual resources. It is the knowledge of God that will teach man how to follow the pattern of “macrocosm”, which was molded, shaped and perfected by the Creator. The avid reader will be thereby helped to ascertain how to perfect himself.

Introduction to The Zohar
Ba'al HaSulam



When Kabbalists say that we must reach the Giver's level, this means they attain Him completely and entirely. That is, they attain not only the point of our conception, but also the thought, desire, program, and existence prior to our birth or our creation. This is called, to become equal to the Giver. Equivalence of form with the Giver means to attain His mind and to be the same as Him.

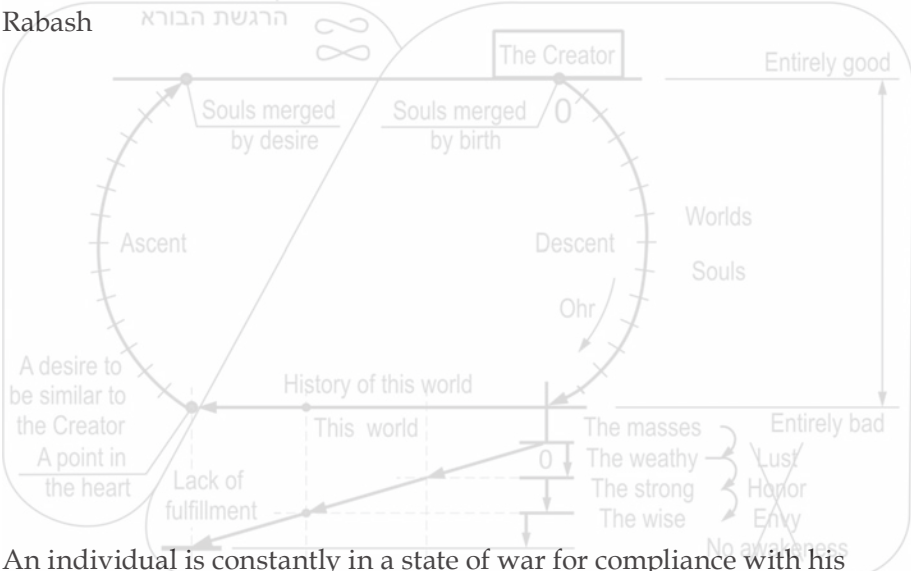
Selected teachings of
Rav Michael Laitman, PhD

Whatever the Creator does when we are not connected, gives us nothing. We cannot benefit from something which is not present in us, that is, the Creator.

Only to the extent that a person believes in the Creator is it relevant to say that he receives from Him.

Bestowing to the Creator as He does to man = To the Creator ∞ ← The Receiver

Above Reason in Divine Service
Rabash הרגשת הבורא

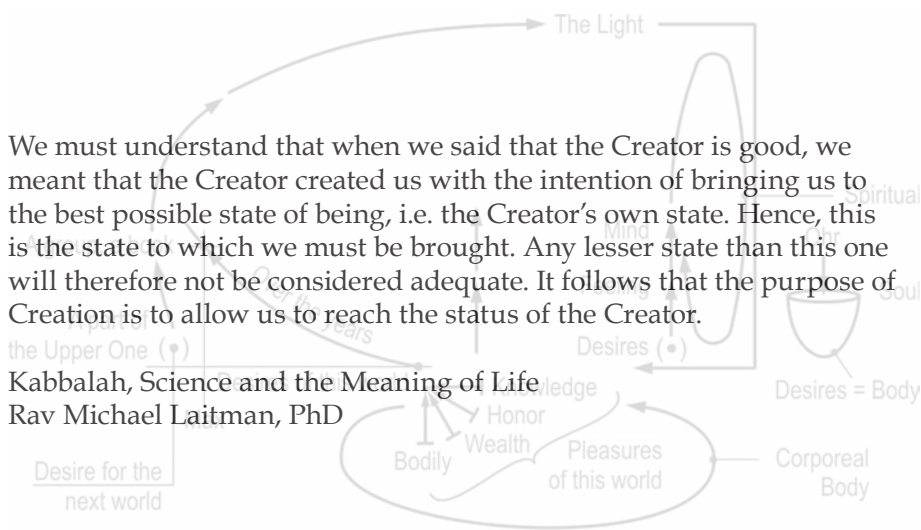


An individual is constantly in a state of war for compliance with his desires. But there is a war of an opposite nature, in which an individual battles against the self in order to relinquish the entire territory of the heart to the Creator, and to fill the heart with one's natural enemy-with altruism. The aim of this battle is to ensure that the Creator should occupy the entire being of the person, but not only because this is the Divine will, but also because this is desired by the person; thus, the Creator should govern and guide us because we request this of Him.

Attaining the Worlds Beyond
Rav Michael Laitman, PhD

We must understand that when we said that the Creator is good, we meant that the Creator created us with the intention of bringing us to the best possible state of being, i.e. the Creator's own state. Hence, this is the state to which we must be brought. Any lesser state than this one will therefore not be considered adequate. It follows that the purpose of Creation is to allow us to reach the status of the Creator.

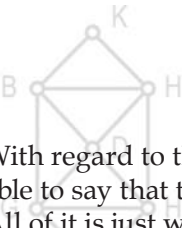
Kabbalah, Science and the Meaning of Life
 Rav Michael Laitman, PhD



We see that this whole process is predefined by the Creator. That means that He did not create anything inferior to Him and the path that man must go through is necessary for his self discovery, for the reception of that sensation, because otherwise, he would not be able to understand the spiritual degree of the Creator. That is why he begins the spiritual path from an opposite situation to that of the Creator's. That path is necessary in order for us to go through all the existing spiritual degrees, in all their situations, from the beginning of creation to its end, from a completely imperfect state to complete perfection, so that when we come to the degree of perfection of the Creator, we will know how to appreciate and understand the pleasure that comes with the spiritual degree of the Creator.

The Open Book
Rav Michael Laitman, PhD





Quantity = Egoism

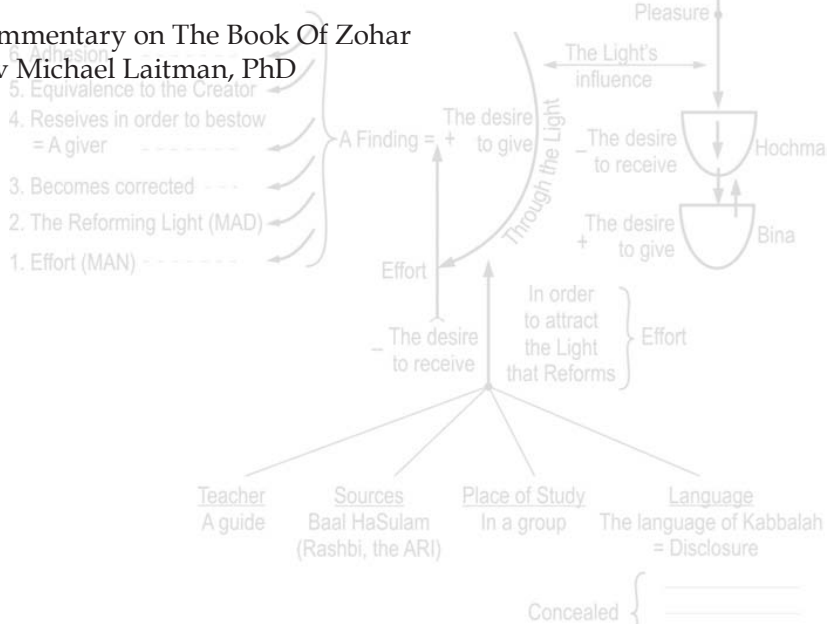
With regard to the Creator, everyone justifies themselves, everyone is able to say that they are righteous, that they love, that they believe, etc. All of it is just words. The relationship to the whole of humanity is the only thing that shows the relationship with the Creator. That is why, when I hear “Why do we have to spread Kabbalah?”, “Why do we have to make sure that everyone would yearn for this?”, I feel these are not questions. How else can we express our love for humanity other than by giving it the most important thing: the means to liberation from suffering?

Selected teachings of
Rav Michael Laitman, PhD



Man skips from one thought to another. At one moment he thinks that it is possible to attain the upper worlds with one property, at another he believes he can enter the spiritual spheres by mastering another property. Now, he begins to persistently observe all the Commandments and pray with zeal; he disregards all the actions and plunges into contemplation and reading. Sometimes he only craves for knowledge, sometimes yearns for faith bordering on fanaticism.

Commentary on The Book Of Zohar
 Rav Michael Laitman, PhD

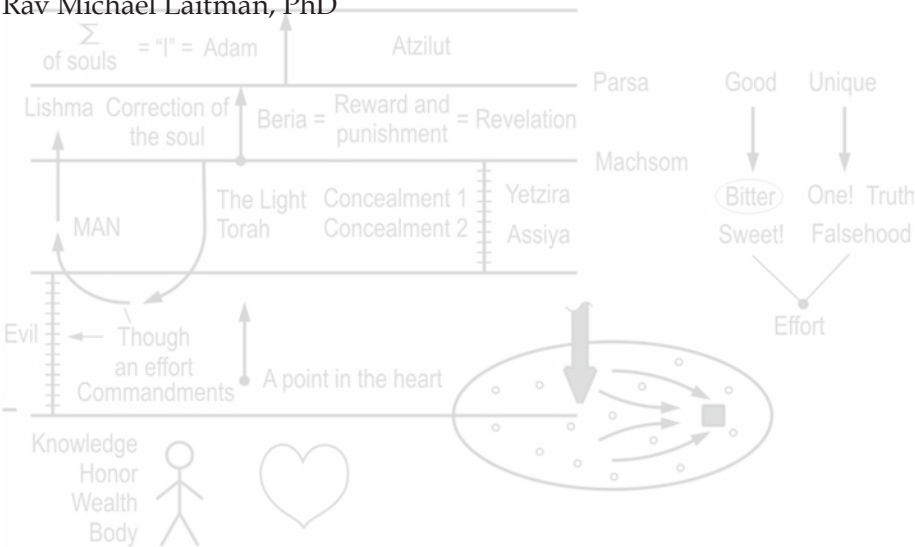


Thus, one must first attain the Upper Roots, the way they truly are in spirituality, above any imagination, but with pure attainment. Once he has thoroughly attained the Upper Roots through his own mind, he may examine the tangible branches in this world and know how each branch relates to its root in the Upper World, in arrangement, in quality and quantity.

The Essence of the Wisdom of Kabbalah
 Ba'al HaSulam

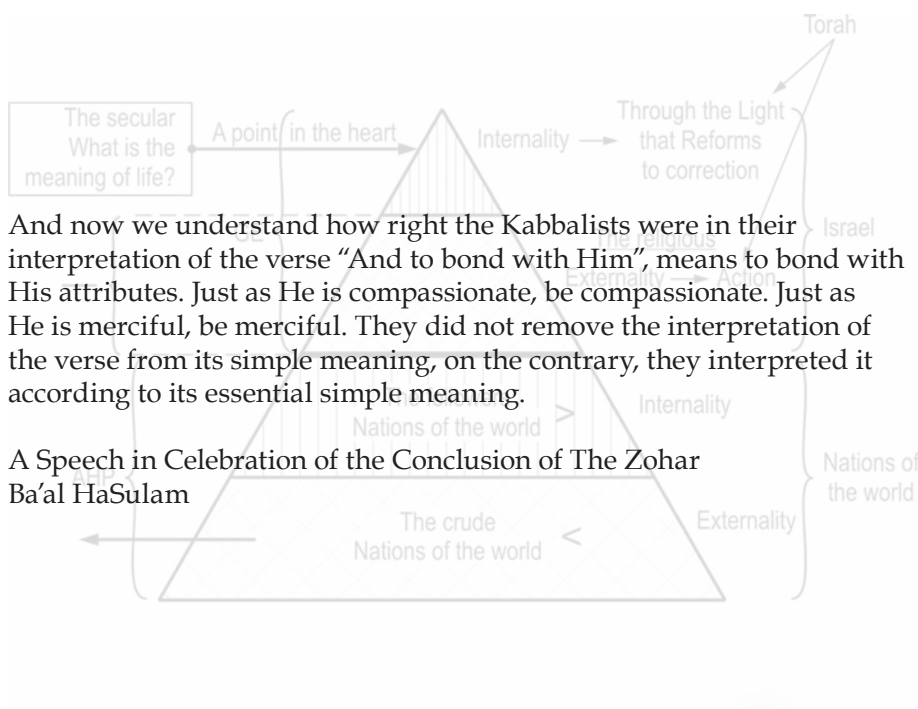
Whatever the case may be, learning about the laws of nature that act upon us, referred to as “Providence,” and studying them in order to utilize them correctly, is in fact, first and foremost, every person’s duty in this world. Failing to comply with this obligation would cause a person great suffering, leaving one with no hopes for the future, not even the kind of hope that anything good could at least come out of his suffering.

Selected teachings of
 Rav Michael Laitman, PhD



We need to examine ourselves a little; to break away from all infringing forces of this world and try not to interact with the cruel environment. We need to do it in order to bear something inside of ourselves that will subsequently trigger the development of humankind. “Humankind” refers to the forces that help one to attain the Creator. Then all the forces that are about to drown us are gradually corrected, their correction allows us to reach the purpose of creation.

The Secret Meaning of the Bible
 Rav Michael Laitman, PhD



And now we understand how right the Kabbalists were in their interpretation of the verse "And to bond with Him", means to bond with His attributes. Just as He is compassionate, be compassionate. Just as He is merciful, be merciful. They did not remove the interpretation of the verse from its simple meaning, on the contrary, they interpreted it according to its essential simple meaning.

A Speech in Celebration of the Conclusion of The Zohar
Ba'al HaSulam



Our souls are all linked together. When a person discovers the upper world, he sees how strong the link is between him and the other souls. Right now all we can see is our body, which is why we think we are divided to many bodies. But a soul is a structure that exists in each of us – the same soul inside all of us, that is why when a person begins to identify himself with his soul, the walls between him and the other souls fall because he can see and feel that he has something in common with all the people and all the nations – a collective spiritual body.

The Open Book
Rav Michael Laitman, PhD

From AVI - Neshama
The Creator's son - Ruach
Atzilut - Haya Nefesh
Beria - Neshama

AVI - Gmar Tikkun
ZA
M

The rest of the souls
Gadlut
Yenika - Katnut
100% = Gmar Tikkun

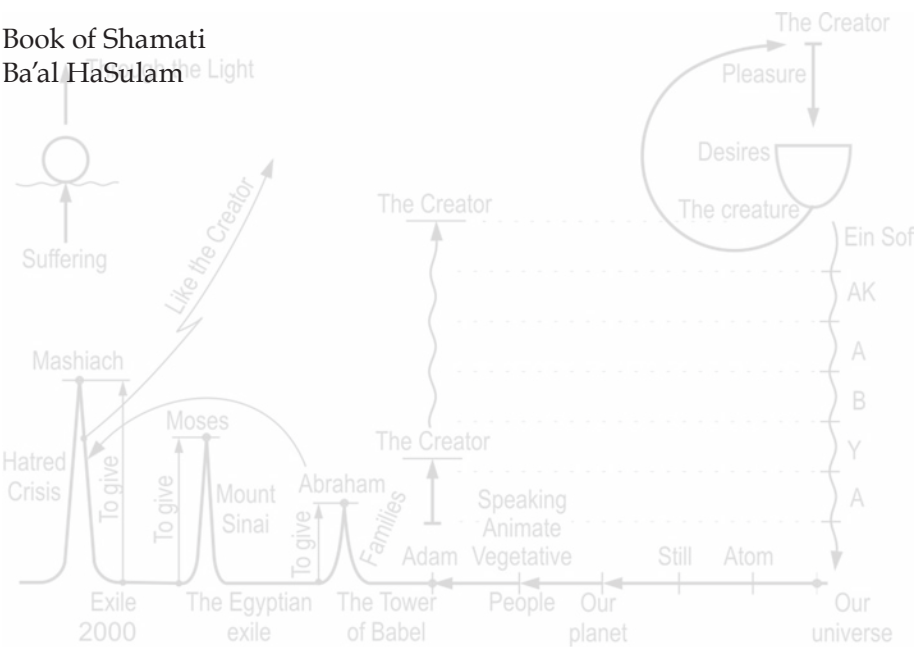
How to achieve the sensation of the entire world, how to see all the actions from the beginning to the end, how to understand everything that is happening, control it, connect all states before the birth in this world to the whole life in this world, life after death. This is the very thing Kabbalah teaches you; it teaches you how to close the entire cycle of a man's eternal existence, his own "I". Kabbalah opens one's eyes so man can see the Upper World and act with full sanity.

Selected teachings of
Rav Michael Laitman, PhD



One must know that he will never come to know the true measure of the importance of the connection between man and the Creator because one cannot assess its true value. Instead, as much as one appreciates it, so he [already] attains its merit and importance. There is a power in that since by that one can be permanently imparted this luminescence.

Book of Shamati
Ba'al HaSulam



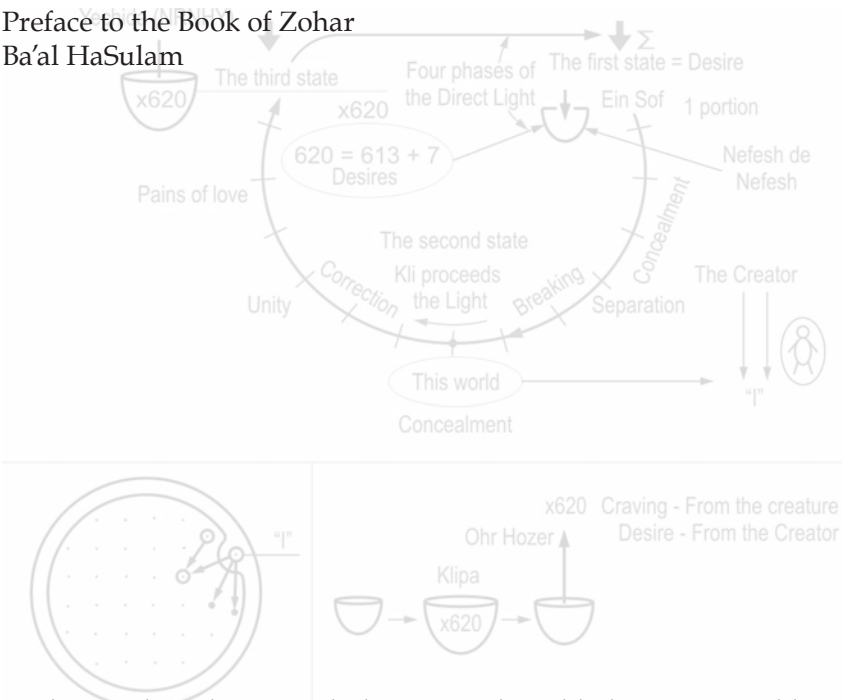
I feel myself constantly under pressures, changes. I experience them and by that I just want to know what I am experiencing and what forms I should come to. I myself am in the experiment, I am the laboratory, and I am the researcher. What do I research in my laboratory? The actions of the Creator, and how I should react to them, learn from them, and what I can do with them. That's the wisdom of Kabbalah; everything is out of the experience.

Selected teachings of
Rav Michael Laitman, PhD

It follows, that the thought has no perception in the essence whatsoever. Moreover, we do not even know our own essence.

I feel and know that I occupy a certain space in the world, that I am solid, warm, and that I think, and other such manifestations of the operations of my essence. Yet, if you ask me what is my own essence, from which all these manifestations stem, I do not know what to reply to you.

Preface to the Book of Zohar
Ba'al HaSulam

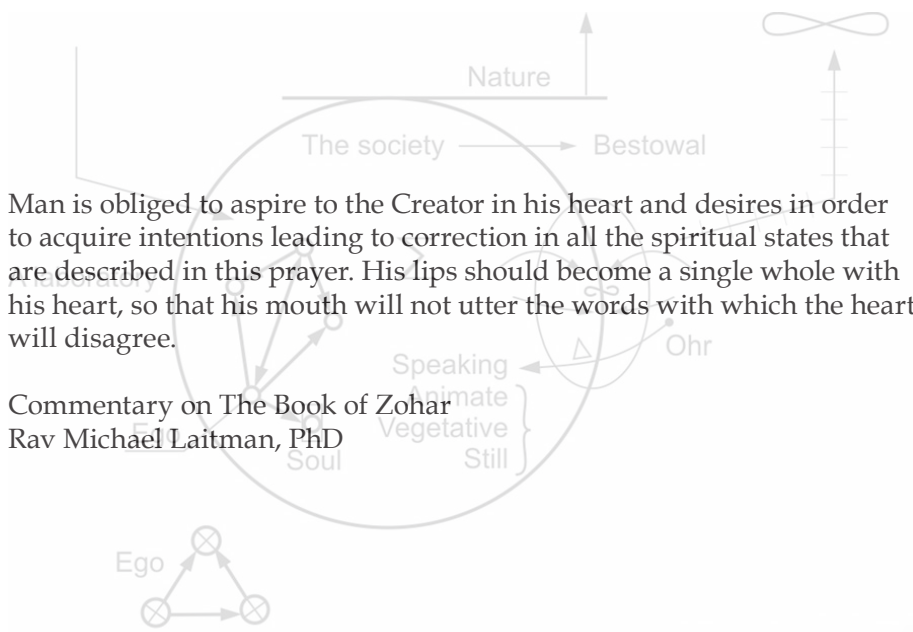


Real control is when I reach the spiritual world, the upper world, at a level which is higher than my reality. I look at my reality from there and then I choose what is good; this is control.

Perception of Reality
Rav Michael Laitman, PhD

Man is obliged to aspire to the Creator in his heart and desires in order to acquire intentions leading to correction in all the spiritual states that are described in this prayer. His lips should become a single whole with his heart, so that his mouth will not utter the words with which the heart will disagree.

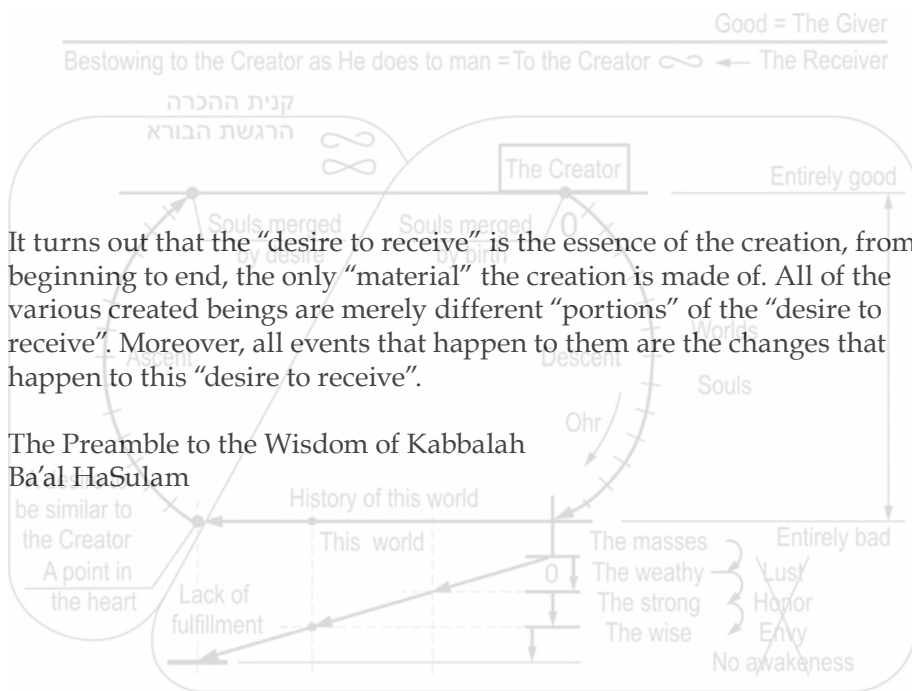
Commentary on The Book of Zohar
Rav Michael Laitman, PhD



If one person's nature is absolutely opposite to the nature of the other, these people are as remote from one another as East is from West. The same occurs in the spiritual worlds: moving away, rapprochement, merging – all these processes happen only according to the difference or resemblance between the inner properties of the spiritual objects. The difference in properties separates them, while their similarity brings them closer.

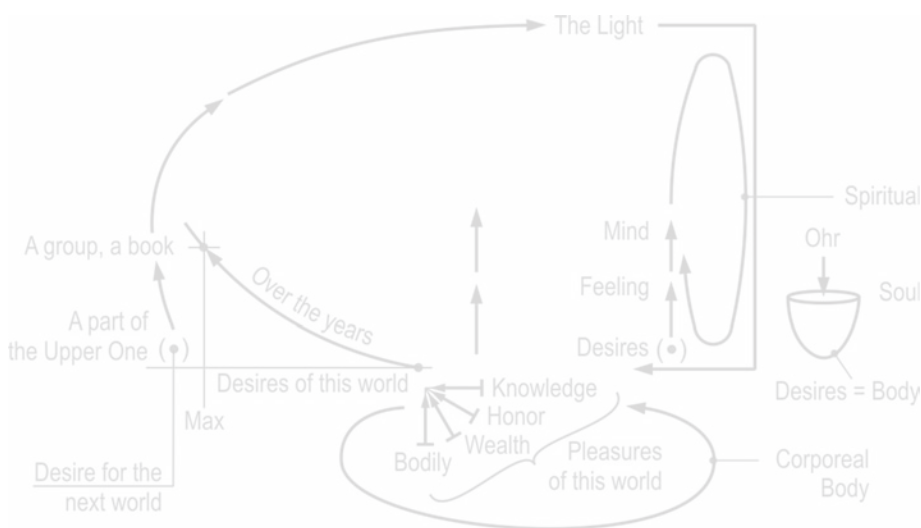
Preface to the Wisdom of Kabbalah
Ba'al HaSulam





The more man advances on a spiritual path, the more he moderates his self-esteem and the more he understands his true nature. As the Creator unveils himself, man gradually realizes what he actually is with respect to the Creator.

Selected teachings of
Rav Michael Laitman, PhD

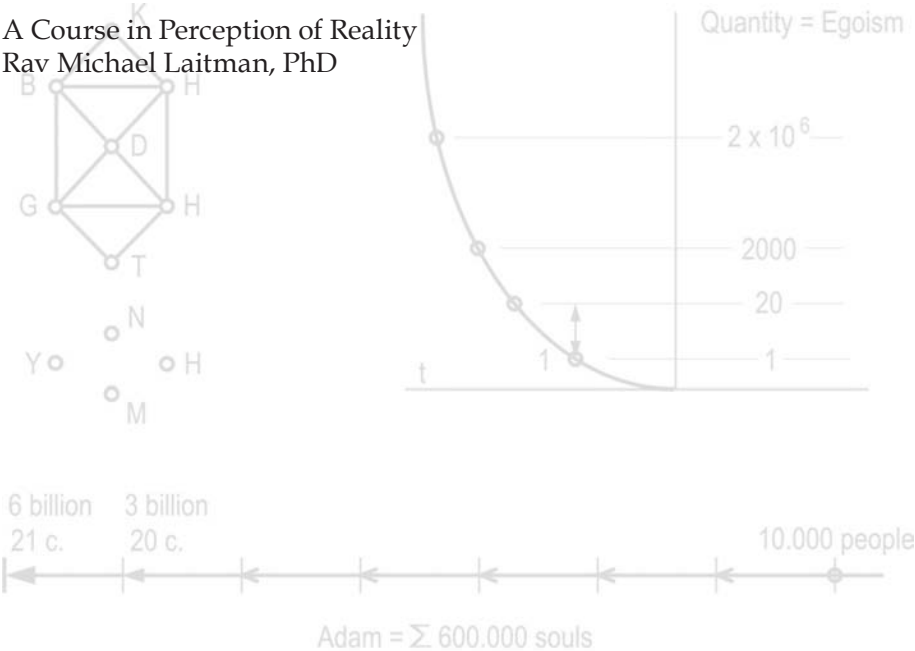


People are unhappy in our world, although they all want the opposite. But in order to be happy, one has to know what he should do in order to feel good. He should know that our very existence affects our world in one way or another. Therefore, the more we do, the more we should learn about the effect of our actions.

The Kabbalah Experience
Rav Michael Laitman, PhD

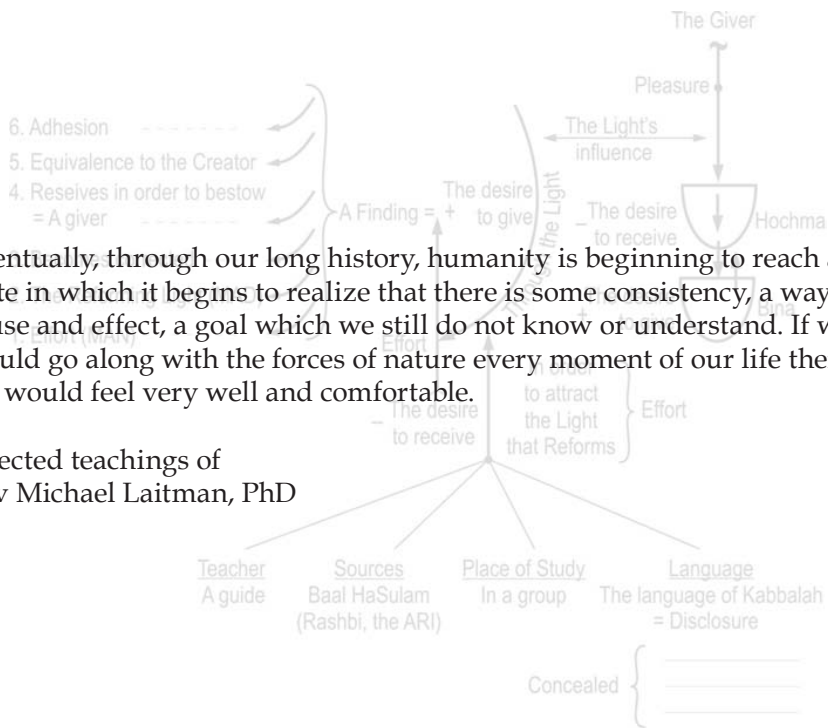
Nothing exists besides the upper reality, the Thought of Creation to bestow upon His created beings, which includes us. Only in this do we really exist. The worlds, including this world, are a concealment of our senses. We are, even now, existing in the best and only state there is. Only we have a problem, a dimming of our senses, so that we are not feeling that state but only a lesser state. We must clean our senses, wake up, get up and feel the real state. Nothing changes except the perception of reality.

A Course in Perception of Reality
 Rav Michael Laitman, PhD



The Creator’s goal is to elevate man to His Own level, higher than the initial point of his creation. As a result of becoming similar to the Creator, man ascends above the point of his birth.

Commentary on The Introduction to the Book of Zohar, Volume Two
 Rav Michael Laitman, PhD



Eventually, through our long history, humanity is beginning to reach a state in which it begins to realize that there is some consistency, a way of cause and effect, a goal which we still do not know or understand. If we would go along with the forces of nature every moment of our life then we would feel very well and comfortable.

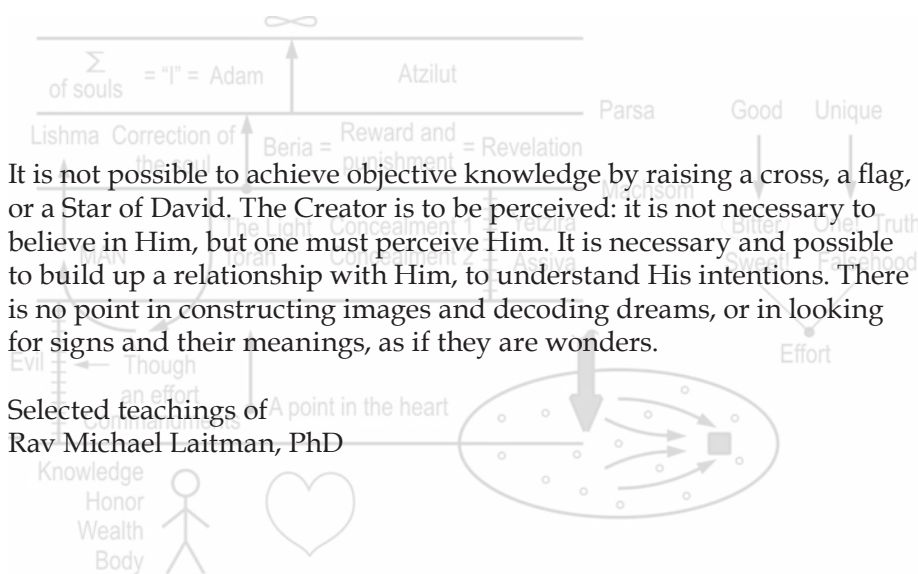
Selected teachings of
Rav Michael Laitman, PhD

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Now let us try to understand how we attain Infinity. What is “Infinity” for us? Is it simply a lack of comprehension? In such a case it may not be called this name. If we use a certain word to denote something, it means that we first attain, grasp, weigh and graduate it within us, and only then do we give this sensation or state a name. That is to say, if I call something Infinity, it means that I have experienced that state, and after measuring it in accordance with all accepted standards and rules, give it a name.

Commentary on The Preface to The Book of Zohar
Rav Michael Laitman, PhD

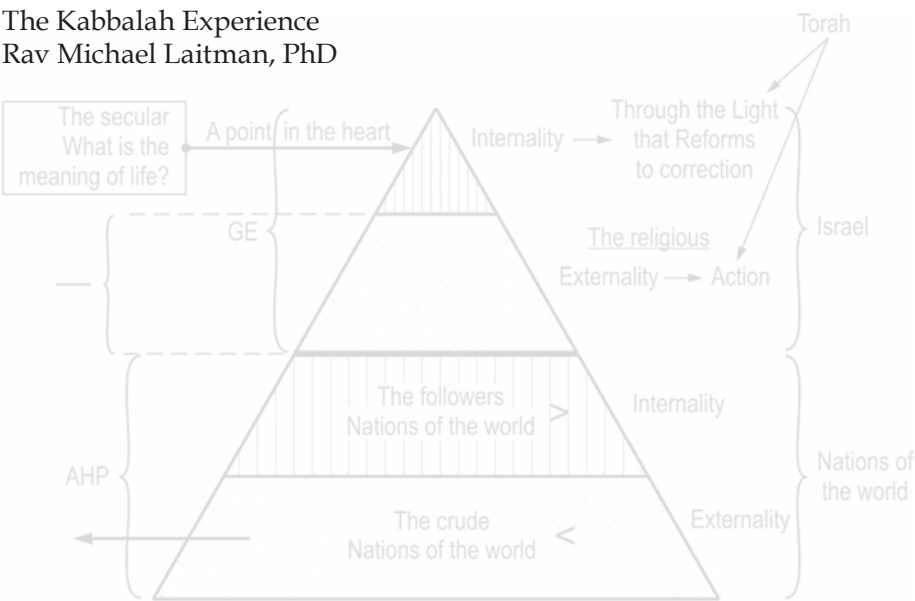


It is not possible to achieve objective knowledge by raising a cross, a flag, or a Star of David. The Creator is to be perceived: it is not necessary to believe in Him, but one must perceive Him. It is necessary and possible to build up a relationship with Him, to understand His intentions. There is no point in constructing images and decoding dreams, or in looking for signs and their meanings, as if they are wonders.

Selected teachings of
Rav Michael Laitman, PhD

After the admission to the spiritual world, beyond the barrier, each part goes through a correction of the aim from “for me” to “for the Creator”. To the extent of the correction, so is the extent of the fulfillment with the Light of the Creator, until it is finally completely full. That sensation cannot be described in words; it is a sensation of eternity, wholeness, equivalence of form with the Creator - the purpose of creation.

The Kabbalah Experience
 Rav Michael Laitman, PhD

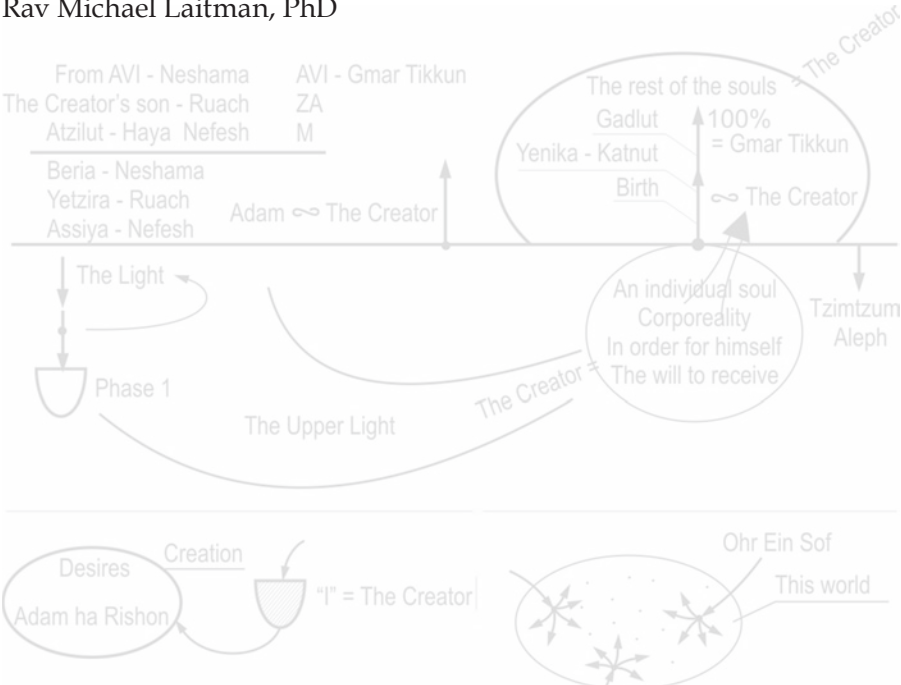


Not even a single word of this Wisdom can be apprehended by means of our senses or imagination. Such tangible concepts as place, time, motion, and the like, as well as the idea of annihilation or disappearance, are not true of spiritual entities, as these properties imply limitation and pertain only to that which is finite.

Selected teachings of
 Rav Michael Laitman, PhD

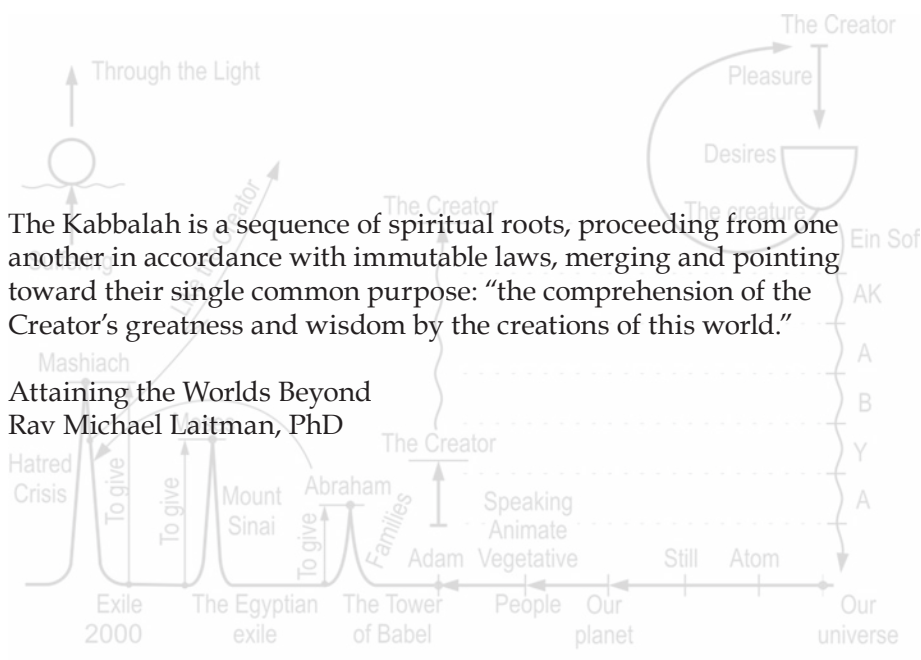
It follows that the boundary of possible attainment shifts according to man’s abilities. Ultimately, we are capable of attaining everything that man is allowed to attain. The spiritual is sensed in what Kabbalists call “the spiritual vessel of reception” - the soul.

The Wisdom of Kabbalah and Philosophy
 Rav Michael Laitman, PhD



Therefore, whoever thinks (doubts) about these matters, surely separates from Him and will never attain an equality of attributes (with Him) and on this the Kabbalists, taught “may all your deeds be for Heaven’s Name”, to bond with Heaven, that is, do not do anything that does not promote success in this aim of bonding.

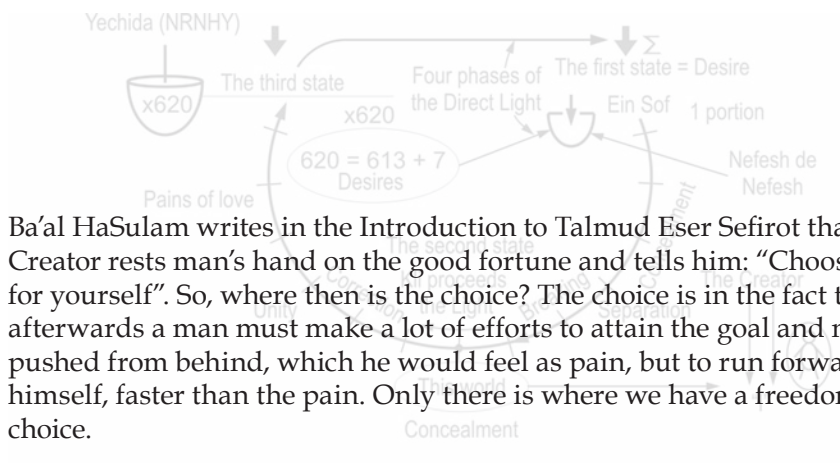
A Speech in Celebration of the Conclusion of The Zohar
 Ba'al HaSulam



Although we seem to be totally disconnected from one another, with every step one takes when one starts ascending, one becomes progressively aware that the amount of souls keeps diminishing, while more souls begin to merge, just like two drops of water melding together. He thus sees the vessel growing progressively as a result of the unification of the souls. And the Light that fills that vessel becomes correspondingly larger. That is really, the whole secret to the process of Ascending the Steps.

Selected teachings of
Rav Michael Laitman, PhD

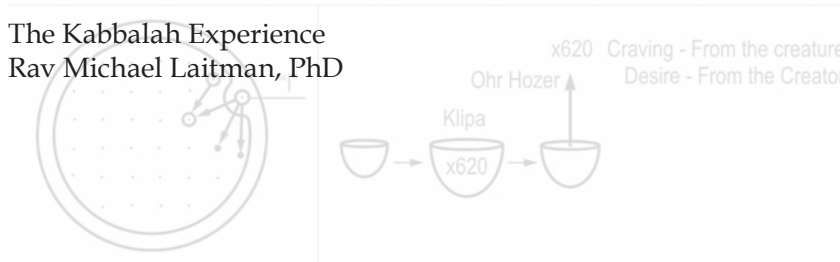




Ba'al HaSulam writes in the Introduction to Talmud Eser Sefirot that the Creator rests man's hand on the good fortune and tells him: "Choose this for yourself". So, where then is the choice? The choice is in the fact that afterwards a man must make a lot of efforts to attain the goal and not be pushed from behind, which he would feel as pain, but to run forward by himself, faster than the pain. Only there is where we have a freedom of choice.

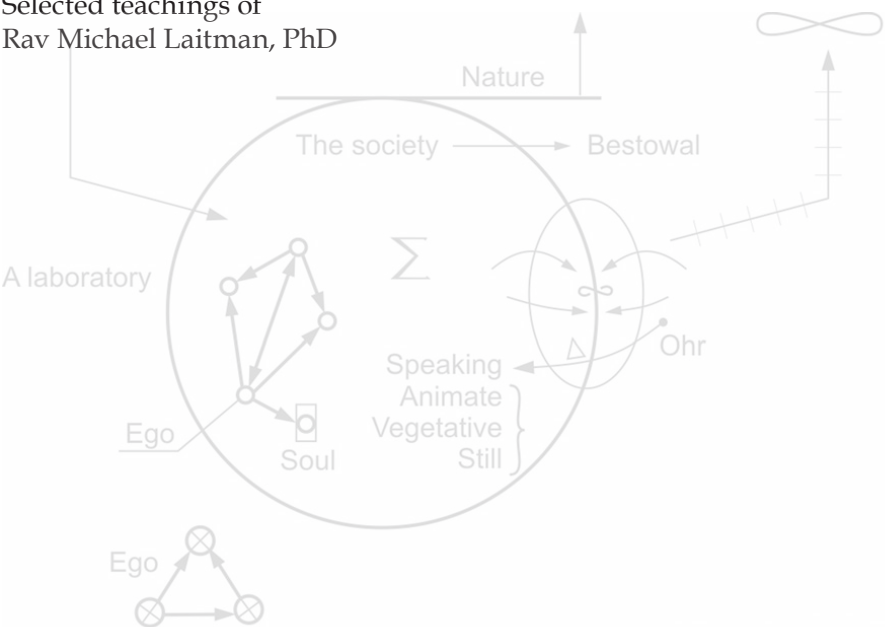
The Kabbalah Experience

Rav Michael Laitman, PhD



It is written in The Zohar: Everyday a voice calls upon all people in the world, "This depends on you. Separate a part of yourself and devote it to the Creator." Every person thinks and feels desire to come closer to the spiritual, and it depends on him whether he hears that inner call or not.

Selected teachings of
Rav Michael Laitman, PhD



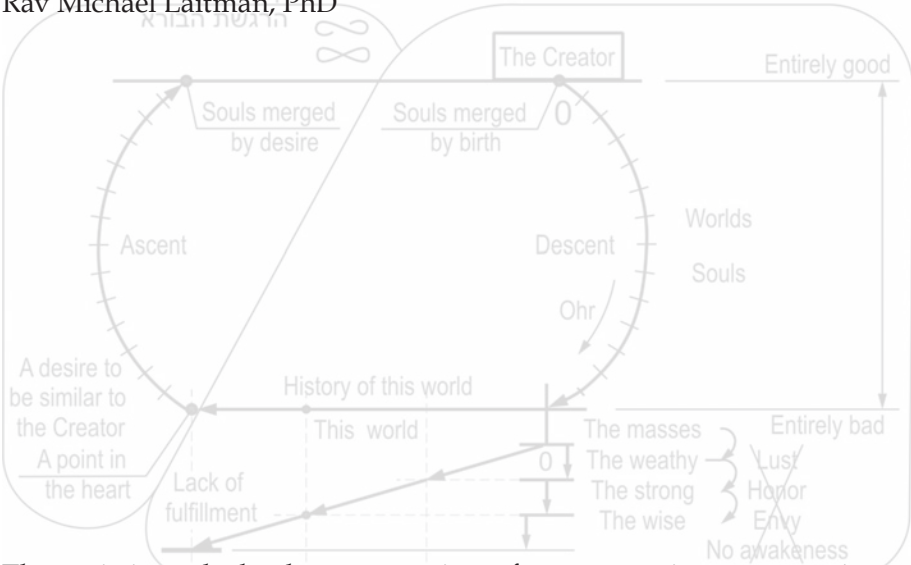
We need to renew our work every day, that is to say we need to forget the past. If we have not succeeded in the past, we need to begin over again. Like the merchant who opens a shop that failed---he closes that one and immediately starts another, and he is full of hope that though the old business failed, the new one is sure to succeed. This is similar to ourselves; even though in the past we did not succeed, in the future we will surely succeed---but never stand idle---for without any efforts, it's certain that any success is impossible.

A Letter
Rabash

The question is only whether or not our development happens forcefully, meaning that nature compels us to do this. We see in humanity’s history points where we suddenly begin to show interest in scientific investigations, education and culture. Some of us are pulled toward power, others—to violence, and others—to riches. This is how we have developed over the course of two thousand years.

Or, maybe we ourselves are able to somehow participate in this process?

Bestowing to the Creator as He does to man = To the Creator ∞ ← The Receiver
 Selected teachings of
 Rav Michael Laitman, PhD

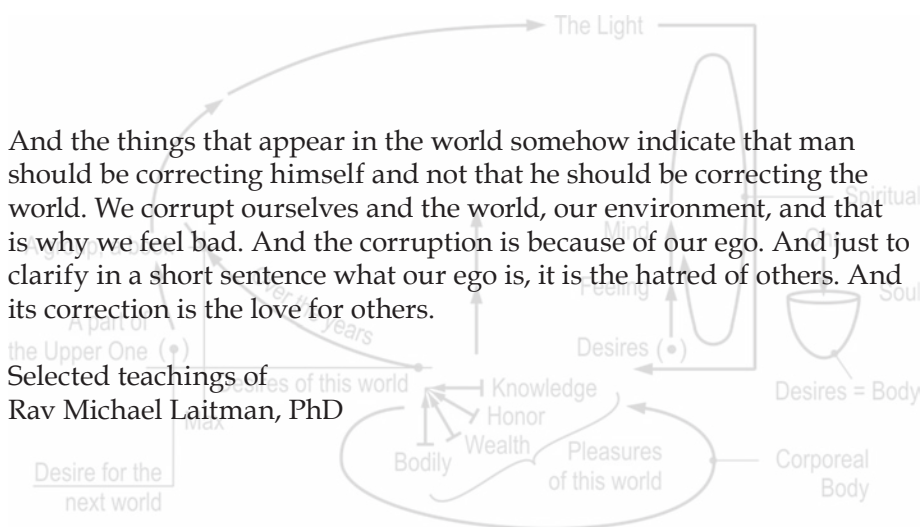


The egoistic goals that have grown in us from generation to generation, often at the expense of others, are in sharp contrast to Nature’s fundamental aim: to give each and every element an optimal existence. This is why human egoism is the only detrimental force in the world, the only force that tips the balance in Nature’s overall system.

From Chaos to Harmony
 Rav Michael Laitman, PhD

And the things that appear in the world somehow indicate that man should be correcting himself and not that he should be correcting the world. We corrupt ourselves and the world, our environment, and that is why we feel bad. And the corruption is because of our ego. And just to clarify in a short sentence what our ego is, it is the hatred of others. And its correction is the love for others.

Selected teachings of
Rav Michael Laitman, PhD

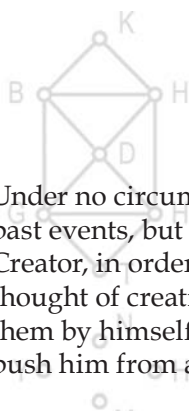




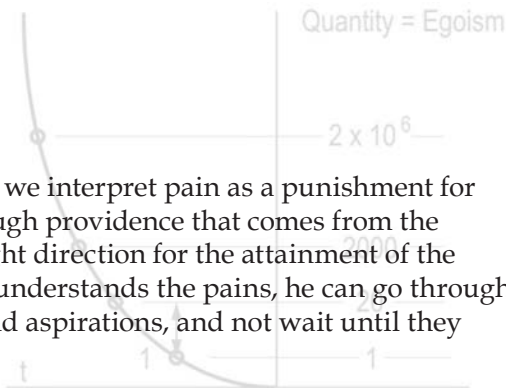
The Creator pulls you upward toward the end of correction. Instead of Him pulling you, you can participate in it. If He pulls you, and you resist, like a donkey, then you feel suffering in every aspect of your life. If you accept the same purpose as the desired purpose, and pull yourself towards it, on your own, you will then feel pleased. Then you will rise and feel time again that you are in wholeness, in spirituality and in pleasure.

It means that you are changing your attitude toward the progress and toward life. And to the degree that you have changed your attitude, then the spiritual world begins to develop. You open it. And then you change not just some feeling; you change your perception of reality.

Selected teachings of
Rav Michael Laitman, PhD



Under no circumstances should we interpret pain as a punishment for past events, but as a specific, rough providence that comes from the Creator, in order to show the right direction for the attainment of the thought of creation. If a person understands the pains, he can go through them by himself, in his mind and aspirations, and not wait until they push him from above.

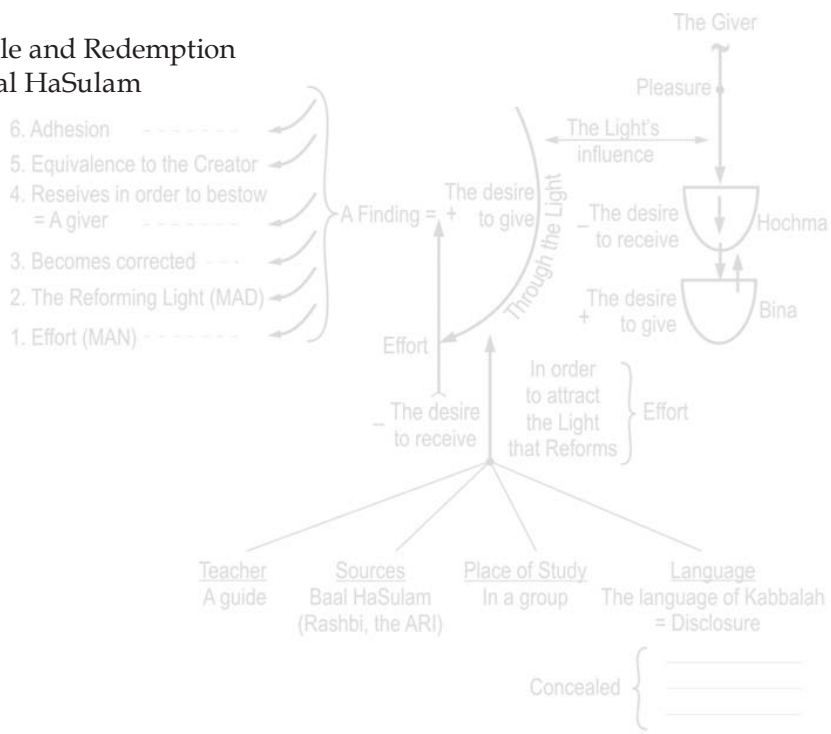


Interview With the Future
 Rav Michael Laitman, PhD



In one sentence: As long as we do not raise our goal above the corporeal life, we will have no corporeal revival, because the spiritual and the corporeal in us cannot live in one basket, for we are the children of the idea.

Exile and Redemption
Ba'al HaSulam

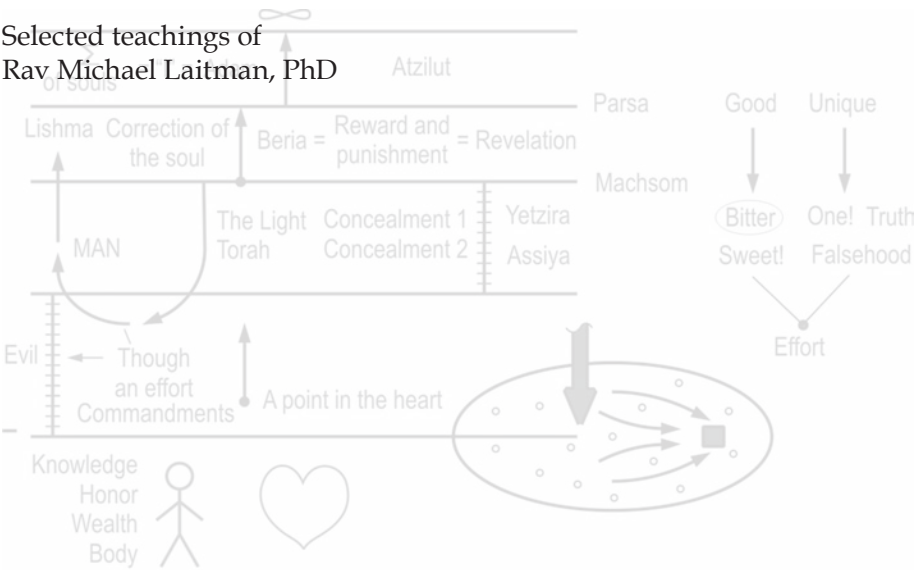


Do we choose between a more pleasant or a less pleasant path? And is our choice in the egoistic dimension? The thing is that we choose this path not because it makes us feel good. If I choose this path, based on my egoistic desires – it does not necessarily indicate fast progress. To advance fast is to advance with the force of the Creator, through the reception of His attribute of bestowal.

Interview With the Future
Rav Michael Laitman, PhD

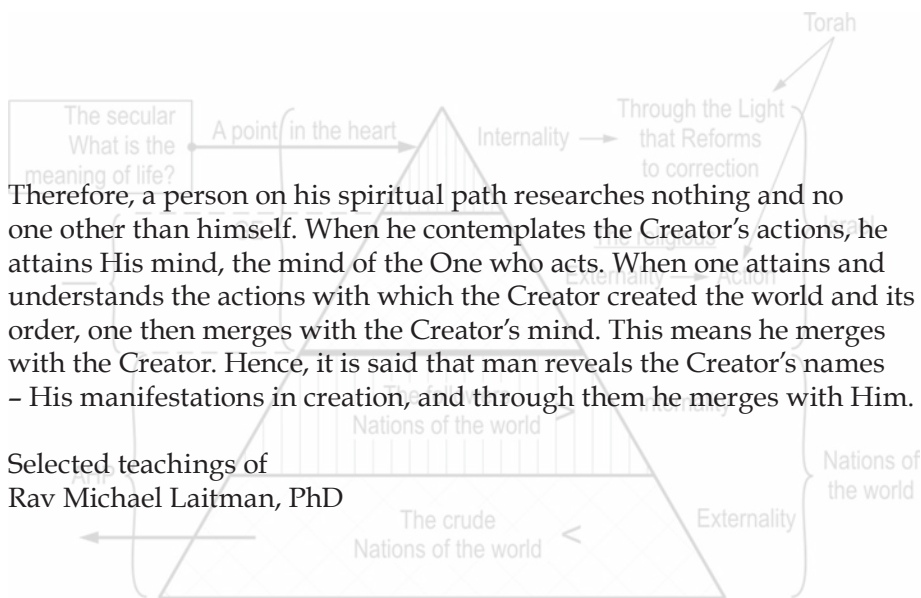
What I see, hear, perceive with my senses, accumulates in me and gives me a sensation of the world.

The wisdom of Kabbalah enables us to develop in us an additional sense which is called “soul.” With this sense, I reveal what exists above this world, above the barrier. In this sense I reveal all that is beyond this world.



In all of Creation there is only the Creator and his creature, man. “Man” means, the inner man, his “desires and thoughts”, not his physical body. The spiritual world is pure will and desires without physical bodies. In the spiritual world, the will itself is called the “body” or “the vessel of the soul”. The pleasure that fulfills the will is called the “Creator”, or “the Light” or “the soul”. Other than these two components, there is nothing else existent in the entire Creation.

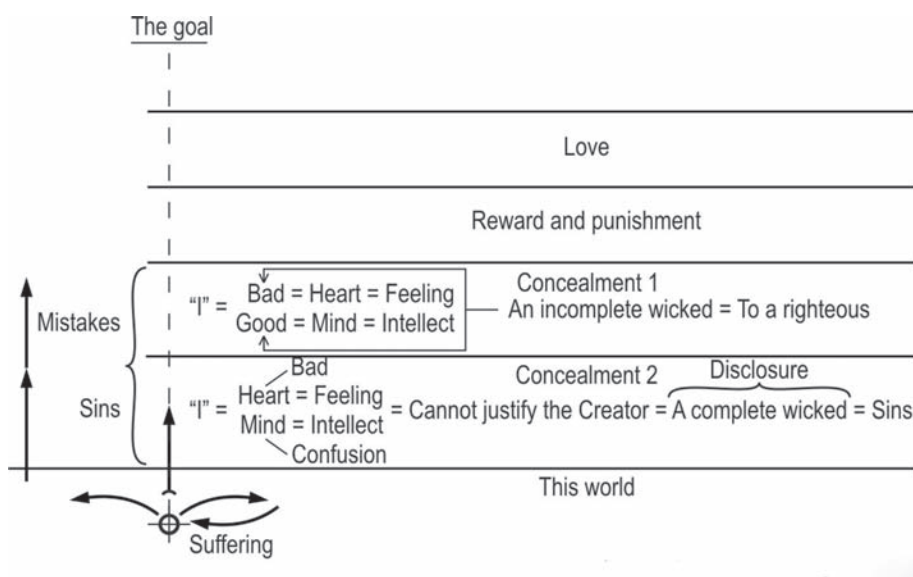
Breaking the Iron Wall
Ba'al HaSulam



Therefore, a person on his spiritual path researches nothing and no one other than himself. When he contemplates the Creator's actions, he attains His mind, the mind of the One who acts. When one attains and understands the actions with which the Creator created the world and its order, one then merges with the Creator's mind. This means he merges with the Creator. Hence, it is said that man reveals the Creator's names – His manifestations in creation, and through them he merges with Him.

As a person changes himself, he does this with his own forces and with his own free choice. As he ascends independently, step by step, he studies his own nature in comparison to the Giver's nature and copies the Giver's nature within himself. He corrects his own nature and by doing so he acquires the Creator's mind and attains the Thought of Creation. In this manner, he ascends to the highest level, and becomes limitless, because the Upper Force is absolute in every way.

Selected teachings of
Rav Michael Laitman, PhD





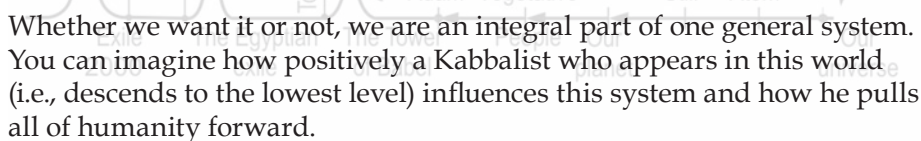
If I want to "directly catch" the spiritual without performing specific corrections of my attributes, I will not be able to do this. I must perform corrections that correspond to the spiritual. I will be able to perceive the spiritual to the degree of my equivalence to it.

The Structure of the Soul

Rav Michael Laitman, PhD



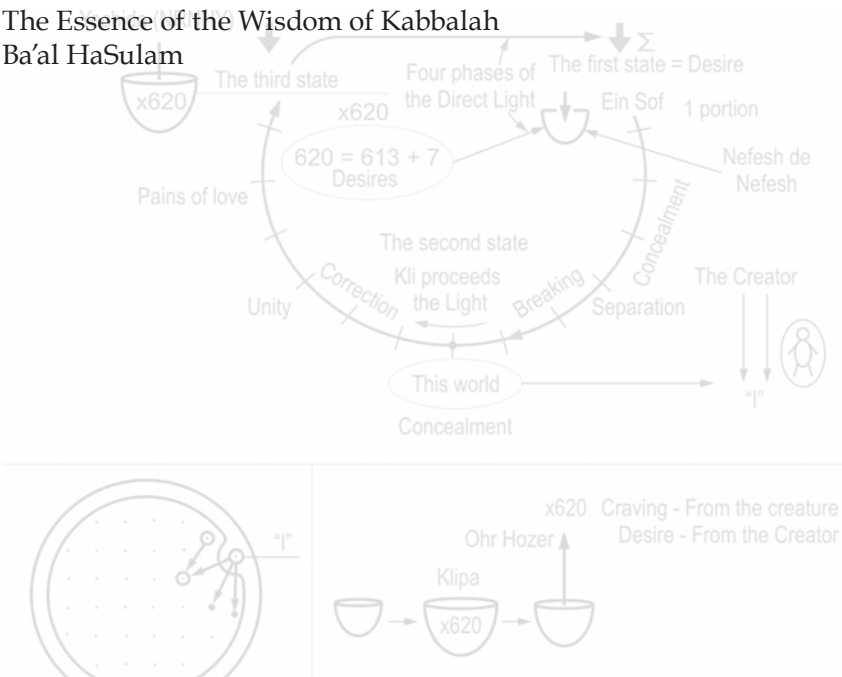
The Kabbalah Experience
Rav Michael Laitman, PhD



Selected teachings of
Rav Michael Laitman, PhD

A revelation of Godliness does not appear at once, but gradually, over a period of time, depending on the cleansing of the perceiver, until all the degrees from above downward are revealed, and because they come in an order of attainment, one after the other and one above the other, as do rungs of a ladder, they are called degrees (steps).

The Essence of the Wisdom of Kabbalah
Ba'al HaSulam

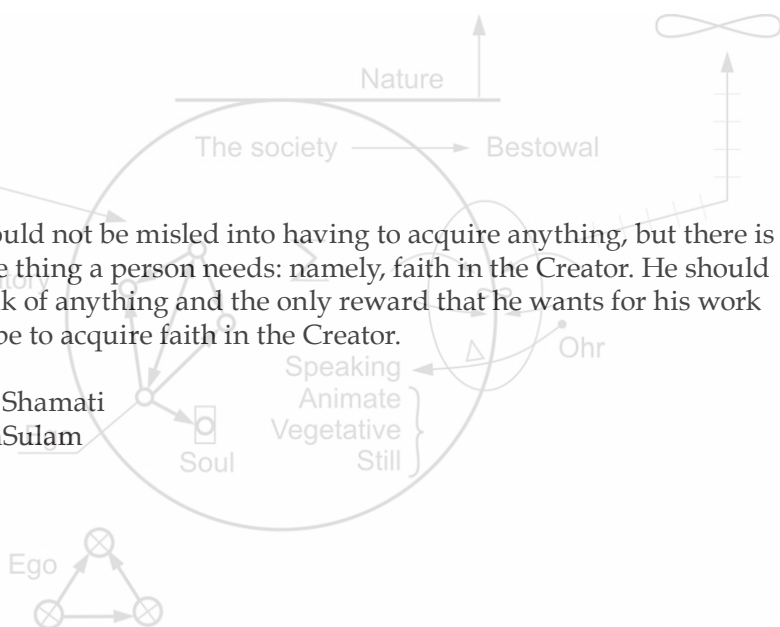


“Faith,” in Kabbalah, means complete perception of the Creator. We can acquire faith by becoming equal to Him in our attributes, in our desires, intentions, and thoughts. The term “reason” relates to our mind, the “foreman” of our egoism. To go above it, we must make the value of equivalence with the Creator more important, more precious to us than any egoistic pleasure we can imagine.

Kabbalah Revealed
Rav Michael Laitman, PhD

One should not be misled into having to acquire anything, but there is only one thing a person needs: namely, faith in the Creator. He should not think of anything and the only reward that he wants for his work should be to acquire faith in the Creator.

Book of Shamati
Ba'al HaSulam





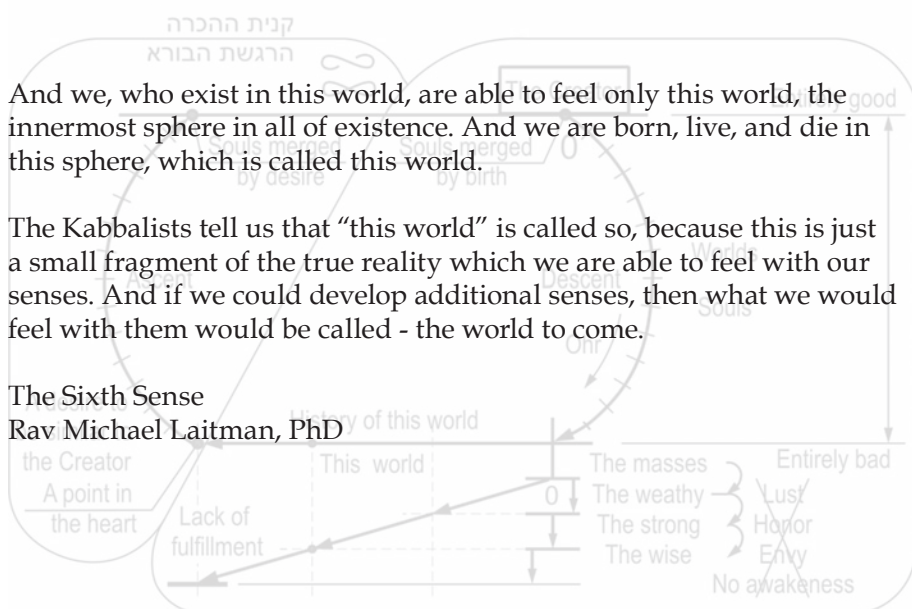
Correction does not come from self-punishment, but rather as a result of spiritual achievement. When a person achieves spirituality, the Light appears and corrects him.

This is the only way a person changes. Any other way is hypocritical. A man is mistaken if he believes that by putting on a nice appearance he will achieve spirituality. Inner correction will not follow, since only the Light can correct. The purpose of studying is to invite the Light that corrects one. Therefore, a person should work on himself only for that purpose.

A Guide to the Hidden Wisdom of Kabbalah
Rav Michael Laitman, PhD

Good = The Giver

Bestowing to the Creator as He does to man = To the Creator $\infty \leftarrow$ The Receiver

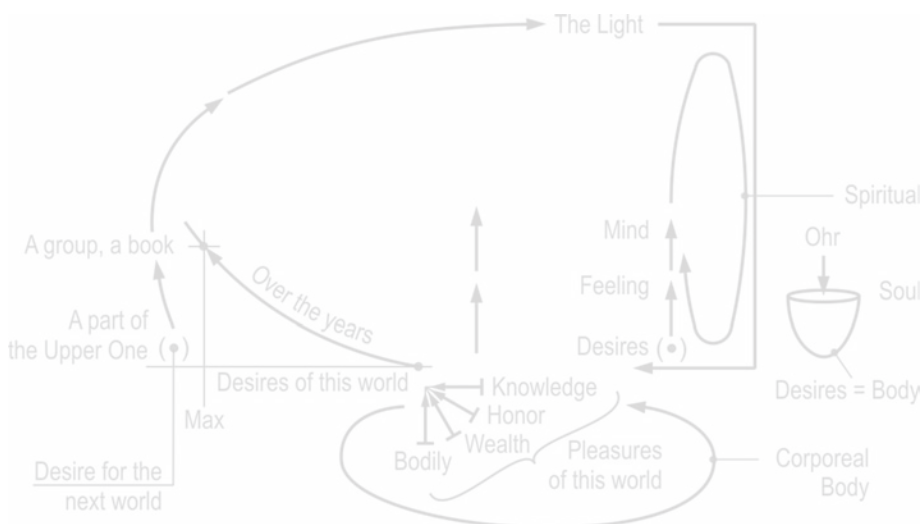


The Sixth Sense

Rav Michael Laitman, PhD

We hardly ever feel the presence of the Creator in the daily situations we need to face. This is because our attributes place us opposite to the Creator and make it impossible for us to feel Him.

Selected teachings of
Rav Michael Laitman, PhD

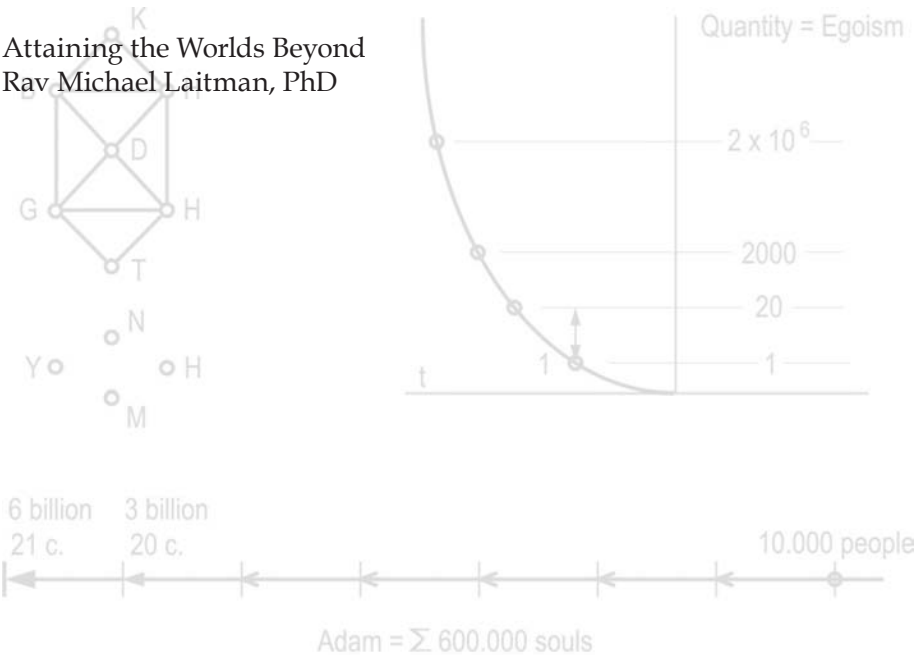


The Creator created us through His wish to give, to bestow. He created our will to receive exactly in the amount that He wanted to give. That is why we must attain everything that He wants to give us – eternity, strength, perfection, total control. This means we must assume all the duties of the Creator.

The Kabbalah Experience
Rav Michael Laitman, PhD

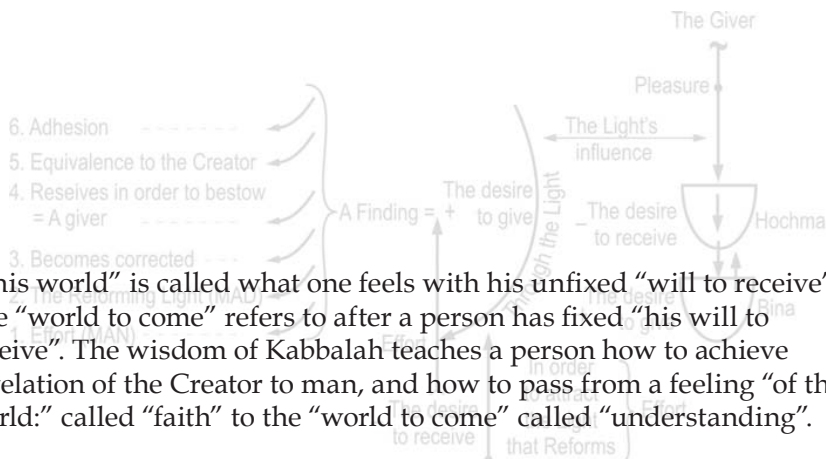
Only the help of the Creator can save a person from the sudden problems that arise, but not by asking for a solution. The answer is in praying for an opportunity, regardless of the demands of the body, to acquire faith above reason, to attain the feeling of agreement with the actions of the Creator, because it is only He who has the domain over everything, and it is He who creates all circumstances in order to ensure our ultimate spiritual well-being.

Attaining the Worlds Beyond
 Rav Michael Laitman, PhD



What does it mean that one rises from step to step? It means that one becomes more altruistic (giving), that one feels himself closer to the rest of the souls, and that he unites with more souls, thereby enlarging his vessel and incrementing the Light within the vessel.

Selected teachings of
 Rav Michael Laitman, PhD



“This world” is called what one feels with his unfixed “will to receive”. The “world to come” refers to after a person has fixed “his will to receive”. The wisdom of Kabbalah teaches a person how to achieve revelation of the Creator to man, and how to pass from a feeling “of this world:” called “faith” to the “world to come” called “understanding”.

Breaking the Iron Wall Ba'al HaSulam



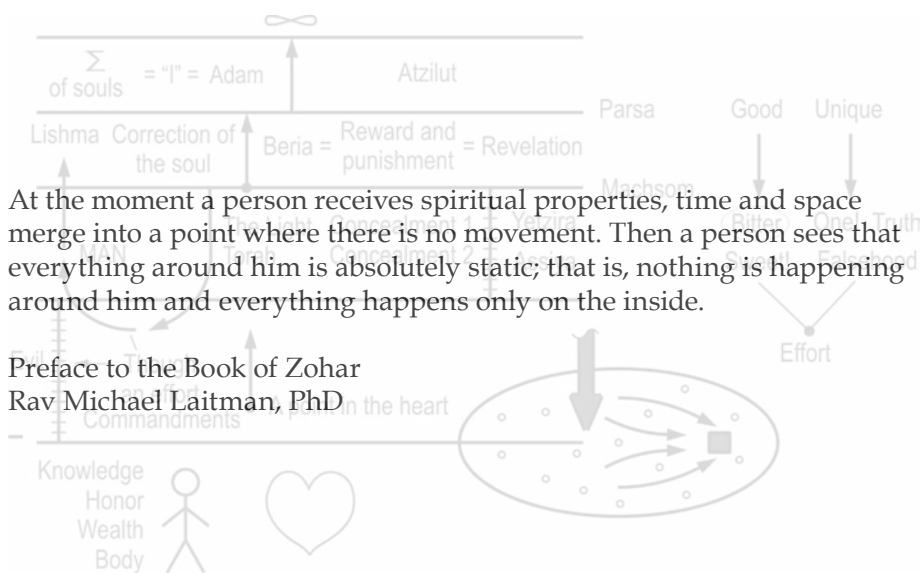
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The laws of the Creator are all purposeful, aimed at the target. They have to be studied with close relation to the purpose of creation. Otherwise, they are misunderstood and even contradict one another.

That is why in every action we do, its justification or criticism is only possible when we can approach it in relation to the purpose of creation, meaning with relation to the aim of the Creator who chooses to act in a certain way. Without considering the aim of the Creator, we will never be able to assess any phenomenon in the world correctly.

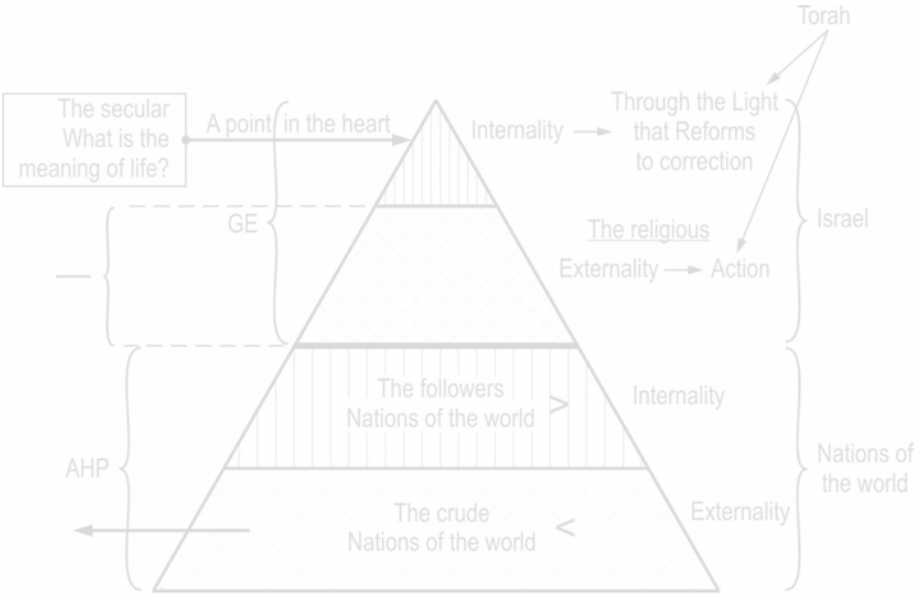
The Open Book
Rav Michael Laitman, PhD





A human being has to arrange inside himself all of his desires and thoughts, he has to learn how to manage them correctly, so that all of them come from his inner-most part, from his relationship with the Creator, and are defined in this way.

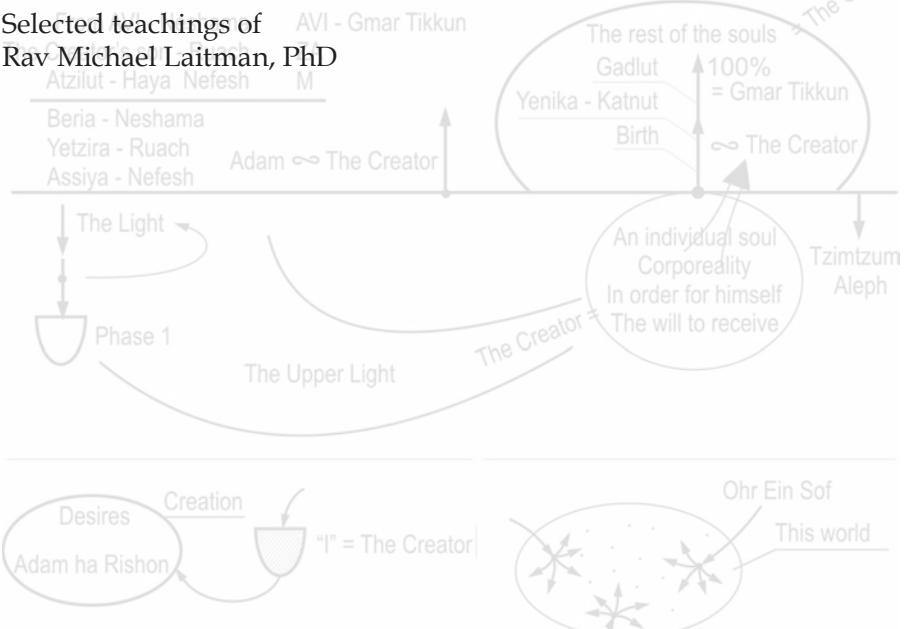
Selected teachings of
 Rav Michael Laitman, PhD



One must know in one's heart that the Creator chases him just as much as he chases the Creator. One must never forget that, even through the greatest longing. When one remembers that the Creator misses and chases him, he must cling to Him as intensely as one can wish for it.

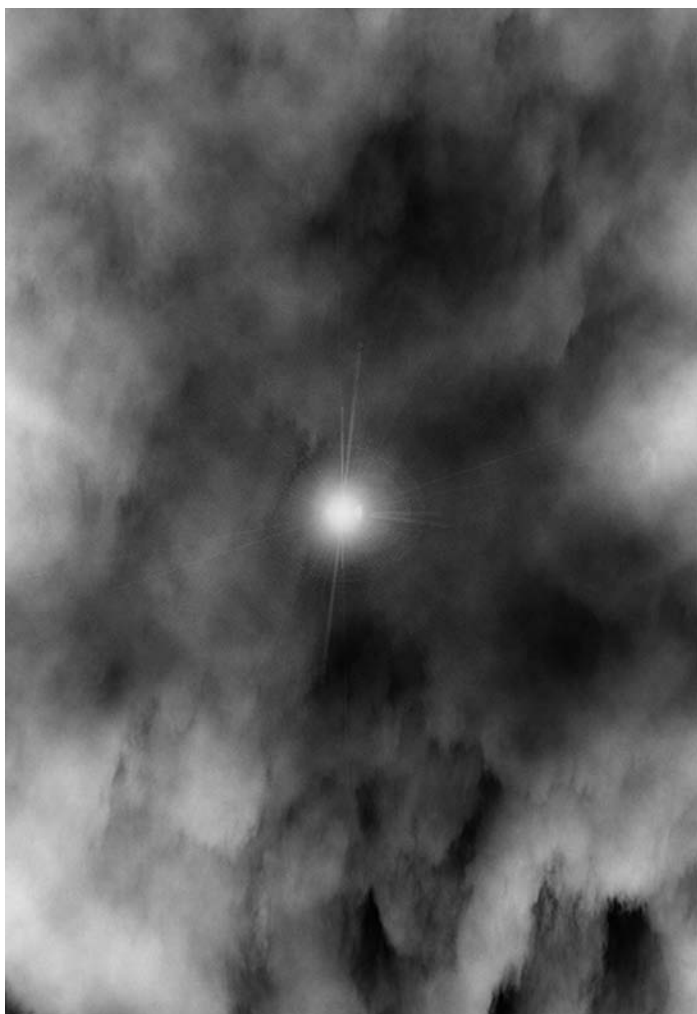
Letters
 Ba'al HaSulam

One cannot be correctly attuned to the Creator or have the right idea of what He is, if one does not go through “love for thy neighbor,” through the desire to save people from suffering, which is sent by the Creator for this purpose, and through the realization of one’s ability to change the world and one’s perception for the better. Without this a person cannot be directed to the Creator.



We wish to know the Creator’s properties and attain Him because this is the purpose of our creation. If He is the Perfect Ultimate Absolute, then achieving that property is the most sublime delight man can know. This is exactly what the Creator desired for us, and we must reach that state as a result of all our changes and corrections.

Selected teachings of
Rav Michael Laitman, PhD



Open these books and you will find all the good comportment that will appear at the end of days, and you will find within them the good lesson by which to arrange mundane matters today as well. We can examine history and by that correct the future.

I have seen all of that, and I can no longer restrain myself. I have resolved to disclose the conducts of correction of our definite future that I have found by observation and by reading in these books. I have decided to go out to the people of the world with this horn, and I believe and estimate that it shall suffice to gather all those deserving to begin to study and delve in the books. Thus they will sentence themselves and the entire world to a scale of merit.

Building the Future Society
Ba'al HaSulam



Recommended Books by Rav Michael Laitman, PhD

The Complete Idiot's Guide to Kabbalah

From Chaos to Harmony

Kabbalah, Science, and The Meaning of Life

Attaining the Worlds Beyond

The Kabbalah Experience

The Path of Kabbalah

Basic Concepts in Kabbalah

Kabbalah Revealed

The Science of Kabbalah (Pticha), Vol. 1

Introduction to the Book of Zohar, Vol. 2

A Guide to the Hidden Wisdom of Kabbalah

Also Recommended

Wondrous Wisdom, Michael R. Kellogg

Internet Resources for Authentic Kabbalah Material

www.kabbalah.info

www.kab.tv

www.kabbalahbooks.info

www.kabbalahlearningcenter.info

www.kabtoday.com

All online classes and materials are provided free of charge.



