**\*This transcription is made from simultaneous translation which leaves possibility for errors.\***

**\*Morning Lesson October 15, 2020\***

**\*Parashat Beresheet  (Genesis) - Selected Excerpts from the Sources #20\***

**1. Rav’s Introduction**: Yes the main thing about the question Bereshith is that we learn and it was evening and it was morning one day, when a person begins to feel on this path that I wanted to get closer to the Creator so they have to distinguish between the evening and the morning in the morning, one day.  If they don’t go through both states it is not considered that they are walking towards their correction. Therefore we need to see, to reflect on it, in the evening in the morning, whenever we do it, but we should reflect on how many ascents I had, how many descents, what is the results from them, how I relate to the ascents into the descents.  During the descent do I become completely disconnected from the Creator from everything and I really regret what is happening to me and I think about my situation or during the descent do I regret that the Creator disappeared and I am left like a beast. In other words. I only have a connection with what is the posterior, Achoraim, with the Creator. So, we need to calculate the differences between day and night darkness and light. How those states change in us and give us new discernments every time. We should try to accustom ourselves so that even in the greatest darkness, we don't lose contact with the Creator because it comes from the Creator on purpose to create in it in us, the feeling of darkness and disconnection from him, from the friends which is what we call darkness.  That minute that we feel as darkness, that we have disconnection from spirituality, from our own spiritual life, we immediately run to connection with the friends and connection with the Creator. So, we constantly have a strong faithful means to bring us back to what is called a day.  So let's try at least at the end of the day to see whether we had disconnections from the process from the group from the Creator and to what extent we felt during the day such states and to what extent we felt that we took steps forward.  Because it's measured by the sensation of night, which is a disconnection from spirituality and day which is connection to spirituality. We'll see if I can calculate the more we do the tendencies to move forward towards connection between us, the more we do it the more we will get disconnection so we will renew the connection and the Creator will disconnect again. Actually. all the disconnections are from Him and all the connections are from our efforts, maybe ourselves, maybe praying to him so that way we are constantly joint work with him. “I am for my beloved and my beloved is for me” the Creator awakens the night and we ask him and awaken the day. The night for us means that we are disconnected from society from the friends from the Kli of the soul and from the Creator fills the Kli and day is the opposite when we feel connection between us when we are as one in between us the Creator is revealed as one. So, let's count how many times during the day, physically, geographically, earthly do we go through such days and night. We should count them, sometimes we can, sometimes we can't, but still according to this it's still considered a person is alive, how long he lives.

2. S. (6:08) I decided that every hour I'm going to ask for the friends during the day I'm going to connect to them the ten and the rest of the time it turns out I'm disconnected, is that called day and night in the work?

R. It's not quite, you're disconnected from the friends and from the group, and from the Creator and from life's purpose, you falling into your material life, it's not considered being at night, it's considered being in a state of unconsciousness.  Being at night feels that you're disconnected from them and you search like a little boy who suddenly can't see his mother, where is she, he doesn’t know where she is, he is crying, this is called night. But the night there are many parts, we will learn, that is called watches of the night, we will learn it.

3. S. (7:24) What's most important in the state of darkness to try to renew the connection with the Creator or with the friends because with the friends it's completely unclear how is that possible?

R. I don't know, try this or that, then you'll discover that you can't find a connection with the Creator and altogether be in connection with the Creator and by this you are in connection with the friends. That's why the law is love is from the love the people to the love of the Creator and it's not just like that with all the degrees, how can you renew the connection with the Creator, if you have no place and the Kli to feel Creator is a soul and a soul means connection together with the friends somehow complement one another, even if they don't know how and what is the structure of the ten Sephirot, but still they try. Although for me it's still disconnected, the relation with the Creator in relation with me to the friends and the Creator.  The friends I would leave them all together if I wasn't connected to them but it is written everyone has to, I don't feel the necessity to connect with the friends because here my will to receive wants in such a way, that I naturally reject them and with the Creator, I naturally want to be with him, in him. That's why we see that here our ego directs us differently in these directions to reject the friends and pull the Creator closer, but that's what the ego does, and this is why our work above the ego is to constantly extol the importance of the friends so that only within them, once I feel them close standing in my heart, as Rabash writes that there's nothing but the friends, then after that I make contact contact with the Creator and that's how it really should be.

4. S. (10:05) I heard you say in the beginning of your words at the end of the day we examine ourselves how many times during the day or night, the question is how do we check our ten not personally?

R. In the ten, I don't think we should be confused and do it now, but within ourselves we should do it.

4A. S. (10:41) I'd like to continue yesterday's scrutiny about day and night at 5 p.m. we had a zoom meeting and I felt that we had a meeting with friends from Australia and in their time zone it was night and we thought we were in the light doesn't matter what time zone, where in this is the right feeling?

R. The geographical situation in the groups, we try not to think about it and talk about it, it's totally unimportant or irrelevant to spirituality so to Australia or South America or Europe or Africa or Asia.   I understand they are different time zones, maybe it's inconvenient but gradually get used to it. I for a long time I can't sleep at night anymore and I get up towards the lesson closer to the lesson sometimes earlier before the lesson, it's a habit I think of friends wherever they are in the world, they try to be at the lesson, so don't pay attention to time zones it's totally unrelated to spirituality.

R. Continue.

S. What I meant the feeling we had in the meeting that we had, that took part with the friends, was that the gaps don’t matter, that's what I tried to say?

R. Yes fine.

5. S. (12:41) The feeling that the ten is always there even if some of the friends are not there at the moment is this an interchanging state?

R. It's a situation that changes regrettably, we see that if we don't awaken our friends everyday through a little pinch, then they don't try to run forward of their own accord and that's a problem.  Because if today it's harder for them to get up than yesterday to get up to come to the lesson and to connect to the friends, if they don't do it and they don't understand that it's the Creator awakening the darkness in them. It came to them so that they would overcome and bring in the light. Pulling in the light is our work, awakening the darkness is the work from above from the Creator. That's the problem, I'm following these fluctuations we have each day in the connections, sometimes more sometimes less, and I really don't know what it depends on.  But it's interesting that there is such a thing, because actually a person should be joining everyone everyday and should be making an effort to take another step forward and another to step forward because we are overcoming and working. It's impossible to make up for what's been lost, meaning if I didn't if I wasn't there for a day, it's written that if you leave Him for a day He leaves you for 2 days.  Meaning if a person leaves the Creator for one day, meeting with him, then the Creator leaves him for two days. This is why we should try to be in constant connection with one another. and the fact that a person during the day might watch the lesson or listen to  the lesson during the day it's not the same, because the inner spiritual meaning that what we try to do in the lesson is hard to afterwards get it through the archive.

6. S. (15:52) What are the right stages to work in darkness?

R. When we understand that it's darkness that it's coming from the Creator and that we must overcome and the way to overcome, the work of overcoming is one's personal work in connecting to the Creator through the friends.  Because I dwell among my own people so if I want to get close to the Creator I have to do it correctly, that I have to do it through the group.

S. What's the difference between connection with the friends in darkness from another state?

R. From another state its connection, actually only from the darkness there's connection. We don't need to awaken the darkness and not erase the darkness, we shouldn't erase it we should respect the darkness and above it, bring in the light. The darkness has to be constant and above it there is light and in the gap between darkness and light I begin to feel life because all of life consists of plus and minus in everything, darkness and light, heat and cold, you name it, it's always opposites.

S. It's been a few times that we've reached this scrutiny and if it's possible to open up this matter of working above darkness?

R. It means I'm not forgetting like a little boy who is either laughing or crying, but rather I have both things together and I'm in them.

S. During the feeling of darkness as the friends from Moscow said, the work with the friend seems impossible for you and you don't even know what action to start with because you don't have the strength to do it.

R. I understand it's like that, I understand it's like that, precisely this feeling is what I should have and I have to pray at the time to the Creator together with the friends to help me go above this feeling towards the light, towards mutual bestowal, light means bestowal, darkness means reception.

S. What exactly is my prayer to the Creator at this point?

R. However you phrase it with your own words that you want to be in a state that is all light, all bestowal,  love, connection, this for you means being in the day and night means separation.

S. This prayer should continue until the state changes?

R. Always forward, why not, always think about how every state you discover how you can discover it is darkness and above it ask for the day.

7. S. (19:29) A moment ago you talked about this state that without poking the friends won't wake up and we really feel it in the ten that this state is alive in us now?

R. You are living in the state I don't know there's never been a better situation.  We received all the articles of Baal HaSulam and Rabash.  They explain to us where we are, they tell us how to go forward, they tell us how to come to the place of correction to reveal the Creator, the end of correction. Everything is spread out right now in front of us, we are in practice in a state where the whole world is starting to move forward, consciously or not.  We are in the beginning of our work between us and with the world, so tell me what could be better you want the Creator to do your work as well? Well ask Him, it's really called the work of the Creator but it comes through our prayer, connect and pray and you can be in a Minyan in a ten.  There is no better state, I can't imagine what could be better, what should I take, should he take the work away from us then we would be like animals. You're saying we're tired, I can't, I don't know what I need to do with my friends, how to awaken them, well that's the work. All we have left to do is the most, the truest, most concentrated thing, everything else is revealed already, it's all revealed and suddenly I see that we have 30 more. So the next day, 30 less are participating in the lesson, well, there are several thousands but still why, tell me why. It's because we are not seeing to it that we are connected one Kli.  There are those who are connected that there are those who we don't see on the screen, we're not seeing, that we all feel ourselves as one and we have to connect ourselves more and more internal, heartfelt connection, say like we see on the screen now.  So all those pixels become one, one and then the Creator will be revealed. The minute He is revealed we will again see more pixels but it will be more accurate and we will see ourselves distant, but already on a higher resolution and again and again and then again we will attain the Creator, NRNCHY that way we will attain more and more revelation of him in us.

8. S. (23:05) How do we feel this day and night, states inside of it, is this going to change constantly?

R. It will constantly change until the end of correction and each time the darkness, the disconnection will be more and more intense in quality and quantity and we will have to work on it each time.  This is why the Torah begins with the Creator creating day and night and this is how we have to go and discover in the day and in the night the presence of the Creator in our connection.

9. S. (24:02) Preparation to the lesson in the past we used to drive for a few minutes or sometimes longer before the lesson, today we're just sitting at home, how should the preparation to the Morning Lesson look like, quiet or resources or... ?

R. It all depends on when you get up, I would get up 2 hours before the lesson I would read Shabbat at the time there were no other materials, this is what Rabash gave me a notebook, and that's how I would prepare myself for the lesson. If you already have a ten then besides reading Shamati you can also read something about the friends, connection with the friends, to see if you're in this or not and it's very important. That it things that awaken the heart in the right direction from the love of people to the love of the Creator. We don't really want it, we don't pay attention to the love of people, but that's exactly our Kli, our correction, it happens there because without it you can't discover the Creator but remain in some sort of a fantasy as if we have some kind of connection with him.

S. So it turns out that its better not make quiet reparation?

R. It's better if we do the preparation together than alone, yes, if you want to do it alone then get up a few minutes early and do something by yourself but if you come to the lesson excited about the connection with the friends it will be a good lesson for you and a correct lesson.

10. S. (26:30) When I discover that I'm in darkness during the day, no connection to the friends, I feel no pain about it, it's been a long time that it's been this way, what should I do?

R. Think about it, regret about no connection with the friend is actually the right Kli for spiritual advancement, this is actually the right Chissaron, deficiency. From this begins the entry into Egypt, I seek my brothers as Joseph was there in the field in the Torah, soon we will learn it.

11. S. (27:29) I heard that we should have awakened the darkness and the pain is that true and if so how?

R. We have to awaken the darkness and see if we're really connected in the ten and ask the Creator to shine on us and show us where else we can add in our connection.

12. S. (28:09) If the ten always runs to awaken the darkness and like the old man is trying to search where to ask for more, so in this way how does the Creator awaken the dawn?

R. I am not asking about Creator, I'm asking about us and I'm asking you to ask questions in the right direction, I don't ask about the Creator, I ask only about us.

13. S. (28:49) How is it possible to shorten the time between the darkness that appears and the address to the ten for connection?

R. Only by the ten yearning for connection all the time only in this way.

14. S. (29:08) I heard you say that the matter of let there be evening and let there be morning let there be day is walking, can you specify about that?

R. Yes, this is walking, exactly through the day this is how we advance through spiritual states, this is how we come to night is disconnection from the friends and in it we feel disconnection from the Creator, truly one inside the other, and the day is the opposite, connection of the friends and within it connection with the Creator we come to these acute states in which we feel all kinds of disconnection and connection and likewise in our world we detect more spiritual states which are always connection and disconnection.

S. Is this the first step of coming out of Egypt?

R. Afterwards we will talk about Egypt and exiting Egypt, wait do what we are doing now, we wont get to Egypt if we don’t do what we want to do now.

15. S. (30:25) What I want to scrutinize is what are the efforts exactly or the successes in connection that are at our disposal when we are in a descent when it darkness what is still held in our favor, from the time that we were in connection, because seemingly there's more darkness?

R. First of all, next time phrase your question briefly and concretely, So we can understand what you're saying, not just feel it.

S. We're always between darkness and Light from being in the direction of connection to the direction of the opposite direction, between these two tendencies, that reside inside of a person while I want connection and the ten is advancing in some way, we should prepare ourselves to the state where we are in opposite directions, so what are these preparations the common efforts?

R. I can't say more than that because you're already writing a whole article, think, write the question down and then speak, I understand your inner pressure but that's not the way to ask we will not understand what you're asking and I want to think about everyone.

16. S. (32:09) When darkness comes from the Creator is that a sign for us that in darkness we can get more light?

R. Yes when we feel darkness we can scrutinise how we can shift from darkness and That is by overcoming and connecting with the friends until the Creator could perhaps be revealed to us there as well.

17. S. (32:44) You said that these lights NRNCHY as manners of connection between us, can we say that every new day a new light comes?

R. I wasn't speaking about NRNCHY so don't bring me anything, Light is connection between us and darkness has disconnection between us

18. S. (33:20) I know you said the time zones sones don't affect the energy levels and things but does the times of day affect our energy and force to connect like we're here in California and our night is your day and so forth?

R. Nothing influences anything, nothing geographical influences anything spiritual, there's no geographical time that can impact spiritual time they just don't connect

19. S. (34:01) What does every friend need to invest of himself when the ten is building a prayer, what is the friend lacking in order to connect to the friends?

R. To annul before the friends you have to re-read the writings of Rabash, the Social Writings of Rabash there are 10 articles there, start reading them all the time

20. S. (34:45) Yesterday you said that the lights have the same strength at the darkness, does that mean that the light has the strength of our ego, of our will to receive?

**R. With a desire to bestow, light is connection, light is the appearance of the Creator but not openly, it is as he gets closer and closer and let us connect among us and relate to each other well above our egos.  This is called light, are you listening to what light is?  It is our inclination to connect with the friends on top of the rejection, so this is already some sort of manifestation but still from afar when I don't feel him.  Yet I feel this phenomenon I already feel it because the Creator was already present in some extent between us, on top of our ego the power of connection on top of the power of rejection when it is revealed this way this is why the Creator created the darkness and then the light is his manifestation which gradually becomes more and more revealed on condition that we have to accept the darkness correctly.**

21. S. (36:30) Why are we to blame that this is how we are, we don't understand, we don't hear

R. We are not to blame for anything, it is all the Creator’s fault, so pray to him and ask.

22. S. (36:53) During the day every friend finds his place in the ten, the ten get used to him being late and everything's okay, how is this darkness that is felt to be comfortable, how do we work with that?

R. You shouldn't feel comfortable, God forbid, God forbid. What you are saying is incorrect, I want to feel the darkness as darkness as night. I have no choice, I want to be in this but I have to come out of it as soon as possible because darkness is a sensation of disconnection, remoteness from the friends and from the Creator, this is what I call darkness. So let's work now during the day take a piece of paper and start writing down darkness, light, darkness, light when you feel disconnected from the Creator, meaning from the friends, write down it's night. When you are connected among you write down that it day. You'll start getting closer to spiritual day and night and not geographical.

S. Should I share in the ten these disconnections?

R. Yes share it afterwards and talk about it.

23. S. (38:51) My question is how during the night does the ten light the candle?

R. Didn't talk about it, don't know what to say, you'll have a thousand more questions if you start speaking among yourselves and start establishing the connection between you, you'll start seeing how you can somehow illuminate at night, instead of the Creator, instead of the light from above so the darkness will also begin to shine.  This is already by overcoming your ego and lighting up the connection between you, like the wick and the oil and the light.

24. S. (39:54) Ultimately after going through the state of night and day you go through a state of day and night you go through a whole day so a new result should emerge, a new discernment, a new feeling, something different, what's the result?

R. A new state is born and it's called connection with the Creator day and that then that connection becomes night if you're giving a greater ego.  The greater ego is revealed to you it was there before, but it was not revealed, so now you feel a darker night and that you work in the night about reaching the day so it shines even more and in the connection between day and night you begin to discover the Creator’s relation to you, the friends relation to you, and in that way in the connection between day and night, between the two lines you begin to build the third line you discover the Creator does both and to know him as one, as one force.

25.S. (41:16) When darkness appears in one of the friends the ten doesn't feel this darkness but it seems that this certain friend feels is not enough connection or maybe he's trying to push the ten this way or another.  But the ten doesn’t feel this darkness what's the right way to incorporate, what should we do with the friend or his need what he expresses in the ten?

R. We have to look in the writings of Rabash who writes about this, It's like a book that has everything in it. That's it, so we have to look what he said about it, how should we help the friend, how to pull  him out of the pit or maybe throw him a rope or a lifebuoy etc., there's always this work in the group and we have to constantly be in this work because specifically by this we will advance towards the complete connection between us on the first-degree and then on the second and the third.  But this work will be all the time because these are stages in connecting the broken Kelim and revealing the upper Light in them, the Creator.

S. Is the pressure on the ten at the moment to take into account that friend as if he's correct and should we search for the darkness that is seemingly in the ten but not yet felt or is the darkness in the friend and he should feel that there's something wrong?

R. No, no, no. We should accept these things as belonging to all of us because it's a problem in the general vesselSo that we would advance so that way everything that happens to the friend it's as if it's happening to me.

S. Thank you because it's not simple for a ten that feel it's the majority...?

R. It should feel that it receives it that through this friend it comes to the ten is burdening of the heart, it doesn't matter from who it came.

26. S. (43:42) About writing in the day and in the night, the moment I start writing, I always start coming from the state, coming out of darkness, but I have the light at what does it mean I write it down?

R. No, try to write how many times you were disconnected, how many times you felt darkness and how many times you felt connected or you felt light, try it once and see what happens next.

27. S. (44:20) We're scrutinizing now the question, it's difficult for me to scrutinize the questions by the friends and it's the same time try to scrutinize what I understand what you will say, what should I focus on?

R. Did I tell you what to do, why are you still asking, what did I say you should do today?

S. With the darkness and Light all day?

R. What should we do with darkness and light all day

S. To check the states when I am in the darkness and when I am in the light?

R. To write them down and to examine yes try.

S. Now in the lesson when the friends are asking I'm trying to understand what they're asking and as a result I have all kinds of things being clarified in me and also you are saying things how to learn correctly?

R. Study with us, incorporate with us and flow with that and you see how that's beneficial I said we're done with all your questions.

28. S. (45:28) When we feel connectedbut in this connection, there's bad taste where friends are quarreling,is this the state of darkness or light?

R. This is a state of scrutiny, it's better than a state of disconnection but you should read together, maybe more articles about the society, all we have is about 10 Articles of Rabash and to try to keep them too, Otherwise why is there a fight a quarrel between you, I don't understand.  Maybe it's because people can't overcome their personal ego, well that's something you have to scrutinize very well, what that is. What's going on with you? Maybe more correctly what is the Creator inviting in us these states and that's something you really have to work with, this way you will never advance if you're not fighting against disconnection, aversion, you have to remove it.

**\*Excerpt #20 Reader (47:09 - 50:01)\***

**20. RABASH, Article No. 2 (1985), "The Meaning of Branch and Root"**

We should know that the Creator created the night, and He certainly created it for a purpose, which is to do good to His creations. Therefore, each one is asking: Why did He create darkness which is night? After all, according to the purpose of creation, He should have created only day and not night. The verse says, “And there was evening and there was morning, one day.” That is, specifically through both, which are night and day, comes one day.

However, the night was created deliberately as not illuminating without corrections, in order to perform the corrections that the night reveals to a person. This is so because the Kelim are founded over the sensation of darkness. These are needed in order for them to have a need for the Creator to help them. Otherwise, there is no need for the Creator’s salvation. That is, at that time there is no need for the Torah, which is regarded as “the light in it reforms him.”

29.S. How do we work with slander, I suddenly discover I have slander towards the friends?

R. We don't work with the ego, we want to increase good, that's how it is.

30. S. (50:47) I can discover the bad in us, do we discover it in the dark or through the light with the help of the light?

R. Evil appears as forces of darkness which differentiate between us when we feel distant from one another and we correct this evil by drawing light from above from the Creator and wishing for the good Force to come and connect us and with this good Force comes in connects us it's called day that's all.

31. S. (52:00) I tried to develop for a long time fear from disconnection, actually I asked to be given it and suddenly I was given it, what do I do so it doesn't happen again?

R. I should always yearn for the good, not to increase evil or fear all these things, always yearn for the good, maybe your approach is not good that's it let go of the evil, just yearn for the connection and this evil, if you are studying with us together, it will be revealed more and more don't worry about that.  If you are drawn to the right connection, the force of bestowal, you're with us in the lessons that evil will appear in you systematically.

32. S. (53:07) What are the Kelim, vessels, that are created because the ego always seems one step ahead of me, what tools do I have?

R. It's wonderful it's great that your ego see the bigger and bigger, this is how the Creator's helping you grow up, that's the right right way of advancement.  That's the way we should feel that every time darkness appears and you see it as darkness, as the ego, as rejection, that's the way you see it, you accept it.  This means the Creator opened the new day for you because the night begins in the evening and let there be evening, let there be morning one day.

**\*Excerpt #21 Reader (54:12 - 55:04)\***

**21. Baal HaSulam, *Ohr HaBahir*, *Ohr* *Yashar* *Ohr Hozer***

In His almightiness, He devised a tactic by which a reality of perception of His lights would nonetheless appear to the lower ones. The sages call this tactic “darkness,” as in “and creates darkness,” from the words, “Come and see darkness.” In other words, the denial of the light and our frail perception of it, which we perceive as darkness, are the true reason for the perception of the light. This is the meaning of “As the advantage of the light from within the darkness.” That is, our whole perception in the light is from within the darkness.

33. R. This means that we have to reach a state where each and every state where we're trying to be darkness and light, darkness and light and then BoReh, Creator of darkness, BoReh means come and see, the darkness and out of the darkness you discover the Creator, the light and again Creator of darkness and come and see the darkness and then you will reveal the light again.  All the time, all the time this is how we should be in these interchanging states.

34. S. (5:49) What corrections happened in a person at night in the dark?

R. He starts feeling himself, his ego to the extent  of his rejection from the friends, how proud he is, how disconnected he is, at night in the darkness you have all your discernments about your will to receive.  It's not just night when you're not disconnected what you obtain is your corrupt vessels.

S. At night is it when we meet our fears?

R. Also yes, all the negative emotions come at night because if you reach the day in faith and bestowal, then in the vessels of bestowal, you have no deficiencies.You're really discovering connection, warmth, freedom and expansion. After the right kind of night you will feel the day as a true day. Understanding, feeling, attaining, connecting to everyone going back to the Kli of Adam HaRishon to an extent, do you understand? That's how we should try to feel the general state of night and compared to it on the state of day, and to understand that there cannot be day, attaining feeling without night, without problem discovering of darkness, to somehow understand or feel I don't feel I'm being pushed away I'm disregarding the friends and then when day comes seemingly a good feeling.  But I make this calculation, add the night to the day so that if the day comes now, it's a sign that it has come from the night and upon the night we should feel our questions our problems and to solve them and then day and night will become one.  Ss if night is the problem and day is  the solution so you want to see how you really come to this solution from the darkness of night try to connect them together and that will be called a whole day, 24 hours and then you'll understand that the night is not really night it's only there to add to your recognition to your understanding.  Meaning the light is in this darkness but it's only in the opposite way it's like when you play with a child you don't let it do some, you don't do something for him because you want him to do it, that's how the Creator is playing with us he doesn't give us connection so that will want to connect, so that will appreciate connection said that within connection will discover the force that connects us together above our ego and that's Himself, that's Him Himself.

35. S. (59:38) The state of night, is it necessary in order to immediately want the day or do we first have to scrutinize the difference between night and day so we can resist the night?

R. Well it goes many ways, sometimes the Creator awakens the person that depends on the person, sometimes the Creator first darkness and then day and then first night and then day.  The Creator does that because in the meantime a person is incapable of overcoming it correctly to understand these states, to have high frequency, one opposite the other.  Sometimes the Creator gives a person different states, he may leave a person and then this person is feeling more or less disconnection for maybe even years and then he may come back to understand recognize these calculations are things we cannot understand exactly at the moment but one day we'll talk about it one day one day. So night and day are something we have to try to organize in the society, in the ten and doesn't matter what state I am in I'm counting according to my relations with my friends and not in my personal manner.  When the group becomes the place in which I live day and night until the Creator starts being revealed, also in distance and distance, a long distance or a short distance that's how we reveal the Creator as well.  Now that I feel my nature being more egoistic or less egoistic then later I will discover more connection or less connection, then I'll discover more Creator or less Creator do you understand?

36. S. (1:02:05) It is written songs in Psalms the guardian of Israel will not sleep, what state is that?

R. The Guardian of Israel will not sleep, it means that the Creator always guards us and we need to never forget that.  But accordingly we should feel that what we feel comes from the Creator even though it seems to us that we are seemingly out of his Providence because the guardian of Israel will not sleep.

37. S. (1:03:01) The feeling of night, is it a feeling of rejecting the friends, or the friends rejecting me?

R. That's something I don't know, you should say that you should decide that. The fact that I reject the friends, it seems to me that the friends are rejecting me, but it's impossible that friends are rejecting me, if it does happen, this is a very severe situation. We will talk about these things, it's a very special thing, the friends are coming and saying we want you out, so this person should leave.and then it is a problem both for him and for them, but whatever happened, happened, if such a thing happens.

**\*Excerpt 22 & 23 Reader (1:04:06 - 1:06:16)\***

**22. RABASH, Assorted Notes. Article No. 278, "The Light that Was Created on the First Day – 2"**

The light that was created on the first day, *Adam HaRishon* was observing in it from the end of the world to its end. We should understand why he says, “from its end to its end,” and not “from the beginning of the world to its end.”

It can be said that when the light shines brightly, the whole world is in equivalence, and there is no beginning or end, but rather the end shines as the beginning. This is similar to saying that he saw the city from afar from the first end to the last end. This is called “from end to end.” But when there is a difference of degrees, we say “beginning and end.”

**23. Zohar for All, Tetzaveh [Command], "And in the Desert Where You Saw", No. 86**

There is no light except for that which comes out of that darkness. This is so because when that side surrenders, the Creator rises above and His glory grows. Also, the work of the Creator is only out of darkness, and there is no good except from within the bad. And when one enters a bad way and leaves it, the Creator rises in his glory. Hence, the perfection of everything is good and bad together, and to later depart to the good. And there is no good except for that which comes out of the bad. And in that good, the glory of the Creator increases, and this is complete work.

38. R. This means that only by us feeling disconnection, distances and all kinds of problems trouble in the connection between us and then in the connection between us we move on to the connection between us and the Creator and to the extent that we feel in that, problems, real problems  We try to invest many forces into it and we're unsuccessful and specifically from these states we reach states where the Creator is fully revealed and we understand how much His greatness depends on feeling of darkness. When you feel when you are disconnected, light can only come out of darkness and to the extent that you have the darkness, light appears. That's why you need patience and mutual help, mutual bestowal you help each other also to tens to other tens and that's why we are this way. We need to be really sensitive to those tens that are suddenly weakened, people come out and come in, disconnect and come back again.  So strengthen the connection between us, if the ten is not thinking of its own environment it won't exist on its own the whole existence of a certain ten depends on how it's connected to other tens. that's why I let's talk about it in a Workshop now

**\*W.S.Q\***. How can we try to be in a state that helps us advance even though we're always attracted to light and the Creator drops darkness on us.  This means that he shows greater broken desires to receive because everyone who is greater than his friend, his desires are greater. So how do we build the connection between us that gives us the general feeling in our Kli in our mutual Kli, that we're in a safe atmosphere big strong, that is headed towards the revelation of the Creator.  Going means developing more and more and if you have just like upon Earth, if darkness is in the East so it is light in the west and if it's summer in the South below the Equator, while in the North it will be winter and all in all were in a round state, both in darkness and light,  Darkness and Light summer and winter and all these states we are including ourselves in all of us together so how do we reach a state that no ten will fall and run away from our work?

**\*39. R. WSQ:\*** (1:10:44) Each and every ten during the day should as well be concerned how it's giving an atmosphere, projecting confidence, the greatness of the goal, the greatness of the path, the greatness of the Creator to others you don't have to call.  It's enough to feel this way but we feel it for others that they're part of our general Kli. There are other tens but they're just like us, so every ten has to feel how it's helping other tens to stay on the path in the right pace together.

**\*Excerpt 24 Reader (1:14:07 - 1:15:05) reads twice\***

**24. RABASH, Article No. 28 (1990),** **"What Is, “Warn the Great about the Small,” in the Work?"**

A person must work and pay attention to the state he was in during the descent. That is, during the ascent, he can calculate and see the difference between light and darkness, as it is written, “As the advantage of the light from within the darkness.”

40. R. The advantage of light is first of all, when you learn darkness, you study about the darkness. When I'm in darkness I can see nothing, when I have the light and the feeling of connection, the feeling of coming closer to the group to the Creator then out of that I can see and feel and understand the states of disconnection from them as well.

**\*Excerpt 25 Reader (1:15:32 -  1:16:55) reads twice\***

**25. RABASH, Article No. 31 (1990), "What “There Is No Blessing in That Which Is Counted” Means in the Work"**

*Aviut* is called “darkness.” In other words, wanting to receive for himself is called “being *Av* [thick],” and wanting to bestow is called *Zach* [pure/clean/immaculate]. Afterwards, when he places the will to bestow over this *Av*, the *Din* is mitigated and what was previously dark becomes a place where the light shines in the *Kli*. This is called “mitigation of the *Dinim*.”

41. S. It is not clear what Kli he is speaking about, the sweetening of the judgments, the Kli of darkness or the Kli of bestowal on top of Aviut?

R. It is the same, bestowal when we overcome Aviut, upon darkness, upon the darkness upon the distance it is the same, yes.

S. Darkness is felt on the will to receive for himself, it is like you put on the desire to bestow and shouldn't the light be revealed in this?

R. Yes.

S. So why does he write, that was previously dark has now become a place where the light shines?

R. Yes, the same place the same desire where we used to feel distance, rejection, lack of importance, all kinds of phenomenon, now that we overcome the darkness shines like the light. Where else does the light up here and the Creator reveal only in states that we used to be disconnected and distanced.

S.  The same question about where are the two parts that are one on top of the other if the state of darkness becomes light how do we make the light above the darkness?

R. That is how it is revealed, light is revealed upon darkness. Aviut does not purify, it doesn't disappear, but rather it actually maintains the lights, it keeps it. If the gap between the darkness and the light disappears, then light disappears.

S. Isn't there a division where the darkness is measured toward me and the light is measured with respect to the friends?

R. No, that is something you're speaking out of your theories, no it's all about the same Kli, a Kli or above the Kli but it is all around the same desire the desire does not purify, it's not gone, we can't come out of the desire and everything we determine is with respect to the desire.

42. S. (1:19:33) Regards to how it gives greatness to the friends that we shouldn't call or connect, but we should be concerned, so if tens weaken other tens we should think about it?

R. Yes.

S. How should it be that we should connect only by thinking about them?

R. Even in our thought, even by the desire that is how we project such an atmosphere, what should you talk about it all the time?  What a mess that would make, you have to talk less and feel more, always try to pass it through your mind and your heart, do you ever see a heart speaking on its own, or a brain speaking on its own? No, you should try to be there.

S. Right, the majority of the intention of the friends is given to the ten?

R. I'm telling you that's not enough, we have to be concerned about the atmosphere around the ten, the ten itself can also have ascents and descents, we grow, it used to be one cell now it is a few cells, these few cells depend upon each other this is how the Guf, body grows and grows. This way, it is in a state where it has this general atmosphere of being alive and it is interacting and interconnecting all of its different parts and today we discover that we are hundreds of tens and we have to understand that these hundreds of tens depend upon each other and our advancement. Each of us depends on how much we help others advance because we do that in order to bestow, so why shouldn't we think of others, it is part of our advancement.

S. So what is the most effective in connecting among the tens?

R. To come out of our ego and to try to be in bestowal and the stronger that it is, out of our connection in the ten with expansion, by that we will advance.

S. A month ago there was a discussion in the world kli how to watch over each other as tens, many ideas came up, how to disseminate together,.... preparation for the lesson together, the question is should we also give practical expression to these activities?

R. I think you're not going to have time and strength if you're practically do it by actions, because people are in different states, different areas, different time zones, I don't think the connection should be this way. The connection should be more in the heart in the mind.

S. So what will remind each other to think about the...

R. You can remind each other but to practically have these meetings it is very difficult, maybe once a month somehow, but beyond that I simply don't understand where they have the time for that?

S. Let's say every Wednesday we meet at 5 p.m. all the tens in the world, 4 or 5 tens meet together and do a meeting once a week.

R. Four or five tens what about the rest?

S. The whole world Kli is divided into groups of 4 or 5 tens.

R. Once a week that is good, but when you're talking about is how do we strengthen each other, how do we care for each other, how you can be in some concern about the well-being of other tens.

S. Normally we talk about something in the Morning Lesson and not directly about strengthening the tens.

R. Thats not good. Morning lesson well, maybe that's the same, we spoke about it in that specific Morning Lesson, but we should talk about how practically in our hearts and in our brains how we can hold each other as one system. Since our whole work is to go back to the system of Adam HaRishon, when all of us, we and following us in all the world, the people of all the world will follow us into one connection.

S. We have another activity which has a strength to strengthen the friends which is the gathering after the Morning Lesson on Shabbat.

R. That is good. It is a general assembly.

S. We did a survey about whether this puts more burden ont he friends or if it helps here...?

R. That's something I don't know whether the time is right or not, personally after that lesson I'm pretty exhausted.

S. Many friends feel that way too, but the majority did want it to happen, but let's say we did find the right time, how does a general assembly take place, what should be in it that we can be regarded as strengthening between the tens?

R. It all depends on you, you already know everything, what should I do, I don't understand at all what my work is with you.

S. I'll be more specific, now that the friends are mingling among the tens, let's say I go to the Africa, we do it works out together and other friends go to other places, we kind of visit,  this is a general connection is this something that is good?

R. Yes, you can have all kinds of meetings and connections, the main thing is that the question will arise about how to hold each other, we have to. What we have to do is to incorporate with other tens, each of us because with that we are also guarding ourselves. The fact that we don't feel each other, it is us that don't feel in our ego that we can't yet rise above our limits, above his own personal boundary and the ten above its boundary towards the other tens, it all depends on how much we are in order to bestow. That's all. Here we should see the process that we have to go through and towards this process we should make actions.

S. So when a friend wants to think about the friends in the world Kli, should he do it through his ten?

R. Just make certain he's not confusing the friends, it has to be a sensitive agreement with all the friends in the ten that are going out to connect to others you mean?

S. Now I'm talking about a person’s inner work if he wants to strengthen the world Kli, to carry out the advice of strengthening all of the tens, should I imagine as it doing it directly toward the friends in the Kli or through the ten?

R. Through the ten, all things are through the ten. These things shouldn't be speaking it should be in the thoughts, in the heart. Everything is scrutinized through the thought and through the heart it affects, is this clear?

S. Can it be said, our whole inner work should always be both toward our ten and toward the world Kli?

R. The truth is it has to be with all of the world, the whole souls until the boundary of the soul of Adam HaRishon, every thought has to reach the end, it comes down from there from Ein Sof to us, it awakens in us and we have to go back to it, to Ein Sof. That is how we learn from the wisdom of Kabbalah itself.

<https://kabbalahmedia.info/lessons/cu/0X6tXw46?language=en>