**Morning Lesson June 14, 2021 Transcription**

[**Transcription is made from simultaneous translation which leaves a possibility for differences from audio**](https://docs.google.com/document/d/1rl6V6le678Sek7HxU6QNs-BKNiDpO0Bt36PRJ_-f1AQ/edit)

**1. Rav’s Introduction**: This is all of our work to overcome the disturbances that our corrupted will to receive that thinks only as if were for its own benefit or for our own benefit of the person, what it seems to the person. The most important thing is that when we start to feel it as good then we see that we have no possibility to fight it, to overcome it, that we are very weak. Maybe for the first time in our lives we feel how we are not capable of a thing to such an extent that we are afraid every time when we feel it or we prefer not to feel it so that it will not strengthen, so that it will not rise and show itself. If it does show itself then we feel how we quickly surrender to it, we cannot. That's why we call it the evil inclination, because it hides the Creator from us and if we will not overcome it then we will not reach any spiritual degree, that's how it is from state-to-state, from degree to degree. That the will to receive is revealed and we feel our weakness, our nothingness, and that we really don't have any means really to fight against it. It's true because the Creator has created it, it is the loyal messenger of the Creator that comes in order to show us how we are incapable of taking advantage of it, we are not capable. Then we need to reach out to the Creator and here, there is a very unpleasant period of time that we do not reach out to the Creator. That we just stand facing this will to receive that is disturbing us and we know that we need to overcome it and do this and do that, to arrange our lives in such a way in a new way, but we are not capable. We are weak. This is exactly where we understand that only reaching out to the Creator, only that can help us and nothing else. That is why it is possible that this entire will to receive was created so we will turn to the Creator out of lack of choice that he will save us, that we are frightened to face this monster of our ego that comes and does anything it wants with us. To such an extent that it laughs at us it mocks us that we reach a state that we really do not want to be under its influence but it comes and tells us don't worry, never mind, it's okay, you'll do it again what I tell you. This is how we actually surrender to it from the connection to the group, from a lot of frustrations that we collect along the way. We reach a decision that we have no choice and we must cry out for help then the Exodus happens to us. It's not simple. This state is tragic. It is very sharp and very high.

**Excerpt 5 (05:32)**

2. R. (06:38) Yes, when the evil inclination brings a person foreign thoughts then is the time to take these thoughts and then specifically then to raise them above reason. In other words, yes, we don't need to erase them, or blow them out. The correct work is to raise them and this is something that a person can do with everything his soul desires whatever he feels the disturbance and he shouldn't say that now he received a rejection from the work, that he is being rejected, that he isn't wanted. That this is done to him on purpose, he is giving hard situations to stop him, to calm him down, no. Rather he should say that he was given these thoughts and desires from the Creator from above specifically so that he will have room to admit them into holiness. Meaning that all of these disturbances he wants them to join his overcoming, his thoughts about connection, about unity, that together with what seems to him as forces of rejection, he wants to join them two forces of connection. Then by that, these forces of connection, they will be greater, they will increase, they will be more matured and because the forces of rejection will also join them and that is how the coarseness connects the pureness in building sanctity. It therefore follows that it is to the contrary because he is brought closer from above. That specifically by giving these foreign thoughts rejections and all kinds of disturbances, by that he is brought closer. Why closer? When he joins these disturbances to his path then upon these disturbances he takes a step forward and that's why he is being sent this work. It was said about this, the ways of the Lord are straight, meaning and he doesn't go in zig zag or different shapes or different circles but it is direct. He has been given a place to overcome and he joins his coarseness to him and he takes a step forward. Upon this coarseness he begins to stabilize more and more correctly and closely all of his work towards the Creator. The ways of the Lord are straight, the righteous walk in it meaning they accept all these disturbances and by them they come even closer to the Creator, to sanctity, to connection to the 10. The wicked, the transgressors whoever does not want to reveal these forces of connection they will fail in it.

3. S. (10:38) How do you add the foreign thoughts to the holiness?

R. By what we spoke about now when a disturbance comes, we need to talk to myself, that this disturbance, it most certainly comes from the Creator because there is none else besides Him. It comes only to bring me closer to the goal because anything that happens is only to bring us closer to the purpose of creation. We only rise in holiness and never fall. Now I am in a state of choice, am I going to turn this from a disturbance, from confusion, from weakness, rejection, to turn it to the opposite. That I join it to my spiritual advancement. It is possible that I swallow all of these disturbances that I have now and through them I give even more strength and overcome and I move forward. Of course, if it is a true state then I have no strength, I have no desire, I am frightened to face this disturbance. This disturbance is Pharaoh and I can't, I feel myself very weak and frightened. I am already in great despair with everything I have been through with all the disturbances that I was not able to overcome but now I can tell myself that's it, I'm done, I've had enough. Meaning I can no longer agree to surrender because I have no choice, I will not take a step forward, not that I'm a hero by being able to connect to the Creator. The Creator is the war hero. That is why, that's what I do. We try not to throw away, cast aside, reject from me these disturbances but together with these disturbances I want to turn to the Creator and demand for help. Just as you gave me the disturbance, now give me help and the Creator that's what he expects from me really that I will do that. That is the only thing I need to come to, that I ask from the Creator that until I reach this state that I don't succeed until I force him to help me and he does. That is considered to overcome the disturbance, that I turn to the Creator that is considered to succeed in the war, that I compel the Creator to bring me upon these evil forces that he revealed to me part of the shattering of the soul of Adam HaRishon that I now force him to bring me good forces, positive forces, overcoming and by that I advance. Meaning whatever the Creator has sent me that's the coarseness, *Aviut* of the degree and what I demand from him that will be the strength to overcome. By that I rise to my first, second, third spiritual degree, that's how it happens every time. There is no other reality and we will see it also from the excerpt how he describes it.

S. Sometimes I feel the evil inclination is working me in the opposite way, it is true that when I feel bad, I ask the Creator to help me but when I have a good feeling, where's the prayers, I lose my request, I feel that everything is just fine so how do I strengthen myself here?

R. You will start, there is none as wise as the experienced, you will work and then we will talk about these discernments.

4. S. (16:16) Each time that there is such a disturbance how do I nevertheless, turn it into a spiritual degree and not just that I was able to restrain myself but to reach the root of the problem?

R. It comes along the path not immediately, maybe that you don't yet tie this problem of yours to the Creator that he awakens. That Pharaoh and Creator are two sides of the upper Force. That is why, that is how we, when we locate slowly, slowly It happens by all failures and problems like with little kids. It's slowly, slowly, when we try and try we begin to understand where it comes from, what comes out, how to relate to it correctly and eventually we arrange our relations between us to the Creator, to the disturbance, to his help. By that it turns out that we are in this battle against Pharaoh and then we escaped Pharaoh and we slowly, slowly, start facing the Creator. That is according to what is written in the Torah about this story.

5. S. (18:05) What should be my first thought when I feel some disturbance is it that I don't want anything for myself, I only ask for forces to overcome?

R. Yes and also these forces to overcome what do you need them for, what does it give you, what do you want to achieve by it? Here there are also scrutinies but eventually the question is what do you do with it, what forces of overcoming? If in front of you are disturbances, disturbances of what, what are they against? Against your connection to the other? Through them to the Creator.

S. But the disturbances distance me from the cure?

R. If it's only from the Creator then without the 10 then it's not exactly correct it is still in the form that is not scrutinized and wrong. The Creator is what we attain as a result of the connection, of our qualities through connection, the Creator is come and see, *Bo* means come and *Reh* means reveal by coming to connection by trying to raise to revive this connection then you see the inner force of connection and that is the upper Force. That he stabilized the 10 for you, he shattered the relationships in the 10, he brought you to it in order for you to reveal it. Now you need to connect them all together, all of your forces, until you build him as a single force. Friends you are building the Creator otherwise you won't discover him especially while we are in the process of the last generation.

6. S. (20:48) You answered partially but still what is this upper force and how does it work in the 10?

R. Talking about this all the time I don't understand your question.

S. I am asking because for example we learned about the habit, how do I search for a new image in the 10 each and every time? Should I bring the inner inclination and connect it so it will serve the goal, how do I warm up the 10?

R. I'm sorry you're not talking in our words, you are talking in your words and it's difficult for me to understand what you want. Read more and more of our materials and you'll have more words of ours and then we will be able to understand what you want.

S. I just wanted to wish all the goodness and gratitude to all of the friends.

7. S. (22:25) If a person gets a burdening of some kind from all kinds of signs, whatever it can be corporeal, spiritual and suddenly he thinks to himself in his head maybe I'll do a little bit less, I won't come to the 10 so much, I'll miss some of the morning lesson, I'll do lesson dissemination, invest more in corporeality in order to stabilize my life. How should the 10 respond and help his friend so he won't fall into this trap, it's a serious problem and it happens many times you have many such thoughts fall into your head and one blames himself at the same time.

R. That's okay this happens along the path, of course a person blames himself and a person thinks that he has a problem, this problem depends on him but it doesn't come from above from the Creator. This is how these things happen until he slowly begins to identify that everything that happens to him, more and more, and to the extent that he truly comes closer to truth, begins to feel that everything that happens to him comes from the Creator. The Creator is in front of him, he has work only with the Creator, problems only with the Creator, he is connected to him and with nothing else that the Creator is among all the people between him and all of the friends and that's how he begins to identify him.

S. But how should the 10 respond in such a state when a person gives what seems like justified excuses that he wants to let off the gas pedal, you know do fewer duties you can't just go out for 2 months whatever?

R. Each person needs to make his calculations in accordance and try to participate in the 10 according to the framework according to how much, however much he needs to, that is a necessity, there is no argument here. There are things that are neither praised nor condemned that we must do, then there are things related to the heart but there are necessities that otherwise you don't even enter the system that is your obligation to the 10. Then it is related to the work of the heart to the extent that in your heart you come closer to them and connect and you want the upper laws of nature, the laws of the Creator, to start being revealed among you that is called building the Creator, you have made me.

S. This obligation of the 10 to each and every ten in the 10 what is the obligation of every friend in the?

R. That too of course, this is the infrastructure of this entire structure.

8. S. (25:42) A person reveals to us the deficiency we can build the intention and ask the Creator to correct it?

R. That's true, that's what you feel in the beginning but later on you feel that the disturbances that are revealed are not are disturbances but the Creator who is putting it in front of us on purpose in order for us to locate and identify and more that there is none else besides Him and we need upon all these disturbances to acquire the force of connection until we reach love.

9. S. (26:30) There are disturbances and there are blows. Let's say I get on a daily basis all kinds of things. It's enough if you get them one time, you learned the lesson and you don't repeat the mistake. There are those that you get, that it says here, and if it's unpleasant and hurts you, you find yourself again falling into the same place. What is the difference between these two kinds of blows, why is it here that you never managed to ruin but there are some places where you learn from it?

R. Of course there are different kinds of blows and more degrees of still, vegetative, animate and speaking that are revealed in us, and that's how we need to work but it doesn't really matter to us we need to reach a state that this picture that is in front of me, my attitude towards the group and through that to the Creator, that needs to be cleared up more and more.

10. S. (27:39) With disturbances that when a person feels he is growing weaker then he doesn't manage to create importance within himself and to take part, he starts panicking because he feels that soon he will be thrown out so very quickly, a demand appears in him. It feels like he is fighting for his life. The question is when we speak about the disturbances which are of higher quality, let's say my connection with the friends, how much I care about the friends, when I scrutinize whether I even love them, if they exist within me. Then does a person reach a state that this is a matter of life and death and if I don't have it then I am lost, can there be such a state?

R. I hope that not only it could potentially happen and then we will feel that all of our lives, my life is a spiritual life and not corporeal, because corporeal, they end from today to the next day. My spiritual life depends only on the intensity of my connection to the friends. The spiritual life is only in the connection between me and the friends.

11. S. (29:04) The topic of overcoming. We are a very structured system jumping from degree to degree, this is a sense that requires us to overcome more and this is actually the letter of values on which we climb?

R. Correct you said it nicely and correctly.

12. S. (29:36) So this disturbance that I have before me, towards the next degree the one who feels it, it's me with my ego, the one who feels it is that the ego, where is the Creator?

R. If I overcome the disturbance, come closer to him.

S. I need to identify with the one who feels it?

R. Yes, overcome the disturbance on the way to the Creator, on my way to the friends.

13. S. (30:36) On the one hand we see a great pressure, emphasis on your nothingness, on the other hand a great demand, like in a war. So how do we settle the two things, the weakness and the demand?

R. Simple, my weakness is that I don't have the strength to overcome the disturbance and alongside with that what is being revealed to me is that I can reach out to the Creator and cry to Him like a baby. A baby doesn't have the strength to overcome something to solve a problem then he cries and reaches out to the mother and father and they help him.

S. There is a place of crying. There's always room for that?

R. Yes, that's a prayer it's called.

S. So there is no weakness?

R. There are weaknesses but there's always in front of him, we've been through this lesson that everything he attains with the force of the prayer.

S. Yes, we had that.

R. It's not that we had that, we need to use that.

S. We're talking about work above the disturbances, how can we prepare before the disturbance?

R. We only need to know that this is the order that the disturbance comes and all the disturbances need to be revealed and it's impossible that we will reach corrections without disturbances. Because the disturbances come specifically from the shattered vessel that we need to correct and by reaching out to the Creator. The Creator always does this and this is called the Creator will complete. That is our work until the end of correction.

S. Simply described in the introduction that the evil inclination is like a monster, we have to be afraid of it.

R. The evil inclination is what the Creator presents to us which is the gap between us and him that is called the evil inclination and it is a kind of disturbance and by this disturbances we can learn how to be correctly connected between us. The Creator without the evil inclination we would not need the Creator. Without the evil inclination we would not have a need to come closer to each other and know that we don't need to reveal our true egoistic nature. The evil inclination is a loyal servant of the Creator, it is a force that without it we cannot stabilize ourselves, connect, correct, sorry we connect ourselves, connect to the Creator correctly and in every single thing the evil inclination is a stick that we need to kiss.

S. Even though the evil inclination is a loyal servant of the Creator I still feel this fear that this monster will stay quietly there. I don't want it to wake up?

R. No, for the time being the time will come when you yourself will awaken it as the force of the coarseness of the degree in the *Partzuf* through what you want to grow but you will give it a little bit, you will open the door to slightly let it in and be revealed and that is considered that you are holding it under the restriction. Then it is revealed a little bit and I'm now going to work on it and a little more and a little more but in order for it to be revealed in such ways you need to be in the state of restriction and in order to bestow and the force of faith above reason. Then you work together with the Creator on extracting this force of this inclination, from its hiding from its captive, it's being captive from the place where it is and then he is slowly being revealed.

S. We do this also in technology and science.

R. We use very powerful forces, bad forces from nature, but alongside from that we discover how to use them correctly.

S. Okay, what is this stage of the recognition of evil, on one hand we need to recognize the evil first right, on the other hand you say get to know to work with the ego, so what's the difference, recognizing it and knowing how to work with it?

R. It will take us a long time, even years, until we will be able to stabilize ourselves more correctly towards our nature towards our evil. Then we begin to work with it, to use it. For years in the beginning of human development that people escaped fire, fire was something that ruined their lives. Then they saw that it can be used to an extent, let's take some coals with us and move them from here to there, that's how it is with everything. The same with water, a flood came. It all depends on the restriction, can we restrict this phenomenon, anything good or bad, it doesn't matter. Can we restrict it, meaning can we take control over it and then we can work with it. This is in faith above reason. All of these forces just like now, nuclear forces and what do we do with them? We take the most powerful force that we've discovered in nature so far, there are forces that are even more powerful and look at what we are doing.

14. S. (37:17) Do these obstacles come to bring us closer to friends and pray for them?

R. Obstacles are aiding forces, the best, strongest ones so we need to reach a state that we appreciate the evil inclination to egoistic forces and all of our work is to use the egoistic forces in order to correct them. In order to bring an opposite force, the force of bestowal and love and then these two forces will work together. It is impossible that we will have benefit from one force without the other, the plus without the minus does not work in any place. That is why we need to only know how to work with these forces in a complete way.

15. S. (38:42) Why do we build or with what we build the Creator?

R. We build the Creator from the forces of the disturbances that we reach out to him and we ask to combat the disturbance and arrange it in such a way that we will be able to rise above it, to place it correctly and join it to us in a way that it benefits spirituality. Bestowal or it's against bestowal as an egoistic force and asking of the Creator to teach us how to use it correctly in order to come closer and by it, to love. This is called love covers all crimes.

16. S. (40:01) When a disturbance comes on what depends on whether the person will be able to erupt into a prayer?

R. This depends all on preparation, a person needs to think so while he doesn't feel that something is working on him, he needs to think what will I do, how will I respond if something like this comes up on me, how will I come close to the friends now to be equipped to be protected. How will I wrap myself up with this armor of love of friends? How do I connect to them, to their work? That the person should arrange himself constantly to be in a state that he is working against the evil inclination. There is always a place to overcome that but we don't maybe notice it but we always have an opportunity, a place to work. Friends are always in front of you, go ahead, awaken these forces that are between you and you will see how much more you can do there. This entire state from here until the end of correction is between us, between our relationships towards the friends so work try and bring the friends closer to one another to raise the importance of connection that is it.

S. This is clear however I notice that seemingly they are two states, there is a disturbance and it is either you find yourself under the evil inclination, you are simply drowning in it or you manage to invest in the 10 to truly invest. Then a prayer erupts but it is unclear how you can constantly be on that plane of investing in the 10.

R. I don't know what to tell you. It depends what you think bestowal, investing in the 10 is, there are many manners in which you can invest. Let's say the fact that you are working on the next lesson that we are studying tomorrow, that is also an investment in connection between the friends. Not maybe in a clear direct manner but also we also do that. There are those that work in a more practical manner and they're in a more distant manner. But the main thing is the concern not the deed, the corporeal expression, what you are doing the 10 but it is your concern that you want to bring to greater connection in the 10.

S. Simply I don't manage to leverage these states towards a prayer, I don't manage to reach a state where there is overcoming, strengthening in the prayer?

R. That depends on the extent a person is in a state of helplessness and that he ties this helplessness to help from the Creator. That the Creator brings a person to the state of helplessness. The Creator here arranges a place for prayer for a person, he helps him, he is bringing him closer by that, he needs to see love of the Creator. That it is not that he strikes him or pushes him away but he is helping him, he is placing him like a mother places her child to take a few steps towards her that's how we need to see it. Then from that we have love, connection, mutual motion towards the Creator.

17. S. (45:00) There are friends who go through states in a 10 that is working, you can recognize it but the friends are not asking for help they think that they overcome the situation by themselves, how can the 10 help a friend who is not asking for help?

R. It is true that we are not asking for help from one another in a revealed manner, it is not good also because we are still not corrected. Therefore a person must not show the inside of his heart to others so that we can see this in each other but what we need to do is, well each one needs to just be concerned that there will be a correct general atmosphere in the 10 so that everyone will be able to use it to do grow stronger to enjoy it's light, as it is called.

18. S. (46:20) I'm not 100% on this but due to all of the situation in the country here in Israel the new government there is like a feeling that serious blows are ahead of us, do you feel that these pressures are going to help us in reaching the people in disseminating in connecting to him or still no one will be interested and it will take?

R. I am not interested in that I'm not interested in anything that is happening out there. On the one hand I do not understand their games and this is why I don't even listen to what each one is saying about the other, this way that way, you know there is never any truth, there is no justice and no straightness. So let them do whatever they want, these are political games.

S. I'm not talking about the government, I'm talking about us.

R. I'm not relating my future to whatever happens out there in the heel of the parliament in Jerusalem absolutely not. I don't feel myself, that I am connected with the government. Because it's just a marketplace where they are cooking like in every Parliament. By the way, it's not less or more than other countries other nations it is just that in us it is in a way that is more burdening or revealed or acute or sharp but actually, it is like that everywhere in the world every government in the world and so I don't think that it is worthwhile for us to even talk about.

S. I'm not talking about them I'm talking about us, this pressure if we will finally have the opportunity to disseminate even more?

R. You will never get any help from there and it is not worthwhile for you to even look in that direction or to even tie your future to them, we are operating in a totally different plane of connection between people, on a spiritual plane and they are operating on the corporeal plane. Therefore let them be, give them, leave them alone and let them do whatever this is a special kind of people and they are built for that, they want that. It was always this way and we shouldn't touch it or even think about it. You said it once, let's not forget about it for a year.

S. I spoke about dissemination, I'm not talking about them, I'm asking about dissemination, is now a better time to reach out to disseminate? I'm not talking about that.

R. Dissemination, we need to try to do everything by our own forces and not to be connected to everyone, if you start connecting with some organization or some foreign forces already you have to sell yourself to them to some extent. We are not capable of that.

19. S. (50:53) What is the right atmosphere in the 10?

R. The correct atmosphere in the 10 is when we feel ourselves connected to one another and beyond that to the Creator to the extent, to the intensity of the connection between us we can also be connected with the Creator. Here too, in order to connect between us we can ask of the Creator each one of us and all of us together, we can ask of the Creator that you will give us this connection so we have here a work which is straight and also the opposite.

20. S. (51:59) Is it essential to always feel it as a blow or is there a form to experience it internally within the 10 what's destined to come?

R. We need to work between us in such a way that all of these broken states, we discover them through our work and it is not that it just drops on us. I don't need to suddenly discover something but rather it's as it says in Psalms, I awaken the dawn and it's not that the dawn awakens me, that is we are always going in such a way that out of our work we ourselves, awaken the dawn and later on also the Light. We awaken everything through effort by us pulling ourselves forward towards connection and between us with the Creator being in the middle.

21. S. (53:15) I have these butterflies we go through disturbances in corporeality and in the 10 during these disturbances that we feel and I feel it do we need to talk to the Creator about this say Creator, Creator, bring me correction, let me do something to come out of this state, bring us correction connection, let us do something. How do I reach out to him to do it?

R. You need to turn to him and ask of him for whatever you want, the most important is to constantly be in an appeal to him, a demand from him and then it will work out. All the time non-stop like a baby.

S. I'm saying not to be shy.

R. Don't be shy, what shame is there here, he created you so what kind of shame could you have?

S. I have shame, I don't know how to ask from him, my mouth is closed.

R. You don't have to ask through words, like without words like a baby, even like an embryo, you exist in him. Just try to focus your thoughts, your desires, whatever you have and send it to him without any words, without yelling, even without anything, this is enough. Because you exist in him you have no one who is closer to you than the Creator, none.

**Excerpt 6 (55:20) Twice**

22. R. (56:35) Seemingly it is an excellent state right? It says that only the Creator can help him, and then he reaches that knowledge, that it is not within his own hands and then the prayer is from the bottom of the heart.

23. R. (58:17) That only the Creator can help him then he activates the prayer from the bottom of the help then it's clear to him that only the Creator can help him that this clear knowledge that it only depends on the Creator. Yes.

24. S. (58:43) It's rising above the disturbances, can I add something to Creation, can just be a way to be a partner with the Creator?

R. Yes of course, yes.

25. S. (59:13) What does it mean from the bottom of the heart?

R. What does it mean to pray from the bottom of the heart? It means with all of the desires, with all of my bones I get into a request from the Creator.

26. S. (59:44) What is this point that changes in the person that it's no longer in my hands but in the Creator's hands?

R. This is the truth that the good inclination and the bad inclination, these two forces of nature, the plus and the minus are in the hands of the upper force and He is above them and by these two forces He is managing us. This is how we need to accept it to receive it from him and to the extent that we can correctly combine the force of bestowal and the force of reception then we can by that, we can detect the Creator and we can build him and we can make him, as it says you have made me and that way to advance.

S. What makes this transition that it doesn't depend on my strength but on his strength? That moment, that is not me, it's only him.

R. It's only him on the condition that you determine it.

S. What does this depend on, where does it suddenly come from, what do I do that led to this?

R. Out of your experience that you see that you cannot do anything you cannot determine your future states or anything but rather this is how it all unfolds and you see that you cannot determine any shape any form of yours.

**Excerpt 7 (01:01:27) Three times**

27. R. (01:06:49) Now you see you read it for the first time now you see now we have many questions.

28. S. (01:07:06) The moment there's a prayer, inside this prayer has to go through all of the friends, where do we take this strength that is penetrating through all of the friends when it and it makes it into one common prayer of the 10 and it actually happens then?

R. You are right, we need to try to convey our prayer to the Creator through the hearts of all of the friends. We have no choice. This is how it has to ask through them from where, how will that happen out of my prayer this is called a prayer before a prayer. I asked the Creator to connect us to connect our hearts together and that our hearts when they will be connected, then through these hearts we will be able to gather all of us so that each one is actually awakening the hearts of the others then in such a way we can awaken the Creator. The Creator feels to what extent am I capable of awakening the hearts of the friends and then am I capable of awakening the Creator and in no other way. Only in such a way. It is a problem. It is truly a big problem. The shattering exists between us and we aren't yet aware of it, how much this is a force that is breaking all of the relations between us, all the connections. However when with the help of the Creator we overcome the shattering and we connect our hearts then we see what is the benefit out of the fact that he broke us because through it, through the shattering we can attain a degree which is not how we were as Adam HaRishon prior to the sin, when he was like an embryo in the womb. Rather we find ourselves that we are standing on the same stature, with the same stature as the Creator standing upright, this is why then we are called Adam. Adam HaRishon we call him the first Adam that He has nothing in and out of himself he is like an embryo in the womb.

29. S. (01:10:14) We learned that all of the work and attainment is outside of our mind out of our reason?

R. I recommend doing all kinds of exercises that the Kabbalists start telling me to do. I don't quite understand what I am doing but I hear what they are telling me to do and I just do it. That is, I am told to turn this dude that presses that think about that I just do it and I try to do it with all of my forces in my mind and in my heart. What do I do with it? I don't know they do know but I just do it. Working according to such an approach is called to keep them. It's the Commandments and that's it and this is what the Kabbalists are telling us to do this and that and that.

30. S. (01:11:28) Rabash describes it so precisely that you pray and you think together with your friends and for the friends, something doesn't happen, the response doesn't come?

R. Your feeling is still incomplete. This is why you don't feel that you are getting the answer for the prayer from the Creator. The response for the prayer exists even before you get something from the Creator, however you can feel it on the condition that you turn to see him correctly. This is why until you will turn to him correctly, you will not be able to discover his answer but the answer is there. We need to search more and more for how we get hold, how do we capture in our radar what he is delivering to us, this is how it works.

31. S. (01:12:52) I heard from you that there are different levels of disturbances from, the still until the degree of speaking, are there differences between the types of overcoming?

R. Of course there is a difference to the extent we are in disturbances and how we need to overcome them. There are great differences here. Look in our life what is the work of babies, when they play with toys and they grow and develop through them and what is the work of the youth, the teenagers and people who are already middle age, or older people each doing their work with their life and the Creator. There is a difference.

S. The main weapon is prayer?

R. Yes.

S. So what is overcoming above reason? Is this only through the degree of man?

R. Yes but where do we get to know that we're already on the degree of Adam or not, these are just words it's simply better if we just do everything in such a way that we are asking for what the Kabbalists are recommending for us to ask for, to bring our desire to be such a desire and this is how we will advance.

S. You say we overcome above reason, what does this mean?

R. That we are asking for the force of bestowal so that it will clothe in us to bring us to each and everything from one degree to the next. This is called faith above reason, *Bina* above *Malchut*. The force of bestowal above the force of reception. There are no more than these two forces and we want in every place where we are that faith will be above reason. The whole spiritual world is operating according to the force of faith, the force of bestowal also that this force of bestowal is more than the force of reception, so the forces of reception are also operating according to the force bestowal, so the force of bestowal determines as it is to a higher, greater one and the force of reception is below it and it is executing whatever the force of bestowal demands from it. This is how we advance whereas in our world and this is the difference between the two worlds, in our world the force of reception determines and even if we give we are doing it only in order to gain something in order to receive something. In spirituality it's the other way around. Even if we receive it is in order to bestow, like the guest and the host the guest needs to calculate how much he can receive from the host in order to bestow to him.

32. S. (01:16:40) Why does the body resist working in faith since this is the quality in the body and also belongs to *Malchut* so if it's equivalent of qualities, where does the resistance come from?

R. I don't understand, *Malchut*, if you will start to tie the things together in such a way, I understand that you want to know more and to somehow work with it but that is incorrect. I think you simply need to read the sources more and then you will get out of this confusion. Faith above reason is that we are trying with all of our forces and all of our forces are egoistic right? To work in order to bestow, this is all. Do this on a single plane, we are using words of one kind either *Malchut* or *Bina* the things that relate to the building of *Partzuf* or we are talking about forces of bestowal and reception or the coarseness and the screen, depending upon which way you want to explain to us this matter. I would have avoided getting all of them confused on all these different levels and forms of expression.

33. S. (01:18:39) Frequently we reach despair of our own strength but we need to have confidence in the Creator that he can help us. How do we reach such confidence?

R. You need to talk more between you and read these excerpts about how to advance by overcoming, read them many times together so that you are reading, each one is reading and others are listening and align and scrutinize what is written. But without philosophizing just to understand the text. When I get this text for the lesson I go over them a few times, I add commas and periods and put all kinds of marks there. After I go through the text it seems very different because I adapt to myself or I adapt myself to it and this is how I get closer to understanding it.

34. S. (01:20:09) In the excerpts we read about actions of overcoming for a friend that is becoming distant. Does this all depend upon the example and the prayer from the 10 or is there something required from the friend for the Creator to help?

R. The Creator demands from each one of us according to one’s role, according to the intensity and the power of His connection with the friends, according to the root of one’s soul as it stems from the situation. We cannot define the state with less than 613 desires that are interconnected and each time in each and every one of them changes his 613 desires towards the others then they all connect in such a way. The system is very intricate and complex and it is better for us to think that each and every state that will come from this moment to the next moment will be by bringing our hearts together closer, this is in us.

35. S. (01:21:36) It is a powerful claim of saying that you prayed so many times how we now pray again and know that the Creator will help you, how do I continually get the strength to pray?

R. Out of the group, there are no questions here, out of the group is where you take it. The forces come from the group and through the group only. Where do you take them there is no question if you are in the group, if you're not in the group then you are indeed nowhere from where to take forces and you remain the way you are.

36. S. (01:22:08) When a person is in a state of helplessness and he gets strength from the 10 does the distance push him from asking for help from the Creator or the help from the Creator comes through the 10?

R. He is in despair and getting forces from the 10 so he can turn to the Creator, the question is not clear to me. Repeat again.

S. When a person is in a state of helplessness and he gets the strength from the 10?

R. Yes he is getting forces.

S. Does this push him away from asking to the Creator or is this already considered help from the Creator through the friends?

R. He is getting force from his friends and it distances him from the Creator, then?

S. Does that push him away from reaching out to the Creator or is that the help from the Creator that comes through the 10?

R. Of course it is help from the Creator that is for certain, does it distance him from turning to the Creator or not? Maybe it does but now he feels that whatever he received from the 10, it is enough for him or that it feels him to some extent and this is the opposite help from the Creator seemingly, rejecting again and he has to overcome it. So we have here both the ability after you get help from the Creator that you may come closer to the Creator and after you get help from the group maybe you distance from the Creator, if we can stay that this is help and beyond all of these things nevertheless one will find the strength to get closer to the Creator. We have two things here, on the one hand he is getting support from the group and possibly this support may pacify him, not pushing him to the Creator as they're not establishing him so that he can turn to the Creator correctly. I would ask many other questions here but let them continue scrutinizing in this direction.

S. You said in the beginning of the lesson there is an unpleasant remedy that we are unable to reach out to the Creator for help. Is there a way to develop this habit to always be able to reach out to the Creator?
R. The group needs to talk about it and by this they can save a lot of time, if I hear something from the friends maybe I don't have to experience it personally, this is called each shall help his friend. Especially in the way they are helping me. Giving me examples so that I no longer have to go through these states, I have learned this or maybe I have learned from them but I already know what to do and how to go through it and if I do this according to their recommendations I am incorporated in them and this is already a connection. The work in the group should be in all kinds of different states and manners because it always ends up for us as it is a multi-faceted advancement.

S. What does it mean that you don't make a decision but the 10 make the decision for you?

R. A person who doesn't know what to decide, so he turns to the 10 asking them to give advice and decide in my place. But he knows in advance that whatever they will say he is willing to accept it and to do it, as if he is the one who decided. And this is good because each one of us at one time is on the degree of *Malchut* and has before him the first 9 *Sefirot* and whatever they decide for him is a law.

S. What is the correct way to turn to the Creator?

R. The correct way is that we are together, that we connect between us and we turn to the Creator with an inner appeal from the internality of our heart, that he will help us even though we don't know in what way exactly he needs to help us or in what manner. We are asking this of him but together this breaks everything and the Creator will not be able to withstand this prayer.

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