

# Why Isn't God Easier To Believe In?



*Real answers to real questions*

Humans are made in the image of God.<sup>1</sup>  
Each of us has a Divine Spark of Him within us.  
Spirituality is a normal part of human evolution.



Our Kabbalah Teachers<sup>2</sup> tell us

*“In the beginning  
God created the Heavens and the Earth.”*

*Genesis 1:1*



**Wait...**

Hold on just a moment please.

I'd like to think that I'm a reasonable person,  
so I have to ask...

Am I supposed to just accept what you say?

To believe all this without question?

Without proof?

<sup>1</sup>Genesis 1:27

<sup>2</sup>The science of Kabbalah is a direct path to tested spiritual teachings and stands apart from any religion. The mission is to help humanity enter spirituality in the present age. The Bnei Baruch Kabbalah Education and Research Institute, led by Dr. Michael Laitman, offers free online teachings, arranged workshop groups and books available worldwide. Join us at <http://kabbalah.info>



### **A reasonable person may ponder:**

If God made the Heavens and Earth, why aren't we born knowing it?

If God is in control, why does everything seem so out of control?

When my plans fall amiss, why doesn't God help me?

I mean, if we really knew for sure that there was a God, life would be much different. But it's hard to even conceptualize a Creator, much less to believe in one.

I try to be a good person. I mess up sometimes, sure, but I do try. I give money to the poor, and I do my best to care for family and friends. I even go to church sometimes. You know, for big occasions. I vote, I don't litter, and I try to watch my carbon footprint. Yet, at the end of the day I wonder, *what's the purpose of it all?*

I feel dissatisfied somehow. It all seems kind of empty. I mean, I work hard, right? I pay my bills. Maybe I go on a vacation once or twice a year. But what's it all for? I still come back to the same me and the same life. Is this all there is? It would be so much easier if we just knew.

So let me ask you directly:

*Is there really a single Creator that created everything in the world?*

*Is that Creator our supreme authority?*

*Are there really rules that we have to follow... or else?*

*How do I conceptualize God?*

*Why isn't God easier to believe in?*

## *Is there a single Creator that created everything in the world?*



This is a most profound question!  
And the answer is yes.

Religions have attempted to create an image of God in the minds of the people: part Santa Clause, part unreachable icon and part museum artifact. God is multi-faceted. Yes of course, but the fact remains: One single Creator created everything.

An intellectual *prove-it-to-me* discussion of this subject is often unproductive and frustrating. Why? Because humans tend to use their intellect to defend what they think they already know.

To answer your questions requires a softening of the intellect, for the true questioner intuitively understands that an intellectual or academic proving of the matter is not what is required.

The answers you are looking for and the certainty you seek come from a different part of you. A deeper place than your academic mind. This kind of *knowing* comes from your soul.

The general dissatisfaction you describe is indicative of your naturally emerging spirituality. This is the next stage of human evolution. Do not be alarmed, for this is a wondrous thing! It is the beginning of the awakening.

*“Until they reach a certain level (of emerging spirituality), all most people want out of life is to satisfy their own needs. Only when they are becoming increasingly dissatisfied with their situation do they begin to seek out the actual source of their state. They will find Him behind it all, meaning the Creator.”<sup>3</sup>*

<sup>3</sup> Dr. Michael Laitman, *The Path of Kabbalah, Faith Above Reason*



Well, okay, if you say so....

But what I'm really asking is this: If God created the Heavens and the Earth, why isn't this just obvious to everyone?

It's like we're born into this world and immediately take our own existence for granted. People like you, our parents, teachers and leaders all say that there are rules to follow, answers to questions and an absolutely right way to live. But with so many different people in the world living such distinctly different lives, how can this be true?

As a teenager I realized that my parents and teachers didn't know everything, so I started to figure things out for myself. I found experience to be the best teacher. Many of us do this. We test the rules, see what works and soon we become experts in our own lives. We become our own authority. I've always been proud of the way I've made it through this world on my own.

When I think of "God" I automatically think of rules and regulations.

So, what if after all this time I don't really want anyone telling me what to do? I mean, I've made it this far.

Thinking that I might really have a *Creator* and that I might need to change or to do things differently makes me uncomfortable. Besides, I would have absolutely no idea how to go about doing it.



## ***Is the Creator our supreme authority?***



Another profound question, and again the answer is yes!

The Creator is our supreme authority, whether we know it or not!

If you could look inside the mind of a person you might see that there are many authorities lurking there. This is just one of the many illusions that God has created for us, allowing humans to willingly place their trust in lesser authorities so that they may ultimately discover the truth: There is none else besides Him.

Invisible, human-made authorities are many and examples can be found all around us.

Some people believe in luck.

Others put faith in superstitious habits.

Some watch the news on the edge of their seats.

Only a precious few put their trust and authority in God.

God wants people to trust Him and for that He wants to reward them abundantly! But He wants His creatures to make this choice on their own.

So here is the main point to grasp: When a person is ready to learn more, when he or she is willing to correct themselves when required, willing to discover God as authority, then God becomes relevant in that person's life. And as spirituality unfolds, God's role gets clearer and clearer.

This simple decision is where the journey begins. It is a path of inner questioning and inner truth. First you simply become curious and you want to know more about Him. And the more you seek and the more you discover the more your *point in the heart* awakens.



### **Our reasonable person hesitates.....**

What do you mean by *point in the heart*? I have not heard of that before. I thought most people started thinking about God or getting religious only when something scared them or when they get old and are facing death. That's not me. But I admit that I am curious.



Consider how much thinking you put into sustaining your daily life. You constantly question your decisions and goals while the surfacing of your many desires prompts most of your actions. These desires (for food, sex, power, money and control) are at the level

of this Earthly world and unrelated to spirituality.

When the awakening begins it is sometimes surprising and not always pleasant. You find yourself with new questions, thinking about new things.

Perhaps a person starts to think about what happens after death.

Maybe he or she realizes that things they've been valuing all their lives are actually quite transient: that in the end they'll disappear.

Perhaps an illness, a death, an accident or a natural disaster has deeply affected a person's life, resulting in a quest for understanding.

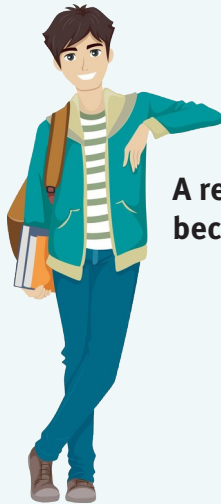
Or maybe a person is angry that he or she has not attained more. They wonder why things aren't fair and why life can't be easier?

None of these are comfortable states.

However, if a person is able to think through these moments objectively, he sees that there are deeper questions being asked and answers which are vastly more important than possessions, rewards, and rest.

Now he wants to know the truth.

It is the *point in the heart* speaking from within such a person, not his earthly desires but his heart. His spirituality is beginning to emerge and he is ready to discover the wisdom of Kabbalah.<sup>4</sup>



**A reasonable person  
becomes a student**

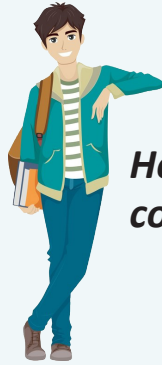
Okay, let's say you're right...

I still have no idea what God is.

Observations of people who claim to be religious - that's about all I really have to gauge it on. I know that nobody is perfect but it seems pretty obvious to me that people try to act very loving and polite when they're being religious, like when they're attending church. But once the service is over they seem to forget about it and go back to their everyday selves. If God were more obvious, wouldn't people try harder to act better all the time?

<sup>4</sup> Dr. Michael Laitman, *When the Point in the Heart Awakens*, June 2008





## ***How can I conceptualize God?***



According to Kabbalah, “God,” or “the Creator,” is the quality of complete, unconditional love and bestowal. It’s a spiritual force beyond any corporeal depiction; a force that guides and sustains the whole of reality, and its purpose is one thing only: to do good. To that end, the Creator created a creature (you, a human being, a living soul) who is destined to reach that ultimate goodness.

How? By acquiring Godly qualities like empathy, compassion, unconditional love and bestowal (sharing).

How can you conceptualize God?

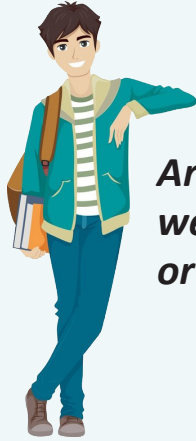
First, erase any corporeal depiction from your mind.

Second, internalize that the Creator cannot be perceived through your five senses.

And third, learn how to develop your own inner qualities so that they are similar to the Creator’s qualities.

The person who does this, who learns how to develop a universal attitude of love and bestowal to all created beings, this person becomes internally similar to the Creator. In this way, through his new thoughts, perceptions and desires, he begins to build the correct image of the Creator within himself.<sup>5</sup>

<sup>5</sup> Excerpts from Dr. Michael Laitman in *Newsmax*, June, 2008



***Are there really rules  
we have to follow...  
or else?***



Once you internalize the truth that God is very real, the laws of nature can be seen in this light. God really did make the Heavens and the Earth!

Everyone knows that we must follow natural laws, and anyone who breaks these laws will face serious consequences. Gravity, for example, pulls with no mercy and doesn't care from what height you topple.

There are other, not-so-obvious laws as well, whose seemingly innocent violation can provoke serious results. For instance, human beings are subject to the laws of cause and effect. These laws govern our actions and our speech. This is not a simple thing.

Like a ripple effect, what we might say or do in a single moment of instinctive or reactive behavior can become the unintended cause of circumstances for someone else (causing them hurt, anger, confusion or action) and (like a fractal) this goes on to create additional states.

Spiritual growth is often quite subtle. It does not come with an *or else*. There is no threat of punishment if you fail. You just begin again.

God wants us to acquire His traits of mercy, compassion and love, but He wants it to be by virtue of our own desire and choice. He works with each individual person from exactly the place where he or she is, so everyone will have their own unique experience as they come to know the Creator and find His relevance in their lives.

Further, every person is carefully groomed through their “hard times” and character flaws to create certain strengths of specific use to the Creator. He knows everyone’s dark secrets and wayward pasts. We are not judged harshly for these things. In fact, if you will embrace them you can draw strength and learn.

You, as you say, have already learned many things by yourself. Now you can reexamine them and see if they still hold true.

You cannot change the Creator’s natural laws but you can learn to work in harmony with them.



***Must we always  
consider the  
greater good?***



Before we enter spirituality we remain with an ego-limited perspective and an ego-limited mind. This mind is always calculating: *How to be the best? How to win?*

But things change as our spirituality emerges. Our thinking becomes less selfish and more inclusive. As we take others into consideration and we include their welfare in our thinking and planning, we automatically broaden our perspective and elevate our thoughts.

And from this higher vantage point we can see the greater good and the rightness of things more clearly.

When we come to understand that God is a purely good force, we can start to trust and believe that whatever is happening in our lives is for our best (no matter what it feels like). He only asks that we trust Him.

In difficult times we may find it challenging to maintain this state of mind, of course. But elevating our thinking is a constant aspiration.

Kabbalists say that the Creator takes everyone and everything into consideration, so everything is in perfect balance at all times.

The Creator also tailors each person's individual strengths and challenges specifically for the fulfilment of their purpose here on Earth.



**So then, why isn't God easier to believe in?**



People tend to believe what they themselves see or experience. If we don't know where to look for God we won't see Him.

Where to look? First we discover God within us. A gentle prompting, a feeling of hope, a still, small voice. Then, as we practice our elevated thinking, we begin to see God's goodness in other people and in the world around us.

We just need to change where we look for Him, and what we are looking for.

To see and know God is an internal experience, so one must create and nurture an internal space. Here is where you can talk to the Creator and tell Him what you want and need. You can even ask

Him to reveal Himself to you, and then watch and listen carefully for Him to answer. When we can quiet the chatter in our mind and slow the constant stream of distractions that fill us, a space opens up, allowing us to hear the voice of God within. And if we don't pay attention to that, He will use another form of communication.

“We are surrounded by the Creator everywhere, behind all objects and all around us, and always He wishes to bring us closer to Him. For this purpose, He uses the objects of nature to get our attention. He also uses people: family, boss, acquaintances. He deliberately sends us complicated situations and sufferings so that by trying to escape from them, we will thereby learn and come closer to Him.

Until he enters spirituality, a man is inclined to see the reason for all his misfortunes in his shrewish wife, his angry boss or in other people or circumstances that surround him. That is the way it must be for now because (on Earth) the Creator is (purposefully and necessarily) concealed.

As a person continues his journey, as he learns and grows, he arouses upon himself a luminescence which gradually corrects him; and with its help, he begins to see his own shortcomings. Gradually the light creates a spiritual picture before him, which gets clearer and clearer, as if emerging out of a fog.”<sup>6</sup>



Wait. Are you saying that God is purposefully hidden from us on Earth?

And He gets our attention by causing us problems?

Seriously?

Why can't it be easier?

<sup>6</sup> Rav Yehuda Ashlag, aka Baal HaSulam, *The Preamble to the Wisdom of Kabbalah*



It's not so much about something being easier or harder. It's about changing the way you think about it all.

In sports, in competitions, and even in wars, people like to believe that God is on their side.

But God is on everyone's side all at once. God loves everyone and He wants everyone to succeed.

But God measures success in different ways than we do.



Well, like I said before, I think I'm a pretty good person. And I think that my success is because I have worked hard and acted properly. When things go wrong I think it's because I have done something wrong. Is that how it works?



Yes and no.

Again, we just need to learn to think differently.

When we learn to purposefully extend our thinking to include others and to see things from a broader and more inclusive perspective, we begin to change internally, and the world changes with us.

These changes can express themselves very subtly at first; maybe you find yourself hurrying to open the door for another, giving up your seat on the bus or cleaning up after yourself in a more reflective manner.



It is hard to see the entire picture of what is going on from within our limited five senses and from our position here on the ground.

*“A person desires things and yearns to fill himself.*

*What is needed soon arrives.*

*Notice that your mind is always calculating:*

*What is to your benefit? How can you avoid harm?*

*How to attract good?*

*Here is the secret: Attract good by wanting things for others as much or more than for yourself.”<sup>7</sup>*

Changing our perspective elevates our thinking from our normal ego-centered mind to our higher (noetic) mind, evoking our more God-like qualities of love, empathy and compassion for others.

*“The most important thing (to notice) is the noetic (mind) sensation, given to man alone, by which one can feel what is felt by another – the pains and the comforts.”<sup>8</sup>*

Kabbalah teaches us to constantly look at life from this higher perspective.

This allows us to nurture our developing qualities as we observe ourselves in daily life. When we can avoid ego-centeredness it is much easier to see things that we might have otherwise missed.

And from this higher perspective it is easier to believe in God.

<sup>7</sup> *The Wise Heart*, based on the lectures of Dr. Michael Laitman

<sup>8</sup> Rav Yehuda Ashlag, *The Teaching of Kabbalah and its Essence*

