“Awakening from Below”

Regional Kabbalah Convention | 29–31 October 2026

The Convention Begins Right Now

The preparation for the regional Kabbalah convention — “Awakening from Below” — is already part of the convention itself. We have gathered here a preparation path that will help us arrive at the convention with greater importance of the goal, incorporation, deficiency, and a common prayer.

1. Awakening from Below — What Depends on Us?

How do we awaken one another, rather than wait for an awakening to come from outside?

Workshop for the Ten
What can we awaken on our part already now, without waiting for the convention to awaken us?

Recommended Articles

- RABASH, Note 496, “The Path of Truth”
- Baal HaSulam, Shamati 57, “Will Offer Him at His Will”
- Baal HaSulam, Shamati 5, “Lishma Is an Awakening from Above, and Why Do We Need an Awakening from Below?”
- RABASH, Note 921, “The Need for an Action Below”
- RABASH, Note 161, “Awakening - 1”

From the Words of Rav Laitman

The Creator needs an awakening from below because He has a general desire to bestow upon the created beings. Therefore, He created all of nature and us with all the data within us. Except for one thing: He leaves us the ability to awaken Him from below, to turn to Him and convince Him to be in contact with us and bestow upon us so that we advance until we become like Him. Therefore, what belongs to us is essentially only to ask.

— Rav Laitman, 1.9.2025

To resemble the Creator, you need to be connected with the friends, because the Creator is the Keter of the degree. Thus, you need to be included in a group that is consolidating as much as possible and turning to Him, turning to the force of connection. This is how we draw closer; this is how we convince the Creator to help us and care for us. If we cannot convince Him, it is a sign that we do not want it.

— Rav Laitman, 1.9.2025

Certainly, a person is incapable of attaining this vessel by himself if he is entirely, one hundred percent, a will to receive. Instead, he is required only to simply aspire to such a thing. How can this be required? How is it possible to demand that? It is because he was given the point in the heart, and through the society he can awaken an addition from himself called MAN. Certainly, everything comes from above, as it is written, “I am the first”; everything comes from the Creator, the point comes from above. The environment also comes from above, and all the instruction comes from above. But after a person receives all this, he must arrange the matters so that through the environment he increases his strength tenfold or a hundredfold, which will certainly be enough for him to show that he truly exerted effort in connection with others. This is called reaching the love of the Creator through love of others: reaching a necessity to bestow, the quality of bestowal. This is called love of the Creator. Love of the Creator means loving bestowal.

— Rav Laitman, 6.2.2012

The problem with the spiritual deficiency is that it does not reveal itself to us on its own, as all kinds of deficiencies are revealed in this world. Instead, we must constantly awaken it. It can be awakened only if I am connected with the group and we agree in the group that it is of utmost importance for us to constantly aspire for the awareness of the Creator, for the greatness of the Creator. If I am in the group in such a way, then we always hold each and everyone. This is called “mutual guarantee.” Mutual guarantee means that we produce a deficiency that is not a deficiency. We do not have it within us. Instead, when we all care together, each one receives a deficiency from the others, and we commit ourselves. That is, I commit to constantly thinking that you will be in the right deficiency, that you will not disconnect. Then you are in it.

— Rav Laitman, 26.2.2018

We need to hurry and make efforts, and through the group, which is a wonderful vessel that was deliberately given to us, a person can truly, by means of the tools at his disposal, awaken himself each time and increase his deficiency until he reaches “awakening from below” to such an extent that he can awaken an “awakening from above.” Everything is done by “the light that reforms,” the upper light, which is called “awakening from above.” An awakening from above can appear on condition that there is a vessel below, and this is called “awakening from below,” a deficiency. The deficiency of the vessel from below must correspond to the light above. In other words, the deficiency must be a deficiency for bestowal, like the light that comes from the Bestower. We do not know what a deficiency for bestowal is. We can be mistaken about it a thousand times and still not know. In order to scrutinize, examine, and establish it correctly, we were given a group, which stands opposite each one.

— Rav Laitman, 9.1.2012

2. The Greatness of the Creator and the Society — Receiving Importance from the Friends

How does the society increase in our eyes the importance of the goal, the friends, and the Creator, and how do we create together an atmosphere that sustains this importance?

Workshop for the Ten
What can I give the friends at the convention in order to strengthen the greatness of the goal in them?

Recommended Articles

- RABASH, Note 24, “The Main Thing We Lack”
- RABASH, Article “The Agenda of the Assembly”
- RABASH, Article “Make for Yourself a Rav and Buy Yourself a Friend - 1”

From the Words of Rav Laitman

To feel the importance of the Creator is to feel that He fills everything, realizes everything, organizes everything, and changes everything. He is the King, He is the force, He is the thought, and He is the action; He is everything, and there is none else besides Him. In everything in which we can see that something exists, it is the Creator; when something is done, it is through the Creator. That is, in every thought and desire, in every action, there is only this one force, the

Creator. This is why it is said that He fills the world.

— Rav Laitman, 28.9.2022

The Creator needs a place in which to be revealed. There should be thoughts and desires for and against, so that we will be like the weaving of a fabric, included together despite being opposites. Then, when we connect as much as we can, although we are all very different from one another, the more we want to be connected, the more we make a network of connection between us. In this network we build a place where we can reveal Him. Precisely because we are opposite and disconnected, hateful and rejecting of one another, above this we build connections between us up to love. Then the gap between these and those establishes in us opposite qualities that are ready to unite together in order to resemble the Creator, and we reveal Him.

— Rav Laitman, 28.9.2022

We have no strength to work in bestowal. There is no chance of performing any act of bestowal without receiving this strength. It can be received only from the light that reforms, by aspiring to it. And the aspiration for the light can exist only in the society. Therefore, we must organize ourselves so that the light comes, awakens us, and gives us the quality of bestowal. According to the measure of bestowal, we feel the greatness of the Creator, the King, and then we can work in bestowal. As we learn, the more we give to an important person, the more fuel we receive from that. The only problem is that the Creator is not revealed as important. We ourselves need to raise His importance each time. Otherwise, it would be like working with a king in this world, where everyone runs to do something for him because they derive pleasure from it.

— Rav Laitman, 25.9.2015

Essentially, we have no work other than to crown the King over us. To the extent that we can raise the Creator above us, we can attach ourselves to Him. He is higher, we rise to Him; He is higher, we rise to Him. In such a way, we can rise to the height of all the actions for which He gave us an opportunity, in 620 actions, to rise higher and higher. So let us try to maintain this all the time. This is the most important inclination, and it is possible to say that it is the only one that we need to carry out among us. And how do we do it? Through exertion in connection. The more we exert in the connection between us, the more we can resemble the Creator and adhere to Him. And in order to rise, we need to exert even more, adhere among ourselves, and then adhere more to the Creator; that is, we rise to Him and adhere to Him. And so onward.

— Rav Laitman, 28.9.2022

First of all, I need to work on the greatness of the friends. If I attain the greatness of the friends to some extent, then from this I need to work on the greatness of the Creator and reach a state where the greatness of the friends and the greatness of the Creator are equal and constantly rise in my eyes, in my feeling.

— Rav Laitman, 28.9.2022

3. Becoming Incorporated and Building One Vessel — From the Ten Through the Region to the World Kli

How do we leave the familiar circle, become incorporated in additional friends and tens, receive strength from them, and also give them of our own?

Workshop for the Ten
How will we come to the convention not only to receive strength from the other friends, but also to be a source of strength for them?

Recommended Articles

- Baal HaSulam, Shamati 99, “He Did Not Say Wicked or Righteous”
- Baal HaSulam, Letter No. 4
- RABASH, Article “Purpose of Society - 2”
- RABASH, Article “What Is a Ladder Set on the Earth and Its Top Reaches Heaven?”

From the Words of Rav Laitman

Each person’s individual ten is very important, and first of all we need to establish the place there. Afterward, we say that this is not enough, that we need to reach all our tens together, which the Creator essentially establishes as one. And then, why are we in such a sorrowful process with all of humanity? In order to solve the problem through the connection between us as a world ten.

— Rav Laitman, 22.11.2021

To the extent that I raise the merit of the environment, the ten, by this I essentially raise its power. Then I raise it in such a way that it is as though I connect with and become incorporated in all of humanity. In fact, I become incorporated only in my small environment, but if I value it above everything in humanity, this is considered that I thereby become incorporated with everyone. That is, the “majority of the structure” becomes for me also the “majority of the count.”

— Rav Laitman, 12.7.2015

A field has been prepared for us, and RABASH also explains the work of the field: what kinds of work there are in the field and how much we need to invest there in order to bring forth the result, the crop; to gather the withered organs and connect them into one system, so that we begin to feel some order in this system, names in which the light is revealed a little. They already read the holy names, and the light of NRNHY is revealed, and from this we begin to recognize this system that manages us and how we can influence it. From the mutual relationship, we begin to know it until we begin to reveal its root.

— Rav Laitman, 19.6.2015

After we try to connect ourselves through incorporation in all the qualities, desires, intentions, and thoughts, and see that we are unable to reach it, then we discover that only the Creator, by connecting with us and participating with us, by being our partner, will do the work. We bring the vessels, want to connect them so that they become incorporated, are unable to do so, and then we need Him. Then we truly need Him and do not merely cry out in advance, but as it is written, “The Lord will complete it for me.”

— Rav Laitman, 2.2.2021

Our work is to be as MAN: needing, demanding, asking, praying that He perform the work. In these states, in these actions in which we establish a correct deficiency on our part, expect His work, and pray to Him, this is essentially our correct partnership, the peak of the partnership: we understand that only the Creator can unite us. Therefore, in all the incorporation that we carry out, although we can already say that certainly we will not reach Him, through it we attain a deficiency for incorporation. With this deficiency we turn to the Creator, and He needs nothing more.

— Rav Laitman, 2.2.2021

4. Building a Deficiency and a Prayer — What Do We Truly Lack?

From the greatness of the goal, we scrutinize what is lacking in the connection between us and arrive at a common request for connection.

Workshop for the Ten
If we had to bring only one common request to the convention, what would we want the Creator to complete in the connection between us?

Recommended Articles

- RABASH, Article “What Is the Main Deficiency for Which One Should Pray?”
- RABASH, Article “A Deficiency Is Required for Prayer”
- RABASH, Article “Prayer of Many”
- RABASH, Note 587, “The Upper One Clarifies for the Need of the Lower One”

From the Words of Rav Laitman

Question: Does the deficiency in prayer depend on us or on the Creator? Rav Laitman: He begins the deficiency in prayer, and we need to grow it. Question: How can we draw closer to the Creator while He rejects us, distances us? Rav Laitman: He does not distance us. It is rather so that we will discover how much we want Him. It is a kind of flirtation [courtship] that the Creator deliberately does so that we will discover how much we are drawn to Him. Accordingly, we reveal the glory of the Kingdom of Heaven: how important He is, how close He is, how much we expect and wait for Him. We need to reveal all of this.

— Rav Laitman, 2.8.2023

Question: A person receives a state, a deficiency. How does he arrange a prayer? There is something internal in him, a need for correction. Rav Laitman: Yes. Like any deficiency in a person, he begins to scrutinize this deficiency: what it does in him, what it awakens him toward, and then he arranges within himself the answer, the response.

— Rav Laitman, 20.7.2024

I need to connect with the friends and, together with them, scrutinize what a deficiency to bestow to the Creator means. How do we reach a state where we lack it, or a deficiency without a deficiency, as though we lack it? Then we ask the Creator to give us, to give us; we want to lack a desire, a deficiency, to bestow to the Creator. What can this be compared to? Imagine that you bring another child into the family, a foreign, adopted child, and you have no feeling toward him. Then you turn to the Creator so that He will give you a feeling for that child. Certainly, it is not simple, but you are here in a circle of friends, and through the upper light that operates on us, you can ask. The Creator waits for your request and will make this deficiency in you. Then you will want to bestow contentment upon Him, you will want to bestow to Him. With this inclination to bestow to Him, you will already be connected with Him, and you will begin to feel one another. To the extent that you truly want to bestow to the Creator, you will begin to reveal Him.

— Rav Laitman, 11.9.2021

If we aspire to Him before He comes to us, this is called “a deficiency without a deficiency,” “a prayer before a prayer.” Then we awaken ourselves toward states even though we do not have such a need for it, but we already begin to be prepared by this for the surrounding light. When it comes, even though it brings us a deficiency, we are also present in it, and we had already wanted this deficiency to be revealed in us. Now, when it shines as surrounding light, it brings me the deficiency I was expecting, and therefore I am happy with the deficiency, and this is great joy. It is because, all in all, deficiencies are what we need to prepare.

— Rav Laitman, 18.9.2015

We understand that if not for the surrounding light that operates on us and can bring us the quality of bestowal and the greatness of the Creator, we have no chance of reaching an act of bestowal by ourselves. Thus, we understand that only raising a deficiency and a prayer can help us. Through the actions we do together, and through our commitment to the public to arrange the matters, we need the upper force. Then, only if we receive it will we be able to bestow, connect, reach a vessel for the revelation of the Creator, and truly think about bringing contentment to Him, all from recognition of the greatness.

— Rav Laitman, 8.10.2014

5. Joy and Gratitude — As Though Our Prayer Has Been Answered

After the scrutiny and the prayer, we do not remain in the deficiency, but move to wholeness, joy, and gratitude, and continue forward together.

Workshop for the Ten

How would we behave toward one another now if we were certain that the Creator had already heard and accepted our common request?

Recommended Articles

- RABASH, Article “The Matter of Joy”
- RABASH, Article “What Is the Prohibition to Greet Before Blessing the Creator, in the Work?”
- Baal HaSulam, Shamati 26, “One’s Future Depends and Is Tied to Gratitude for the Past”

From the Words of Rav Laitman

We want to discover the Creator, for Him to be revealed already now in each one of us and between us, to fill the whole world, because this truly is His place and He is there; only let Him be revealed. What we need is only to increase the illumination, and we can increase it through our desire, our presence, our inclination to be close to one another, and to give praise and gratitude to the Creator so that He will draw closer to us. This is expressed in the importance of the revelation of the Creator to the created being: how much we await Him and value Him, think that He can draw closer to us and be felt between us. Let us try to think about this and be in it.

— Rav Laitman, 2.7.2023

“One who wants to walk in bestowal,” to bestow as the Creator bestows, by which we draw closer to one another, “must always be in joy, in all the forms that come upon him.” No matter what comes to him, “he must be in joy, because he has no intention” to receive for himself. That is, he must isolate himself from everything that can come to him: “It does not affect me; I am above it.” This is how he builds the second floor. He is happy that the will to receive cannot enjoy his work; “from this he should receive joy.”

— Rav Laitman, 30.4.2017

From the fact that I do not look at what I have inside my vessel, but rather try above it to adhere to the Creator, from zero, from this restriction, and from adhesion above the restriction, the spiritual path begins. Therefore, joy is a measure; it is a sign that I am in a good state, facing the Creator. I may truly be at zero, but facing Him. In this I reveal that there is none else besides Him, and this is what is important to me. If I receive from Him, and there is none else besides Him, it does not matter what I receive; it is above all my empty vessels. We can speak about this a lot. We will read passages and hope to find the correct states in them. But pay attention: joy is simply the most reliable and correct measure. Therefore, it is a great Mitzva to be in joy.

— Rav Laitman, 25.11.2016

Gratitude for the fact that every single state that comes to us certainly comes from the Creator, and that His concealment actually helps us give strength to the connection. This should essentially be the first gratitude, and afterward, more and more... For every detail that we reveal in the relations between us, between the friends, and between us and the Creator, for every such thing we need to offer gratitude. And even gratitude in advance, that He made it so from the outset. Therefore, the matter of gratitude is immense. Let us hope it will be clear to us to what extent, at every moment, a person must first of all reach a state where he is aware of and grateful for the states, which certainly all come from the Creator.

— Rav Laitman, 8.1.2021

We are already in the feeling that the Creator did everything in order to connect us, to bring us to this, to awaken us to make connections between us. We only need to open our hearts, to feel what has been done, where we truly are. We are always at the end of correction in Ein Sof, and everything depends on the receptivity of our heart, on the purity of the heart. So here we want our heart to be purified, for everyone to connect together into one heart. We have already spoken about how to melt the heart, to connect them together into one heart. And now, from this special state in which the Creator made for us a gathering, consolidation, connection, and adhesion between us, to that extent and no other can we be adhered to Him and thus attain adhesion. Therefore, there is great gratitude here for the revelation of the connection, and the quality revealed within the connection is the Creator.

— Rav Laitman, 26.7.2018

Convention Schedule

North America Regional Gathering

Wednesday — October 28, 2026

Time	Dur	Activity	Leads	Content
4:00–7:00 PM	3:00	Arrival/Registration	Beth	Marium
4:00–7:00 PM	3:00	Self-Guided Prep.	Lio/Gianni/NA Kli	Lio/Gianni/Adam
7:00–8:00 PM	1:00	Dinner	Omri/Markos/Midwest	NY 3
8:00–9:00 PM	1:00	Opening Lesson	Chaim / NY 2	NY 3
9:00–10:00 PM	1:00	Open Connection / Mingling / Music	Lio/Gianni/NA Kli	Lio/Gianni/Dree

Thursday — October 29, 2026

Time	Dur	Activity	Leads	Content
6:45–8:00 AM	1:15	Breakfast	Omri/Markos/Midwest	Toronto 1
8:00–8:45 AM	0:45	Heart Warming Activity	Central	Central
8:45–10:30 AM	1:45	World Kli Block	Central	Central
10:30–11:00 AM	0:30	Ten Time	—	—
11:00–11:30 AM	0:30	Break 1	—	—
11:30 AM–1:00 PM	1:30	Session Avihu & Mooshy	Lio/Chaim/Zohar	Zohar
1:00–2:00 PM	1:00	Lunch	Omri/Markos/Midwest	US SF
2:00–2:30 PM	0:30	Break 2	—	—
2:30–4:00 PM	1:30	Congress Village	Lio/Gianni/NA Kli	Lio/Gianni/Amie
4:00–5:00 PM	1:00	Session Avihu & Mooshy	Lio/Chaim/Zohar	Zohar
5:00–5:45 PM	0:45	Workshop	Lio/Gianni/NA Kli	Lio/Gianni/Adam
5:45–6:30 PM	0:45	Lesson	Chaim / NY 2	Toronto 1
6:30–7:00 PM	0:30	Break 3	—	—
7:00–8:00 PM	1:00	Dinner	Omri/Markos/Midwest	KabU 12
8:00–9:30 PM	1:30	NA Night	Lio/Gianni/NA Kli	Lio/Gianni/Leib

Friday — October 30, 2026

Time	Dur	Activity	Leads	Content
6:45–8:00 AM	1:15	Breakfast	Omri/Markos/Midwest	SLC
8:00–8:45 AM	0:45	Heart Warming Activity	Central	Ukraine
8:45–10:30 AM	1:45	World Kli Block	Chaim / NY 2	Midwest
10:30–11:00 AM	0:30	Ten Time	—	—
11:00–11:30 AM	0:30	Break 1	—	—
11:30 AM–12:30 PM	1:00	Nature Hike	Lio/Gianni/NA Kli	NY 3
12:30–2:00 PM	1:30	Session Avihu & Mooshy	Lio/Chaim/Zohar	Zohar
2:00–3:00 PM	1:00	Lunch	Omri/Markos/Midwest	LA
3:00–3:30 PM	0:30	Break 2	—	—
3:30–4:15 PM	0:45	Lesson	Chaim / NY 2	Kab U 9 & Kab U 12
4:15–6:00 PM	1:45	Rav's Movie/Avihu & Mooshy	Lio/Chaim/Zohar	Zohar/Lio/Zhanna
6:00–6:15 PM	0:15	Break 3	—	—
6:15–7:15 PM	1:00	Yeshivat Haverim / Haverot	Omri/Markos/NE/FL	KabU 2 & LA / W Toronto 1 & W KabU 13
7:15–8:15 PM	1:00	Dinner	Omri/Markos/Midwest	FL
8:15–9:45 PM	1:30	Bonfire — Fueling the Flames of Love	Lio/Gianni/NA Kli	Lio/Gianni/Nikka&Dree;

Saturday — October 31, 2026

Time	Dur	Activity	Leads	Content
6:45–8:00 AM	1:15	Breakfast	Omri/Markos/Midwest	KabU 15
8:00–8:45 AM	0:45	Heart Warming Activity	Central	Central
8:45–10:30 AM	1:45	World Kli Block	Central	Central
10:30–11:00 AM	0:30	Ten Time	—	—
11:00 AM–12:00 PM	1:00	Session Avihu & Mooshy Q/A	Lio/Chaim/Zohar	Zohar
12:00–12:30 PM	0:30	Personal Packing	—	—
12:30–1:30 PM	1:00	Serving Together	Lio/Gianni/NA Kli	Pedro/John L./LA
1:30–2:00 PM	0:30	Farewell Lunch	Omri/Markos/Midwest	NY 2
2:15–3:00 PM	0:45	Closing YH	Omri/Markos/NE/FL	KabU 2 & LA

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One idea • One world kli • Many local Expressions