



PESACH

101





The Preparation

Pesach is a gift from the Creator allowing us to restart our consciousness and begin anew in a positive manner. Pesach provides us the opportunity to free ourselves from the self-imposed prison created by our ego and break the influence of the negative side.

HOW TO PREPARE:

Step #1 – Studying

Through study, we create the vessel that allows us to receive the Light. The more we take time to study and prepare our vessels, the stronger and more meaningful our connection will be.

What to study?

1. The logistics of Pesach - Understanding the type of Light that's available gives you the opportunity to rewrite your movie. Suggested study: *Days of Power* by Rav Berg, *Days of Connection* by Michael Berg, Pesach videos on kabbalah.com.

2. Explore the particular issues that you want to change - Learning about your personal correction and what you want to overcome helps direct that Light to the specific area of your life where you need the most assistance. Suggested study: Search those topics, such as certainty or fear, on kabbalah.com for lessons and articles.

Activity: What part of your life needs Light? Take a piece of paper and write down those areas in which you feel you've shut down and become empty. Look inside each one and identify those places where you want the Light to come in. This exercise brings us to an even bigger kabbalistic concept: If we don't prepare, we can't fully connect. Therefore, the more darkness we identify ahead of time, the more we can remove at Pesach. Take this list out again tomorrow or the day after, and keep adding to it. If you're new to the Centre, bring the list with you. You'll be able to use it at the "Burning of the Chametz," in the morning of the Pesach Seder.

Step #2 – First 12 Days of Aries

Each of the first twelve days of the month of Aries are extremely special, for they represent a different month in the Zodiac, and present us with something unique we need to overcome. These 12 days are all about overcoming whatever it is that's holding you back from getting the fulfillment you want in life! Each day corresponds to the energy of a month in the Zodiac, and that month's Tikkun. The energy builds and builds, culminating in the tremendous Light of Pesach.

Tip: Try to be as non-reactive as possible, and to go against the Tikkun of that month's Zodiac.

Step #3 – Cleaning

Physical cleaning is a tool to activate inner spiritual transformation and fortify the vessel for the Light. When cleaning, think about removing your negativity. The more you become aware of your personal garbage, the more you can clean it.

"The crumbs in our soul are our jealousy, hatred, fear, judgment, need for approval, low self-esteem, and sense of entitlement. The physical cleaning is a tool to activate a spiritual process and remove these "crumbs." It's not merely about spring cleaning; it's about using a physical action to stimulate an inner spiritual transformation." – Rav Berg

Step #4 – Checking and Burning of Chametz (*All of the Centres around the world will host a Burning of Chametz)

After nightfall on the 14th of Nissan, when at least three stars are visible in the sky, hide 10 pieces of bread in the house, turn off the lights, and search for the pieces with candlelight. This search is not just to find the bread, but to find our concealed negativity. (We hide 10, because they correspond to the Tree of Life.)

*Before beginning the search, and after all 10 pieces are found, we recite prayers. (Pages 19-21 in the Haggadah)

*The next morning before 10a.m., we burn the pieces of bread. We completely cleanse all the selfish desires that remain in our thoughts. After you burn the Chametz, recite the prayer in the Haggadah.

The Tools

Matzah – is bread without ego. Bread expands and rises (like our ego) because it contains enormous spiritual energy. Kabbalah Matzah is a tool that gives us the strength to restrict our ego for the entire year.

Haggadah – In essence, the Haggadah is a detailed, structured plan of escape from the clutches of the ego.

*During the seven days of Passover, we don't eat bread. This is a prescription for protecting ourselves from the effects of ego, pride, and anger for the entire year.

The Seder

THE 15 STEPS OF THE SEDER:

#1 – Kadesh (First Cup of Wine – Yud)

Two blessings are given over the wine. When prompted, drink half a glass of wine or grape juice in one shot while leaning to the left. Instructions: Pour a glass of wine for the person next to you. Customarily men pour for men and women for women.

Consciousness: Remove negative spirits: the energy of silliness – joking too much, not taking opportunities seriously, gossip, all of which cause loss of sensitivity.

#2 – Urchatz (Washing Hands)

The head table makes this connection. Keep the consciousness and meditate on the head table.

Consciousness: Cleanse your negativity to prepare for more energy later. When the head person washes their hands, ask the Light to be the Minister of Cleaning in this world so you can see everyone as clean and pure.

#3 – Karpas (Eat Parsley)

Karpas, or parsley in Hebrew, contains the word 'parech', which means the type of work a slave does.

Instructions: Take a very little amount of parsley and put it in salt water (tears), eat it slowly.

Consciousness: Spirituality is proactivity. Karpas is a tool to activate our ability to overcome our own slavery, which is laziness. Meditate to have true care and be able to go the extra mile for others.

#4 – Yachatz (Break Matzah)

The head table splits the middle matzah and hides the bigger piece called the afikoman. Two pieces remain; one in the shape of Dalet (ד– small, kept at the table), and one in the shape of Vav (ו– big piece to hide). Vav also represents Zeir Anpin - the force within ourselves we are trying to reawaken.

Instructions: You can repeat at your table, but the head table makes the connection for all.

Consciousness: We are given the ability to discern what is right or wrong for us, and break away from our selfish desire.

#5 – Maggid (Tell Stories – Second Cup of Wine – Hei)

Scanning/Singing - We create the aura and atmosphere of positive energy through stories and song, connecting to the 13 attributes of the Creator to jump-start our release from bondage. The second cup of wine helps remove selfish thoughts and desires, so all of our relationships can grow.

Instructions: Pour a glass of wine or grape juice for your neighbor (men for men and women for women), and drink half a glass leaning to your left.

Consciousness: Focus primarily on building your appreciation for a true release from spiritual slavery while reading the stories.

#6 – Rachtzah(Wash Hands with Blessing)

Instructions: Everyone can wash at the table (use the minimum water required). Take a cup of water, hold it over the bucket, and then pour it twice on the right and twice on the left.

Consciousness: Remove negativity from your hands.

#7&8 – Motzi/Matzah(Bless and Eat Matzah)

At the head table, the middle of the three matzah will be broken into two parts. The bigger piece will be hidden.

Instructions: Take a piece of matzah. Say the two blessings on page 105 in the Haggadah. Lean to the left and chew the matzah slowly. Eat about a whole matzah.

Consciousness: Meditate to remove a fear.

#9 – Maror(Eat Horseradish)

Instructions: Maror, with the numerical value of mavet (death, the taste of death), is chewed to sweeten the energy of death and connect to immortality. Combine a piece of lettuce with some horseradish and dip it in the fruit blend. Chew slowly and meditate on your teeth melting away the walls of your heart and that you are removing all forms of death. The stronger the maror, the longer the chew – the greater the cleansing.

Consciousness: Ease this year's tikkun process simply by chewing until sweetened. Don't swallow it too early.

#10 – Korech(Eat Matzah, Maror, Charoset in a Sandwich)

Instructions: Combine a piece of matzah with horseradish and fruit blend, eat leaning to your left.

Consciousness: Another chance to meditate on removing our fears.

#11 – Shulchan Orech(The Meal)

The actual meal elevates the sparks of Light in the food for strength and energy to continue our spiritual work. The hard-boiled

egg awakens us to our own stubbornness; the more people oppose us, the harder we become and the more we get entrenched in our own ideas. By eating the egg with the consciousness of softening our stubbornness, we receive the ability to really listen to and learn from others.

#12 – Tzafun(Eat Hidden Matzah After Meal)

Our new soul is born! We uncover the afikoman and eat it.

Instructions: Eat matzah leaning to your left.

Consciousness: Connect to your new soul. Eat the final matzah leaning to the left and meditate to eradicate your fears once and for all.

#13 – Barech(Third Cup of Wine – Vay)

Instructions: Pour a glass of wine or grape juice for your neighbor (men for men and women for women), and drink half a glass leaning to your left.

Consciousness: The third cup helps remove the negative spirits of evil eye and envy.

#14 – Hallel(Songs/ Fourth Cup of Wine – Hei)

Instructions: Pour a glass of wine or grape juice for your neighbor (men for men and women for women), and drink half a glass leaning to your left.

Consciousness: The last cup of wine helps remove the negative spirit of impurity and evil, the force that rules all our negativity.

#15 – Nirtza(Last Songs)

Connect to the certainty of our escape from bondage. No more fears – ever!

Instructions: Sing the final songs to remove fears, negative loves (such as addictions), and death from the world.

Consciousness: Matzah helps us receive strength to remove our fears, because matzah itself is made with fear. You have exactly 18 minutes to make and bake matzah before it becomes chametz, and if it rises, it's invalid matzah. We also drink wine with the meditation to remove addictions and instant gratification.

