

THE KABBALAH CENTRE

AT HOME SEDER GUIDE

On Pesach, we can shed the influence of the ego and experience true freedom, removing chaos and negativity from our lives for the year to come. We come together to draw down Pesach's powerful Light, an energy that gives us the gift of true freedom. This at-home guide was created with the intention of helping you prepare for and maximize your connection to that Light as you follow the live stream.

The Seder Item List:

1. MATZAH

Quantity:

- 3 whole matzahs for the Seder Plate
- 1-2 additional matzahs for each participant

We recommend purchasing 18-minute or "Shmurah Matzah".

2. RED WINE AND/OR GRAPE JUICE

Quantity: Enough for 4 glasses per person (approximately 5 oz each) and to fill an extra glass (Elijah's cup)

3. ROASTED CHICKEN NECK (not for eating)

Quantity: 1 for the Seder Plate

Substitute: If you cannot find a chicken neck, a shank bone works as well.

4. HARD BOILED EGG

Quantity: 1 egg for each participant

5. RAW HORSERADISH ROOT (MAROR)

Quantity: Approximately 2 oz for each participant.

This should be peeled and grated for the table before Seder.

6. FRUIT BLEND (CHAROSET)

Quantity: 4-8 oz. for the Seder table.

Recipe:

The Kabbalistic recipe for this fruit/nut blend is a mixture of the following 10 ingredients:

1. Cinnamon (ground)

THE KABBALAH CENTRE

2. Ginger root (fresh)
3. Lavender
4. Apples
5. Dates
6. Figs
7. Grapes
8. Pears
9. Pomegranate seeds
10. Walnuts

Substitute: If some of the ingredients are too hard to find, a mixture of 3 fruits from the list, 3 roots from the list, and walnuts will suffice.

Instructions: The charoset is mainly made of walnuts, apples, grapes, figs, and dates. The rest of the ingredients you add in small quantities.

1. Crush walnuts until they become like powder
2. Shred dates, figs, apples, & grapes
3. Add a few pears and a few pomegranate seeds
4. Add a small piece of lavender
5. Add ginger & cinnamon spices

Mix everything together until the substance becomes like a spread that you can use on the matzah.

7. **PARSLEY**

Quantity: 1 sprig per participant

8. **ROMAINE LETTUCE**

Quantity: 3-4 large leaves per participant

9. **BOWL OF SALT WATER**

Quantity: 2-4 oz. should be sufficient for the Seder table

ADDITIONAL NEEDS:

- Kabbalistic Haggadah - if you do not have one or cannot purchase in time, we will make sure to have it on the screen as part of the live stream Seder connection.
- 1 wine cup per participant, plus 1 cup for Elijah the Prophet

THE KABBALAH CENTRE

- Napkin or linen to cover the Matzah.
- Cup, pitcher, and bowl to wash hands twice during Seder, or you can wash in the kitchen or bathroom sink.
- Festive holiday meal to enjoy.

MAKING YOUR SEDER TABLE

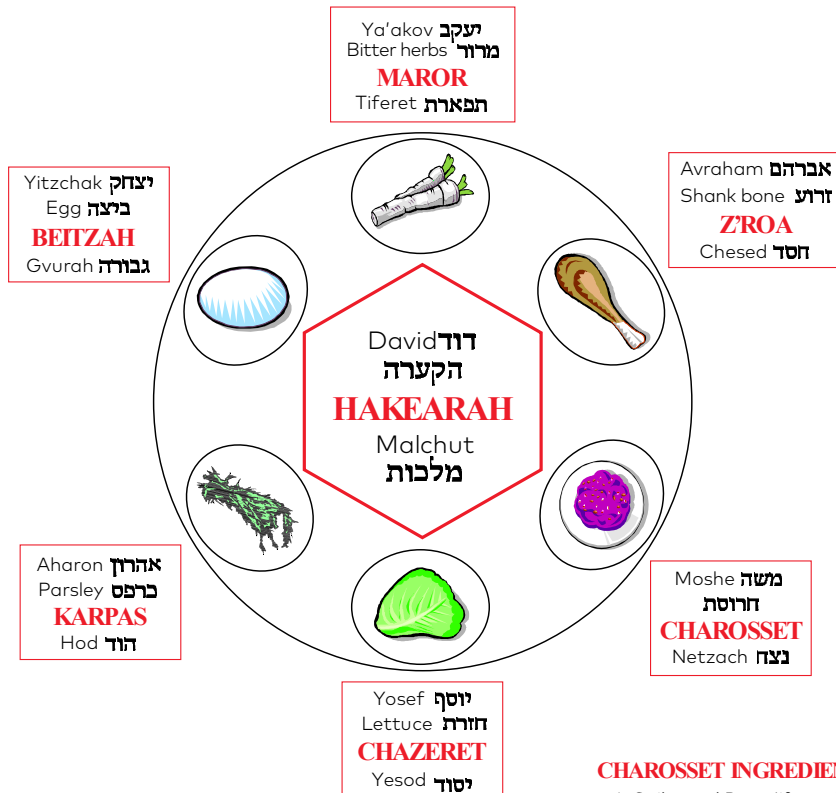
"The Aramaic word for the Seder Plate is Kearah, which has a numerical value of 375, or $365 + 10$. By preparing a clean vessel containing the Ten Sefirot (Emanations) at the time of the checking of the chametz, we gain control over the coming 365 days. The plate itself represents the Sefirah of Malchut, the physical world. So far, we have been preparing ourselves to connect with the Light. Now, however, we are dealing with tools that draw the Light and direct it to us. When we are in the right consciousness, we can use the Seder Plate to connect to the energy revealed that night.

This is not religion or tradition; it is a spiritual journey beyond space and time into a parallel universe and a better world—and the Seder Plate is the spaceship that can transport us on that journey. There are two ways to arrange the Kearah: one according to The Ari, and the other according to the Gaon of Vilna. We at The Kabbalah Centre arrange it according to The Ari. On the plate we place seven objects, representing Chesed-Gevurah-Tiferet, Netzach-Hod-Yesod, in the form of the Shield of David: two triangles, one on top of the other." - Rav Berg

Below is a diagram of how to set up your Seder Plate:

THE KABBALAH CENTRE

THE KABBALAH CENTRE



CHAROSSET INGREDIENTS

1. Spikenard Root (if possible) or Lavender
2. Ginger
3. Cinnamon
4. Grapes
5. Figs
6. Pomegranate
7. Dates
8. Nuts
9. Apples
10. Quince



THE ABOVE HEBREW LETTERS ARE PRESENTED HERE ONLY AS AN ILLUSTRATIVE DEVICE.

Additional items to have on the table:

- 3 whole matzahs under a cover
- Additional matzah for eating (un-opened).
- Wine (do not pour till we reach the step).
- Wine cup for Elijah the Prophet.
- Bowl of salt water.
- Salt for Matzah.

THE 15 STEPS OF THE SEDER: CONSCIOUSNESS & INSTRUCTIONS

The instructions outlined in these steps refer to the page numbers of the "Kabbalah Haggadah: Pesach Decoded" where you can find the complete list of blessings and songs for the Passover Seder. This Haggadah can be found in your local bookstore and or our online store (store-us.kabbalah.com, make sure to select the correct location).

Gadlut – The unique type of energy that comes down only on Pesach to destroy negativity. It is similar in intensity to the energy of the 10th plague of Egypt! And is even more powerful than the energy we receive on Shabbat. This energy comes down 8 times, 4 times from our spiritual Mother (Ima) and 4 times from our spiritual Father (Aba). Ima and Aba are the metaphysical sources of all the energy we will ever need.

Matzah – transforms our negative fears so we can have complete certainty for the entire year. We also receive the one positive fear – awe for the system of cause and effect, and awareness of our own role in disconnecting from the Light.

Wine – transforms our selfish loves: the things we love which are not good for us. Instead we receive the desire and love for the Light.

STEP 1: KADESH

We begin the Seder with the first of 4 cups of wine as we recite the Kiddush. Each glass of wine helps us transform our selfish loves, known as a "negative spirit": the things we love which are not good for us. Instead we receive the desire and love for the Light.

The first glass helps us remove the energy of silliness (ruach shtut) – joking inappropriately, not taking the opportunities we are given seriously, gossip, all of which causes loss of sensitivity. Here we are receiving 1st Gadlut from Ima (Supernal Mother) in order to transform selfish loves. Throughout the Seder we lean to the left. Our left side represents our desire to receive and our ego, and as we lean to the left, it signifies our control over our selfish nature. It is a powerful tool on the night of the Seder to help us overcome chaos and experience true freedom.

Instructions:

Pour a glass of wine for the person next to you. (Customarily men pour for men and women for women.) The leader will recite the Kiddush for the entire group. There will be 2 blessings; one over the wine and the Shechianu (said on special occasions to celebrate the new and unique). When prompted, drink the wine or grape juice (half a glass) in 1 shot while leaning to the left.

THE KABBALAH CENTRE

STEP 2: URCHATZ

In preparation for Step 3, we wash our hands without a blessing, cleansing negativity to prepare for more energy later, similar to a Mikveh. We ask the Light to be a Minister of Cleansing in this world so we can see everyone as clean and pure with no mistakes. By choosing to see with clean eyes, we actually increase the amount of purity in this world rather than amplifying any negativity.

Instructions:

Just as we customarily wash before eating bread, fill up the cup with water, then pour the water twice over your right hand and twice over your left. Do not recite a blessing afterwards.

STEP 3: KARPAS

The Ari explains the slavery and exile in Egypt was not physical, but a spiritual slavery. Karpas means parsley in Hebrew and has the word "parech" in it, which refers to the type of work a slave does. A slave does the minimum he has to do to get by and the work he or she does is not self-designed. The Karpas is a tool to help us overcome our own slavery; anywhere in our lives we are slaves to our ego, anywhere in our lives we have given away our power to an external source. The Karpas also helps us take responsibility for the areas in our lives we feel like a victim; here we gain the strength to be creators of our density, rather than passive participants. You can meditate to have true care and to be able to go the extra mile for people.

Instructions:

Take a very little amount of parsley, dip it in the salt water (representing tears), say the blessing on page 47, and eat it slowly. Do not lean to the left.

STEP 4: YACHATZ

We split the middle matzah and hide the bigger piece, called the Afikoman. Two pieces remain; 1 in the shape of Dalet (ד - small piece kept at the table), 1 piece in the shape of Vav (ו - big piece to hide). Vav also represents Zeir Anpin - the force within ourselves we are trying to have reborn. That is why we will "discover" or "uncover" it at the end (at Step 12). Kabbalists teach that with this step we want to consciously expose our imperfections, to look them in the face without shame, for the sake of loosening the control they have over us.

Instructions:

Hold the middle matzah in your two hands and split it into two uneven pieces. Place the smaller piece back between the upper and lower matzah, and cover the larger piece and hide it for later (Step 12).

THE KABBALAH CENTRE

STEP 5: MAGID

Pesach literally means Peh Sach (mouth that speaks). Sach is also the numerical value of chayim (life; 68). In this stage we tell the story of Passover and all the miracles involved. Through the stories, words and Hebrew letters we reveal the greatness of the Creator in our life and the greatness of our own souls. Here we focus primarily on building our appreciation for the true release from slavery while reading the stories and miracles. With the second cup of wine we receive the 2nd Gadlut from Ima (Supernal Mother), which helps us to remove the negative spirit of sexual impurity for the whole year.

Instructions:

Begin this step by pouring a glass of wine for your neighbor. At the end of the step, recite the blessing on page 110, and drink a half a glass of wine or grape juice, leaning to your left.

STEP 6: RACHTZAH

As we typically do before we eat bread, we wash our hands in a specific way prescribed by the kabbalists to remove negativity from our hands as a form of cleansing and spiritual mikveh. Our hands represent our desire to receive and how we manifest our thoughts, and we want to transform our selfish desire into a desire to receive for the sake of sharing.

Instructions:

Take a cup of water, hold it over a bucket or sink, then pour the water twice over your right hand and twice over your left. Then recite the blessing on page 112.

STEP 7 & 8: MOTZI & MATZAH

We use Matzah as a tool to transform our negative fears so we can have complete certainty for the entire year. We also receive the one positive fear – awe for the divine system of cause and effect, and awareness of our own role in disconnecting from the Light. Here we receive the 1st and 2nd Gadlut from Aba (Supernal Father). Meditate to remove a negative fear that you have been working on for Passover.

Instructions:

Take the top and remains of the middle matzah, recite the two blessings on page 114-115, and lean to the left as you eat the Matzah. Please note that it is best to eat and entire matzah at this stage, and not just a little piece.

THE KABBALAH CENTRE

STEP 9: MAROR

The word Maror in Hebrew has the numerical value of Mavet (death), the taste of death, chewed to sweeten all the energy of Death and to connect to immortality. Kabbalistically, death refers not only to the physical literal meaning of the word, but also to any aspect of endings embedded within our consciousness. We use this step to ease our Tikkune process during the year simply by chewing the Maror until it becomes sweetened. Meditate that your teeth are melting away the walls of your heart and you are removing all forms of death.

Instructions:

Combine a piece of lettuce with some horseradish and dip it in the Charoset (fruit blend). Recite the blessing on page 117, place it all in your mouth, and chew slowly. Do not lean to the left.

STEP 10: KORECH

Representing the Passover Sacrifice, the ram, which was roasted and eaten in a sandwich similar to this, we are connecting to the same concept of transforming our selfishness and fears. Here we receive the 3rd Gadlut from Aba (Supernal Father). This is another chance to transform our negative fears.

Instructions:

Break two pieces off the bottom matzah, combine a little horseradish and Charoset (fruit blend) and eat your "sandwich", leaning to your left.

STEP 11: SHULCHAN ORECH

Dinner is served. 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.

Instructions:

Enjoy the holiday meal. It is customary to include an egg as part of our meal.

STEP 12: TZAFUN

Our new soul is born! We uncover and eat the Afikoman (the matzah we hid in Step 4), which represents our hidden Light and potential. We meditate to eradicate our fears once and for all.

THE KABBALAH CENTRE

Instructions:

Eat the Afikoman, leaning to your left.

STEP 13: BARECH

We recite the final blessing after the meal, known as Birkat Hamazon. Unlike the food that comes and goes when we eat, we want the energy we generated and connected to through the meal to stay with us and last for the entire year. At the end of the Birkat Hamazon we drink the third glass of wine, which helps us remove the negative spirit of evil eye and envy.

At the end of this stage we also invite the soul of Elijah the Prophet, representing the Light of the Final Redemption, the end of all pain, suffering, and death in our world.

Instructions:

Begin this step by pouring a glass of wine for your neighbor, recite the Birkat Hamazon (page 123-142), recite the blessing on page 143) and drink a half a glass of wine or grape juice, leaning to your left. Then proceed to fill a glass of wine of Elijah the Prophet, and open the door to invite Elijah to our Seder.

STEP 14: HALEL

Typically understood as "Songs of Praise", the Hallel helps us create a vessel to contain the Light of Passover by awakening appreciation. The fourth and final glass of wine helps remove the negative spirit of impurity and evil, the force that rules all our negativity.

Instructions:

Begin this step by pouring a glass of wine for your neighbor. At the end of the step recite the blessing on page 172, drink a half a glass of wine or grape juice, leaning to your left.

STEP 15: NIRTZA

Here we connect to certainty in our escape from bondage; trust and know that with your sincere intention and the spiritual tools from the Seder you have created lasting change in your life.

Instructions:

Sing the final songs to remove all our fears, negative loves (such as addictions) and death from the world (pages 176-197)!