

# 15 STEPS TO FREEDOM

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## KADESH (SANCTIFY)

**ACT:**

Recite Kiddush and drink the 1st cup of wine reclining to the left

**CONTEMPLATE:**

Kadesh means to separate. All journeys begin with separation. To arrive at your destination you must leave the place you are in.

**DISCUSS:**

What "Egypt" (limits) do I need to break free from this Pesach?

2

## URCHATZ (WASH)

**ACT:**

Wash hands as you would for Bread but without a blessing

**CONTEMPLATE:**

Our hands represent action. We wash our hands from the dirt of distraction. The misappropriation of our energy

**DISCUSS:**

In which areas can I improve and clean up my act?

3

## KARPAS (DIP)

**ACT:**

Dip onion, parsley or potato in salt water. Make blessing to eat.

**CONTEMPLATE:**

The salt water represents the tears of slavery. We need to taste the brokenness of enslavement to be ready to leave "Egypt".

**DISCUSS:**

In what ways do I avoid facing uncomfortable parts of myself?

## 15 STEPS TO FREEDOM

### HOW TO USE THESE CARDS

- 1) CUT OUT EACH CARD.
- 2) PUT ASIDE TO USE AT YOUR SEDER\*
- 3) ENCOURAGE SHARING

*\*not a substitute for the Hagaddah*

# A PESACH SEDER COMPANION SET

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## YACHATZ (BREAK)

### ACT:

Break the middle matzah (but don't eat it yet) Put half of it away for Afikoman later.

### CONTEMPLATE:

As long as we feel whole, there is no room left to grow. It's when we realize we are but a half - that we can't do this alone - that the miracles begin. Where is G-d? Wherever you let him in...

### DISCUSS:

Share a time where you discovered your light through being broken?

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## MAGGID (TELL)

### ACT:

Time to tell the story. Begin with 4 questions, then read Haggadah Make blessing and drink 2nd cup reclining.

### CONTEMPLATE:

What we've gone through + learned in life, is to pass on to others. Our story isn't ours to keep. Share it, help another!

### DISCUSS:

Why is remembering the exodus a daily commandment?

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## RACHTZA (WASH)

### ACT:

Wash for bread. Again. This time with a blessing

### CONTEMPLATE:

Freedom isn't a once-off but a work in progress. A level higher means a new challenge. Keep that ego in check. Rinse and repeat.

### DISCUSS:

Why this time 'with a blessing'?

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## MOTZI (BLESS)

### ACT:

Recite blessing of Hamotzi. Still don't eat the matzah.

### CONTEMPLATE:

Before I eat I thank G-d for the food in front of me. I am mindful of the blessings in my life.

### CONSIDER:

What are some things G-d has blessed me with?

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## MATZAH (CRUNCH)

### ACT:

Blessing on the mitzvah of Matzah + finally eat some.

### CONTEMPLATE:

Matzah is called 'Bread of Faith'. Because of it's ego reducing properties. Unlike bread it doesn't rise. Eating Matzah at the seder is known to reduce our sense of self-inflation.

### DISCUSS:

Why is selflessness so liberating?

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## MAROR (BITTER)

### ACT:

Dip the bitter herbs in Charoset (not too much) make a blessing on the Mitzvah. Shed a tear?

### CONTEMPLATE:

Celebrating our Jewishness provides meaning to the sacrifices of those who got us here.

### DISCUSS:

What is so great about bitterness? Why do we want to remember that?

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## KORECH (SANDWICH)

### ACT:

Try Hillel's world famous Maror on Matzah sandwich. Lean left.

### CONTEMPLATE:

When we live as a vehicle for the Divine, the bitter, the sweet and the tasteless responsibilities of life wrap together in a single sandwich.

### CONSIDER:

All the different cards you've been dealt are from the same unifying, guiding and loving hand

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## SHULCHAN ORECH (FEAST)

### ACT:

Dinnertime! Pass the gefilte fish.

### CONTEMPLATE:

G-d wants you to enjoy his world. Take time to pause during the journey to celebrate your growth

### DISCUSS:

What is something your'e really proud of yourself for?

12

## TZAFUN (DESSERT)

### ACT:

Eat the Afikomen for dessert. Recline like a free person.

### CONTEMPLATE:

We eat humble pie again, this time on a full stomach, acknowledging that even in our good times, we are always one second away from E.G.O - Edging G-d Out.

### CONSIDER

Where my self interest ends, is where transcendence begins.

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## BERACH (THANK)

### ACT:

Blessing after meal (Bentsh). Then blessing on wine drink cup #3 reclining

### CONTEMPLATE:

Gratitude. is not only the best attitude, it's the very opposite of entitlement. It says, the world doesn't owe me anything. Everything is a gift!

### DISCUSS:

Name something you're feeling grateful for right now?

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## HALLEL (PRAISE)

### ACT:

Psalms of Praise. Pour Elijahs Cup + the 4th & final cup of wine. Blessings.....then bottoms up!

### CONTEMPLATE:

This moment in the seder is a time of open doors. Open your heart. Ask for blessings, don't hold back. Abundance flows...

### DISCUSS:

Give one blessing and one praise to the person sitting next to you.

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## NIRTZAH (CLOSING)

### ACT:

Do nothing. Your job is done. Look up from your wine. It's His job now...

### CONTEMPLATE:

If G-d wanted a perfect world he could've created one. He wants your humanness, your efforts. Put your best foot forward, leave the rest up to him.

### SING

"L'shana Haba'a B'yerushalayim"  
"Next Year in Jerusalem"