



## Guided Meditation for Pesach (One Page Version)

*This meditation is inspired, in part, by pieces written by Rabbi Steven Exler and Zoketsu Norman Fischer. It is also based on the teaching of the Ba'al Shem Tov, the founder of Chasidic Judaism, that "a person is a microcosm of the world, and they have inside them Pharaoh, Egypt and so on" (See Toldot Ya'akov Yosef on BeShalach).*

*Make yourself comfortable, take a deep breath, and then let's begin...*

We were born into slavery.

Our bodies, minds and spirits are broken from harsh labor and savage cruelty.

We have been here so long, our oppression seems to us the way life was, is and will be.

We are powerless, we are crushed, we are silenced, we are unable to even name or describe our reality.

The days, months and years are not marked in any way; they simply stream into one another.

Until, after many years, something eventually changes.

For the first time, we permit ourselves to cry.

Our cry becomes a prayer, ascending to the Infinite and arousing compassion for our plight.

Our cry is a human awakening that changes G!d; it wakes up the Infinite.

G!d listens, G!d remembers, G!d sees, G!d knows.

We are beginning to retake control of our thoughts, of how we look at ourselves, and at life.

We have never marked time for ourselves, but now we are being told to count until the tenth day after the new moon and then to take a lamb – an Egyptian god – and brazenly tie it up, and then kill it.

And so it happens...we take the god of our oppressors, we tie it up, we wait four more days then we kill it and we eat it, and we smear its blood on our doorposts.

When the moment of freedom comes, we walk out through those bloody doorposts and out into the wide-open desert.

We are learning once again what it is to be truly free, truly ourselves, truly alive.