



Passover Seder Guided Meditation

Invite Bell

Kadesh – Blessings over the Wine

Breathing in – I taste the sweetness of celebrating freedom

Breathing out – I am and everyone at my table is holy

Sweetness, Holiness

Invite Bell – 10 breaths - Tap Bell

Urchatz – Washing Hands

Breathing in – I feel the water purifying my hands

Breathing out – I wash away all that is holding me back

I am pure, I am free

Invite Bell – 10 breaths - Tap Bell

Carpas – Green Vegetables

Breathing in – The springtime is coming

Breathing out – I celebrate this renewal

Springtime, renewal

Invite Bell – 10 breaths - Tap Bell

Yachatz – Breaking of the Matzah

Breathing in – I know that there is a crack in everything

Breathing out – I know that through these cracks the light gets in.

Cracks, Flowing Light

Invite Bell – 10 breaths - Tap Bell

Magid – Telling the Story

Breathing in – Through stories we learn

Breathing out – Through stories we connect

Learning, Connecting

Invite Bell – 10 breaths - Tap Bell

Rachtza – Second Washing

Breathing in – Water brings health and life

Breathing out – Washing prepares me for mindful consumption

Health and Life, Mindful Consumption

Invite Bell – 10 breaths - Tap Bell

Motzei Matza – Blessing over the meal

Breathing in – I know that the food we eat is a gift

Breathing out – May I merit it by eating it mindfully

Gratitude, Mindfulness

Invite Bell – 10 breaths - Tap Bell

Maror – Bitter Herb

Breathing in – I know that not everyone is lucky enough to enjoy such a meal

Breathing out – I know that others still suffer the bitterness of bondage

Compassion, Sharing

Invite Bell – 10 breaths - Tap Bell

Korech – The Sandwich

Breathing in – I enjoy each creation for its uniqueness

Breathing out – I enjoy the magic when creation works together

Uniqueness, Magical together

Invite Bell – 10 breaths - Tap Bell

Shulchan Orekh – The Festive Meal

Breathing in – I taste each bite as it nourishes my body

Breathing out – I enjoy each person that I am privileged to celebrate with
Tasting each bite, Enjoying my company

Invite Bell – 10 breaths - Tap Bell

Tzafun – The Hidden Matzah or the Afikomen

Breathing in – I know that sometimes I keep the best parts of myself hidden

Breathing out – When I reveal myself I can bring joy to the world

The best parts of myself, bringing joy

Invite Bell – 10 breaths - Tap Bell

Barech – The Blessing After Meal

Breathing in – I have eaten and I am satisfied

Breathing out – I bless the oneness who gives me life

Eaten and Satisfied, Blessing Oneness

Invite Bell – 10 breaths - Tap Bell

Hallel and Nirtzah – Songs of Praise

Breathing in – From my place of constriction I call to the Holy Oneness

Breathing out – The Holy Oneness answers with expanse and openness

Holy Oneness, Openness

Invite Bell – 10 breaths - Tap Bell – Invite Bell – Small Bell

Written by Or Mars
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