

# Preparation for Pesach

**Rabbi Levi bar Ido / B'nai Avraham**

This lesson is all about understanding the energy that exists at *Pesach*, in the weeks afterwards, and in the four weeks preceding it (now.) There are a few weeks left until *Pesach*. This time gives us an opportunity to go through the process of building our vessel to receive a tremendous amount of energy so we can make significant changes in our lives. This connection is not just about making choices for ourselves in relationships or getting where we want personally. It's an opportunity for the whole world.

Passover occurs in the month of Aries (the ram), which is under the control of the planet Mars. Mars is a planet of war, conflicts and disagreements. It's not a coincidence that *Pesach* is in this month. It gives us a possibility to come out of bondage and control our freedom. You can actually get freedom for a whole year during *Pesach*.

Before this powerful event where we can create enormous change, there is going to be tremendous pressure. In fact, it started right after *Purim*. There's tons of pressure right now. Did anyone feel it last week? The more you felt the pressure, the more spiritual you probably are.

*Pesach* is about removing the bonds that enslave us. What is freedom about? Is it about allowing yourself to do whatever you want, however you want? Not really...How did *Pesach* even get started? It goes back to Adam and Chawah. They created the first Egypt (which is a code word for all that enslaves us). It had to do with hatred. Their souls short-circuited and generation after generation, souls kept coming back with the opportunity to remove hatred and accept the Light, but they didn't make that choice.

The Ari says that to fix your soul is like the process of purifying gold. When gold is mined, it gets collected with lots of dirt on it. There are also other metals mixed in with it. There is a whole process for cleaning it and turn it into pure gold. There's a similar process to how our souls get purified. It's about getting rid of the garbage. We need to cleanse more and more, so our souls have to keep coming back.

We're only here to change and improve. From the beginning of time until now, there were many opportunities for us to correct ourselves. People didn't have to sin. They had free will - a choice. Just like people do now. People could choose to love, but instead, people choose to hate. They don't have to. They can choose the right to love. People in many "organizations: or groups say that freedom is choosing the right to hate, but it's really choosing the right to love.

## **Slaves to Not Being able to Love Others.**

THAT is our problem. All negativity comes from that. There is a drought all over the country. Why? The weather is a part of very balanced system, left to its own devices. We're the reason there's no rain. How come the economy is down? The economy is also a fairly efficient system. WE make it bad. We shouldn't be busy all the time with worrying about where our soul mate is, and whether we're going to go to Orlando or not. We should be concerned with what's happening in the world. This is slavery.

For us to free ourselves from chaos is the same as Yisrael freeing itself of war - we need to free ourselves from limitation. If you don't fix the way you think by *Pesach*, then no one can help you. If you get sick, even a doctor can't help you. **You need to free yourself up! Free yourself from limitation! Remove your expectations, what you hoped would be, what you thought would be, etc.** *Pesach* is not about remembering.

If you want to remember what happened to Moshe and the Yisraelites, you can watch the Ten Commandments movie. That's not what the Seder or Passover is about. It's not about tradition. **Pesach is about the possibility of using all you know about what's real and bringing it out.**

If you don't bring out everything true about your soul in the next three weeks, you're not doing what you're supposed to do. Expose your truths, your fears, your desires, all of it.

During *Pesach*, if you had a soup bowl the size of New York, and one bread crumb got in it, it would ruin the soup. The one crumb would ruin the whole pot. And this isn't true for just Yisrael. It's true for everyone. Bread represents your desire to receive for the self alone. **We need to find the crumbs in our soul - our jealousy, hate, fear, judgment, etc.** You can do it in these next few weeks. It's your opportunity! Once you're a student of *Kabbalah*, you have the ability to see and judge things from a much higher place than most people. Take it to a higher level.

What does it mean to love vs. hate? **You don't love someone if you aren't willing to forget about yourself.** If you can completely forget about yourself, then you can love. Even if you're busy with others all the time - volunteering, sharing - you can still be inside yourself. Your consciousness has to be that you forget about yourself.

Our biggest problem is that we feel that everything is okay. That we don't have to change. We need to be aware of our flaws and lacks. We're not aware and we don't see. We HAVE to see. We don't see how our hatred is manifested, and we all have hatred. All of us. You have to get rid of it and cleanse it. It's embedded in our nature to hate for no reason. Someone might be very nice all the time, too, but if you push them into a corner, they'll burst out. It means the hatred is still there.

**Bread represents our desire for ourselves.** That's hatred! It's being busy only with you. Because if you love, you're busy with others. If you're busy with you, you hate. That's our *tikkun*. We need to fix this! Forget trying to find your job, or find your soul mate - get busy purifying yourself from hatred! That's the real problem.

There are lots of things to do between now and *Pesach*, but the most important thing is the Seder itself. *Pesach* actually lasts through mid-May/June, through the *Omer*. The process still takes place after the week of *Pesach*.

Aries is the beginning of the astrological year. Why is Passover celebrated then? **It's an opportunity for us to get over ALL that doesn't make sense.** You don't have to use ego to push you forward. You can use the Light instead. You don't need ego to do it. **Ask the Light to show you what to do and you will get much more this way.**

What creates conflicts? Ego. If you could admit you're wrong, there wouldn't be so many conflicts. You need to let go of ego - thinking that you see and the other person is wrong. Admit that someone else is right. **To get the Light at Pesach, let go of ego that blocks you - feelings for the sake of being right.**

Many people have relationship problems. Most people do. There's only one reason for it - ego based on the idea of **ME**. Not being sensitive to others or feeling their desires. It's only about thinking about yourself. If you don't let go of this, you will never change. If you're in a war, it's because you're selfish.

*Matzah* and *Maror* eaten during the *Seder* help us let go of selfishness. The *Matzah* was not made because the Yisraelites didn't have time to make bread. There was plenty of time to make bread - it even is in the Bible. After Pharaoh told Moshe they could leave, they waited 24 hours to go. They made *Matzah* for a reason - because it goes to every cell of the body and affects it at the biological level. It fixes your cells. Every cell has the potential for cancer (*has ve shalom*).

There is an automatic process where cells return to their embryonic state. This process works for 3 cycles - 21 years - and then it stops. Why? We lose the process of rejuvenation for some reason. We weren't supposed to get old and senile. We're supposed to get smarter. But we don't. We become shorter, lose memory, and become less capable. Why? Our hatefulness and selfishness stops the process. What brings it back? *Matzah during Pesach.*

*Matzah* has the secret of the immune system and the fountain of youth. To get younger, you need the Light! As we age, we can get smarter, wiser and more capable. The secret is the immune system being in balance and in the embryonic state - where there is no separation, no self identity. In the beginning of life, there are only undifferentiated cells

without direction. It's about going back to this embryonic state - being willing to lose what you are... not wanting thanks or recognition... doing things because you know it's right. That's pure love.

*Matzah* shrinks the desire to receive for the self alone. Bread represents desire. *Matzah* doesn't let that desire expand. That's what makes it *Matzah* - squeezing out the desire. **Bread expanding is like ego** - it represents us with our selfishness. *Matzah* cleanses this. Eating *Matzah* is about getting rid of ailments, cancer, etc. Eating it can cure you - it's a vehicle. Cancer means that one cell starts to swallow others. It's imbalanced behavior - a physical result of a spiritual problem.

The Yisraelites didn't have to make *Matzah*. They could have made bread. But they didn't. Moshe begged Pharaoh to let his people go for years. He went back and forth with him, went through all the plagues, etc. It took a very long time. When they were finally allowed to leave, they didn't run right away in the middle of the night. They waited 24 hours and left in the morning. This shows us that we need to decide what we want - success, our soul mates, but we have to STOP FIRST and ask the Light to show us the way so that we don't just do it our way. We have to ask to be shown.

The *Maror* (the horseradish) is our biggest opportunity at the *Pesach Seder*. Eating it in its most powerful state is very painful. It's very hot. It doesn't just hurt; it makes you feel like you're dying. It's because the energy of death is in it. The numerical value of the word *Maror*, in fact, equals death. What you're doing is basically taking death and chewing it. Eating it up. If you can let go of yourself in that moment, then you can really overcome it. Just like an antidote for poison has the actual poison in it, this eating death is creating the cure for it. It can take away death for a year. That should be your meditation at that moment - forgetting who you are.

You don't eat *Maror* as a challenge. You are using physical tools with spiritual significance. There's power in it. And why do you use your mouth to overcome death? The mouth represents all physicality - our biggest mistakes are made through the mouth. So you have to reverse the energy to being a cause and not an effect.

Passover begins after Purim on April 12<sup>th pm</sup>, 2006, and ends April 21<sup>st</sup>, 2006, but it's a process beyond the normal 8 days people know of. You need to be careful because after the *Seders* or *Pesach* week, you might think to yourself that you did it! But right away you can go back to being yourself, so there is a kind of "cooling off" period. After the first day of *Pesach*, we go into the *Omer* which helps us get back to ourselves gradually. Regaining energy is a lot of process. For example - it's easy to lose weight, but the hard part is maintenance. Keeping it off is the hardest thing. Spiritual energy works the same way. The test is maintaining your consciousness when the *Seder* is over, in the world of chaos.

### The Timeline:

- Right now, before *Pesach*, we're in the process of spiritual cleansing. We also need to reveal what is real vs. illusion in our lives. To do this, go through your closets and clean them. Clean your house. Also clean through your fears and desires.
- On the evening of 4/11/06 you hide 10 pieces of bread in your house, turn off the lights and search for them. It's not just about collecting bread, but about collecting your negativity.
- On 4/12/06 before 10am, you burn the bread you collected. For the rest of the day on 4/12 until 4/21 you don't eat any bread or anything that has the power to expand. And you use *Matzah* to control and restrict your desire.
- The *Seder* Connection for *Pesach* occurs the evenings of 4/12. Use the *Pesach Haggadah* to make this connection.
- From 4/14/06 to 6/02/06 is the process of maintenance, the *Omer*.

The whole idea of *Pesach* is to get rid of yourself - the negative side of yourself. Use the next three weeks to cleanse and build your vessel, and then you can receive all the Light available at *Pesach*.

