

Why You Should Leave Egypt Today!

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You can't celebrate Passover without talking a whole lot about a country in the Middle East famous for pyramids and mummies. It's not that Jews are fascinated with history or geography, but it is actually very relevant and helpful in dealing with our own personal spiritual issues.

Egypt is both a place on the map and, of course, a symbol for a terrible psychological condition called Mitzrayim (the Hebrew word for Egypt). As we approach Passover, it's the perfect time to review this condition and remind ourselves why we don't want to be there anymore.

Chabad philosophy, known as Chabad Chasidut, is a philosophy based on the deeper dimension of Torah. Its Chasidic commentary seeks to illuminate the "soul" of every aspect and tradition of your Judaism. By shedding new light on basic words like "Egypt" and "Exodus" the Chasidic teachings

compel us to experience Passover in a profound and practical way.

The Hebrew word for Egypt and the Hebrew word for limitation are very similar. As I've mentioned the word for Egypt is Mitzrayim, sharing the same consonants as the word meitzarim—boundaries or limitations. This is by no means coincidental. Mitzrayim is not just a geographical region; it is also an idea. Mitzrayim represents any boundary that limits our ability to be our real selves and reach our true potential. Each day, as we strive to break free of our own limitations, we relive the Exodus from Egypt.

"Leaving Egypt" in this context means to break free of our natural tendencies and throw ourselves wholeheartedly into doing the right thing, whether or not it comes easy to us.

How do we do this? What's the remedy for

someone who is stuck is a self-imposed Egypt? The answer is matzah. The flat, tasteless cracker, that represents humility. It will take a few doses of this food of faith on the night of the Passover Seder to connect us to our purest self. The matzah awakens the Divine spark within each of us that cannot be imprisoned by Pharaoh or our bad habits, we can be free to serve our G-d.

So, this year, as we sit down to the Seder of 2021, let's think about what is holding us back, what limitations have we imposed on our Jewishness? What imaginary boundary is holding us back from reaching out in love to our neighbors? And then, recite the blessing on the matzah, which allows the food of faith to work its magic, and just like that, we are free to make that call, to sign up for that class, and to forgive that aunt who hasn't called you since this pandemic started. 



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Jeremy Glatstein, PhD—March 14, 2021 at 11:00 AM

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Rabbi David Cantor—Mar 21, 2021 at 10:00 AM

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