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# PASSOVER SELF-CARE SEDER

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Miriam's Secret – Revealing the Ancient Wisdom of Feminine Leadership



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VOICES OF EDEN  
[Elianagilad.com/passover](http://Elianagilad.com/passover)



### **Here's What We're Going to Cover**

- A Passover Ceremony that embodies feminine power you can access anytime for nurturing self-care
- An Ancient Feminine Leadership process to find the answer to any pressing problem.
- A Healing Sound Self Care practice scientifically proven to strengthen immunity and heal respiratory disease.
- Mindful Hebrew Chants and music meditation that strengthen your intuition.
- How to transform your isolation into one of the most empowering, meaningful periods of your life

Every voice makes a difference.

You'll leave inspired, empowered, freer and vitally alive!

### **Seder Outline Introduction:**

For thousands of years Jews, all around the globe, gather to tell the story of the Hebrews freedom from slavery, liberation from bondage.

They left in such a hurry, that there was little time to prepare. A traditional ceremony is conducted, around the telling of the story, ceremonial foods are shared and special rituals are conducted, amongst them – asking and answering of the question: Why is this night different from all others?

Today, that question takes on a particularly important quality – during this pandemic, everything has fallen apart and we are once again, creating on the make-shift.

1. We're going beyond telling the story of liberation from bondage. We'll have a learning experience of midwiving the birth of living in flow by experiencing this seder in that way.
2. Is set in honor of The Prophetess Miriam, elder sister of Moses represents one of the most remarkable examples of feminine strength in the bible. Her feminine leadership changed the course of history , yet the sands of time have silenced her voice. It was Miriam who prophesized the birth of Moses.

It was she who watched over him in the bulrushes, and she who suggested the baby's own mother be hired his wet nurse. Miriam, Moses and Aaron were appointed by the Divine to lead the Hebrews out of Egypt, though it was she whom the entire people relied upon for the sustenance of water and faith. Miriam's leadership needed no ratings. She knew her power. What she was, what she endured, are important as we consider mindfulness and incorporating feminine power in our lives today.

3. My reason for leading this Seder – Mini-Class is to share the astounding truth: YOU are your own leader. You can access your own Promised Land within, no matter what your circumstance. No matter what is going on. We are in a similar time now – 1500 years later.
4. Intent of this event: You to discover your own inner wisdom. You become your own prophetess. We will learn together by going over the traditional Seder Plate and drawing wisdom from our collective feminine power.

## Traditional Four Questions

### Focus on Questions (from Chabad.org)

“Questions are essential to the Seder. They must therefore be asked even when no child is present.

For example, even at a Seder attended only by two Torah scholars proficient in the laws of Passover, one scholar must ask the other. One who is alone asks the questions to himself. (Talmud, Pesachim 116a)

### What is the point of asking oneself the questions?

The mitzvah tonight is to tell the story to another person. By asking yourself the questions, you become the “other” to whom you will relate the story. Role-playing in this manner helps a person absorb the information with greater clarity and profundity.

The child’s asking stimulates G-d’s love for us, like the love of parents for their young child, as in the verse ([Hosea 11:1](#)) regarding the time of the Exodus: “For Israel is a youth, [therefore] I love him . . .”

The Torah in several instances describes us as being G-d’s children. The above verse, however, emphasizes that G-d’s love for us is like a parent’s love for a young child...

When we speak of G-d’s love for us in the way a parent loves a young child, we refer to this essential, unconditional love born of our inherent bond with G-d. When we humble ourselves like a small child before G-d, when we see our wisdom and accomplishments as an extension of our service of G-d, the oneness is restored: we rediscover our youth and the special divine attention that comes with it.

### The Four Questions in Hebrew

**מַה נִּשְׁתַּנָּה הַלַּיְלָה הַזֶּה מִכָּל הַלַּיְלוֹת:**  
**שֶׁבֶכֶל הַלַּיְלוֹת אֵין אָנוּ מִטְבִּילִין אֶפְילוּ פְּעַם אַחַת הַלַּיְלָה**  
**הַזֶּה שְׁתֵּי פְּעָמִים. שֶׁבֶכֶל הַלַּיְלוֹת אָנוּ אוֹכְלִין חֶמֶץ אוֹ**  
**מִצָּה, הַלַּיְלָה הַזֶּה כָּלוּ מִצָּה. שֶׁבֶכֶל הַלַּיְלוֹת אָנוּ אוֹכְלִין**  
**שָׂאֵר יַרְקוֹת, הַלַּיְלָה הַזֶּה מְרוֹר. שֶׁבֶכֶל הַלַּיְלוֹת אָנוּ אוֹכְלִין**  
**בֵּין יוֹשְׁבֵין וּבֵין מְסֻבִּין, הַלַּיְלָה הַזֶּה כָּלָנוּ מְסֻבִּין.**

### **The Four Questions in English**

What makes this night different from all other nights?

1. On all nights we need not dip even once, and on this night we dip twice!
2. On all nights we eat leavened bread or matzah, and on this night, only matzah!
3. On all nights we eat various vegetables, and on this night, bitter herbs!
4. On all nights we eat sitting upright or reclining, and on this night we all recline!

### **The Four Questions of Feminine Leadership**

- Read – What is Feminine Leadership – Chapter 13 – page 71
- Wisdom is a quality of feminine power. It is born from the inside – out.
- Four people ask a question related to living freely, treating ourselves well, sharing IN power – open the book randomly – we'll learn together.

### **Why On This Night?**

**Do we eat only Matza?** *Avadim Hayeenu – עבדים היינו - We were slaves – didn't have time to let the dough rise.*

**Why do we eat bitter herbs?** *Avadim Hayeenu – עבדים היינו - We were slaves – Egyptians made ancestors lives bitter. Today we eat lettuce instead of bitter herbs (not forgetting the past, yet moving on).*

**Do we dip our greens twice?** *Avadim Hayeenu – עבדים היינו - We were slaves – First time, to remember the tears of enslavement. Second time, to acknowledgment mortar that slaves mixed for Pharaohs in Egypt and ALSO to acknowledge even in bitter times, there is choice of freedom within, which provides hope for building a better future.*

**Do we recline while we eat?** *Avadim Hayeenu – עבדים היינו - We were slaves – in ancient times, reclining was a sign of freedom. Since our ancestors were freed from slavery, we too, can overcome bondage in our own modern times.*

**Avadim Hayinu - עבדים היינו**

Avadim Hayinu, Hayinu

Ata Bnei Horin, Bnei Horin **עתה בני חורים**

Avadim Hayinu – Ata Ata Bnei Horin (2x)

**English Translation:**

We were slaves

Now we (women) are FREE.

## Dayenu

The word “Dayenu” means approximately “it would have been enough for us.” The song is about being grateful to the Divine for all of the gifts given to the Hebrew, such as taking them out of slavery, giving them the Torah and Shabbat, and had the Divine only given one of the gifts, it would have still been enough.



## Lyrics

### Refrain

Dai, dayenu, dai dayenu,  
Dai dayenu, dayenu, dayenu, dayenu (*repeat*)

1. Ilu hotzi hotzianu  
Hotzianu mimitzrayim,  
Hotzianu mimitzrayim,  
Dayenu *Refrain*

2. Ilu natan natan lanu  
Natan lanu et hatorah  
Natan lanu et hatorah  
Dayenu *Refrain*

3. Ilu natan natan lanu,  
Natan lanu et hashabbat,



Natan lanu et hashabbat,  
Dayenu *Refrain*

### **MIRIAM'S CUP**

We are told that Miriam the Prophetess visits every house where a women's seder is being held.  
We open the door to welcome her.

Eagerly we await her arrival. As we think of Miriam, we admire her unusual strength and courage, and give honor to a great leader.

As we open the door on this Seder evening, we are also mindful of its being a symbol of hospitality and friendliness...as a sign that no woman is shut off from other human beings, and as a symbol for all women who are going forth with dignity and pride into the making a great future for all people.

Close the Door...

**- הלל - Hallel – Songs of Praise**

COSMIC MELODY

LIVE MUSIC...