

# PRE -PESACH WORKSHOP EBOOK



DALIA ORLEV

[www.jewish-mindfulness.com](http://www.jewish-mindfulness.com)



# Introduction

**From Galut to Geula:  
Spiritual Preparation for Pesach  
Bringing Intention  
to your Cleaning and Seder**

**INTENTION OF OUR WORKSHOP:  
TRANSFORMING NECESSARY WORK  
INTO A SPIRITUAL PRACTICE**

**What aspect of Pesach preparation feels most  
overwhelming to you?**





# MY BAYIT - A HOLY SPACE

## ב :FIRST INTENTION

**Ask for Help from the Creator that you create a Sacred Space so in your Home - Bayit that His Holiness can reside by following the following process as you organize this place and transform it to a Sacred Space a Holy Home**

**- מְקֹדֵשׁ מַעֲט . EARTH**

***VISUALIZE YOUR HOME BY PESACH  
SEDER - CLEAN AND ORDERLY  
SHINING WITH HOLINESS***



# **Tikkun of Pesach – Daat and Speech**

**Daat is Knowledge and Expanded Consciousness.  
Yishuv Daat is Jewish Mindfulness and Settling the  
Mind.**

**It connects insight and understanding with feeling  
and action, making this knowledge integrated.**

**It is the bridge between the mind and the heart - that  
allows the heart to feel what the mind is thinking.**

**Arizal taught that the Exile of Egypt was the Exile of  
Daat.**

**Tikkun of Daat is to live in Daat and Freedom.**

**Zohar(2:123a ): the quality of Daat is in the mouth.**

**Sefer Yetzirah: the Sense of Nissan is in the mouth  
and the tikkun of our speech to holy and pure  
speech through prayer.**

**Pesach Seder: the tikkun of eating for the whole  
year by mindful eating of the Matzah.**

# THE MYSTERY OF THE HEBREW LETTERS

**The 22 Hebrew letters are G-d's speech, the creative force behind the whole universe.**

- **the DNA for all of reality.**
- **Each letter has a distinct spiritual Divine power**
- **when permuted together in different ways, the combinations manifest different things in all the spiritual worlds and all the way down to physicality**

**The mystery of the Hebrew alphabet is encoded in our prayers.**

- **the 22 Letters are the access points to the soul and our Hebrew name is a hint to our unique soul's mission.**

## THE BAAL SHEM TOV ON THE HEBREW LETTERS

**Worlds:** The 'Olam' is the physical shape and sound of a word.

**Souls:** The 'Neshama' is a person's intent and attention that he places on the word.

**Divinity:** This draws down and activates the 'Elokut', the Divinity and spiritual power within it.

## Harmony of the 4 Elements:

**Rabbi Nachman taught:**

**The main key to healing is our speech through prayer which is Malchut –the Earth element and restores balance to the other three elements, Fire, Water and Air.**

**Pesach preparation is a personal exodus as we bring harmony to our 4 elements through mindful prayer through daat as we clean and purify our homes from chametz.**

<b>Letter</b>	<b>Element</b>	<b>Body Part</b>	<b>Quality</b>
<b>Aleph</b>	<b>Air</b>	<b>Chest</b>	<b>Breath</b>
<b>Bet</b>	<b>Earth</b>	<b>Right Eye</b>	<b>Wisdom</b>
<b>Heh</b>	<b>Fire</b>	<b>Right Foot</b>	<b>Speech</b>
<b>Vav</b>	<b>Earth</b>	<b>Right Kidney</b>	<b>Thought</b>
<b>Mem</b>	<b>Water</b>	<b>Belly</b>	<b>Water</b>

**HARMONY OF 4 ELEMENTS THROUGH THESE  
LETTERS AND TIKKUN FOR PESACH FOR SPEECH  
AND DAAT**



## **ZONE 1: PANTRY (Aleph - Beginning א)**

### **Cleaning Tasks:**

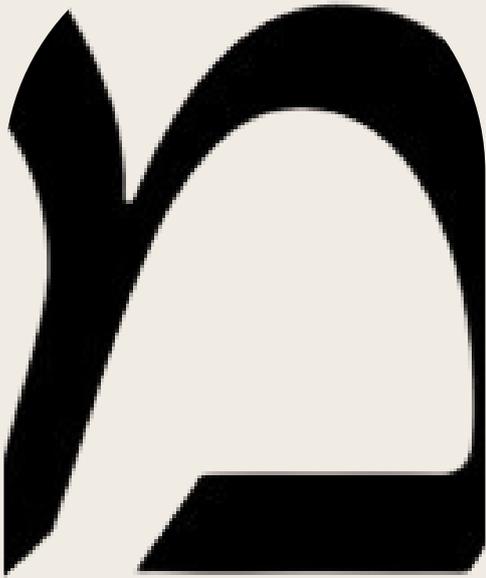
- **Remove and sell chametz**
- **Clean shelves and containers**
- **Organize Pesach foods**
- **Label and separate as needed**

### **Prayer Intention:**

**"As I clear away old foods and prepare space for Pesach, I open myself to new beginnings. Help me to release what no longer nourishes me and welcome the freedom of starting fresh."**

### **Hebrew Letter Meditation ALEPH: AIR**

**When beginning work on your pantry, take three deep breaths while visualizing Aleph (א), the letter of beginnings and Divine potential of Light and Unity.**



## ZONE 2: KITCHEN

(Mem - Water & Purification **מ**)

### Cleaning Tasks:

- Refrigerator and freezer
- Oven and stovetop
- Cabinets and drawers
- Countertops and surfaces

### Prayer Intention:

"As I clean away chametz from my kitchen, I also cleanse my heart of any staleness or habits that no longer serve me. Like water finding its way through any opening, may Your light fill all the spaces I am creating."

### Hebrew Letter MEM

### Meditation:

**WATER**

When cleaning with water, visualize the letter Mem (מ) and its flowing qualities. Feel its energy purifying you of negative thoughts and emotions as the water flows through your hands as you clean.



## ZONE 3 : DINING AREA (Vav - Connection I)

### Cleaning Tasks:

- Table and chairs
- Dining room surfaces
- China cabinet/display areas
- Floor and baseboards

### Prayer Intention:

"As I prepare this space where my family and guests will gather, I create a vessel for connection. May this table become a place of meaningful conversation, learning, and sharing during our seder and throughout Pesach."

### Hebrew Letter Meditation VAV: EARTH

While cleaning your dining area, visualize the letter Vav (I), which represents connection between heaven and earth. Feel yourself creating a channel for Divine presence at your table.

# ה



## (Hey -Speech Revelation ה) (ZONE 4 LIVING AREAS)

### Cleaning Tasks:

- Sofas and chairs
- Bookshelves and surfaces
- Children's play areas
- Pockets in clothing

### Prayer Intention:

"As I search for chametz in these living spaces, help me to notice the small things in my life that may be overlooked. May this Pesach bring new awareness and revelation to my everyday life."

### Hebrew Letter Meditation HEH: FIRE

When cleaning living areas, connect with the letter Hey (ה) which represents Speech and revelation. Take moments to pause, breathe deeply, and remain present to any insights that arise. May my speech this Pesach be purified!

# S.P.A.C.E. Creating a Sacred Space at Home with Order – Sort, Purge, Assign Definition, Containerize, Every Day

What do I need to purge from my home?

**EACH CUPBOARD PURGE INTO 4 BAGS:**

**GARBAGE, DONATION, FRIEND, CHANGE**

From my kitchen: \_\_\_\_\_

From my bedroom: \_\_\_\_\_

From my children's room: \_\_\_\_\_

From my living room: \_\_\_\_\_

From my bathroom: \_\_\_\_\_

**T.R.A.F.= for Organizing Papers**

**Toss in the garbage**

**Refer to someone else to do**

**Act and do action (for example-Make a phone call)**

**File it away in binder**

**Traits to work on during Pesach Cleaning**

- Order – Sort, Purge, Assign Definition, Containerize, Every Day
- Concentration – Focus on one thing, Pot-Pot, Yishuv Daat
- Perseverance -I have decided. No discussion with my Yetzer
- Commitment –Every Day I have Great Cleaning Habits



<b>KETER Connect to Hashem</b>	<b>Will – What do I want? Connection with Hashem</b>
<b>CHOCHMA Wisdom</b>	<b>This situation reflects me</b>
<b>BINA Understanding</b>	<b>Understand that the work is with me</b>
<b>DAAT Internalizing</b>	<b>I am a spiritual woman serving God</b>
<b>CHESED Giving</b>	<b>God loves me and I love me and I love others</b>
<b>GVURA Restraint</b>	<b>I can stop and I can change</b>
<b>TIFERET Balance, Truth</b>	<b>What do I truly feel?</b>
<b>NETZACH Perseverance</b>	<b>What are my thoughts? I can choose positive thoughts</b>
<b>HOD Confession</b>	<b>What are my negative thoughts and habits?</b>
<b>YESOD Foundation</b>	<b>Which trait do I work on today to improve myself?</b>
<b>MALCHUT Actualization</b>	<b>What is my prayer to God using this trait?</b>

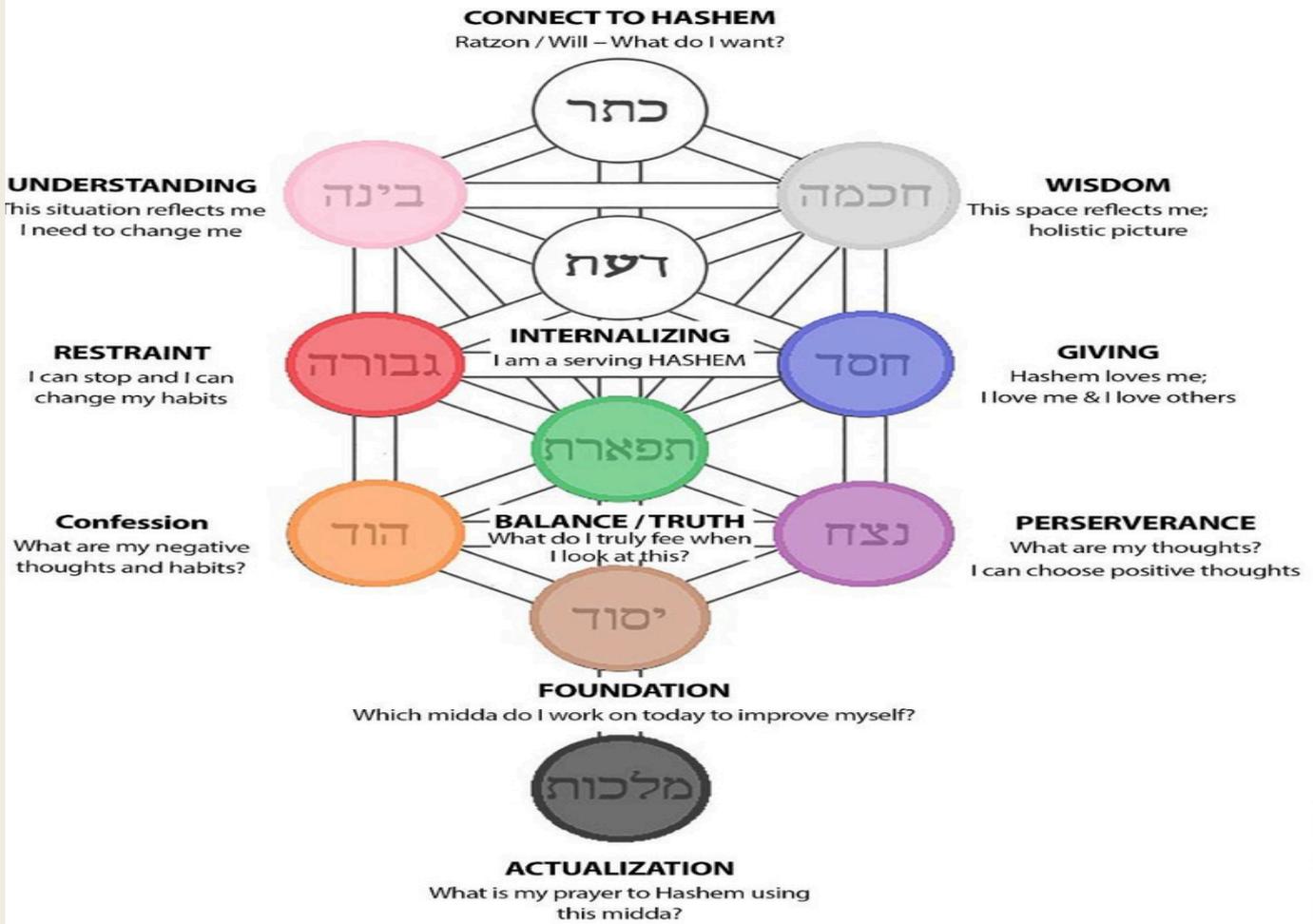
# TRANSFORMING YOUR HOME TO SACREDSPACE

בס"ד

#ElevatedPesachCleaning

- CONTEMPLATE A PLACE or a drawer in your home that needs to be organized.
- UNDERSTAND THAT THIS PLACE IS A REFLECTION OF YOUR CONSCIOUSNESS.
- HASHEM PLEASE HELP ME that I create a Sacred Space so that His Holiness / Kedusha can reside

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# Realistic Cleaning Checklist

## Two Weeks Before:

Begin cleaning least-used areas \_\_\_\_\_

Plan menus and shopping lists \_\_\_\_\_

Schedule specific cleaning days \_\_\_\_\_

## One Week Before:

Clean most living areas \_\_\_\_\_

Begin kitchen transformation \_\_\_\_\_

Purchase Pesach foods \_\_\_\_\_

## Three Days Before:

Final kitchen kashering \_\_\_\_\_

Set up Pesach dishes \_\_\_\_\_

Prepare seder plate items \_\_\_\_\_

## Day Before:

Final chametz search (bedikat chametz) \_\_\_\_\_

Prepare seder table \_\_\_\_\_

Final preparations \_\_\_\_\_

# Overwhelm Prevention Checklist:

- Set realistic daily goals**
- Take breaks for prayer/meditation**
- Involve family members**
- Focus on meaning, not perfection**
- Use Hebrew letter meditations when feeling stressed**
- Remember: cleaning is spiritual preparation**



# My Personal Intentions for Pesach Preparation

**What aspect of freedom am  
I seeking this Pesach?**

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**Which Hebrew letter speaks  
to me most right now?**

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**My prayer for this Pesach  
season:**

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**Three qualities I want to  
bring to my preparation  
work:**

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**How I will care for myself  
during this busy  
time:** \_\_\_\_\_

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PART 2: Enhancing Your Seder  
with Hebrew Letters:  
A Guide to Deeper Meaning  
Through Letter Consciousness





**(Aleph - Freedom and Beginning א)**

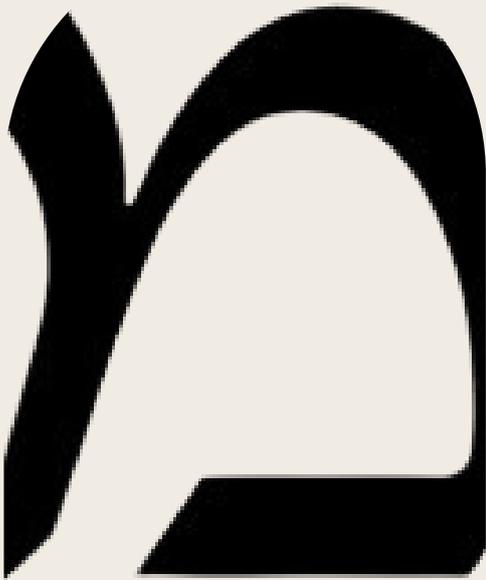
**Seder Connection: The first cup of wine, which marks the beginning of our journey to freedom.**

**Conversation Starter: "Aleph represents new beginnings. What new beginning are you hoping for in your life this year?"**

**Visual Enhancement: Consider placing a beautiful card with the letter Aleph near the Kiddush cup as a visual reminder.**

**Hebrew Letter  
Meditation ALEPH:  
AIR**

**Before reciting Kiddush, take a moment to silently connect with Aleph - Divine Unity. Visualize this letter as you prepare to begin the seder journey.**



## (Mem - Water & Purification מ)

**Seder Connection:** Urchatz (the washing of hands) and later Rachtzah (the second hand washing).

**Conversation Starter:** "Mem represents water, which both cleanses and gives life. What in your life needs cleansing, and what needs nourishing?"

**Visual Enhancement:** Place a beautiful bowl and cup for hand washing, perhaps with the letter Mem visible.

### Hebrew Letter Meditation

**MEM:**

**WATER**

**Meditation Moment:** As water flows over your hands, visualize the letter Mem and its flowing qualities. Feel any negativity in emotions and thoughts washing away.



## (Vav - Connection I)

**Seder Connection:** The telling of the Exodus story (Maggid), which connects us to our ancestors and to each other.

**Conversation Starter:** "Vav represents connection. How do you feel connected to the Exodus story in your own life?"

**Visual Enhancement:** Consider having each person at the table hold a card with the letter Vav during part of the Maggid, symbolizing their connection to the story.

**Hebrew Letter  
Meditation VAV:  
EARTH**

**Meditation Moment:**  
Before beginning the Maggid section, visualize Vav as a channel connecting past, present, and future generations at your seder table.

ה



(Hey Breath - Revelation ה)

**Seder Connection:** The eating of matzah, our bread of revelation and awareness.

**Conversation Starter:** "Hey represents revelation and that which is revealed to us. What new understanding are you hoping for this Pesach?"

**Visual Enhancement:** Place a card with the letter Hey near the covered matzah as a reminder of the revelations awaiting us.

**Hebrew Letter Meditation HEH:**  
**FIRE**

**Meditation Moment:** Before eating the matzah, take five conscious breaths (Hey is the number 5) to fully present yourself for this mitzvah.



## **Hebrew Letter Seder Plate**

### **Seder Plate Letter Connections:**

**Zeroa (Shankbone): Zayin (ז) - Symbolizing nourishment and sustenance**

**Beitzah (Egg): Bet (ב) - Representing the house/home and new life**

**Maror (Bitter Herbs): Mem (מ) - The waters of tears and purification**

**Charoset: Chet (ח) - Life and sweetness emerging from struggle**

**Karpas (Vegetable): Kaf (כ) - The palm that receives blessing**

**Chazeret (Second Bitter Herb): Resh (ר) - Head/beginning of healing**

**Instructions: Consider mentioning these letter connections as you introduce each element of the seder plate to add an additional layer of meaning to your seder.**

## Creating Your Letter Intentions:

**Which letter will you focus on for:**

**Freedom:** \_\_\_\_\_

**Healing:** \_\_\_\_\_

**Connection:** \_\_\_\_\_

**Revelation:** \_\_\_\_\_

**My Seder Prayer:**

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**Nun - 50 th Gate to Holiness**

**Seder Night - Immense Divine**

**Revelation and Emunah**

**Pesach -Holiday of Emunah**

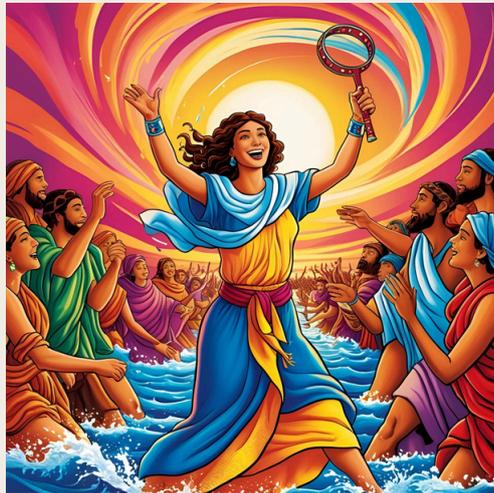
**אמונה**

# PESACH EMUNA MEDITATION

1. Intention : BET -My home as a holy Space
2. ALEPH –Connect to my Breath and to Daat
3. MEM -Purify my Emotions and Thoughts
4. VAV -Connection from Earth to Heaven to Divine Light
5. NUN - Divine Light of Pesach Night - 50th Gate
6. HEH-Speak to Hashem in Hitbodedut about all my needs
7. Return in gratitude that Hashem is with me and will bring us out of Galut - Exile to Geula - Redemption and Freedom!

## ALEPH BET MINDFUL MOVEMENTS FOR PESACH

### DANCE FOR GEULA





קידוש Kiddush

"Aleph represents new beginnings. What new beginning are you hoping for in your life this year?"

"א' מייצגת הזדמנויות חדשות. לאיזו הזדמנות  
חדשה אתה שואף בחיים שלך השנה?"

**חג פסח שמח!**



## ורחץ רחצה Urchatz Rachatza

"Mem represents water, which both cleanses and gives life. What in your life needs cleansing, and what needs nourishing?"

"מ' מייצגת מים, שמנקים וגם מעניקים חיים.  
מה בחיים שלך זקוק לניקוי, ומה זקוק לשיפור?"

**חג פסח שמח!**



**מגיד- Maggid**

**Vav represents connection. How do you feel connected to the Exodus story in your own life?"**

**ו' מייצגת חיבור. באיזו דרך אתה מוצא את עצמך מחובר לסיפור יציאת מצרים בחייהך?"**

**חג פסח שמח!**



ניגון - Niggun

**Sing your favorite Pesach niggun.**

**Why does it make you happy?**

**תשיר שיר של פסח שאתה הכי אוהב.**

**למה זה משמח אותך?**

**חג פסח שמח!**



**ה' - מוציא מצה - Motzi - Matzah**

**Hey represents revelation and that which is revealed to us. What new understanding are you hoping for this Pesach?**

**ה' מייצגת את ההתגלות ואת מה שמתגלה בתוכינו.  
לאיזו הבנה חדשה אתה שואף להגיע בפסח הזה?**

**חג פסח שמח!**



# DAAT INTEGRATION

with **O · R · L · E · V** Healing

*Jewish Manifestation with the 4 Elements*  
*Divine Whispers in the Orchard — Extension Course*

*We slow down. We breathe. We integrate.*  
*We allow what you have learned to descend from your head,*  
*into your body, your heart, and the quiet depths of your soul.*

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**CHAG PESACH KASHER  
VE'SAMEACH!  
חג פסח כשר ושמח!**

**Much love and blessings,  
*Dalia Orlev***

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