

PRE -PESACH WORKSHOP EBOOK



DALIA ORLEV

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

- מִקְדָּשׁ 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 'Eloket', 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.

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

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



ZONE 1: PANTRY (Aleph - Beginning א)

Cleaning Tasks:

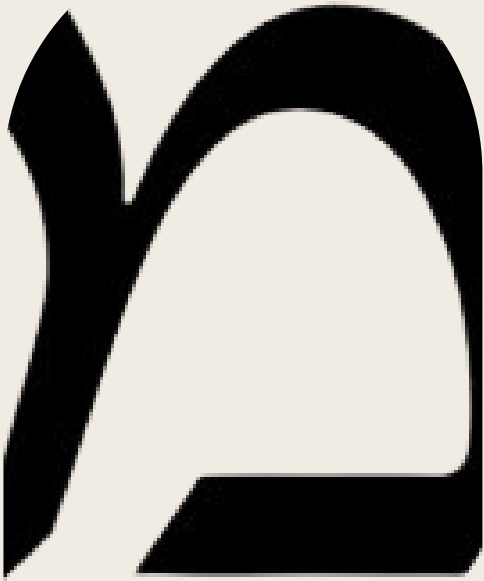
- Remove and sell chametz
- Clean shelves and containers
- Organize Pesach foods
- Label and separate as needed

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.



(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**



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

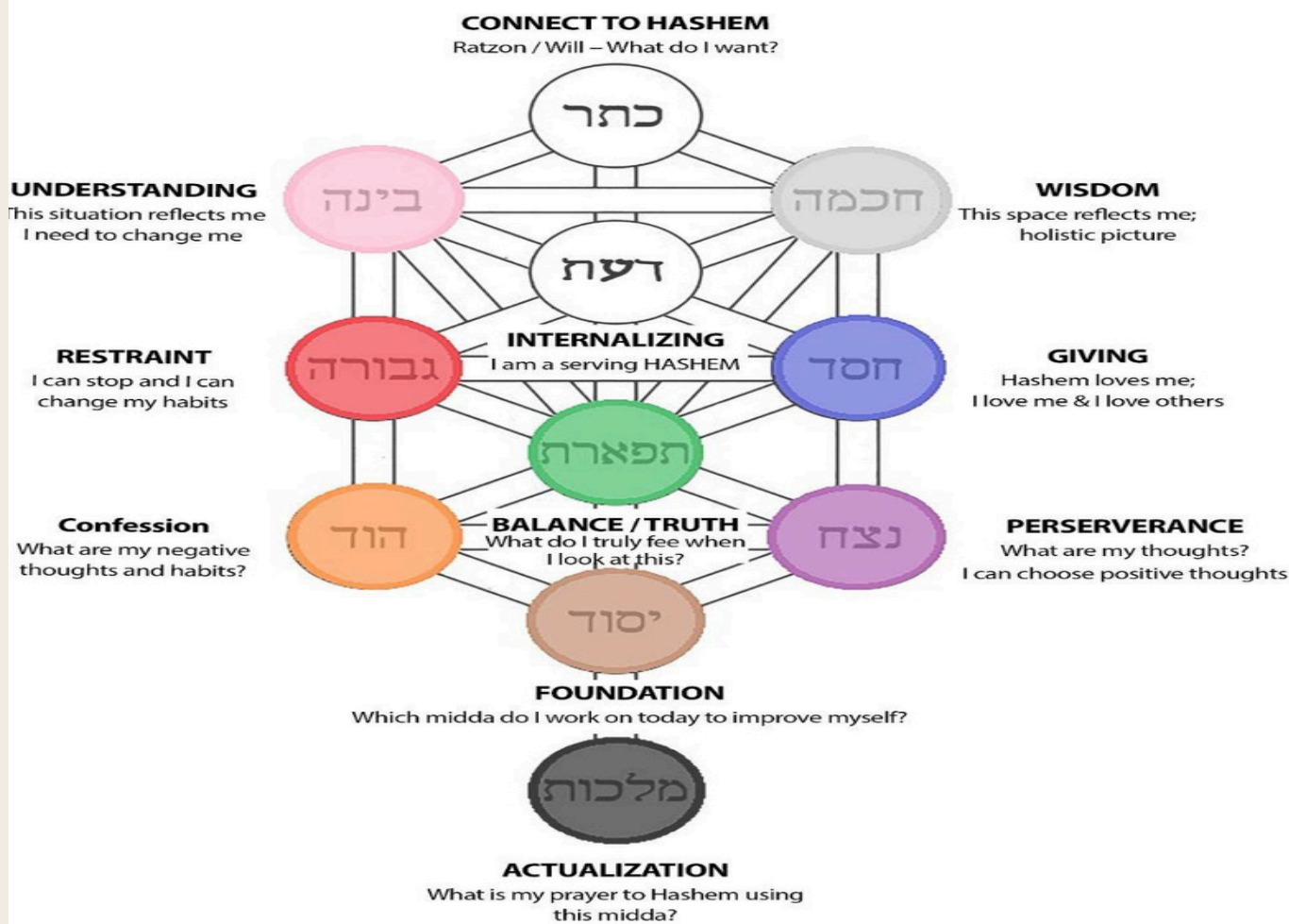
TRANSFORMING YOUR HOME TO SACREDSPACE

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

.-DALIA ORLEV / daliaorlev@gmail.com



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

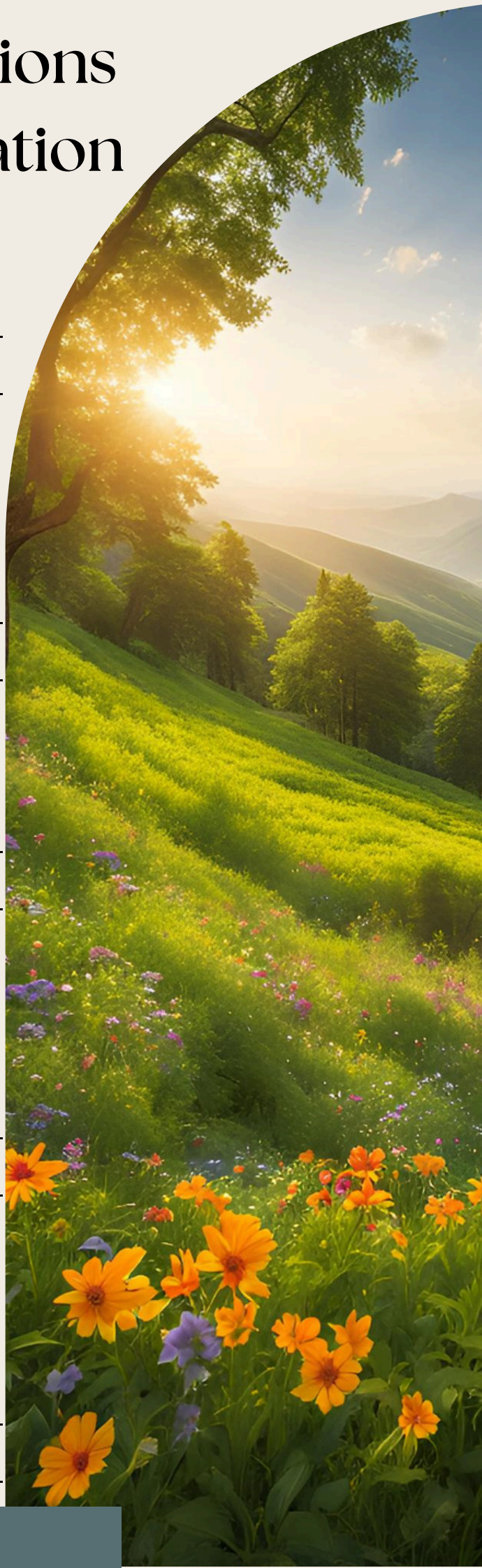
**What aspect of freedom am
I seeking this Pesach?**

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

**My prayer for this Pesach
season:**

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

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



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





(Aleph - Freedom and Beginning א)

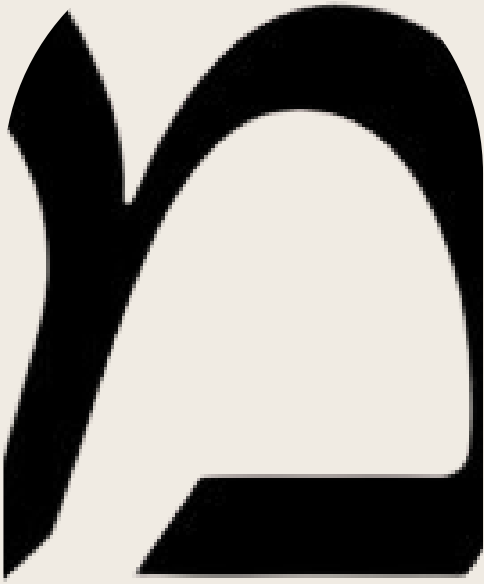
Seder Connection: The first cup of wine, which marks the beginning of our journey to freedom.

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.

Hebrew Letter Meditation HEH:
FIRE

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

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

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



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:

—



Nun - 50 th Gate to Holiness

**Seder Night - Immense Divine
Revelation and Emunah
Pesach -Holiday of Emunah**

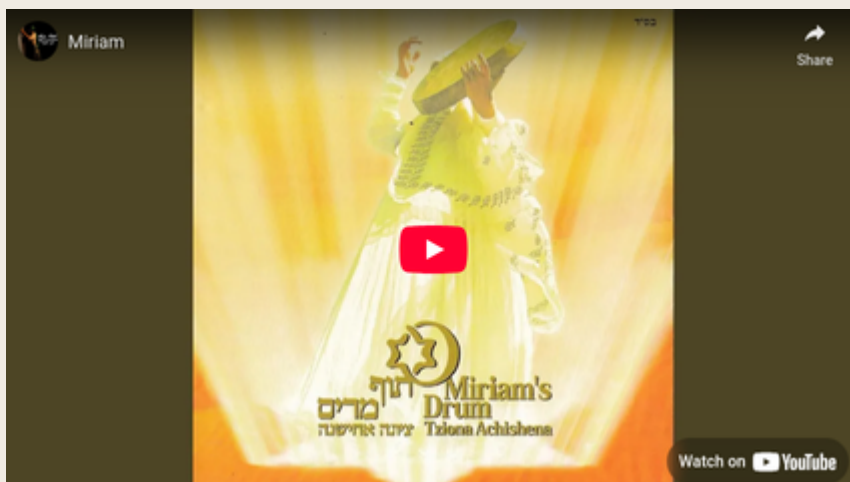
אמונה

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





Lev HaNeshama:

Heart of the Soul



Connect with the Divine Through Hebrew Letters, Jewish Meditation & Movement

- L – Learn Torah wisdom through the Hebrew letters**
- E – Experience inner calm with Jewish meditation**
- V – Vitalize your body with mindful movements**

**10 WEEK LIVE AND ONLINE ZOOM COURSE
STARTING SUNDAY, APRIL 27 AT 7:30 P.M
360 shekels**

**with Dalia Orlev
45 years Jewish Wellness Teacher
More Info and Registration:**

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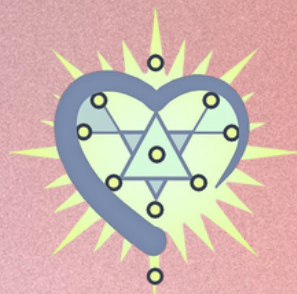


**Deepen your connection with Hebrew letters in the
10 week LEV HaNeshama Course
beginning Sunday April 27th at 7:30 pm on Zoom
and Live Class.**

COST: 360 SHEKELS

**Workshop participants receive free coaching
session when enrolling by April 15!**

**Contact: daliaorlev@gmail.com
or www.jewish-mindfulness.com**



**Class 1: א-ב אמונה, אהבה, ביטחון (Faith, Love, Trust) – Earth Element–
Emuna and Bitachon Meditation**

**Class 2: ג-ד גאווה, דעת, דבקות (Pride, Daat, Devekut) – Fire Element – Daat,
Devekut Overcome Pride Meditation**

**Class 3: ה-ו התבודדות, וידוי (Hitbodedut, Confession) – Water Element –
Confession in Hitbodedut Meditation**

**Class 4: ז-ח זריזות, חסד (Quickness, Lovingkindness) – Air Element –
Quickness in Doing Chesed Meditation**

**Class 5: ט-י טהור, יראת שמיים (Purity, Awe of Hashem) – Purifying
Ourselves - Yirat Shamayim Meditation**

**Class 6: כ-ל כבוד, לימוד (Respect, Torah Learning) – Respect and
Integration of Torah Teachings**

**Class 7: מ-נ משיח, נגון (Mashiach, Melody) – Using Music to Bring
Mashiach Consciousness Meditation**

**Class 8: ס-ע ספרי קודש, ענווה (Holy Books, Humility) – Pesukim from
Holy Books to Develop Our Humility**

**Class 9: פ-צ-ק פחד, צדקה, קדושה (Fear, Charity, Tzaddik) – Overcome
Fear by Charity & Attaching to a Tzaddik**

Class 10: ר-ש-ת רחמים, שמחה, תפילה (Compassion, Happiness, Prayer)



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

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

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