

**11. Shulchan Orech – שולחן עורך***Eat the festive meal.*

- ♦ Freedom is achieved when one has direction.
- ♦ Now you are ready to celebrate and enjoy your Freedom. Hearty appetite!

**12. Tzofun – צפון***Eat the afikoman.*

- ♦ Eventually, we will experience the ultimate Exodus secured for us.
- ♦ Only then will we experience complete satisfaction.

**13. Beirach – ברך***Recite the bentching/grace after meal on the 3<sup>rd</sup> cup of wine.*

- ♦ At which time we will bless and thank G-d for all the kindness he has bestowed upon us...

**14. Hallel – הלל***Recite psalms of praise on the 4<sup>th</sup> cup of wine.*

- ♦ ... and we will see His greatness, and praise Him for his glory...

**15. Nirtzah – נרצה***G-d's promise to accept our service.*

- ♦ ... and we will experience the ultimate bond between G-d and the Jewish people!



# FIFTEEN STEPS TO FREEDOM



*A guide in achieving personal freedom  
based on the Passover Seder.*



A publication of the  
**BELLE HARBOR TORAH INSTITUTE**  
211 Beach 140 Street, Belle Harbor, NY 11694 • 718-474-2613  
[www.belleharbortorah.com](http://www.belleharbortorah.com) ♦ [rabbi@belleharbortorah.com](mailto:rabbi@belleharbortorah.com)

### 1. Kadesh – קדש

*Recite Kiddush and drink the 1<sup>st</sup> cup of wine*

- ♦ Freedom begins by sanctifying yourself.
- ♦ “Just go for it”. “Jump in”.

### 2. U'rchatz – ורחץ

*Wash hands (without a bracha)*

- ♦ Cleansing of the previous lifestyle will happen automatically.

### 3. Karpas – כרפס

*Eat a vegetable dipped in salt water  
and make a bracha “Ho’adomo”.*

- ♦ Not motivated or in the mood? “Warm up” and “have an appetizer” you will soon crave for a whole meal.
- ♦ Don’t be intimidated. Who cares what others say.
- ♦ Have questions? Ask! Don’t be shy!

### 4. Yachatz – יחץ

*Break the middle matzah,  
putting away the larger piece for the Afikomon, “Tzofun”.*

- ♦ Being optimistic and having faith in the Redemption.

### 5. Maggid – מגיד

*Recite the Haggadah.  
At the conclusion, we drink the 2<sup>nd</sup> cup of wine.*

- ♦ Celebrate Freedom while in Exile.
- ♦ Believe that there is a purpose and necessity in Exile.
- ♦ Education resolves the questions.

### 6. Rachtzah – רחצה

*Wash the hands and make a blessing “Al Netilas Yodoyim”.*

- ♦ Now you are ready to ‘get out’.
- ♦ But first let go of the past by washing away all the ‘shmootz’.

### 7. Motzi – מוציא

*Recite the blessing “HaMotzi”.*

- ♦ Finally leaving Exile.

### 8. Matzah – מצה

*Eat the matzah after reciting a blessing.*

- ♦ Faith and humility are the keys to redemption.

### 9. Maror – מרור

*Eat the bitter herbs after reciting a blessing.*

- ♦ While you are experiencing ‘freedom’, don’t forget your past and what constitutes ‘exile’.
- ♦ Along the way you will encounter ‘set backs’ and ‘tests’.

### 10. Korech – כורך

*Eat a sandwich of matzah and maror.*

- ♦ Understand how *maror* too is important to fulfill your purpose and reach your goal, just like *matzah*.
- ♦ Learn how life’s challenges help you become a better person.