



INTERPRETATION	CORRESPONDING ספירה	REPRESENTING	SYMBOL
<p>The Cognitive Process should be in cue with מוח שליט על הלב “Mind ruling Heart”.</p> <p>When infused with humility (מצה), the emotions can be properly channeled.</p> <p>The curved Matzos carry the six items, as a cradle and protection of the six emotions.</p>	<p>חכמה – בינה – דעת 3 Intellectual Faculties: Knowledge, Understanding, Application; Conception, Comprehension, and Application</p>	<p>Unleavened “Food of Humility”; Jews ate as escaped Egypt</p>	<p>ג' מצות 3 Matzos</p>
<p>Love is the root and single most important of all emotions: The ability to give, reach out, and care for others.</p>	<p>חסד Loving Kindness</p>	<p>קרבת פסח Passover Lamb Offering in the time of the המקדש בית, roasted and eaten as part of the meal on Seder night</p>	<p>זרוע Roasted Shank Bone</p>
<p>Discipline is necessary to temper and balance the transmission of love. For love to be effective it requires confines and limitations; otherwise, it can be destructive.</p>	<p>גבורה Discipline</p>	<p>קרבת חגיגה Festival Offering during המקדש בית, roasted and eaten as part of the meal on Seder night</p>	<p>ביצה Egg</p>
<p>Rather than eliciting a feeling of bitterness, the מרור directs us to be empathetic, to be compassionate to others. Nowadays, blessed with prosperity, complacency is our challenge. We must recognize our distance from ה' and cry out to evoke His empathy.</p>	<p>תפארת Empathy</p>	<p>Bitterness and harshness Jews endured in Ancient Egypt</p>	<p>מרור Bitter Herbs</p>

<p>Mortar is known for its strength and endurance. It taught the Jews to be strong and enduring in their faith.</p> <p>The more the Jews were oppressed, the more they proliferated. Therefore, the mixture is composed of foods that represent symbols of Jewish virtues. We must withstand and grow through every challenge.</p>	<p>נצח Endurance</p>	<p>Mortar used by the Jews to build the Egyptian cities</p>	<p>חרוסת Pasty Mixture of Fruits, Nuts, and Wine</p>
<p>The vegetable, which grow low, reminds us of the humility required in life, especially the yielding necessary to balance the driving forces of endurance.</p>	<p>הוד Humility</p>	<p>The word כרפס, when reversed, ס' פרך - Allude to the 60 myriads of Jews subjected to harsh labor</p>	<p>כרפס Vegetable such as Onion or Potato</p>
<p>Eaten in the sandwich, represents bonding, uniting with those we love and with ה'.</p> <p>Bonding, a center force, integrates the right and left, as does empathy. Bonding requires a cry from the depth of the soul, elicited through the bitterness, or empathy.</p>	<p>יסוד Bonding</p>	<p>Bitterness and harshness Jews endured in Ancient Egypt</p>	<p>חזרת Bitter Herbs (Lettuce) used in Korach Sandwich</p>
<p>Selflessness; it reflects and contains the light of all the previous 9 levels. The plate, without its contents, is empty. It is this void that is the source of dignity. Dignity and self-confidence come from the recognition of the Divine image: the ultimate dignity.</p>	<p>מלכות Dignity (Encompasses all 10 ספירות)</p>	<p>Receptacle of the Special Food Items</p>	<p>קערה Seder Plate</p>