

You would think that after the Seder, we would be all through with preparations, at least for a while.

However, leaving Egypt and entering the wilderness isn't enough. That really is all that our preparations so far have managed to accomplish. But there is a greater goal.

We get to work on ourselves so we can be in charge of ourselves - after the Exodus we are responsible for our actions, yet we don't really have the right boundaries to be fully in charge of ourselves, thinking through all the ramifications of our choices before making them (or at least knowing that whatever choice we make, there will be unforeseen consequences we will have to deal with, as we are responsible for them.)

During the course of the next seven weeks, we have the opportunity to work on our spiritual growth. As stated on the website "[https://www.meaningfullife.com/torah/holidays/8b/Your Guide to Personal Freedom - Week 1.php](https://www.meaningfullife.com/torah/holidays/8b/Your_Guide_to_Personal_Freedom_-_Week_1.php)" There are seven basic emotions that make up the spectrum of human experience. At the root of all forms of enslavement, is a distortion of these emotions. Each of the seven weeks between Passover and Shavuot is dedicated to examining and refining one of them.

The seven emotional attributes are:

1. Chesed – Lovingkindness;
2. Gevurah - Justice and discipline;
3. Tiferet – Harmony, compassion;
4. Netzach – Endurance;
5. Hod – Humility;
6. Yesod – Bonding;
7. Malchut – Sovereignty, leadership.

Within each week, each day also reflects an aspect. So, on the second day of Pesach we reflect on the positives and negatives inherent in the lovingkindness of lovingkindness. When we do this consistently over the course of the seven weeks, we are in a much better position to handle Divine Revelation.

I continue to look forward to our journeying together.