

March 30, 2018

Hi Precious family,

Attached you will find three little snippets that I found in my “Passover tickle file.” One is on adding an orange to the seder! (it’s cute and go women!) the second is about “welcoming the stranger”---what does that mean to you. (Especially in our current political climate!:) and the third is a really helpful (I thought) frame on the “plagues”—as dust that we can learn from, and with some modern understanding.

Tonight is Passover, and tomorrow night begins the week of LOVE.

Mom and I send you our magic blanket covering of love –during this week of love. As I wrote you last year, “I invite you to take a moment to notice each event in your life this coming week related to LOVE. See all the love around you and feel its energy, feel the DAYENU of each Kairos moment. Also, not only our mom and I celebrating our 48 anniversary doing this week of love, but Nancy and Barry are celebrating their 42th!!! (congrats!); As I said to mom, the Jews after crossing the Reed Sea, “danced” but then had 40 years in the wilderness seeking to reach the promised land. Being married to mom (and nancy and barry with each other)—it’s been forty years of promised land!!!!) (And tom and diane are also past 40, so wowoee!) lots of love!!!

Here are some notes from last year; ; I resend as an invitation to share and enjoy, as you wish;

Lots of love, poppers of the dance...

Happy Passover! May our journey internally continue to free us from our narrow places; may our journey externally continue to help free others (and those suffering) from narrow places and bondage; and may we always remember Miriam's "dance" along the way.

I thought the grandkids might be ready for some of the topics we’ve shared in past Passovers about its psychological, spiritual meaning. Let me invite you, Shauna and Jena, to raise these topics (as you wish and in whatever form you wish) with the boys. I thought it could be framed as from me, as their “Challenges homework” to be discussed with me (aka Papa, Grandpa Ki Tao!) at our next gathering in Laguna. (Josh, you may save this just in case☺!) It may also be fun to tie it in with what I talked to each of them about last visit: a) the Native America story of the “two wolves” and b) the person who went to the Himalayas looking for a wise person to answer the question “How do we find happiness.”!☺

1. LOOKING WITHIN. DUST ON THE MIRROR? NARROW PLACE. Mitzrayim, the Hebrew word for “Egypt” means narrow place. Passover is a time to honestly look at what are the narrow places within each of us that keeps us from being as happy and wise as we would like. The “Moses” part of ourselves wants to lead us from that place. The “Pharaoh” part of us keeps us in this place. And the “plagues” are unnecessary suffering

(samsara) that we cause to our self (and sometimes others) by this narrow place. What might each of the boys notice as a narrow place within ? “Can you recognize a part of you that wants to change, leave the narrow place behind?” A part that keeps you doing the same thing which is not in your interest, and causes “suffering” and hurt? Plagues are painful, but also can be teachers that change is necessary.

2. **EMBRACE TIGER, RETURN TO MOUNTAIN.** How do we “look” at our narrow places? One answer is with gentleness and compassion. It’s important to see our “dust” and it’s also important to not be too hard on ourselves in the “noticing.” Tai Chi has a form, called “Embrace Tiger, Return to Mountain.” One way to understand this is that we can learn to “embrace” our “tigers” (our dust, narrow places)...and we gently carry them to a higher sacred place—the mountain. In Passover, the journey begins by looking at narrow places, and continues with the sacred moment at the top of Mount Sinai. (Ah, many different paths to the top of the mountain!).
3. **DANCE AND DAYENU (ENOUGH!): REMEMBERING POSITIVE CHANGES. SEEING MIRACLES.** What are examples of positive changes you have made (symbolically crossing the Red (Reed) sea) in to a higher state of consciousness? Remember that for those small positive changes we make, it’s always good to follow Miriam’s advice to dance and celebrate!!! It’s a long journey to the Promised Land, and each “baby step” should be honored and valued! Dance for whatever you have in life to be grateful for! **DAYENU** (the Hebrew word for “enough” remember the song!?) Part of Passover is the mind state that we are so blessed, and we need to count our blessings, not always be asking for and wanting more, and to say what we have right now is **ENOUGH!** This also gives a feeling of gratefulness for things just as they are. Try to keep a perspective. I love the story in Honey from the Rock, that as the waters part when the Jews are fleeing Egypt, Shmuel and Simon are talking, “Geez, it’s sure muddy here, my shoes are being ruined.” “Yeah, and it’s wet and cold and look at that foreboding water on both sides” (Guys, a miracle is occurring!!?)
4. **HELPING OTHERS.** What are ways that you, and we, as a family, work to help those who are suffering in the world, to lessen their pain...discussion of tzedakkah.... Looking outward for where more is needed. Tikkun olam. To heal the world. I recently read that 2.4 billion people don’t have access to sanitation facilities. In India there are 785 million that use fields for “daily functioning”, and that women have to be protected as they do this. Because we tend to take for granted so much of what we have, we can forget of what others don’t have. Part of Passover is also an opportunity to find some small way to help those less fortunate. And be grateful for the opportunity to do so.
5. **LOVE LOVE.** . Tuesday evening marks the beginning of the second night of Passover, and the first "day" in the “journey through the wilderness” (which lasts, symbolically, seven weeks, and ends in Shavuot, the journey up Sinai). Each week is a spiritual energy, and the first week’s spiritual energy is **CHESED** (love). Further, each day of each week has a different spiritual energy. And the energy of the first day of the week is **LOVE**. So Tuesday evening begins the energy of **LOVE LOVE**. Maybe have the

boys notice for this day, or just discuss, the energy of love and where they see it around them!:)

6. . THE PROMISED LAND. Although Moses never reached it, my sense is each of us in our lives feels that promised land in our hearts, souls and minds. Sometimes glimpses; sometimes longer resting moments. Maybe have the boys discuss what the Promised Land means to them at this time in their life (what makes their life feel safe and happy). Also, the recognition that although there is a part of us each year that is engaged in change, dust cleaning, a journey through the wilderness, , there is another part of us that has in fact already "crossed the reed sea" into a higher place of consciousness. We are not just our dust. We have gained increased wisdom and compassion from past journeys.

So, on this Passover, may you enjoy a matzah, say a prayer, give something to tzedakah, feel grateful, and dance!

Sending blessings of peace, happiness, joy, health, and love!

LOVE LOVE, POPPERS OF THE DANCE....

Oh, this is my wise guy. We're so lucky to have a tsaddik of our very own :-) I'm with you, Nancy, I wait for these missives every year :-) I really loved the Global Justice Haggadah's take on the 10 plagues. And I ADORE the story of the orange - a woman belongs on a bimah as much as an orange belongs on a seder plate. Let's all be sure to have oranges on our plates this year! So many wonderful messages - of love, of liberation, of dayenu, of caring for others and welcoming the stranger. What a gift, thanks so much sweetie. I really have connected with the spirit of Passover after reading this! Love to all, Mom/Jo/Joie/Granny Jo/MamaJo/Aunt Joie/J Dear Family, Hag Sameach, Happy Pesach! From slavery to freedom, let's leave our narrow places behind. And a modified "Next Year" prayer I learned thanks to Deane - L'shanah haba'ah b'olam tikan: Next year in a just world! Much love to everyone, Joie/Jo/MamaJo/Granny Jo/Aunt Joie/J

-----Original Message-----

From: Nancy [mailto:nswaynekc@aol.com]

Sent: Friday, March 30, 2018 8:17 AM

To: Shapiro, Deane

Cc: Barry Wayne; brett; desidoo; james; JENA; Shapiro, Johanna; josh; liam; shauna sl shapiro; Tom Shapiro; Evan Wayne; Ashley Wayne; Brian Wayne; Kamilla

Subject: Re: so much love; Happy Passover!!!

I was checking and checking my e-mails waiting for this! It wouldn't be the holiday without it!

Happy Passover to our most amazing family!

Love you so ♥☐

Sending lots of love from your Nashville/Destin/Cabo/New York/ Davis University family.

Chag Pesach Sameach to y'all

Tom and Diane