Despite our personal attachments, we are meant to break out of our personal hang-ups and cravings, for the freedom of our soul is far greater than any sense of comfort or satisfaction. We have traded genuine freedom for its illusion - a more immediate gratification - in order to avoid the discomfort of the present and the unquantifiable journey into the future. We have assumed a state of captivity.

As Americans we, thank G-d, enjoy our inherent freedom of choice and expression. But the fascination with the idea of liberation from Egypt and Pharaoh's reign of slavery continues to capture our imagination. It encourages us to reflect on our own personal Mitzrayim - the limitations and constraints that define our daily lives.

The heart of the Passover story that we recount at the Seder is not the events of the escape from Egypt. It is the personal transformation that each of us undergoes as we participate in the Seder. We are meant to remind ourselves that each of us has the potential to transcend our own limitations and constraints by truly embracing the freedom of our soul.

Just as we struggle to find its relevance in our lives today, we are meant to celebrate our freedom with a profound change of heart and perspective. We are meant to bring new meaning and meaning to each moment of our lives, changing how we see ourselves, our relationships, and our world. Kaleidoscopes of beauty and meaning, fortifying us with tools for facing everyday challenges.

Howard Hughes, a businessman, investor, and aviator, is an example of someone who struggled with his limitations and constraints. He was a recluse for more than 20 years of his life as a recluse precisely as a result of his personal Mitzrayim - tremendous insecurity. Hughes was convinced that he couldn't trust anyone. He was convinced that he couldn't even eat freely because of the possibility he would be assassinated and traveled in secret. He was convinced that he couldn't even go to sleep, that someone might come and kill him. Hughes was consumed by tremendous insecurity. The Rebbe noted that conversely someone could be consumed by love.

The festivals are pauses in time, primed for events that forever changed the course of our history. Passover is the memory of the events of the year 5718 B.C.E., which forever changed our history. This year we will explore lessons from famous Jewish women through food and meaning, changing how we see ourselves, our relationships, and our world.