



JEWISH STUDIO PROJECT

EXPANSION FROM A NARROW PLACE



Every year during the Passover seder we retell the story of the Israelites' journey from slavery in Egypt into the vast expanse of the unknown. In Hebrew, Egypt is mitzrayim, which has in it the root word meitzar, meaning "narrow place." Core to Passover is recounting the movement from a narrow place, a sense of constriction, of limitation - to a feeling of spaciousness and fresh possibility. Engaging the Passover story year after year reminds us that the movement between tightness and spaciousness is cyclical. Just as we know the vitality of the inbreath and outbreath, the cycle of constriction and expansion is a natural part of living a whole and balanced life. This prompt offers an opportunity to reflect on the experiences of spaciousness and constriction in our own lives, both personally and collectively, and how we might move between the two with curiosity and openness.

MATERIALS

A piece of paper and any drawing, writing materials

CREATIVE PROMPT (15 minutes)

Draw two lines close together creating a narrow passage on your page. Set a timer for 5 minutes. Make marks on the page using the free space inside the narrow passage in whichever way feels pleasing to you until the timer goes off. Set another timer for 5 minutes. Create outside of the narrow passage. Set the last timer for 5 minutes. Continue to create moving between inside and outside of the narrow passage as you wish.

REFLECTION QUESTIONS

- What came up for you creating inside the limited space? What came up for you when you were creating in the more open space?
- What relationship might there be between what you created inside and outside of the narrow passage?
- How might creativity help you navigate the narrow and expansive places in your day to day life? In our communal life?