

# Afikomen - bread of subjectivity

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Source: original

Much of our Seder has been dedicated to the nourishment of the more subtle levels of experience –subtle expression, perception, experience, relationship, and gratitude. But the first *matzah* we ate tonight was not meant to be subtle—it is the staff of life, borne of necessity, eaten to satisfy hunger rather than for the sake of enjoyment. Now, as we stand at the ready to eat the *afikoman*, we are seeking to nourish our more nuanced sides.

Needs are most often not as subtle as wants. I need to eat; but I want a crepe. I need a life partner; but I want him or her to be tall, fit, interested in water-sports, non-smoking, etc. Our needs are essentially shared with all of humankind—our wants make us who we are as individuals. We often do not feel privileged to indulge in wants—getting our basic needs met seems enough of a challenge in many aspects of life. We are therefore forced, quite often, to keep our desires buried deep inside, where they will not be quashed by 'reality'.

But tonight we eat a food that nourishes only those aspects of ourselves. This is the *afikoman*—no longer staff of life, equally calibrated for all, but bread of desire, of enjoyment, of subtlety and uniqueness. This bread is *tzafun*—hidden because it addresses the completely unique soul deep within us. It helps that part of us grow in strength as a pathway to connection and holiness.

This bread is the perfect food for each of us as individuals. It contains the exact spiritual vitamins each of us needs in order to thrive. The piece you have is perfectly designed for you.