

[Traditional](#)

## Chabad Soul Motzi

Contributed by [morah izzy](#)

**Source:** [http://www.chabad.org/library/howto/wizard\\_cdo/aid/117118/jewish/7-Bread.htm](http://www.chabad.org/library/howto/wizard_cdo/aid/117118/jewish/7-Bread.htm)

We feel an affinity with the food we eat: We too are a miracle out of the earth.

We and the bread share a common journey. The bread begins as a seed buried beneath the ground. And then, a miracle occurs: As it decomposes and loses its original form, it comes alive, begins to grow sprout and grow. As spring arrives, it pushes its way above the earth to find the sun, and then bears its fruits for the world.

We too began buried in Egypt, all but losing our identity. But that furnace of oppression became for us a firing kiln, a baker's oven, the womb from whence we were born in the month of spring. In our liberation from there, we brought our fruits of freedom to the world.