

# The Journey Towards Liberation - The Hard Parts

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The plagues represent moments of hardship in our journey toward freedom, struggles with the power structures that constrict us. Tonight we will reflect on our personal plagues, ways in which we have tried to assert our own power by recreating strategies of control and domination that we have suffered from in an unjust world.

Where have we tried to turn hierarchy upside down rather than co-creating a world of equality and liberation for all? Where have we been stuck in fear and defensiveness rather than finding the strength to be vulnerable and ask gently for what we need?

Take a moment for quiet reflection. We will then symbolically remove ten drops of wine from our glasses to acknowledge the pain that has accompanied our journeys toward liberation. As you take ten drops out of your glass feel free to say a personal plague out loud, or to think about these plagues silently.