

Karpas Meditation

Contributed by [The Seder Creators](#)

Source:

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Long before the struggle upward begins, there is tremor in the seed. Self-protection cracks, Roots reach down and grab hold. The seed swells, and tender shoots push up toward light. This is karpas: spring awakening growth. A force so tough it can break stone.

And why do we dip karpas into salt water?

To remember the sweat and tears of our ancestors in bondage.

To taste the bitter tears of our earth, unable to fully renew itself this spring because of our waste, neglect and greed.

To feel the sting of society's refusal to celebrate the blossoming of women's bodies and the full range of our capacity for love.

And why should salt water be touched by karpas?

To remind us that tears stop. Spring comes. And with it the potential for change.