

## Lean Out / Lean In: A Meditation on Reclining, Connected to the Global Refugee Crisis

Contributed by [Repair the World](#)

**Source:** [turn-the-tables.org](http://turn-the-tables.org)



*This Passover, **Repair the World** and **HIAS** present #SupportforRefugees, a campaign focused on the global refugee crisis. The following activity comes from the Turn the Tables on the Refugee Crisis host guide, available in full [here](#).*

Through Passover celebrations, the Jewish people celebrate in the fact that, though our ancestors were once slaves in Egypt, we are now free. As we recline on pillows like the nobility used to, we enjoy the fact that, while we were once slaves who dined in a hurry, we are now free to enjoy ourselves.

Yet we know that we live in a world where all are not yet free. While we can and should appreciate the freedoms we enjoy, we recognize that there are still 60 million displaced people throughout the world, of whom 20 million are refugees – people who have been forced to flee their home country due to persecution because of their race, religion, nationality, political opinion or membership in a particular social group. In fact, the current refugee crisis is worse than at any time since World War II. Fleeing violence and persecution, the world's refugees are some of the most vulnerable human beings around the globe.

Instead of sitting back on a pillow and comfortably leaning out of the conversation, we are now going to pass around a pillow and each take a turn placing it behind the person sitting next to us so that, together, we can all lean into the productive discomfort - the space where change starts to occur.

View the full intention setting activity [here](#).