

Masking and Unmasking on Purim

The holiday of Purim celebrates how Queen Esther saved the Jews of Persia from the evil plans of Haman, the King's trusted advisor. To celebrate, we dress in costumes, read the Book of Esther or Megilat Esther or just Megillah, have parties, give charity and sweet treats, and drink wine. Purim is a holiday of concealing and revealing. Use the questions below to explore masking and unmasking through writing meditation. Just as in other meditation practices, when you notice that your mind has wandered, return to your point of focus, in this case, writing. Notice your distractions and return to this moment, this paper, the pen in your hand.

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What costumes or disguises do you wear to conceal your true self?

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What do you gain or lose by wearing certain masks in your life?

3

What is revealed when you remove the costumes that you wear in your everyday life?

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What can you do to remove even more layers of disguise to reveal your best self?