**Experience the Fruit: A Short Guided Meditation for Appreciating Creation**

Here is a simple, guided meditation that might add an experiential component to your Tu b’Shevat Seder or activity. As always, know your community. Only use this if it will work for your community! Feel free to modify if needed.

1) Pick out a fruit that you would like to eat for this world, but don’t eat it.
2) Look at the fruit. What color is it? What is the texture? Is it smooth or bumpy? Wrinkled?
3) Now bring the fruit close to your face, and smell it. Close your eyes. What is its smell?
4) Now, we’re going to have someone say a pasuk in honor of the fruit. Keep your eyes closed and think of how you imagine that fruit to be connected to the long history Jewish tradition.
5) The Pasuk is read.
6) Now, put the fruit in your mouth and taste it, but don’t chew. Keep your eyes closed. Experience the taste. You don’t need to put a word to it, like sweet or sour. Just experience the taste.
7) Chew slowly. Keep experiencing the taste. When you are ready, swallow, but keep your eyes closed.
8) Notice the taste that remains in your mouth.
9) Think of where that fruit might have been grown. Who planted it? Who picked it? How did it get from there to here?
10) How many people were involved in the process of bringing that fruit to you? Allow yourself to feel gratitude to G-d for creating the fruit, and to all of those people for preparing that fruit for you.
11) Now, open your eyes.
12) Have a few people share what they learned from this experience.