

SPRING

The Four Worlds:

Atsilut
World of Emanation
Birthing, next-to-God

Chokmah Wisdom
Fire

Going from one wine or liquor to a better one, one can bless: *Blessed be You...who is good and does good. Barukh Atah...hatov v'hameitiv*

Briyah World of Creation
Creating something from nothing, intellect

Binah Understanding
Air

The order of the four elements—earth, water, air, fire—follows medieval science, moving from concrete to more ephemeral. However, the order can also be earth—*Asiyah*, air—*Yetsirah*, fire—*Briyah*, water—*Atsilut*—like *Gemrah* and *Chesed*.

Yetsirah World of Formation
Creating in the world emotions

Tiferet Beauty
Water

Rabbi David Seidenberg
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Asiyah World of Doing
Making and moving

Malkhut Kingdom
Shekhinah Presence
Earth

Some people begin or end the seder with grains that are grown in Israel. You can also end with *challah* and make that the start of a regular meal.

All-Purpose Traditional Blessing After Eating:
Blessed be You *YHVH-Adonai* our God Ruler of the World, the One who creates many souls along with whatever they lack, for everything that you created, to give life through them to the soul of all life.
Blessed is the Life of the Worlds ברוך חי העולמים

פרי FRUIT

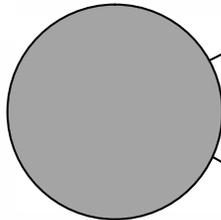
The Kabbalists would eat ten fruits for each level.

אצילות Atsilut

8. Beyond physical fruit
Unity with all

Enjoy sweet smells like cinnamon, bay leaf, or special tastes like scotch

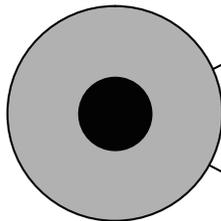
בריה Briyah



6. Completely edible fruit
No shells, Open on all levels

Eat apple, pear, orange, grape, fig, etc.

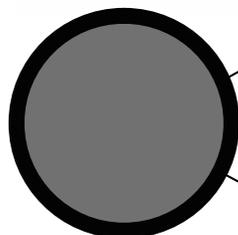
יצירה Yetsirah



4. Fruit with a pit

Shell on the inside, Inner Defenses
Eat olive, date, avocado, cherry, etc.

עשייה Asiyah



2. Fruit with an inedible shell
Outer Defenses

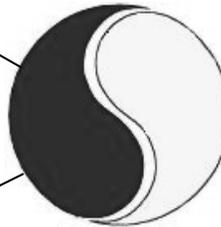
Eat almond, coconut, pomegranate, etc.

יין WINE

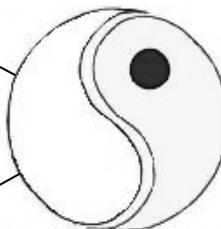
At each level, before drinking wine, one can add, "For the sake of the unification of *Yod-Heb* with *Vav-Heb*!"



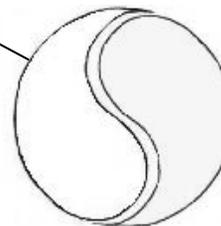
7. red with a drop of white



5. half red half white



3. white with a drop of red



1. all white
make the blessing for wine for all 4 cups

Neohasid.org's One-Page Save-The-Trees Tu Bish'vat Haggadah

The Four Levels of Meaning:

At each level, share teachings that fit that level. The acronym for all four levels spells פֶּרֶס *Pardes*, orchard or paradise.

סוד Sod

Secret, mystical meaning
Kabbalah

How to do the seder

Start from the bottom.

For each level:

1. Drink the wine.
2. Learn a text.
3. Eat the fruit.
4. Share songs, poems and meditations.

דרש Drash

Mythic meaning
Poetry, Midrash

Blessings for smelling:

fruit: *borei rei'ach tov bapeirot*
trees: *borei 'atsey b'samim*
plants: *borei isvey b'samim*
prepared spices: *borei miney b'samim*

רמז Remez

Moral, Ethical meaning
Parable, Allegory

Blessings for eating:

wine/grape juice: *borei p'ri hagafen*
other drinks: *shehakol niyeh bidvaro*
tree fruit: *borei p'ri ha'eits*
grains: *borei miney m'zonot*
vegetables or ground fruit:
borei p'ri ha'adamah

פשט P'shat

Simple, Literal meaning

WINTER

You can start or end the seder with the blessing from the original Kabbalistic seder, downloadable from neohasid.org.

