



Canfei Nesharim

Sustainable Living Inspired by Torah • www.canfeinesharim.org

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.