

# 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

 © 2011

Please donate if you make multiple copies! [neohasid.org](http://neohasid.org)

**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.

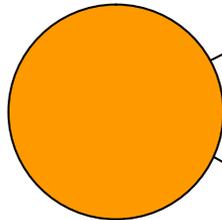
אצילות  
**Atsilut**

### 8. Beyond physical fruit

Unity with all

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

בריה **Briyah**

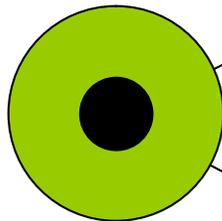


### 6. Completely edible fruit

No shells, Open on all levels

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

יצירה **Yetsirah**

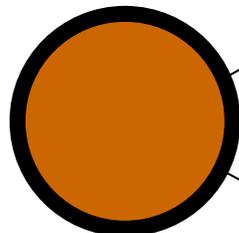


### 4. Fruit with a pit

Shell on the inside, Inner Defenses

Eat olive, date, avocado, cherry, etc.

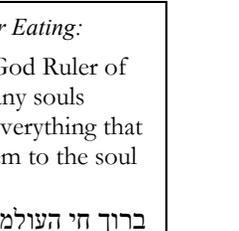
עשייה **Asiyah**



### 2. Fruit with an inedible shell

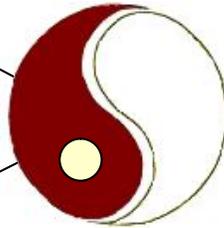
Outer Defenses

Eat almond, coconut, pomegranate, etc.

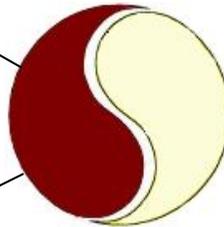


## יין WINE

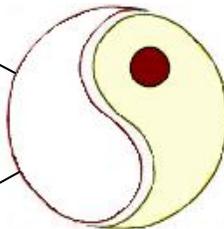
At each level, before drinking wine, one can add, "For the sake of the unification of *Yod-Heb* with *Vav-Heb*!"



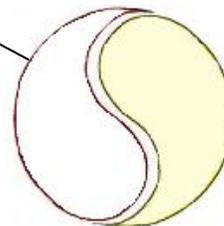
7. red with a drop of white



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 פרדס *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](http://neohasid.org).

