The Four Worlds:

Atsilut
World of Emanation
Birthing, next-to-God
Chokhmah Wisdom
Fire

Briyah
World of Creation
Creating something from nothing, intellect
Binah Understanding
Air

Yetsirah
World of Formation
Creating in the world emotions
Tiferet Beauty
Water

Asiyah
World of Doing
Making and moving
Malkhut Kingdom
Shekhinah Presence
Earth

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

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.

Drash
Mythic meaning
Poetry, Midrash

Remez
Moral, Ethical meaning
Parable, Allegory

P’shat
Simple, Literal meaning

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