

# SPRING

**פרי Fruit**

**אצילות Atsilut**  
Emanation, Birthing  
Being Next To God

Fire, Chokhmah **חכמה**

**יין WINE**

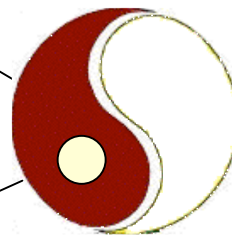
Drink wine at the  
beginning of each  
level, starting from  
the bottom

*The One-Page  
Save-The-Trees  
Tu B'shvat Haggadah*

by Rabbi David Seidenberg  
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*A special blessing can be made when we move from one kind of wine to a higher quality wine or liquor: who is good and does good batov v'hametiv*

8. Level beyond physical fruit  
enjoy sweet smells like cinnamon, bay leaf, or special tastes like scotch



7. red with a drop of white

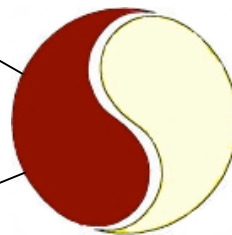
**בריה Briyah**

World of Creation  
Creating Something from Nothing

Air, Binah **בינה**

*About the four elements:*  
The order here reflects standard medieval science. However, in Kabbalah, the usual order is: water-Chokhmah, fire-Gevurah, air-Tiferet, earth-Malkhut.

6. Fruit completely edible  
No Shells  
Open on all levels  
eat apples, pears, oranges, grapes



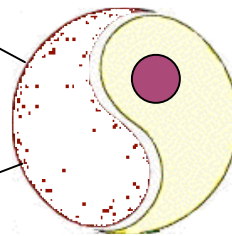
5. half red half white

**יצירה Yetsirah**  
World of Formation  
Crafting One Thing From Another Thing

Water, Tiferet **תפראת**

Some people begin or end the seder with grains that grow in Israel: barley, crackers from wheat, etc.

4. Fruit with a pit:  
Shell on the inside  
Inner Defenses  
eat olives, date, avocado, cherry

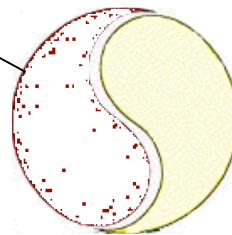


3. white with a drop of red

**עשיה Asiyah**  
World of Doing and Making

Earth, Malkhut, Shekhinah **שכינה**

2. Fruit with hard outside shell  
Outer Defenses  
eat walnuts, almonds, coconuts, pomegranates



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

**סוד Sod**

Secret, Transcendent  
Mysticism, Kabbalah

How to do the seder

For each level:

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

**דרש D'rash**

Mythic  
Midrashic  
Poetry, Anagogy

blessings for smelling:

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

**רמז Remez**

Moral, Ethical  
Parable, Allegory

blessings for eating:

wine: *borei p'ri hagafen*  
drinks: *shebakol nihyeh bid'varo*  
tree fruit: *borei p'ri ha'ets*  
grains: *borei miney m'zonot*  
vegetables and fruit of perennials: *borei p'ri ha'adamah*

**פשט P'shat**

Simple  
Literal

Some people start the seder with washing and *hamotsi* – the blessing over bread, and end with *birchat hamazon*. If you do this then there will be 15 steps, including teaching at each level, corresponding to ט"ו=Tu

*Sweetest All-Purpose Blessing After Eating:*

Blessed be you YHVH our God Ruler of the World, who created many souls and what they lack, for everything you created, to give life through them to the soul/being of all life. Blessed be the Life of the Worlds.

# WINTER