

# SPRING

Fire, Chokmah י

פרי Fruit

אצילות Atsilut  
Emanation, Birthing  
Being Next To God

יין WINE

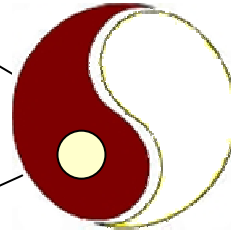
Drink wine at the  
beginning of each  
level, starting from  
the bottom

*The One-Page  
Save-The-Trees  
Tu Bish'vat 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 hatov v'hametiv*

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



סוד Sod  
Secret, Transcendent  
Mysticism, Kabbalah

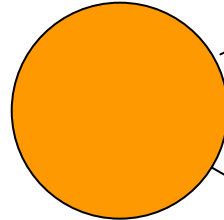
### How to do the seder

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

בריה Briyah

World of Creation  
Creating Something  
from Nothing

איר, Binah ה

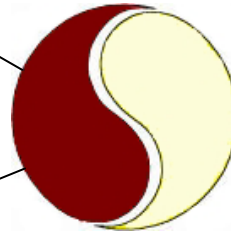


7. red with a drop of white

### About the four elements:

The order here reflects standard medieval science. However, in most Kabbalah, the order is: water-Chokmah, fire-Gevurah, air-Tiferet, earth-Malkhut.

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

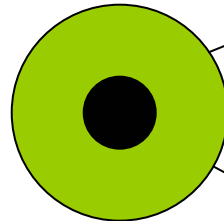


דרש D'rash  
Mythic  
Midrashic  
Poetry, Anagogy

יצירה Yetsirah

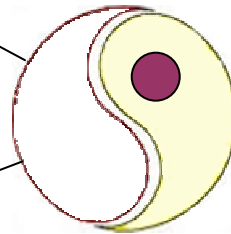
World of Formation  
Crafting One Thing  
From Another Thing

מים, Tiferet ו



5. half red half white

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



### blessings for smelling:

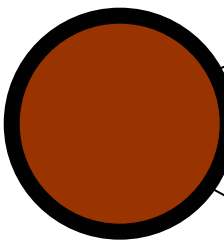
fruit: *borei re'ach tov bapeirot*  
trees: *borei `atsey b'samim*  
plants: *borei isvay b'samim*  
prepared spices: *borei miney b'samim*

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

עשיה Asiyah

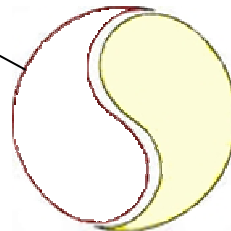
World of Doing  
and Making

אדמה, Malkhut, Shekhinah ה



3. white with a drop of red

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



רמז Remez  
Moral, Ethical  
Parable, Allegory

### blessings for eating:

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

פשט P'shat  
Simple  
Literal

### Sweetest All-Purpose Blessing After Eating:

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

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

WINTER