

# 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 *Genurah* and *Chesed*.

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

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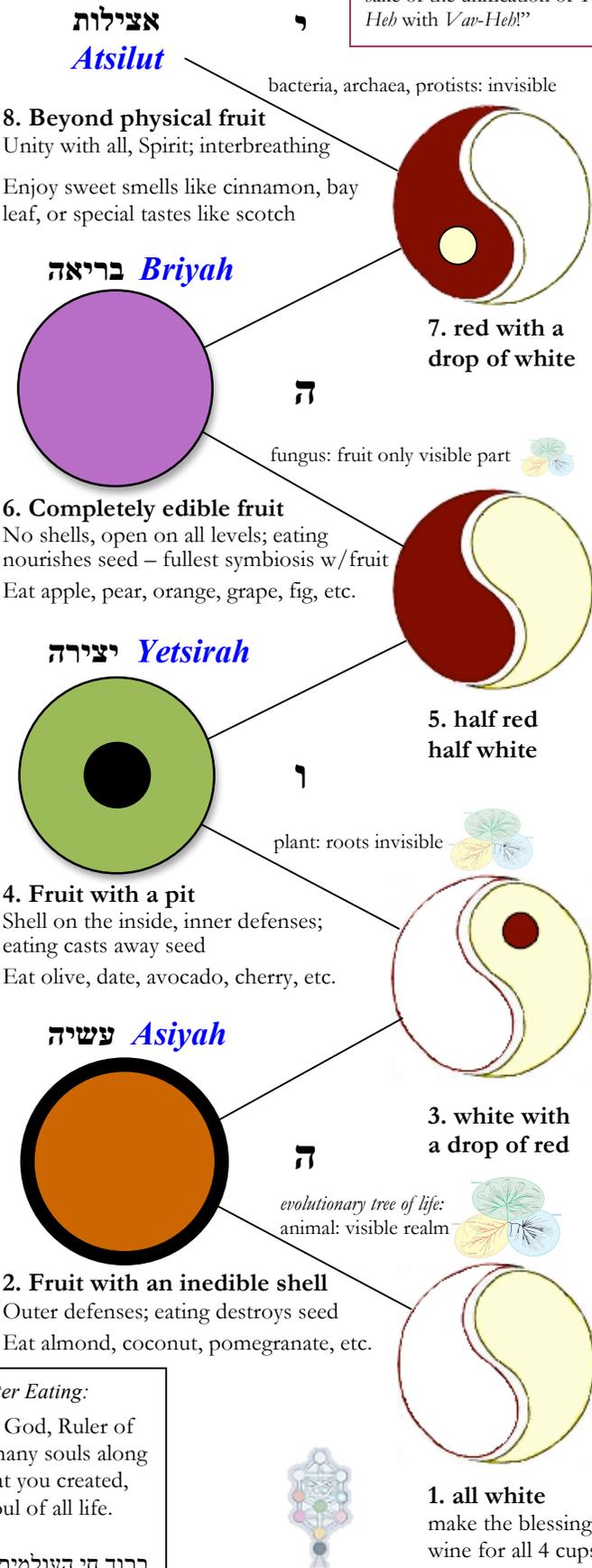
**Asiyah World of Doing**  
Making and moving  
*Malkhut* Kingdom  
*Shekhinah* Presence  
Earth

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 all that you created, to give life through them to the soul of all life.  
Blessed be the Life of the Worlds ברוך חי העולמים

**פרי FRUIT**  
The Kabbalists would eat ten fruits for each level.

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



## Neohasid.org's One-Page Save-The-Trees Tu Bishvat Haggadah

### The Four Levels of Meaning:

At each level, share teachings that fit that level. The acronym for all four levels spells פרדס *Parades*, 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 nihyeh 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).