**The Four Worlds**

Each step of the seder is connected with a way we live in and experience the world. From the bottom, the order is: practical, emotional, intellectual and spiritual. The Jewish mystics believed that when we unify these levels inside ourselves, we make a special connection between God and the physical world, bringing blessing to the trees, and to the Tree of Life. Some people like to ask themselves a spiritual question at each level. You can hold the fruit for that level in your hand as you think about the question.

1. **Say the first blessing and drink the first cup, all white**

2. **Eat fruits with a shell**
   Almond, coconut, pomegranate, etc.
   What barriers separate me from my highest self?
   *This is the level that is visible to everyone, like the fruit of the tree.*

3. **Drink the second cup, white with a drop of red**

4. **Eat fruits with a pits**
   Olive, date, avocado, cherry, etc.
   What hard place inside me stops me from opening up to those I love?
   *This level is more hidden, like branches behind leaves.*

5. **Drink the third cup, half red, half white**

6. **Eat completely edible fruit**
   Apple, pear, orange, grape, fig, etc.
   When do I feel completely connected and open?
   *This level is visible in a new way, like the trunk which sustains the tree.*

7. **Drink the fourth cup, red with a drop of white.**

8. **Enjoy sweets smells.**
   Cinnamon, bay leaf, rosemary, cedar, etc.
   Can I feel Spirit (holiness, God, etc.) within and all around me?
   *This level is completely hidden, but most essential, like the roots, or the seed in the ground.*