

SPRING

Blessings

Look here for the right blessing to say at each step!

Blessed be You who creates...

wine/the fruit of the vine:

Barukh Atah Adonai Eloheinu Melekh Ha'olam borei p'ri hagafen

tree fruit: *Barukh Atah Adonai... borei p'ri ha'eits*

Blessings before smelling

Blessed be You who creates sweet smells in...

fruit: *Barukh Atah Adonai... borei rei'ach tov bapeirot*

trees: *Barukh Atah Adonai... borei atsey b'samim*

spices: *Barukh Atah Adonai... borei miney b'samim*

If you eat a new fruit, you can say a special blessing:

Barukh Atah Adonai Eloheinu Melekh Ha'olam shehechiyanu v'kiyemanu v'higi'anu laz'man hazeh

Blessed be the One who kept us alive and sustained so that we could reach this moment.



After eating

Here's a free translation of the traditional blessing for most foods besides bread:

Blessed be You who created so many different living things, all needing each other, to make one Life interwoven through them all, as one soul. Blessed be the Life of all worlds.

פרי FRUIT

Look here to see what kind of fruit do we eat?

יין WINE

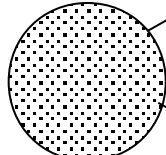
Look here to see what mixture of wine do we drink?

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.



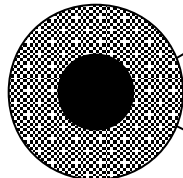
ה

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.



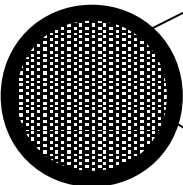
ו

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.



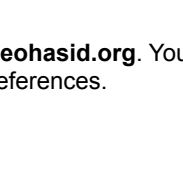
ז

2. Eat fruits with a shell

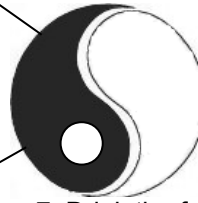
Almond, coconut, pomegranate, etc.

What barriers separate me from my highest self?

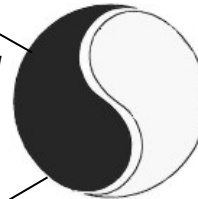
This is the level that is visible to everyone, like the fruit of the tree.



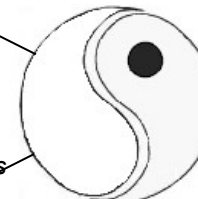
ח



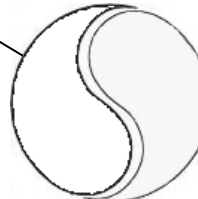
7. Drink the fourth cup, red with a drop of white.



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



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



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

WINTER

neohasid.org © 2010
For Rekindle Shabbat

How to do the seder

Start from the bottom.

1. Mix the wine/juice, say the blessing for wine, and drink.
2. Learn a text,* discuss a question, or share a story. There's a suggested question symbolized by the fruit we eat at each level.
3. Say the blessing for fruit, and eat the fruit.
4. Share any songs, poem or meditations about trees and fruit, or about anything that comes to mind.
5. Follow the path of the chart to the next level and repeat!

"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.



* You can download dozens of study texts at neohasid.org. You can also get a version of this chart with all the Kabbalistic references.

← Start Here!