

# Tu BiShevat Oneg Seder

For each of the Four Dimensions of the Tree of Life we will:

- Eitz Chayyim Hee,  
La-makhazimim bah.  
V'tomhecha m'u'shar.***
1. Chant:
  2. Name the fruits.
  3. Consider: For what are such fruits a metaphor?  
What forms of tikkun olam might this fruit metaphor inspire?
  4. Silently, take a piece of the fruit and contemplate its miraculousness.
  5. Slowly, taste, savor, swallow.

***6. Bless: N'varekh et A-do-nai  
Let us bless the Threshold [of Awareness]  
El-o-hei-nu, Where the Divine is Nature  
Melech Ha-olam, governing eternally is the  
Bo-rei Pri Ha-Etz, Creator of the fruits of The Tree [of Life]***

## THE FOUR WORLDS OF THE TREE OF LIFE

- I. ASSIYA — The Physical World — Earth, Body — Action  
Fruits that have hard outer shells and soft, vulnerable insides.
- II. YETZIRAH — The World of Emotion — Water. Relationships  
Fruits that have a soft outside and a solid seed within.
- III. BERIYAH — The World of Intellect, Air, Thought, Innovation & Memory  
Fruit that has a tough outside and seeds within
- IV: ATZILUT — The World of Emanation — Fire, The Dimension of Spirit  
Fruit that are entirely soft and edible.