

# Tu Bishvat Seder Guide

A Mindful, Kabbalistic Journey of Growth, Gratitude, and Conscious Pleasure  
*Inspired by the teachings of Rav Dov Ber Cohen*

## Introduction: Why We Are Here

Tu Bishvat is not merely a celebration of fruit. It is the Rosh Hashanah for growth itself. Just as a tree draws nourishment from the earth and reaches toward the light, so too we are meant to live lives of constant growth and contribution. This seder is an opportunity to correct the way we consume the world — to eat, drink, and enjoy with awareness, gratitude, and holiness.

A tree grows until the day it dies. Growth never ends. But growth alone is not enough — a tree also gives. It offers fruit, shade, oxygen, beauty. Our lives are meant to do the same. Ask yourself throughout this seder: How am I growing? How am I giving?

## The Structure of the Seder

This Tu Bishvat seder moves through four worlds, four layers of the self: Spiritual, Intellectual, Emotional, and Physical. Wine, fruit, and smell become tools to realign these layers with the soul.

## 1. Atzilut – The Spiritual World

**Wine:** White wine

**Sense:** Smell (spices or fragrance)

White wine represents pure potential — the soul before expression. Smell is the most spiritual of the senses; it has no physical substance. Here we pause, breathe, and remember who we are beneath all roles and actions.

**Reflection:** What spiritual potential within me is waiting to be revealed?

## 2. Beriah – The Intellectual World

**Wine:** Mostly white with some red

**Fruit:** Soft inside & soft outside (fig)

This level represents thought and speech. We seek harmony between inner awareness and outer expression. Eating slowly, we notice our thoughts and words, aligning them with our values.

**Reflection:** How can my thinking and speech become more refined this year?

### 3. Yetzirah – The Emotional World

**Wine:** Mostly red with some white

**Fruit:** Soft outside, hard inside (date)

Emotion carries weight and intensity. Here we cultivate emotional balance: vulnerability without collapse, strength without walls. Our values remain firm while our hearts stay open.

**Reflection:** Where can I soften emotionally while staying grounded?

## 4. Asiyah – The Physical World

**Wine:** Red wine with a drop of white

**Fruit:** Hard outside, soft inside (banana/orange)

Judaism sanctifies physicality. Pleasure is not an escape from God — it is meant to be a bridge. The drop of white reminds us that even in action, the soul must remain present.

**Reflection:** How can I engage the physical world more consciously?

## Closing Intention

Tu Bishvat is a beginning. The entire tree is hidden within the seed. May this seder plant intentions that grow into lives of awareness, gratitude, and blessing.