

Tu B'Shevat Seder Guide

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Creating a meaningful, mindful Kabbalistic Tu B'Shevat Seder.

This Kabbalistic Tu B'Shevat Seder is our way of making eating a conscious part of our spiritual path. In the Garden of Eden, Adam and Eve made the mistake of eating in a way that distanced them from Hashem.

This Seder is our chance to rectify that mistake by using the pleasure of experiencing the bounty Hashem created for us in this world, in order to connect to Him in an authentic and personal way.

PREP CHECKLIST

Set The Mood

A clean table, nicely set with tablecloth, lots of candles, calm music, phones away.

Wine or Grape Juice

Red and White. The Seder, just like on Pesach, involves drinking four cups of wine or grape juice.

Fruits by "Type"

(1) Soft inside and out (2) Soft outside-hard inside (3) Hard outside-soft inside (4) As many of the 7 Holy Fruits of the Land of Israel as you can find.

One item of wheat/barley/spelt

Cookie/cracker/cake to begin with the blessing Mezonot.

Spices or Fragrance

Cloves/cinnamon/myrtle/besamim for the "smell" stage.

A Siddur

Or printed after-blessings for Borei Nefashot + Me'ein Shalosh (Al HaEtz / Al HaGafen / Al HaMichya).



THE CORE KAVANAHS/INTENTIONS

Growth:

A tree never stops growing until it dies.; and it grows toward the light.

Ask:

How am I growing towards the light?

Contribution:

A tree gives fruit, shade, wood, oxygen;

Ask:

What am I giving the world?

Pleasure as connection:

Pleasure is not the purpose; it is the means to the end which is connection.

Ask:

Is my consumption OF this world connecting me or disconnecting me from spirituality.

Blessings as a Mindfulness Tool:

A bracha slows you down, creates gratitude, self-control, mindfulness, Gd-Consciousness, uplifts the food, makes eating a spiritual act, creates relationship with Hashem, release the Holy Sparks in the food. feeds your soul.

Ask: Am I tapping into these things when I say my brachas?

Tu B'Shevat Seder Flow

A simple, powerful order you can follow to make the Seder meaningful and mindful.

Setting Intention.

- State your intention; for example:

"Tonight we're partaking the pleasures of this world in a holy way; not eating for selfish pleasure seeking, rather in order to tap into health, gratitude and joy that connects us to Hashem."

- Invite everyone to choose one intention for the year: a growth area and a giving area.
- Explain the "one-bite practice":
Take a bite → put the food down → close your eyes → breathe through your nose → chew and taste the food → feel gratitude and connection to Hashem.

STEP 1: MAIN SUSTAINANCE - GRAIN. (MEZONOT)

Begin with a small piece of cake, cracker, or cookie .

This represents sustenance and grounding — eating for health and stability. It also represents the partnership between Hashem and humans, as it takes many steps of human intervention to turn grain into cakes, crackers or cookies.

Bracha: Borei Minei Mezonot - ברוך אתה ה' אלהינו מלך העולם בורא מיני מזונות



Kavanah (Intention)

I ground myself in gratitude. This food sustains my body so I can serve Hashem with vitality and presence and be a partner with Him in uplifting the world.

What foundation do I want to build this year? — in my health, my habits, my connection and partnership with Hashem.

STEP 2: BLESSING THE FRUIT OF THE LAND

The seven fruits of Eretz Yisrael are holy because they grow from the land chosen to reveal Hashem through the physical world. Eating them with kavannah turns an ordinary act into an encounter with the Shechinah. They also correspond to the seven middot: wheat is **Chesed**, barley **Gevurah**, grape **Tiferet**, fig **Netzach**, pomegranate **Hod**, olive **Yesod**, and date-honey **Malchut**. Each species embodies a distinct way the Divine flows into the world—giving, restraint, harmony, endurance, humility, connection, and manifestation. When we eat them with awareness, we are quite literally ingesting the spiritual qualities that build the soul.



What to do

Take one of the fruits - usually order of preference is olive → date → grape → fig → pomegranate. If you prefer to make the blessing on a particular one not in order, just keep the rest off the table for now.

Bracha: Borei Pri Ha'Eitz - ברוך אתה ה' אלהינו מלך העולם בורא פרי העץ

Kavanah (Intention)

As I eat the Holy fruit of the Holy Land I intend to become Holy; meaning to partake of this world in a conscious way in order to uplift myself spiritually and uplift the world around me.

STEP 3: JOURNEY THROUGH THE OLAMOT (SPIRITUAL WORLDS).

ATZILUS: The Spiritual World

Fruit

Smell Spices

Wine

White wine
pure, beginning, potential)

(blank slate,

Personal Growth

Being guided by higher consciousness, higher ideals, realising the world is transient like a smell – must be in but not controlled by it

Aspect of Self

Spiritual



What to do

Begin by making a bracha on and smelling spices or fragrance (cloves, cinnamon, myrtle, or besamim). Breathe deeply. Feel your breath (neshimah) connecting you to your soul (neshamah).

Kavanah (Inner Work)

Remember: I am a soul. I'm rooted in Heaven. Let this moment reconnect me to higher consciousness, my essence of Divine love and joy.

BERIAH: The Intellectual World

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Fruit

Soft in and out (Fig)

Wine

White with a dash of red. / half
Manifesting the seed of purpose beyond the physical world –higher purpose.

Personal Growth

Unity of inner and outer, speech thought and action, inner awareness

Aspect of Self

Intellectual



What to do

Take a fig (or other soft fruit). Bless it with Borei Pri HaEtz. Eat slowly, noticing the texture and sweetness.

Kavanah (Inner Work)

I intend to live with integrity, where my outer actions and inner world are aligned in gentleness and sweetness.

YETZIRAH – The Emotional World

Fruit

Soft out, hard in (Date or Peach)

Wine

¾ red (Potential, passion, drives starting to show)

Personal Growth

Inner strength, self-esteem, helps us be soft on the outside, stand up for core principals / values

Aspect of Self

Emotional



What to do

Take a date or peach. Bless it with Borei Pri HaEtz. Notice the soft exterior and the hard pit inside. Eat mindfully.

Kavanah (Inner Work)

I intend to be open and kind to the world around me, without losing my inner core principals and values.

ASIYA - The Physical World

Fruit

Hard out, soft in (Pomegranate, Orange, or Banana)

Wine

Red + drop of white (Actualisation of purpose in this world)

Personal Growth

Built up walls, defenses, greatest strength is to be vulnerable, break down wall to reveal sweetness inside

Aspect of Self

Physical



What to do

Take a pomegranate, orange, or banana. Bless it with Borei Pri HaEtz. Notice the hard exterior protecting the soft, sweet interior. Eat with full presence.

Kavanah (Inner Work)

I intend for my actions to be strong and committed, whilst retaining my inner peace, love and warmth.

BLESSINGS REFERENCE

BEFORE YOU EAT OR SMELL (PRIMARY BERACHOT)

Wine/Grape Juice	Borei Pri HaGafen	ברוך אתה ה' אלוהינו מלך העולם בורא פרי הגפן
Mezonot (Baked goods from grain)	Borei Minei Mezonot	ברוך אתה ה' אלוהינו מלך העולם בורא מיני מזונות
Spices	Borei Menei Besamim	ברוך אתה ה' אלוהינו מלך העולם בורא מיני בשמים
Tree Fruits	Borei Pri HaEtz	ברוך אתה ה' אלוהינו מלך העולם בורא פרי העץ
Ground Fruits/Vegetables	Borei Pri HaAdamah	ברוך אתה ה' אלוהינו מלך העולם בורא פרי האדמה
Other Foods	Shehakol Nihyeh Bidvaro	ברוך אתה ה' אלוהינו מלך העולם שהכל נהיה בדברו
New seasonal fruit/First-time experience	Shehecheyanu	ברוך אתה ה' אלוהינו מלך העולם שהחינו וקימנו והגיענו לזמן הזה

AFTER YOU EAT (AFTER-BLESSINGS)

After enjoying your fruits and drinks, conclude with appropriate after-blessings (*Brachot Acharonot*). These blessings are a powerful way to express gratitude and elevate the physical act of eating into a spiritual experience, acknowledging the source of all nourishment.

ברוך אתה ה', אלהינו מלך העולם,

<small>After grapes, figs, pomegranates, olives, or dates:</small> ועל פרי העץ (1) ועל פרי העץ	<small>After wine or grape juice:</small> ועל פרי הגפן (1) ועל פרי הגפן	<small>After food prepared from the five grains:</small> ועל המצוה ועל הכבדלה
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ועל תנובת השדה ועל ארץ המדבר טובה ורחבה שרצית והנחלת לאבותינו לאכול מפריה ולשבוע מטובה. רחם נא ה' אלהינו על ישראל עמך ועל ירושלים עירך ועל ציון משכן כבודך ועל מוצבך ועל היקבך, ויבנה ירושלים עיר הקדוש במהרה במינו, והשקנו לתוכה ושמחנו בה ונברך בקדשה ובטהרה.

ורצה ותחליצנו ביום השבת הזה: — On Shabbat וזכרנו לטובה ביום ראש החדש הזה: — On Rosh Chodesh וזכרנו לטובה ביום חג המצות הזה: — On Pesach וזכרנו לטובה ביום חג השבועות הזה: — On Shavuot וזכרנו לטובה ביום חג הסוכות הזה: — On Sukkot וזכרנו לטובה ביום שמיני עצרת חג הזה: — On Shemini Atzeret וזכרנו לטובה ביום הזכרון הזה: — On Rosh Hashanah
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כי אתה ה' טוב ומטיב לכל ונודה לך על הארץ ועל

<small>After grapes, figs, pomegranates, olives, or dates:</small> הפרות. (ועל) הפרות.	<small>After wine or grape juice:</small> (ועל) פרי הגפן. (ועל) פרי הגפן.	<small>After food prepared from the five grains:</small> המצוה. המצוה.
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ברוך אתה ה', על הארץ ועל

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