



# The Seven Fruits: A Kabbalistic Guide to Character

In Jewish mysticism the Seven Species — the fruits and grains native to the Land of Israel — are seen as powerful spiritual symbols.

This infographic explores their connection to the seven lower Sefirot, offering a framework to cultivate specific spiritual qualities (middot) and intentions (kavanot) for personal growth.



## Wheat → Chesed (Loving-Kindness)

Represents our essence expressed through selfless giving and the love of God (Ahavat Hashem).



## Barley → Gevurah (Restraint)

Symbolizes how restraint and boundaries help us live by our values, nurturing self-respect and awe of God (Yirat Hashem).



## Grapes → Tiferet (Harmony)

Signifies the harmony, truth, and beauty that come from finding balance in all areas of life, leading to communion with God (Dvelkus with Hashem).



## Fig → Netzach (Perseverance)

Embodies never giving up and using "holy stubbornness" (Akshanut) to push through tough times against the evil inclination (Yetzer Hara).



## Pomegranate → Hod (Gratitude)

Represents gratitude, surrender, and acknowledgement (Hodayah), helping us see the spiritual reality and let go of what we can't control.



## Olive → Yesod (Foundation)

Acts as the foundation that gathers, channels, and integrates all higher attributes into reality, fostering connection (Hitkashrut).



## Date → Malchut (Kingdom)

Serves as the vessel that manifests all spiritual attributes in this world, representing God's Divine Presence (Shechinah) through humility (Shiflut).