

|                                | <b>First World</b>                                                                          | <b>Second World</b>                                                         | <b>Third World</b>                                               | <b>Fourth World</b>                |
|--------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------|
| <b>Sphere</b>                  | Asiyah<br>Action                                                                            | Yetzirah<br>Formation                                                       | B'riyah<br>Thought                                               | Atzilut<br>Spirit                  |
| <b>Aspects of Self</b>         | Physical                                                                                    | Emotional                                                                   | Intellectual                                                     | Spiritual                          |
| <b>Kavanah<br/>(Intention)</b> | Groundedness,<br>defense                                                                    | Growth, creativity                                                          | Openness,<br>abundance                                           | Mystery,<br>wholeness              |
| <b>Season</b>                  | Winter                                                                                      | Spring                                                                      | Summer                                                           | Fall                               |
| <b>Theme</b>                   | Relationships<br>with land and<br>place                                                     | Relationships<br>with community                                             | Relationships<br>with the world                                  | Relationships<br>with spirituality |
| <b>Wine or<br/>Grape Juice</b> | White                                                                                       | ½ white<br>½ red                                                            | ¼ white<br>¾ red                                                 | Red with a drop<br>of white        |
| <b>Symbolic Foods</b>          | Inedible exterior,<br>edible interior:<br>orange, banana,<br>walnut, almond,<br>pomegranate | Edible exterior,<br>inedible interior:<br>dates, olives,<br>apricots, plums | Entirely edible:<br>blueberries,<br>strawberries,<br>raspberries | Only spiritual<br>sustenance       |