

The Fourth Cup - The World of Atzilut (Presence, Emanation, Birth)

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Source: PJ Library

[Pour a nearly full glass of red wine again and add just a few drops of white. Drink all.]

We now come to our final cup; the drops of white in the red remind us of the first cup of this seder and of the cyclical nature of the seasons. This final section represents what is invisible to the eye. Instead of eating fruit, we may enjoy sweet smells like cinnamon and rosemary. Beyond the cycle of eating is the cycle of breathing, when something lives both within and without us at the same time, when it is so much a part of us that we cannot even see it. At this level all things are already part of each other. We all have this kind of connection with the earth and with God. Like smells, the ways we remember this connection are subtle: the feel of the soil or the smell of the dew, the color of the changing leaves, the sounds of birds migrating, or the clasp of a hand.

Discuss: What helps you remember and appreciate what you cannot see?

Smell: Cinnamon | Rosemary | Bay Leaf | Cedar