

Grapes: Anavim intend to rectify the sin of Adam and Hava in the Tree of Daat which were grapes that were squeezed out and given to him...and be careful with this kavanot in detail at the time one is blessing. Also intend when eating to sweeten the 2 names **EloKiM** (172) are gematria **Anavim** in the secret of "**Ekev**(gematria 172) because Avraham has listen to my voice"[**Note: only white not black grapes!**}]

Figs: Taynah if eat the first time of the year do a Shehekiyanu and be careful to rectify the sin of Adam and Hava with figs for **Taynah** is the 3 fillings of **EHY'H** and intend that **Taaynim** (plural) is gematria **Notzer wNakay** the 8th and 13th Mazalot and receive Shefa upon us.

Pomegranate :Rimon is gematria **Ratzon** and **Notzer** and **Tzinor** and **Mekor** and good to eat pomegranites at the 3rd Meal and intend this.

Dates: Tamarim intend gematria two times **Kel Shakkay** and **Moshe Moshe** without a pasek, and bless in the name of **Kel Shakkay** in the Hitzoniout and Penimiout, also intend that **Date/Tamar** is gematria 2 times **ShaK** (320) sparks and rectify them and enlighten us the a **Sun/SheMeSh** of charity gematria **Tamar** and give us Shefa from the **Yesod** hinted to **Tamar**: "*As righteous will blossom as a date-palm tree*" , and enlighten us the **32 paths of Hokmah** which each *Netiv*/path includes from the **Hassadim and the Gevurot**, which thus make 64, and each is included from the 10 (Sefirot) and thus we have **Tamar** 640.

Apples: Tapuchin: is gematria **TQM'D** (554) which is the **revua** of Shem **EHY'H of Yodin** and is the secret of the **Upper Binah** and intend that the word **Tapuhin** is the letters **Petahin** and thus draw the Shefa from Hokmah which has the vowel **Petah** . Also intend thru the blessing to bless upon the apple, to establish in us the secret of "**Potayah et Yadecha...**" which is hinted in the words and is a Segula for Parnassah as is known.

Carob/Harov intend that it is gematria 216 or **Gevurah** and sweeten the **Gevurah** in the 216 letters of the **Name of 72 which are Hasadim**. Also intend that it is the gematria **Yirah**/.fear and the gematria **Rayiah**/see for the 2 are in **Hokmah** in the secret of the Name of 72, meaning that we should merit to fear the Upper One and see His Exaltedness and rectify the blemish of sight. Also intend that **Haruvin** (plural) is gematria **Kinor** (harp) which is **Ku** (26) **NeR** (250). And it is good to eat Carob one time each year and intend this, and its is even better on Tu B'Shvat, which is the Rosh Hashanah of the Tree(s).

Walnut: Egoz intend that it is gematria **Tov**, and that **Eguzim** is gematria **Binah**.

Olive: Zayit intend on the 3 names **Kel Elokim MTzP'Tz** , now our Sages of Blessed Memory have told us that eating olives cause forgetfulness, but the Arizal said that if we intend these names, there will be no damage, and on the contrary, it will be useful. And know that **Zayit** is in **Yesod**, and thus to rectify the **Yesod** is good to eat olives and bless upon them with great kavvanah, and intend these names as mentioned each time.

Etrog intend to rectify the sin of Adam and Hava thus we are directed to eat them on the night of Rosh Hashanah and to bless upon them the Shehekiyanu, for the matter of Adam and Hava is in Rosh Hashanah, and eat them on the second night for (the Holiday) is "one long day" Also intend that **Etrogim** is gematria **Seter** (conceal), which is Yod (10) times Hawaya with the vowel Holom which is the **Tiferet**, as well as 10 times Hawayah with Hirik for **Nezah**, and 10 times Hawaya with Shurek for **Yesod**.

Fish/Dag: intend the “Open Eye” also that **Dagim** is gematria **Kel Hawaya** which is in **Yetzirah**, and draw the Shefa from there.[**Note that Iraqi Jews don’t eat Dag because it is related to Deaga/worry!**]

Meat/Basar: when eating meat, intend in the merit of the (number of years of the) lives of our Forefathers, which are gematria **Basar**, and to assist us, Hashem, May He be Blessed, to sift the sparks thru the meat. Also intend to assist us, Hashem, May He be Blessed, to do **Hesed**/kindness to the soul in eating meat, for **Basar** is gematria **Hesed Nefesh** Also intend to assist us, Hashem, May He be Blessed, to do kindness with the “*Righteous, the foundation of the world*” in eating the **Basar** which is gematria **Hesed Tzaddik Yesod Olam**.

Carob/Harov intend that it is gematria 216 or **Gevurah** and sweeten the **Gevurah** in the 216 letters of the **Name of 72 which are Hasadim**. Also intend that it is the gematria **Yirah**/.fear and the gematria **Rayiah**/see for the 2 are in **Hokmah** in the secret of the Name of 72, meaning that we should merit to fear the Upper One and see His Exaltedness and rectify the blemish of sight. Also intend that **Haruvin** (plural) is gematria **Kinor** (harp) which is **Ku** (26) **NeR** (250). And it is good to eat Carob one time each year and intend this, and its is even better on Tu B’Sivat, which is the Rosh Hashanah of the Tree(s).

Water:Mayim when drink intend in the secret of **Hesed** and also that one’s soul receives the light of the Hassadim that extend in it in the path of enjoying the water which spreads through the entire body. Also intend **Mayim** is gematria 5 times **Hai** life , to draw the 5 lights of the Hai in the 5 portions of the soul, **NaRaNHY**, also thru the blessing on the water, bless the **KYS** (one’s pocket for parnassah) which is gematria **Mayim** Also that **Mayim** is gematria **Hawaya** with **Kamatz** which is the Keter and the aspect of **Ratzon** and it is good to be careful to intend this during the Third Meal of the Holy Shabbat, and already known the proper custom to drink water before Hamotzi to exempt all the water during the meal, and intend this very much. Also it is good to drink water in five sips after you drink the measure for the blessing, and intend in the 5 sips correspond to the five Hasadim that extend in the soul as mentioned above. Also be careful to follow the minhag of the Arizal who intended in the **9 Yodins in the 4 Hawayot**, Ab, Sag, Mah and Ben which are gematria **Mayim**, and be careful and not forget this kavanah always. And intend in the blessing Sheakol on the water that there are **9 words corresponding to the 9 Yodins as mentioned**; also **Kol** is **Yesod**, and extends the Shefa to below in the middle of **Malcut** called **Davar**(o); also **Borei Pri** is **Yesod**, and **Haetz or Hagefen or Haadama** is **Malcut**.

Garlic/Shum: Good to eat garlic on Erev Shabbat, for the **Yesod** is called **Shum** , since the Garlic heads increase seed, intend in eating that **Shum** is gematria **Ratzon** which is the **Keter** also gematria **Notzer** which is the 8th Mazal and **Tzinor**, cause the **Yesod** is called this, also **Mekor**, and say the pasuk “*Ki Imkha Mikor Hayyim, B’orcha NiReh Or*”/ *For You are the Source of Life, in Your Light we see light.*” Only know that one should not eat garlic only if there is a wife that one is able to unite with that night, and this will suffice for those that understand.

Porridge: Daysah which is of cooked wheat, intend to rectify the sin of Adam HaRishon, and Hava who damaged in wheat, and intend that **Hita** is gematria 22 for the 22 letters in the Torah and is gematria **Tovah** , and it is good to eat porridge on the Shabbat of Beresheet, and intend that **Hitim** is gematria **Binah**.