

BS"D

Tishrei 5787 – September 2026

MAKING AMENDS
FINDING A WAY TO FORIVE

A WORKBOOK

Based on teachings from Chabad Chassidus

Culled from

60 Days: A Spiritual Guide to the High Holidays

by Rabbi Simon Jacobson | Dean | Meaningful Life Center | meaningfullife.com

Along with a compendium of Flower Essences in Support

by Tamar Adelstein, Certified Flower Essence Practitioner
www.floweressencearts.com

FLOWERS FOR GIVING OURSELVES A BREAK!
Flower Essence Bouquets

Immortal *Asclepias Asperula* - Seldom upright, Immortal looks like a clump of coarse trailing grass; its roots are gigantic, thick and furrowed and creep tortuously under heavy rocks. Yet, Immortal's inconspicuous little flowers grow in the shape of a five-pointed star and has a pleasing fragrance.

If we were heaped with heavy criticism and shaming growing up, the message of not being good enough becomes a fundamental part of our inner life, cacophonous music playing in the background, weighing us down.

Immortal teaches us several things: just as its roots can grow under heavy rocks, so too can we come out from the heaviness of pain and despair and transform our feelings of inadequacy and shame into pure, *fragrant*, unconditional love for ourselves and so reclaim our dignity.

Immortal touches us deeply, leaving us knowing that HaShem's creation is incomplete without me, *a star*, - *Bish'vili Nivra HaOlam!*

Pine *Pinus sylvestris*– Aromatic, refreshing and cleansing yet when Pine is prepared in flower essence form it tastes like stale, dry lumber, old and mildewy.

Owning up to our mistakes is a virtue, blaming ourselves for everything under the sun, especially when they are not our fault, is a heavy burden of unnecessary guilt to bear.

Sometimes the result of the way we were raised or from humiliating experiences or misinterpretations of the Torah, Pine teaches us to give ourselves a break. Pine clears out the old emotional knots and confused patterns of self-reproach so we can begin nourishing ourselves with love and self-acceptance.

Cow Parsnip *Heracleum lanatum* – Umbrella-like clusters of showy white flowers and heart shaped fruits.

For those of us blessed with a highly caring nature who feel pained seeing others suffer and want to do whatever we can to alleviate their troubles. When the situation is close to home, we may feel a mistaken sense of responsibility to fix everything and then feel guilty when we can't.

Cow Parsnip gently reminds us to let HaShem take over and handle the details and guide us toward the next step. We're not giving up our compassion, just giving up the inappropriate sense of responsibility and guilt.

Larch *Larix decidua* – The Larch tree's branches droop and the top of its trunk curves gracefully, unable to hold itself erect reflecting the person who although capable, expects themselves to fail – an outlook in response to an earlier embarrassing setback.

At the same time, despite growing in exposed areas with poor soil, the tree emerges tall, slender and strong living for hundreds of years; its magenta flowers are exquisitely structured.

Therein lies the essence of the Larch – when are bent over from an expectation of failure, Larch reassures us that we have the ability (seen in the richly hued flowers) to persevere and succeed.

Buttercup *Ranunculus occidentalis* – An early Spring wildflower, the plant begins its journey in watery meadows or streamside, facing upward to bring light and air into its small, but shiny yellow cups filled with many stamens.

For those of us who feel less than worthy because of our station in life. By comparing and judging ourselves to conventional or communal standards of achievement and success, we may be left feeling diminished and self-doubting.

Buttercup reconnects us with our unique *Hashgacha Pratis* and reminds us that the simple and quite way of life is just as special as the one attached to fame and outer recognition.

Redbud *Cersis occidentalis* – A stunning four-season tree in the Springtime Redbud produces clusters of outstanding magenta-colored flowers that bloom along its bare branches. Heart-shaped apple green leaves emerge in Summer that darken overtime to a shade of blue green. As the flowers drop, the tree's fruits, long seedpods appear ripening to rich purple-brown hue. Autumn leaves warm shades of color range from buttery yellow to burgundy. In Winter, Redbud's silvery silhouette sways in the wind pleasing the eyes.

“And the beauty of a woman, with passing years only grows!” Audrey Hepburn

For those of us who feel embarrassed by our changing looks as we age, Redbud's vibrant colors and attractive architecture uncover our eyes to our own natural beauty, not only on the inside but just as much on the outside throughout the seasons of our lives.

White Desert Zinnia *Zinnia pumila* – Happy go-lucky flowers with profuse white petals and dark yellow centers that flourish in the southwest from March to October.

White Desert Zinnia reminds us to take ourselves just a bit less seriously and lighten up!

