

BS"D

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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

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Making amends and finding a way to forgive are not easy to do. Anybody remember the TV sitcom Rhoda? There's a wonderful episode called Somebody Has to Say They're Sorry where Rhoda is mistaken for a shady neighbor down the hall by an undercover cop and gets arrested instead.

When everything's finally straightened out and she's back home, Rhoda is angry that no one said they were sorry, so she decides to go over to the officer's home and ask for an apology.

The wish for an apology and the humility needed to give it could not be better portrayed than in this classic piece of comedy!

But what happens when *Bad-Manners or Worse* could care less or can't bring themselves to give in and apologize?

MAKING AMENDS

Whether we've borne the brunt of bad behaviour or watched it speechless from the sidelines, our immediate thought is how in the world could anybody act like that!

What drives a person to be so utterly thoughtless, inconsiderate or callous? Where does their spirit of meanness, deception or even worse tyranny come from?

Mrs. Tzvia Jacobson explained it like this: When a person becomes indifferent and cooled to the feelings of another, they've not only forgotten that the other person is a *Tzelem Elokim* but they've also become estranged from their own Divine image as well.

Teshuva

Tav/Tomim – a sincere desire to change

Shin/Shivisi – a humble awareness that G-d and not you rule the world

Vav/V'ahavta – loving and appreciating the people around you

Bais/B'chol – with all your heart, with all your soul and with all the gifts HaShem gave you

Heh/Hatzne Lechet – and finally being a person who walks thoughtfully and modestly with HaShem (60 Days -17 Elul; paraphrased from HaYom Yom, Tishrei 3-8)

Teshuva, said Reb Hillel of Paritch, cleans up the past, opens up the future and transforms wrongdoings into powerful assets. (60 Days - 6 Elul)

Mrs. Jacobson put it this way: An *aveira* becomes a *mitzva* when the offender can go back to the place where they sinned and be able to say: This is where I transformed my mistakes into *mitzvos* when I transformed myself through Teshuvah. Here is where I became a *mentsch*!

Flower Essences for Making Amends Flower Remedies with Chassidic Roots

Whether less than stellar behaviour is a matter of nature or nurturing, inherited or epigenetics, insecurity, cluelessness or bad habits, flower essences, with their ability to raise awareness and stimulate change, offer an illuminating way out and a path to making amends and obtaining forgiveness.

Bluebell *Endimion nonscriptus* - For the hot-headed person who flies off the handle, losing him or herself over the slightest misunderstanding or frustration. Bluebell's sweet-scented flowers carpeting May-time woods cool down and quiet the anger. Taken over time, Bluebell helps this person ground themselves in a more even keeled, calm and contented frame of mind.

Impatiens *Impatiens glandulifera* - For the impatient person who is always rushing, shouting and irritable making everyone around them anxious, uptight and walking on eggshells. Impatiens simply have no patience for anyone who can't work as fast as they can!

When Impatiens' seeds ripen, they explode into the air – you can hear them pop with impatience! Another name for the plant is Touch-Me-Not since even a light touch will trigger the flower to expel its seeds.

Yet Impatiens dangling pink blossoms model the very essence of patience and tolerance as they sway gently in the wind. Impatiens messages how to be at ease and go with the ebb and flow of life events.

Holly *Ilex aquifolium* – For the person whose heart is closed by anger, suspiciousness, jealousy, even revenge. Actively expressed, their anger separates them from the joy of connecting with other people.

The Holly tree's trunk and branches are one of the hottest burning woods. Its prickly leaves (a sign of irritation or a sign for keeping negativity out) surround Holly's delicate little white, four-petalled flowers tinged with pink - akin to the four valves of the heart. Blossoming in May, Holly's fragrant scent draws the bumblebees to its sweet nectar.

Holly opens the heart to love unconditionally and let in the love others want to give them.

Calendula *Calendula officinalis* - For the person whose dialogue often deteriorates into argument, using cutting and sharp words to attack the other person.

Blooming throughout the year in mild climates, Calendula's soft petals in warm orange colors are formed in the shape of a cup. Along with its anti-inflammatory qualities, Calendula helps the bellicose to become warm and receptive in their dialogue and discourse.

Yellow Star Tulip *Calochortus monophyllus* - For those who are insensitive to the sufferings of others, lacking empathy.

Yellow Star Tulip's essence can be seen in its petals covered in soft downy hairs that give it the appearance of a cat's ears.

Whether a result of thoughtlessness, egotism, selfishness or upbringing, Yellow Star Tulip's signatures of softness impart the message of sensitivity, compassion and caring.

Chicory *Chicorium intybus* - For those who manipulate others to get what they want, their *Chicory* habit has become second nature. A charmer, the Chicory personality gets what they want out of family, friend or even foe and then unceremoniously dumps them until the next time they're needed. This "frienemy" may seem to care but it's more often about their own insecurity and need for attention.

Alkaline soil produces Chicory's beautiful celestial blue petals but watch what happens when the ground's pH turns acidic: the flowers turn pink, alluding to the changeable nature of this temperament.

Chicory flowers fade daily by Noon; but by next morning, a new bouquet is back up and blooming, teaching that genuine love, *Ahavas Yisrael* and *Ahavas HaBrios*, keeps on giving and selflessly so, with no expectations in return.

Pale Sundew *Drosera palida* For those unscrupulous people who are rapacious and manipulative, enjoying the game of deceiving others for their own benefit. They can be the business shark, ambitious politicians or sadly even a relative or friend.

Sundews are carnivorous plants; their leaves exude dewlike drops that glisten, drawing insects over to ensnare them, mirroring this kind of person who enjoys the trickery and pursuit!

Pale Sundew's white petals and golden stamens carry the message **for purifying one's conscience.**

To quote **Living Essences of Australia** who makes this flower essence:

"Anyone who thinks they are above this natural flow of the Universe will find out how real it is when the natural consequences of their actions come flowing right back to them."

Mullein *Verbascum Thapsus* – Dense spikes of bright yellow flowers top the candle-straight stems of Mullein like a beacon in the fog; Mullein has an herbal tradition of clearing wax from the ears to enable hearing.

For those weak in moral fortitude who often lie and deceive those around them. Mullein enables them to “hear” the words of their inner voice and moral conscience.

Kanya *Nuytsia floribunda* - For the person who often shirks responsibility, whether at home or in a group. Focused on themselves, they want to “have their cake and eat it too” leaving everyone else to carry their load and complain: *can ya help already!*

A semi-parasitic plant, Kanya’s roots attach onto nearby plants beneath the surface for their water and nutrients, staying connected as they grow into trees. Their bright orange flowers have a tradition that upon seeing a Kanya tree in flower, fire and flames are surely to follow – *like the burning fury of everyone who were depending on this person to show up and pitch in, but somehow instead went MIA – missing in action!*

Whether it’s from feeling overwhelmed, simple immaturity or bad habit, Kanya’s pretty flowers and sugary taste also impart the sweetness that comes from pulling one’s weight and doing one’s fair share; reaping, in return, love and admiration from the people in their lives and the reward of sharing goals together.

Beech *Fagus sylvatica*– For the person who has trouble accepting life with all of its imperfections and crumpled realities, *kvetching*, and always having something negative to say about others.

The Beech tree’s bark is exceptionally smooth and knot free; its Spring leaves covered in soft hairs and are one of the purest pale translucent greens. This near perfection reflects the case when too much refinement, if developed negatively, can bring about a critical mind and shallow outlook (its roots spread out and often above the ground) in an effort cover up for their own fears of imperfection and vulnerability.

Tellingly the tree makes no room for other shrubs or trees to grow. Yet when the sun shines through the Beechwood forest, a sense of tranquility and inner peace are felt - hence the essence of the Beech imparts an appreciation for the light within in each person and every situation.

Vine *Vitis vinifera* - For the person who is domineering and abusive, using their position at home, work or social circle to frighten, intimidate and control.

Like its trailing tendrils that wrap tightly around whatever they encounter, so too does this tyrant lasso the people around him or her, browbeating them into submission.

Vine’s sweet-scented flowers (and juicy fruits) redress this fault, shifting the person’s perspective about power by imparting the sweetness of behaving like a *mentsch*, acting democratically, being kind and respecting the rights of others and their freedom.

Fuchsia Grevillea *Grevillea bipinnatifida* – For the character who is two-faced and actually enjoys tricking people. Contemptuous of others' trust and naivety, this person easily feigns sympathy while finding amusement at their misfortune.

This flower's spidery tendrils look like antennas scouting out their next victim to snatch! Yet as Fuchsia Grevillea ages, hints of yellow begin to color the flower - yellow correlating to one's conscience.

Flower essences hold a mirror to ourselves and Fuchsia Grevillea is one way (probably the gentlest!) of turning this person toward the looking glass for an honest evaluation of their behaviour. Fuchsia Grevillea imparts honesty, integrity and genuine sincerity.

Fringed Mantis Orchid *Caladenia falcata* - For the gossipier who gains a sense of power from knowing other people's business, causing their subject all kinds of problems whether directly through manipulation or slander or indirectly with thoughtless, loose talk or spilling secrets to impress someone.

The flower actually looks like little bouncing busybody; its outstretched "hands" seeking to grab the latest tidbits and tales.

Often clueless about why they are unpopular or despised, Fringed Mantis Orchid helps a person realize how much harm listening to and repeating *loshon hora* causes as well as the fact that gossiping and tale-bearing are never really satisfying but instead leave a person feeling empty and lonely inside. Fringed Mantis Orchid redirects them toward engaging in healthy, satisfying pursuits.

Yellow Star Thistle *Centaurea solstitialis* – Simply put, this is the flower for those greedy, stingy people who won't even give willingly to their own nearest and dearest! Obsessed with holding on to every cent, they fear losing out if they share their earnings and wealth. Needless to say, their selfishness breeds resentment, aggravation and anxiety in their family.

An invasive, aggressive thorny weed that crowds out other plants, Yellow Star Thistle's flower essence message can be found in its bright yellow color imparting a warm and sunny attitude toward giving and sharing, the richness of which leaves a person feeling abundantly "full filled".