

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.coom

Along with a compendium of Flower Essences in Support

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

FINDING A WAY TO FORGIVE

Rabbi Simon Jacobson writes that the Hebrew word for forgiveness, *machilah*, is related to the word *machol* meaning circle. (60 Days – 7 Tishrei)

“As we travel through the circle of life, we get to meet all kinds of people: those who bring us joy and happiness and those who seem to bring us only trial and tribulations. Should the latter’s deeds become so unbearable that the circle breaks, having to forgive them can feel incredibly unfair. Yet, the very act of forgiving is what mends the fracture and allows us to let go and go on”.

“Forgiving also enriches our awareness and understanding of the great *Hashgacha Pratis* guiding our lives. Knowing that whatever person or event *HaShem* sends our way is designed just for us - *B’shevili Nivreh HaOlam* - is an opportunity to not only encounter our destiny but also to make this world a true *Dirah B’Tachtonim* - a dwelling place for *HaShem*”.

Finally, finding a way to forgive even an unrelenting and remorseless foe can make us masters in the art of compassion instead of being a slave to our anger and resentment.

Moreover, the Lubavitcher Rebbe suggests that with time our compassion will eventually reach deep into the offender’s heart and stir them to *teshuvah*.”

Finding a Way to Forgive in the Flower Essence Garden

These flower essences give us both the language to describe our hurt feelings along with a gentle, subtle way to let go of the pain people have caused us as we try to find the way to forgive them.

Black Kangaroo Paw *Macropidia fuliginosa*– The plant’s black stalks and buds blossom into lime green flowers.

For those heavy emotional traumas we can't seem to forget such as the people we were closest to (our spouse or family) or whom we admired and respected (a teacher, mentor or communal figure) who betrayed our trust and love.

Black Kangaroo Paw takes us out of the cycle of grief, anger and resentment and away from the wish to see them suffer and brings us back into the light of our heart, *simcha* and the higher goals of our Neshama.

Snake Vine *Hibbertia scandens* – For when we've become the victim of gossip and character assassination; when our trust has been broken by abusive people who use our private information against us.

A bright yellow climbing flower that flourishes in the sun, when spent Snake Vine's petals fall to the ground landing in the shape of a heart.

Snake Vine's sunny flowers restore our self-confidence and self-worth when others are or have sown the seeds of negativity and doubt about us.

Blue Elf Viola *Viola sp.* - From the Viola family of plants that heal and strengthen the heart.

Whether we keep our anger, rage and frustration from being mistreated bottled up inside or yelling and screaming (and getting nowhere), our feelings leave us drained, bitter, sick and hurting.

Blue Elf Viola's deep blue-violet hues calm the red-hot anger, enabling us to find a means for expressing it through the filter of the heart in a healthier and direct manner - to ourselves and to the one who hurt us.

Bloodstone – a Gem essence. For the anger and other strong emotions that churn and roil in our lower chakras (subtle fields of energy) and organs. Whether we are erupting in rage and resentment or suppressing it, Bloodstone clears away their sticky, stagnant grip on us, thereby opening a space between our heart and the Earth for HaShem's healing energy to come in.

Mariposa Lily *Chalochortusd leichtlinii* – A delicate yet upright flower with silky, snow-white petals arranged in the shape of a lap. Flourishing abundantly along the Sierra Nevada Mountains, Mariposa Lily's little bulbs nestle lightly under rocky soil amid slabs of fractured rock.

When maternal love and care were missing, inadequate, or abusively withheld from us when we were children, Mariposa Lily gently helps us come to terms with our painful past while simultaneously sending our wounded inner child maternal hugs of love and nurturing. With time Mariposa Lily has an exquisite ability to open the way to forgiving and even reunification.

Baby Blue Eyes *Nemophila menzies*– Growing in moist meadows, Baby Blue Eyes' sky-blue cups glisten with the morning's dew paralleling the innocence and trust we feel growing up under our parents', especially our father's, love and protection.

When abandonment, abuse or neglect predominated instead, leaving us feeling insecure, wary and cynical, Baby Blue Eyes softens our defensive shell. With time and healing, we can learn to trust in the innate goodness of others and the world around us.

Hawthorne *Crataegus monogyna* – Rosy-tipped stamens reach upward from the cup of sweet-scented blossoms that flower in early Spring, their essence lifts the heavy weight of deeply painful events from our heart, imparting the comforting sense that *here you can lay your greatest sorrow* and that, with time, *this too shall pass*.

Thistle *Cirsium arizonicum* – When our trust has been flagrantly, egregiously violated or broken, our natural defensiveness tends to make us distrustful of even the most loving and best intentions.

Thistle redirects our defensiveness into a position of strength that quietly messages where our boundaries lie and how we want to be treated – modeled by the plant's needle-like spikes that gesture to the importance of surrounding ourselves with strong and protective boundaries. When in place, our encounters and relationships will feel safe and rewarding.

Thistle's flowers are made up of numerous tiny tubes clustered together that grow as if gazing heavenwards; their deep magenta color further reflects soul-searching and contemplation.

When traumatic, shattering events rock our *emunah* and *bitachon*, leaving us feeling lost, confused and seeking answers, Thistle soothes our troubled spirit reassuring us that with time and healing, our personal path back to HaShem will emerge just as every individual flower blossoms in the Thistle.

Heartsease/Pansy *Viola tricolor* - **A foundational remedy for everyone** since we all get hurt at one time or another in the ups and downs of relationships - most often because of a simple misunderstanding.