



Parshas Shelach 2019, positively focused

This week's Parsha Perspective is in memory of Shlomo Ben Edward and Edward Ben Efraim. May their souls be uplifted and their memories a blessing.

Our Parsha begins with the story of the spies' reconnaissance of Israel. The Jewish people lacked faith in what G-d had told them about the land, so they asked Moshe if they could send spies to study Israel and report back.

Moshe asks G-D, who replies that he is allowed to send spies, but He is not commanding him to do so. Moshe then picked one leader from each tribe and assigned them this special task.

The spies headed out to perform their directives, they spent 40 days surveying the land and its people. When they returned to Moshe, they reported that the land was indeed flowing with milk and honey. But they warned that its citizens are powerful and mighty giants, and its cities are well fortified. Therefore, it will be impossible to conquer.

The Jewish nation turned to Moshe and told him that they rather return to Egypt than be defeated in battle. Upon hearing their complaints, G-d informed Moshe that He would punish the Jewish people for their persistent lack of faith.

He exiled the Jewish nation to forty years of wandering throughout the desert and banned any male over the age of 20 from entering the land of Israel.

However, a question comes to mind: what was so wrong with the spies' account of the land, there indeed were giants, and their cities were well protected, and from that point of view, it was absurd to think that they could actually defeat such a well-defended land?!

Many Rabbis explain that what was incorrect with their perspective was, in fact, their perspective. The spies suffered from black dot syndrome, they chose to focus on the negative factors of the land rather than see the holy and positive features of the land.

They aimed to stop the Jewish nation from entering the land of Israel, which G-D had promised to our forefathers Avraham, Yitzchak, and Yaakov, and for that, they were punished.

In our daily lives, it is imperative that we understand that we can choose whether to focus on the positive or negative aspects of ourselves and our life. If we decide to put the spotlight on the negative and deficient factors of our life, this will ultimately lead to a life filled with anxiety, depression, and emptiness.

But if we choose to put the spotlight on the good and positive aspects of our lives, this will lead to a life filled with joy and happiness. A life filled with production and advancement, in which we try to better ourselves each and every day, and most importantly, a life filled with blessings and success!

"To live a healthy and satisfying life.

Focus on your strengths, not your weaknesses.

Focus on your character, not your reputation.

Focus on your blessings and not your misfortunes".

Have a meaningful Shabbos,

Rabbi Sholom Yemini