



“Remember, Keep your Eye On The Front Sight” January 2018

Recently I had the honor, pleasure and privilege to attend a seminar, what was called "Tactical Solutions For Modern Day Situations" , given by one of the best Street Survival and Self Defense instructors in the field . (A true gentleman and friend to all who have had the pleasure to train with him, “Shihan E.Y.”)

Please let me share with you a few lessons, among many, that I picked up that morning, which I feel is just as applicable in our daily living, as it is in Tactical self-defense situations. Rule number one, always be aware of your surroundings. Always be aware of what is around you so that you can prepare yourself physically and emotionally for it may happen next. That can also be translated as always appreciate your love ones that surround you every day. Never taking them for granted and always letting them know how much they mean to you. Rule number two, to shoot accurately, always keep your eye on the front sight. If you look to your right to your left and don't focus on the front sight will never hit your target. You will either shoot too high, too low. Now, let's take this lesson into our personal lives.

If we lose focus of what we really want out of life we will always stray off of our target of living a balanced life. So remember always keep your eye in the "front sight", and when you feel your hand quivering your entire mind losing focus, take a deep breath, relax for a moment and pull yourself back to the task at hand. One of the most interesting moments of the seminar was when we were on the range and the instructor asked which I do you focus with when you shoot? Some answered, I close my left eye and shoot with the right eye open, and some answered I close my right eye and shoot with the left eye open. The instructor said "starting today, you will keep both eyes open so that you never lose focus with what is around you". What was so interesting with this command was, that almost all responded, " we never shoot with both eyes open".

The instructor responded, “It is all how you condition your mind and attitude”. By the end of the seminar all in attendance were shooting with both eyes open. It reminded me of the story “The Circus Elephants”

Did you ever go to the circus? Remember those huge elephants that weighed several tons that were held in place by a small chain wrapped around one of their huge legs, and held to the ground by a small wooden stake? If those huge elephants wanted to, they could walk right through those small chains and that small wooden stake like a hot knife going through butter. But they don't. Why is that?

When they were little baby elephants, they were chained down by those same small chains and the small wooden stakes. But to them, as babies, they couldn't move. They tried and tried and tried again and could not release themselves from those chains and stakes. And then, an interesting thing happens. They stop trying. They gave up. They developed a belief system.

Now, as adult elephants, they don't try because they are programmed to believe that their efforts would be useless – in vain. They simply don't try because the memory of trying as babies is their main program.

And as huge, adult elephants, they don't even try. So they're held in prison by their beliefs.

The same is true with the elephant in each of us. Many times we are faced with challenges, trials and tribulations and don't have the confidence to move forward only because we never gave ourselves the opportunity to do something different than we are used to.

What is interesting is how much we can really accomplish when we believe it is okay to take a direction that we never tried before. Let me explain briefly.

Most of us have a hard time letting go of our beliefs, our actions and thoughts. I know I do.

As we engage in our day-to-day activities at work and home, we tend to cling to the familiar and avoid the unfamiliar. We hold on to thoughts and attitudes that don't challenge us. We vote for candidates who are like us. We stay away from situations

and people whose beliefs and lifestyles don't mimic us. We're like "The Monkey and the Coconut".

Ever hear the story? Villagers in a far-off land wanted to capture monkeys. So one ingenious person thought of cutting a hole in a coconut and stuffing peanuts in it. Then he placed the coconut in a tree frequently visited by monkeys.

Within minutes of putting the coconut in the tree, a monkey wandered by, smelled the peanuts, crawled up the tree and put his hand inside the coconut. As villagers approached to nab the monkey, the monkey couldn't climb down the tree because he was clutching the peanuts inside the coconut and his hand was stuck. If he had let go of the peanuts, he would have made a quick getaway. The monkey got caught.

Aren't we all like that monkey? We're stubborn and hold on to beliefs that cause arguments with others. We like to be right. We like to think others think we're right. Clutching peanuts and not letting go, causes us to get stuck in a rut that makes our lives miserable.

Instead of behaving like the monkey who refuses to open his hand, we could occasionally open our minds to conflicting beliefs, and ask ourselves is holding on really worth the aggravation?

Just think if we tried doing that: letting go, just for a moment, opening up, allowing our minds to change. The world we see would change before our eyes. Unlike the monkey, we could end up having both the coconut and the peanuts.

On behalf of ALL your Chaplains, May G-d bless you and keep you safe. Should you need a shoulder to lean on or perhaps have some good humor to share, please don't hesitate to give us a call.

Compliments of your Police Chaplain Rabbi Moshe Wolf
May G-d bless you and keep you safe. Amen!
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