

Shabbat shalom. I may think I'm the perfect child and I am pretty sure my parents think I'm the perfect child, but in reality I am not. Nor is anyone else. Perfection is a goal we nearly all aspire to achieve. Along with imperfections come mistakes. We have all made mistakes before and I'm sure we've all done or said things we wish we could take back, and I have learnt that there is only one way to be okay with what we have done. This is to accept and learn from them. Mistakes are always forgivable if one has the courage to admit them. Once we accept what we have done it will make things better.

This week we read parashat Bo. This parasha includes the last three plagues of pesach; locusts, darkness and the killing of the first born. Whenever pharaoh refuses to let the Jews go out of the land of Egypt, G-d sends another plague. Recently, I have learned a new theory about the plague of darkness. Maybe, it is a metaphor. In the commentary of the etz hayim Chumash it states that the darkness was not a physical darkness but it was a state of depression that came over the Egyptians. The Egyptians could not move, or even light any candles. It is very important to understand that depression is a mental illness that has no cause and it can be a terrible

affliction. It can lead people to lose their ability to do anything. It can even cause them to stay in bed for months on end. In this case though, the short lived depression of the Egyptians was caused by the realization of their horrible behaviour towards the Israelites. They had brought it upon themselves. Once, the Egyptians accepted the mistake of their behaviour the darkness was lifted and light was brought back into their world.

When we make a mistake, we will always have regret and guilt. This is an unavoidable feeling. It is because we are not okay with what we have done. That is why it is called a mistake. There is no way to undo what we have done but the next step is to accept it and move on. Once we have done this, we will begin the process of easing the guilt.

If we make a mistake that has involved people other than ourselves we must correct it. The Egyptians way of doing this was giving the Israelites jewelry, along with other precious items. However, this is not the only way of amending our bad decisions and actions. For example, another way, is to

apologize. Apologies can repair the relationship between two people. Without this, the damage of the mistake could become permanent. Once the other person has accepted our apology, we can too. One of the great things about life, is that even though we make mistakes, we do have the ability to fix them.

It's sometimes hard to do the right thing. I've learned that the hard way. One of these challenges is accepting mistakes. All through my life, I was taught to do the right thing. This is one of many times where we must accept the challenge of making the better choice.

Accepting mistakes, may be hard. But it is one of the many things we will be faced with in life. Whether the mistake is putting people through slavery, or arriving late, mistakes can almost always be forgiven if we can accept it ourselves. We can learn from the Egyptians, who made terrible mistakes, but in the end they were able to accept what they did and made attempts to fix their wrongs.