## **DISTRACTION**

## **Preparing for an Upcoming Commandment**

You should refrain from any activity that will prevent or distract you from doing a commandment (or make you forget to do it), from 30 minutes before the time at which you will need to do that commandment.

## **Cessation of Intention (Hesech Da'at)**

"Cessation of intention" (<u>hesech da'at</u>) can occur when you get involved in a different action or activity than what you were doing. It is not time dependent.

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