

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” (*hesech da'at*) can occur when you get involved in a different action or activity than what you were doing. It is not time dependent.