



Inadvertent Sight

13. Rabbi Yehuda ben Teima famously said (*Avos 5:23*) that a Yid should be “*Kal k’nesher*,” agile as an eagle. The Tur (*OC 1:1*) explains that this refers to a Yid who inadvertently saw a forbidden sight. He should immediately look away in order to avoid transgressing “*Lo sasuru*.”

14. After looking away, one should avoid thinking about the forbidden sight he just saw. Instead, he should distract his mind by thinking about another matter, for as we know, the human mind cannot think of two things at the same time. One who occupies his mind with one thing will not think of something else.