



The Best Segulah is Torah!

10. The best antidote to avoid inappropriate thoughts is to think matters of Torah according to one's level. Men should learn things appropriate for men, and women should learn things that relate to them. More than merely keeping one's mind on a different topic, **Torah has a special *segulah* and power to purify one's mind and heart from the Yetzer Hara.**

(Rambam, end of Hilchos Issurei Biah; Maggid Mishnah ibid.; Sefer Hachinuch Mitzvah 188; Rashi, Bava Basra 16a; Shulchan Aruch EH 23:3)

11. Even if a man finds himself in a location where it is prohibited to think of Torah matters, e.g., in an unclean area, he may think of Torah matters if he cannot distract his mind (from inappropriate thoughts) through mundane thoughts. *(Sefer Chassidim 28; Magen Avraham OC 85:3; Shulchan Aruch HaRav ibid. 4; Mishnah Berurah ibid.*