



Get Used to Pure Thoughts

12. One should accustom himself to think of appropriate, pure thoughts, which will help him avoid sin. (*Shulchan Aruch EH 25:1*)

Chazal (*Yoma 39a*) teach that when one acts in such a manner and does his part to be pure, Hashem helps him achieve his goal. As it says in the *pasuk* (*Vayikra 11:44*), “*V’hiskadishtem v’heyisem kedoshim*, If you will make yourself holy, you will be holy.” In the words of the Gemara, “**If one sanctifies himself a little, they will sanctify him a lot. If one sanctifies himself from below (i.e., on Earth), they will sanctify from Above. If one sanctifies himself in this World, they will sanctify him in the World to Come.**”