

Mikreh Layla (nocturnal emissions)

Posted by Will - 18 Aug 2009 11:05

I haven't seen much on this site about the Mikreh Layla topic. If anyone knows of any threads that speak about it somewhat in depth, please share.

I have a few questions...please excuse the ignorance:

-Is a Mikreh Layla considered a "slip" or a "fall"?

-What are some methods of avoidance?

-Should the occurrence be ignored, or should it be considered a bad sign?

-Is it possible to go for long periods of time (2 months-forever) without experiencing them?

Any help will get you your choice of any two of my neighbors kids.

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Re: Mikreh Layla (nocturnal emissions)

Posted by Efshar Letaken - 18 Aug 2009 13:16

Check this out.

rehab-my-site.com/guardureyes/forum/index.php?topic=584.0

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Re: Mikreh Layla (nocturnal emissions)

Posted by nezach - 18 Aug 2009 13:24

its not a fall although it is probable due to improper thoughts during the day

recite Tikun Klali - its very powerful

be in a state of joy and happiness, learn Torah!!

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Re: Mikreh Layla (nocturnal emissions)
Posted by Kedusha - 18 Aug 2009 14:34

It's neither a fall nor a slip. No one in history was completely clean in this area, with the exception of Yaakov Avinu.

If it was not induced by Hirhur nor by looking at anything improper, then there's no Aveira at all. If it was caused by Hirhur or improper Histaklus, then there was an Aveira committed, but much less severe than intentional masturbation (the Aveira was not the Mikreh Layla, per se, which, Sof kol Sof was out of the person's control; rather the Aveira was the the Hirhur or Histaklus that led to the Mikreh Layla).

I do not believe it is possible for a man who is not married to completely avoid nocturnal emissions for the long term (Yaakov Avinu obviously had unusual Siyata d'Shemaya). But they can be kept to a minimum by avoiding Histaklus and, to the extent possible, Hirhur.

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Re: Mikreh Layla (nocturnal emissions)
Posted by Will - 18 Aug 2009 15:32

Efshar, thanks for that link...it had a lot of what I wanted to know.

Nezach-You're right, about the Tikkun Klali...I think I slacked off a bit with saying it but Im gonna boost.

Kedusha-Thanks for the insight...hopefully the Shmiras Einayim work Im doing will cut down the hirhurim.

Well, three helpful tips= six of my neighbors kids.

Only 4 more to go until I can sleep on Shabbos.

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Re: Mikreh Layla (nocturnal emissions)
Posted by Will - 18 Aug 2009 15:37

Maailin,

Thanks for that...Im gonna look into those Shemona Esrei inserts.

You guys rock!

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Posted by MaalinBKodesh - 18 Aug 2009 15:43

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Re: Mikreh Layla (nocturnal emissions)
Posted by bochur28 - 18 Aug 2009 17:53

Will - I have an eitzah which has blown my mind away. The arizal says that sleeping in you tallis koton can be a shmira for mikra layla - sometimes i'm sleeping, and in my dreams I am aware that I am just about to be motzi, just in the very, very last second..I regain consciousness and I am pitted in a war of holding it in - so far i've been able to actually hold it in upon waking up every single time ive been given the chance. I asked my rov about it, and he said that the times I was holding it in in my sleep were not bechira, but woww!! also, follow the kitzur shulchan aruch's eitzos - no meat before bed, and other stuff(check it out in siman 151. Also interesting is that siman KN'A(151) is about hoitza'as zera levatalah bechlala(not only keri) - the word KN'A is kinah - why? because if we had enough of being someach bechelko, if e realized that we dont have a right to anything we dont already have, that our chelek is a done deal straight from shomayim - there'd be no room for taiva. This has been one of the most effective tools in combating lust for me - developing a sense of hakaras hatov, and not desiring things that hashem said i am not to have(I have ONE zivug - not these flesh-creatures)

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Re: Mikreh Layla (nocturnal emissions)

Posted by Will - 18 Aug 2009 19:28

Maalin- Thanks for going out of your way to post those links...Im looking into the siddur now...

Bochur- Ive seen that eitzah posted around, but you seem to be very convinced of it...I'm going to start wearing my tallis koton tonight when I go to sleep. Hopefully Ill be protected as you have been!

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Re: Mikreh Layla (nocturnal emissions)

Posted by Kedusha - 18 Aug 2009 19:37

I would say "b'li neder" regarding wearing your Talis Katan while sleeping - you might find it difficult to do for the long term.

Keep in mind that all these Eitzos are relatively minor compared to the most important "Eitza" - Shemiras Einayim.

Also, I think a healthy attitude is not to worry or feel guilty about Mikreh Layla. What you do during your waking hours is on your Cheshbon, and what happens while you're sleeping is the Ribono Shel Olam's Cheshbon.

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Re: Mikreh Layla (nocturnal emissions)
Posted by the.guard - 18 Aug 2009 20:38

www.guardureyes.com/GUE/FAQ/FAQ5.asp

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Re: Mikreh Layla (nocturnal emissions)
Posted by Will - 18 Aug 2009 20:43

[guardureyes wrote on 18 Aug 2009 20:38:](#)

www.guardureyes.com/GUE/FAQ/FAQ5.asp

Thanks Guard, I saw this in the thread that E.L. posted. Hehe, I always feel stupid when I ask a question that ends up being on the site.

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Re: Mikreh Layla (nocturnal emissions)
Posted by bochur28 - 20 Aug 2009 18:45

will, kedushah is right - the best, most effective way of not having a mikrah laylah is to practice

shmiras einayim and not have hirhurim issurim(also, if you sleep on your stomach, you're almost 100% for sure going to have one, on your back too is assur) - but the other aitzos certainly help.

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Re: Mikreh Layla (nocturnal emissions)
Posted by Kedusha - 20 Aug 2009 18:50

[bochur28 wrote on 20 Aug 2009 18:45:](#)

will, kedushah is right - the best, most effective way of not having a mikrah laylah is to practice shmiras einayim and not have hirhurim issurim(also, if you sleep on your stomach, you're almost 100% for sure going to have one, on your back too is assur) - but the other aitzos certainly help.

Just to clarify, it is only possible to control what position you are in when you're going to sleep (which is supposed to be on your side). Once you're asleep, however, this is not in your control, so don't worry about it.

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Re: Mikreh Layla (nocturnal emissions)
Posted by Will - 20 Aug 2009 22:46

[Kedusha wrote on 20 Aug 2009 18:50:](#)

Just to clarify, it is only possible to control what position you are in when you're going to sleep (which is supposed to be on your side). Once you're asleep, however, this is not in your control,

so don't worry about it.

You were right about the bli neder. Very uncomfortable.

I saw awesome advice, I forgot where though. It said to sew a tennis ball on the front of your pajama shirt and on the back of your pajama shirt...within weeks its supposed to have trained you to sleep only on your side.

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