

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.

=====  
=====

Re: Mikreh Layla (nocturnal emissions)

Posted by Kedusha - 21 Aug 2009 03:49

---

[MaalinBKodesh wrote on 21 Aug 2009 00:51:](#)

Oy, I'm sort of hoping the tennis ball advice was a joke?! When I read something like that I guess the skeptic in me comes through.... does the Ribbono Shel Oilam really want us to be this uncomfortable when sleeping?

Dear Maalin,

Read my previous post. Although I wouldn't call it a joke, it is not required. I think it's fair to say that Hashem wants us to be clean during the day and to sleep well at night!

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Efshar Letaken - 21 Aug 2009 05:08

---

Will,

Gr8 Sense of humor.

I love it!

Yes He Was Joking Guys! Duh!

E.L.

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by MaalinBKodesh - 21 Aug 2009 05:22

---

LOL- phew, I thought so!

=====  
=====

Re: Mikreh Layla (nocturnal emissions)

Posted by Will - 21 Aug 2009 07:20

---

Kedusha, why shouldn't a person do everything *within his power* to reduce the amount of keris he experiences?

=====  
=====

Re: Mikreh Layla (nocturnal emissions)

Posted by Kedusha - 21 Aug 2009 11:15

---

[Will wrote on 21 Aug 2009 07:20:](#)

Kedusha, why shouldn't a person do everything *within his power* to reduce the amount of keris he experiences?

Dear Will,

Despite the messages above, my understanding was that you were quite serious, as your latest post indicates.

The short answer: Because the ways of the Torah are pleasant.

If you avoid Histaklus and Hirhur to the best of your ability, then a Mikreh Layla is not even considered an Aveira. If one carelessly brought it on based on letting his eyes stray during the day, then he is held accountable. Even in that case, it is very difficult to say that he will be punished for what happened while he was asleep, which was beyond his control. Rather, the punishment (unless he does Teshuva) is for what he did during the day.

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Sturggle - 26 Aug 2009 05:30

---

Will,

Shkoyach on this thread. I'm finding it insightful, helpful and encouraging. Shkoyach to everyone else who posted as well. And I kind of like the tennis ball idea... it makes a lot of sense, Maalin, what are you skeptic about? It's pure conditional learning. Ok, I agree with Kedusha about the Torah ways being pleasant and am not about to do it, but it's a neat idea, albeit uncomfortable for a bit. Only a few weeks... after that, bam, you're trained! Hehe, we're such animals, please Gd, tame us all!!

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Sturggle - 26 Aug 2009 05:47

---

I don't see what transgression you have committed, but if it's forgiveness you want, you got it. Maybe you're just nervous we're going to be asking you for some tennis balls and you don't

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Sturggle - 26 Aug 2009 05:51

---

the responses from this thread ("chalom chalamti") [rehab-my-site.com/guardureyes/forum/index.php?topic=584.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=584.0) are great as well. you guys are great!

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Will - 26 Aug 2009 10:17

---

---

[Kedusha wrote on 21 Aug 2009 11:15:](#)

[Will wrote on 21 Aug 2009 07:20:](#)

Kedusha, why shouldn't a person do everything *within his power* to reduce the amount of keris he experiences?

Dear Will,

Despite the messages above, my understanding was that you were quite serious, as your latest post indicates.

The short answer: Because the ways of the Torah are pleasant.

If you avoid Histaklus and Hirhur to the best of your ability, then a Mikreh Layla is not even considered an Aveira. If one carelessly brought it on based on letting his eyes stray during the day, then he is held accountable. Even in that case, it is very difficult to say that he will be punished for what happened while he was asleep, which was beyond his control. Rather, the punishment (unless he does Teshuva) is for what he did during the day.

Of course the ways of the Torah are pleasant. But the very battle of hirhurim is an unpleasant thing that is cumulative to a pleasant thing i.e. true fulfillment in Avodas Hashem. So to stick a tennis ball in your shirt for a couple of days, experiencing slight discomfort only for a bit, is worth it- first of all because you'll be doing it entirely lishma (if you won't get punished anyway), and

second you really will be giving it your *all*.

Even if the tennis ball only saves you the discomfort of getting up in the middle of the night and washing yourself off- for the rest of your days- it will have been worth it!

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Kedusha - 26 Aug 2009 13:30

---

Another source: "Mesuka Shenas HaOveid" - the sleep of an Oveid Hashem is sweet.  
Implication: He's not sleeping with a tennis ball taped to his back! :D

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Will - 26 Aug 2009 14:29

---

[Kedusha wrote on 26 Aug 2009 13:30:](#)

Another source: "Mesuka Shenas HaOveid" - the sleep of an Oveid Hashem is sweet.  
Implication: He's not sleeping with a tennis ball taped to his back! :D

An oveid Hashem did not become an oveid Hashem by sleeping sweet his entire life. He had to work hard to get there- he earned it. He went through more than slight discomfort...he entirely re-molded himself. A tennis ball for a few weeks is a worthy effort, especially since it is *entirely* lishma. It shows that you're serious and will do anything to improve yourself.

The way I see it: All pro's, no cons.

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by cleareyes613@gmail.com - 26 Aug 2009 18:08

---

If an individual has not kept the halacha of not sleeping on his front or back his entire life, this would be something very hard to change. I can see how using this tactic to follow this halacha can be easier than without. We use all sorts of tricks to correct our behaviors, why not the way we sleep? We use braces to fix the way we walk, aiy they are uncomfortable, but once they are off you can walk normal again. So sleeping with a tennis ball is uncomfortable, so what. Once they are off you'll be able to sleep peaceful for the rest of your life.

If the tennis balls trick works, go for it!!

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by Will - 27 Aug 2009 19:50

---

Well said ClearEyes.

=====  
=====

Re: Mikreh Layla (nocturnal emissions)  
Posted by jerusalemsexaddict - 08 Sep 2009 21:25

---

I just chapped the y'h  
alot of us have been having these dreams lately  
i was wondering why  
then i realized  
its obvious  
he cant take us down in the day so he makes us be motzi at night to depress us  
pathetic :-\

hes desperate guys

and weak

finish him!!

-uri

=====  
=====