

Mikreh Layla (nocturnal emissions)

Posted by Will - 18 Aug 2009 11:05

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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 nezach - 21 May 2011 23:21

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I have just been reading some older posts. It is lag b'omer, and I have lapsed into p and m/b. Poor tactics and strategy, really dissapointed with myself because I have had enormous temptations and triggers over the past few days. This shabbat I have really grown, self discovery and awareness of reaching new levels. It took me to the point I needed to be for my goals in the weeks ahead. after shabbat (and despite my awareness of the importance and power of lag b'omer), I fell into sin. there is no point my analysing and worrying about it, I just feel shame and disgust how I can waste life. especially on such an important day in the jewish calendar.

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