

Struggling with Keri

Posted by kashalti - 28 Sep 2012 15:28

Hi,

Baruch Hashem I don't have a problem with improper websites, and I've overcome a HUGE yetzer hara in the last couple of years, but some horrible things remain. As much kavana as I put in to my krias shma al hamitah (with additional pesukim and such), as much as I try not to sleep on my back or stomach, as much as I limit my food and drink consumption late at night, I still get Keri during the night. Sometimes they are the result of a hirhur-dream, but sometimes I just wake up that way. I've limited a lot of hirhurim, but my yetzer hara still says "think about ploni almoni!" and often wins. I don't know what to do, and I come here desperately after three consecutive nights of this avon.

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Re: Struggling with Keri

Posted by reallygettingthere - 25 Oct 2012 05:08

[Kashalti wrote on 25 Oct 2012 04:19:](#)

I had even been up to a point where i was resisting advances from people in dream (hard to believe)

It's interesting that you mention that. I've often thought about training myself for lucid dreaming so that I can make a clear decision when my mind encounters a temptation to not get involved. Often we have hirhurim about people during the day, and then our hirhurim become a dream-reality at night (which a good reason to avoid prolonging the hirhurim that we have as onsim during the day). If we can avert them well, our dream-reality people can't touch us, because we have said "NO" and determined the reality as a holy one. I find that this helps stop avoidable keri.

Any tips? Like maybe we should meditate on a mantra of "My soul is holy and you can't touch it."

Simple. Stay the heck away from your triggers.

That story took place a loooooong time ago, when I was in yeshiva spending a lot of time in the beis medrash and not much time doing anything else. There were few triggers if any

(I was still arrogant enough to be "devastated" when things didn't go the way I planned).

Yeah, here is a great tip. You think way, way, too much. You are not smart enough to be guided by your thinking in the long run. Your body will win - your emotions will win. But you insist on thinking - so much so that you are fantasizing about controlling your own *dreams*. This is a lust. Meheicha teisi that sperm-saving is the sole bellwether of your avodas Hashem?

If you agree, I would wager that this *itself* is the main reason you are struggling so much with wet dreams and the entire issue. It may not be about sexual lust at all, but about perfectionism and grandiose thinking.

Dov's point is 100% correct. Stop reading books about the Baba Sali :-p and take control of the things that you have a much better chance of controlling.

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Re: Struggling with Keri

Posted by reallygettingthere - 25 Oct 2012 05:14

I am not a dream specialist or a mental health professional but it would seem to me that if you fight the yetzer hora during the day and relentlessly hold your ground, even though it's difficult, you will eventually change your instincts.

The key is to control the things you have control over. Make sure you are not replacing real hishtadlus for segulos. The rest is up to Hashem.

-Eli

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Re: Struggling with Keri

Posted by Dov - 25 Oct 2012 16:30

Yes, it's about **humility** far, far more than it is about "*kedusha*". But our romantic religiosity does not want to see that. We insist on shining of perishus and taharah.

The fact that we can still *smell* so bad of gayvoh or dishonesty is sadly irrelevant to us.

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It took me way to long to really get this. Don't try to reinvent the wheel.

Be honest. Has anyone ever had any magical success with a segulah without trying on their own to control themselves?

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