

Nocturnal emission

Posted by verrrylost - 15 Sep 2013 06:02

Hey guys! I'm trying to work my way up to 90 days. (I'm talking about mast* over here. B'h I'm done with p*). Recently I had a 21 day streak. Now I'm currently on day 16. I find always that starting from day 3 and on, that's when it starts to get hard. I myself feel pain in that area I think because by body is so used to getting that release. I start feeling such a build up. B'h I'm learning to control myself and not give in and I see that after a few hours the pain subsides.

On about day 14, I had that pain and urge, did not give in to it, went to sleep and woke up realizing I had a nocturnal emission. I sort of had mixed emotions about it. On the one hand I felt kinda bad because it's a terrible aveirah. But on the other hand, I was so happy because now I don't have to restart my 90 day count and my body got the release it needed, so now it's easier for me to stay clean.

My question is what is my attitude supposed to be about that nocturnal emission? Which side of my dilemma is the y'h on?

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Re: Nocturnal emission

Posted by inastruggle - 15 Sep 2013 06:33

The attitude on GYE is that we pretty much ignore ker. Don't get depressed about it, don't get excited about it. If you want to go to the mikva, go, if you don't, then don't.

Just forget it, it isn't going to help, and it's probably just the yetzer harah trying to make you feel bad. I almost never get ker, but after I stopped M**** I got it a few times.

KOT and KUTGW!

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Re: Nocturnal emission

Posted by reallygettingthere - 15 Sep 2013 10:35

Ignore it completely. It never happened.

If you had a dream that you were worshipping avodah zara and woke up with a Buddah statue that you bought on your last vacation in your bed, would you feel like you did something wrong?

The YH will go out of his way to get you depressed. Don't fall for the bait.

Eli

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Re: Nocturnal emission

Posted by MBJ - 15 Sep 2013 11:55

I would question the propriety of having a Buddha statue in the first place...

As for the keri, don't sweat it. You have enough on your mind when you are awake to worry also about what happens when you are sleeping. If you are still getting pain, that means that your body is still reregulating. This is just a way of compensating.

Keep up the good work and let Hashem worry about what happens when you are asleep.

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Re: Nocturnal emission

Posted by Dr.Watson - 15 Sep 2013 13:32

it takes time for the body to become used to not having that release, but it will adjust. In the meantime, you can take paracetamol for the pain if it's really bad or speak to your GP about taking Buscopan to help alleviate the pressure down there that can cause pain. Also, obviously the more often and the longer you are in an aroused state for with no release, the more it will hurt.

As for the nocturnal emission, your body needed it, it wasn't your fault, forget about it.

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Re: Nocturnal emission

Posted by inastruggle - 16 Sep 2013 00:04

[reallygettingthere wrote:](#)

Ignore it completely. It never happened.

If you had a dream that you were worshipping avodah zara and woke up with a Buddah statue that you bought on your last vacation in your bed, would you feel like you did something wrong?

Let me just get this clearly,

1)you* left the ~~st-mary~~ budda statue in your suitcase and then after dreaming about it it turned up in your bed?

2)You originally slept with it in your bed like a teddy bear?

3)Was the avoda zara you dreamt about budda?

4)If the avoda zara wasn't budda, why would you feel bad?

5)If it was then maybe even if it's in your suitcase you should feel bad?

6)You went to India for vacation? 7)why?

Please help me out.

*you= hypothetical guy

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Re: Nocturnal emission

Posted by reallygettingthere - 16 Sep 2013 06:43

[inastruggle wrote:](#)

[reallygettingthere wrote:](#)

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5) If it was then maybe even if it's in your suitcase you should feel bad?

6) You went to India for vacation? 7) why?

Please help me out.

*you= hypothetical guy

1. Who said anything about a suitcase?

2. Who said it was in your bed to start?

3. I don't know. It didn't happen to me

4. There is no getchke as cute as a roly poly Buddah

5. That would depend on whose suitcase it was

6. Sure Hodu Lashem

7. Ki l'olom chasdo

The real answer though is:

Who knows? Who cares?

and that's the same attitude we need to take when it comes to...

(play the spooky music)

Warning: Spoiler!

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