

Teshvau

Posted by Nashoma - 08 Mar 2015 08:17

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Hey all.

The other day I had a wetdream I was doing so well before and then it happened. I was wondering why Hashem would make such a thing-that someone could sin even while they sleeping!

Also if someone really does have a fall how should they do tashvau becuase sometimes you repent but afterwards it happenes again so was that tashvau that was done meaningless?

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Re: Teshvau

Posted by doingtshuva - 08 Mar 2015 10:14

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Nashoma

In my eyes a wetdream is not a sin and defiantly not a fall, maybe I'm wrong.

Work on yourself when your awake, and let Hashem look after you when your asleep.

Try your best not to lust during the day.

Saying Krias Shima Bikavana is a Sigula for not seeing Kery by night.

You asked about Tishuva- I have learnt that first we have to be clean from all the Shmutz, and when are clean we start working on Tishuva.

Even if we will fall in the future, the Tishuva we made in the past does not fall away.

Hashem is Mochel us every Rosh Hashana even though..... cause on Rosh Hashana we really are doing Tishuva, just we all have a Yetzer Hara.

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Re: Teshvau

Posted by cordnoy - 08 Mar 2015 13:36

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Welcome,

I try to focus on the things I can change.

The things I cannot change, I learn to accept.

Let be, let God.....

b'hatzlachah

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Re: Teshvau

Posted by yiraishamaim - 08 Mar 2015 14:40

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Whatever teshuva you did and you truly meant it definitely counts even if later you return to old ways.

As for wet dreams \_ as was mentioned leave that alone - you are jumping too high and will fall on your behind.

Work on the waking hours and that should be your litmus test of success or failure

Certainly say Shema and you could ask Hashem for help for no wet dreams but then leave it

be

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Re: Teshvau

Posted by Nashoma - 09 Mar 2015 13:15

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Thank you all so much for your replies:) I've been thinking about what causes one to act out. for me i think its a form of escape like if i had a really bad or stessful day, how can you change that natural feeling to want to escape? is there someone other healthier way to realse stress and tension?

thanks blessings

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Re: Teshvau

Posted by cordnoy - 09 Mar 2015 14:46

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try readin' the whitebook and doin' the 12 steps; that is precisely what it's about.

orchos tzadikim amd mesilas yescharim are also terrific reads.

b'hatzlachah

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Re: Teshvau

Posted by gibbor120 - 09 Mar 2015 18:27

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One good way to releive stress is to talk to someone about it. Another good thing is exercise. The third is more difficult, but works better if you can do it. Work on your outlook, everything is from Hashem, Hashem loves you. Accept what he gives you, and do the best you can with it.

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