

Unwanted Ejaculation during sleep

Posted by MisterD91 - 11 Aug 2015 15:55

Hello guys,

first of all I wanted to say how great of a job you make here for everybody. Thank you very much!

Now my issue, I acted out for severla years with porn and masturabtion until two years ago when i went to yeashiva in Eretz Israel. Before somehow I knew it is not good to do it but I never put real strength into it. Then after my first visit in Eretz Israel I stopped it for several months until I had a specific dream and ejaculated at night. The whole day I was not normal and in my mind I went to a porn website and did THE SIN.And the cycle of doing it and remorse started again. Then I am now again in a Yeshiva in eretez Israel (I was studying and now I finished) and got the strength through Torah learning to stop again. And not even that, I stopped also actively watching television, reading nonsense (like Mangas) or watching series (e.g Game of Thrones) because I understood this all can be a trigger.

BUT STILL at leat once a week when I sleep I have an ejaculation at night (or during midday nap) and I feel like the pleaseure of it the whole day!!! I try to go after that to the Mikvah but it disturbs me a lot!!!! I think by myself perhaps I can not do tshuveh anymore, perhaps my soul is already sold to the other site, perhaps and I am getting very depressed!!!

I have to mention I am now home in Bein hazmanim and so far I did not access, blessed be the Almighty, any of dirty websites (there is no filter on the FAMILY computer). But what should I do with that ejaclation problem? Sometimes I even know that I fought in my dream not to do it. Sometimes I was successfull and sometimes it happens!!! By the way I am clean now for 3 months and ca. 16 days.

Thank you very much for your help!!!!

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Re: Unwanted Ejaculation during sleep
Posted by peloni almoni - 23 Nov 2015 23:53

[Shlomo24 wrote:](#)

it's not apikorsus b/c someone who says "i don't beleive in god" is not an apikorus, there needs to be study and consistency, not emotional arguments. i daresay that stephen hawking is an apikorus but i am not a mumcha on apikorsus and i could very well be wrong

the problem is not the level of mumcha. the problem is you did not read the post carefully. here is a quote:

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to say kabala is fairy tale, my dear shmuly, is apikorsus. i chalk it up to your probable lack of knowledge, and therefore, it is probably am haratzus.

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Re: Unwanted Ejaculation during sleep
Posted by Shlomo24 - 24 Nov 2015 19:51

thank you for correcting me

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Re: Unwanted Ejaculation during sleep
Posted by shmulyz18 - 26 Nov 2015 14:22

[peloni almoni wrote:](#)

[shmulyz18 wrote:](#)

I know that Kabbalah is kind of like a fairy tale- based explanation.

A book that I have is Kabbalah based. It states that whenever you ejaculate at night, you waste holy souls. I ,personally, don't believe this to be true. A wet dream just happens at random. The book is called The Light of Ephraim.

Hello Everyone, I have had not a wet dream in some time now, B'H.

I hope this everyone feel not as guilty.

shmuly z

my dear shmuly

a few points:

1. congrats on your accomplishments so far. you have made progress, and beezras hashem, you will grow more and more. as we say, keep on truckin'.

2. kaballa is perhaps the highest and most elite form of torah study. it was started when raziel hamalach gave the first kaballah sefer to adam harishon at the exit point of gan eden, continued by avraham avinu who wrote the sefer yetzira, rabbi nechunya ben hakana, rabbi akiva and rabbi yishmael writing the sefer habahir, midrash osios, and midrash heichalos respectively. and finally, rabbi shimon bar yochai with the zohar, which the ramak and arizal work to explain. during the times of the mishna, kabbala (called maaseh merkava - see second perek of chagiga) was only taught to students who met certain criteria. the gemara realtes that three tannaim reached further than they could handle, and were permanently harmed. during the rishonim, rabbi yehuda hachasid and his father rabbeinu shmuel (called in tosfos in gittin shmuel hanavi), the ramban, rokeach, the raavad, his son rabbeinu yitzchak sagi nahor,

rabbeinu bachye, and the rikanti, were all noted kabbalists. many if not most of them were ashkenazim, as the ashkenazim only recently (1650's) started to shy away from kabala.

kabala is traced back to adam. to say kabala is fairy tale, my dear shmuly, is apikorsus. i chalk it up to your probable lack of knowledge, and therefore, it is probably am haratzus. nonetheless, for you to offer your "personal belief" and perspective against a sefer, you have to be well-versed in the subject yourself. for example, i would be a fool to read a book on brain surgery and argue with the author if i was not educated in the subject myself. why should the holy kabala be any less? are you well versed in it?

if yes, why would you call it fairy tale?

and if not, why do you argue in something you have no education in?

3. regarding the subject matter: al pi kabala, and al pi chazal, at times, keri at night may be a negative sign. but it must be dealt with properly. not dwelled upon and used for fuel or as an excuse for more acting out. and though it is always convenient to "believe" that it means nothing, and it does nothing - take a look in the yom kippur davening. part of the viduy is ?????? ????? ?????? ??? ??????.

therefore, let us not focus on the past, let us focus on how to not focus on the past by focusing on the future.

Hello Pelsoni Almoni, I was actually raised conservative, so I do not understand a lot of Hebrew. Maybe you could explain some of the words to me, so I know what they mean.

My email is samzuriel@gmail.com. I do know who adam harishon is. But as far as the rest, I'm afraid I don't.

Shmuly Z.

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Re: Unwanted Ejaculation during sleep
Posted by markz - 26 Nov 2015 14:42

shmulyz18, Mr PA raised a concern, and I think **you were both correct**

I have a feeling you were calling kabala fairy tales based on the following info mentioned at this link [HERE](#)

"It has been degradingly drawn into pop culture where it has become commercialized by pseudo-spiritual "experts" who write of it profusely and "teach" it in various vicarious Kabbalah centers. Needless to say, these people are not teaching or learning real Kabbalah, which by definition can only be understood through proper transmission"

I am totally ignorant about kabbala.

If you want to read the gye humor twist on kabala

KOT K.lick O.n T.his [link](#)

Shmuly you're the best!!!!

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Re: Unwanted Ejaculation during sleep
Posted by shmulyz18 - 27 Nov 2015 20:30

Hello everyone, I had a wet dream on Wednesday. I am kinda unsure on how to deal with these. I think that HaShem is trying to warn me about something. What it is, I don't know. Does anyone have any suggestions on how to stop thinking about woman? I think that is the cause of it. I got to go get ready for Shabbos. Good Shabbos.

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Re: Unwanted Ejaculation during sleep
Posted by markz - 27 Nov 2015 20:36

[shmulyz18 wrote:](#)

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Yeah think about Shabbos the whole week instead of women

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Re: Unwanted Ejaculation during sleep
Posted by shmulyz18 - 27 Nov 2015 21:19

Thanks. Mark, I will try to think About Shabbos.

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Re: Unwanted Ejaculation during sleep
Posted by shmulyz18 - 27 Nov 2015 21:25

[markz wrote:](#)

Shmuly you're the best!!!!

thanks Mark. Your jokes on the depressed chill spot are great. You and Reb Guard make me laugh.

I hope You have a wonderful and peaceful Shabbos.

Shmuly

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