

Nightly emissions

Posted by trinityofnow - 12 Oct 2016 03:37

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It's interesting, today on Yom Kipur is the 40th day of my last ejaculation (don't mean to be graphic, but.. ). Before, somewhere between a month and two months in, is the mark where I would have involuntary nightly emissions, which I felt was really not a good thing. It would happen always with sexual dreams.

Does anybody have any tips on how to prevent them? Personal tips or what the Torah says?

So far I've made a point, when I remember, when I get into bed to think that I don't want to have it happen, and if dreams of that nature come over me, that I will force myself to either wake up or brush them off. So far it has worked. Maybe others will have other ideas?

Thank you.b

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Re: Nightly emissions

Posted by jewishfiltergeek - 16 Oct 2016 06:04

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Hatzlocha Rabba on your recovery. There is the sekula of the first 4 kapitalech tehillim before bed. Also very important sekula from gemara, basically do not white knuckle through life. For example thinking how not to lust is still focusing on an aspect of lust.

I personally find this site can be a trigger. The best is when I don't think at all about lust or recovery, just try to appreciate hashem's chesed in my life and busy with work and family. Only when I'm in the struggle mode which does happen every so often, then I log in to get some Chizuk.

sorry for my ramblings... Not sure if I made sense...

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Re: Nightly emissions

Posted by trinityofnow - 18 Oct 2016 14:54

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Thanks for you response. Everything you said makes sense.

Do you happen to know if there is an internet resource where I can find what you mentioned - "sekula of the first 4 kapitalech tehilim before bed".

You might find this exercise strange but I've stumbled on this video, and I did this exercise a few times now before bed, and I'm still ok. Maybe I'm recommending this too soon, but it's been 48 days for me since last emission, thought I'd share.

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Re: Nightly emissions

Posted by Moudmack - 19 Oct 2016 23:17

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I have been masturbation free for 2 years now, i have however suffered a lot from nocturnal emissions and i must say that they rarely happen. Getting the mind away from sexual images/videos/people is an important step for you wont have fantasies during your dream but the main thing that has helped me was doing kariat shema al ha mita. This ritual always made sure that in the evening before going to sleep I have a good mindset thinking about the unity of good and i have felt very protected by doing so. I adivse you to do the same. Behatslaha Rabbah!

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Re: Nightly emissions

Posted by trinityofnow - 09 Nov 2016 12:05

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I've been able to not have nocturnal emissions longer then ever before by performing an exercise that you can find on YouTube by entering "sexual transmutation exercise for porn and sex addicts". It is strikingly similar to what we do when bowing down for a Yom Kippur prayer as well as what muslims do during their prayers.

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Re: Nightly emissions

Posted by cordnoy - 09 Nov 2016 12:23

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[trinityofnow wrote on 09 Nov 2016 12:05:](#)

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I'll just search for porn and sex....much easier to type and spell.

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Re: Nightly emissions

Posted by trinityofnow - 10 Nov 2016 11:55

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What kind of a dumb response is that? I'm not even sure if it's totally random, dismissive or what, makes no sense to me. I was genuine in sharing what has seemed to help me in real life...take it or leave it

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Re: Nightly emissions

Posted by Markz - 10 Nov 2016 13:46

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I'd call your nightly idea an 'exercise in futility'

It means you are obsessed with sex

Perhaps not literally, however lust is not a bear you have learned to master. You are still it's slave.

The solution to turn to physical exercises for sex addicts sounds ridiculous to me. Yeah it may work... for today...

If you want to become a master and start living life too, it's in your hands.

Wanna know how?

Ask the successful guys here on gye that only wanna share brotherly love / bear hugs

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Re: Nightly emissions

Posted by gibbor120 - 10 Nov 2016 15:16

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That is just Cordnoy's sense of humor. Don't take it personally. I'm glad it's helping you, but searching you tube, especially with words "sex" and "porn" is WAY too dangerous for most of us, even with the "nobleist" of intentions.

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Re: Nightly emissions

Posted by cordnoy - 10 Nov 2016 18:13

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[gibbor120 wrote on 10 Nov 2016 15:16:](#)

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You are so right gibbor.

as a matter of fact, I did do a search.

There were some great links to click on.

Thank God I have a filter.....oops, I don't, but thank God I didn't click on any.

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Re: Nightly emissions

Posted by Shlomo24 - 10 Nov 2016 18:22

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[cordnoy wrote on 10 Nov 2016 18:13:](#)

[gibbor120 wrote on 10 Nov 2016 15:16:](#)

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I laughed out loud reading this. EXCELLENT! That was a good joke.

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Re: Nightly emissions

Posted by doorknob - 23 Jan 2017 15:08

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I believe I read somewhere that food may be a trigger for nocturnal emmisions or kerf as the Torah calls it.

Perhaps it's overeating or its the type of food your eating.

Re: Nightly emissions

Posted by Gevura Shebyesod - 23 Jan 2017 15:44

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Maseches Yoma, first Perek.

There are other (possibly more likely) things too, such as lookin/fantasizin/lustin during the day.

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Re: Nightly emissions

Posted by cordnoy - 23 Jan 2017 15:56

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[Gevura Shebyesod wrote on 23 Jan 2017 15:44:](#)

Maseches Yoma, first Perek.

There are other (possibly more likely) things too, such as lookin/fantasizin/lustin during the day.

HHey!!!

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Re: Nightly emissions

Posted by doorknob - 23 Jan 2017 16:00

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Perhaps we should wear a gartel all day.

If gartel prevents bad thoughts during davening.

Leaving it on all day will prevent bad thoughts all day.

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