

Tikun Haklali & Mikva

Posted by newbeginning - 21 Dec 2016 20:45

Hi all,

Whenever I had a fall I would feel like I couldn't carry on with life at all until I went to the Mikva & said Tikun Haklali, maybe its due to me spending such a long time reading up about the severity of pgam habris etc and the kabbala behind it. I don't regret it, however, I wish I did not read about this at such an early age.

I am 20 years old now, but probably read about this all when I was 15 / 16?

Even when I go to the mikva, I end up falling after a week or so, maybe a few weeks, even a few months. Do you think I should just not go to the Mikva until I'm say 90 days clean, maybe this will be the motivation to help me get there?

What do you all think? What works for you / do you go to the Mikva every time and say Tikun Haklali etc ?

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Re: Tikun Haklali & Mikva

Posted by czworking123 - 25 Dec 2016 12:24

[Singularity wrote on 25 Dec 2016 05:25:](#)

Because he's not actually working on **HIMSELF**. Please. PLEASE do not get sucked up in that illusion. For your (future?) family's sake!!

I know I did. It's a dirty feeling. No matter how many *mikvehs* you visit.

Thank you i couldn't put that into words but that is exactly the way i felt about this

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