

Wet dreams

Posted by Qwerty7 - 05 Mar 2019 07:18

How does one look at wet dreams in terms of staying clean for 90 days? And what should one do after having one?

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Re: Wet dreams

Posted by Chizzukk - 05 Mar 2019 10:55

There is a prayer one should say in the morning after a one has a seminal emission ("wet dream") it is written in the kitzur shulchan aruch. I have attached below the prayer in English and Hebrew:

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Re: Wet dreams

Posted by humblewarrior - 05 Mar 2019 20:13

I once heard from a good GYE buddy in my response about my feeling ashamed about my wet dream. He said that it should be an occasion to host a kiddush in shul. He said that it shows progress - instead of my lust getting it's needs satisfied during my waking hours, it now has to resort to my dreams because I've manage to starve it when I'm awake. My understanding is that it does not prompt a count re-set. Keep up the good work!

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Re: Wet dreams

Posted by growing-daily - 06 Mar 2019 02:44

Where can I find the attached prayer?

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Re: Wet dreams

Posted by Markz - 06 Mar 2019 03:06

God

Grant me the serenity to accept the wet dream I cannot change,

The courage to change the things I can,

And the wisdom to stop dreaming when I'm awake

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Re: Wet dreams

Posted by doingtshuva - 07 Mar 2019 01:20

[Qwerty7 wrote on 05 Mar 2019 07:18:](#)

How does one look at wet dreams in terms of staying clean for 90 days? And what should one do after having one?

I never made an issue out of it, if I was careful during the day.

Sorry for the Hebrew,

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You can read more on hidabroot.

www.hidabroot.org/question/16983

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Re: Wet dreams

Posted by ColinColin - 07 Mar 2019 03:11

I have read that the Arizal Hakodesh said that a wet dream is a sign that a judgement of death has been nullified.

I would not count a wet dream as a "fall" because you are not conscious when it happens.

They usually happen to me when I have lust when awake, but fight the lust.

They can also happen if I think about sexual things before falling asleep.

Optimally is better to avoid the lust.

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