

Mikvah a must?

Posted by shermy120318 - 28 Jun 2011 00:01

Hey I been struggling with masturbation as far back as I can remember,I'm 19 now

When I lose control I always feel like I need the mikvah to start new again...

My question is does the mikvah really help you get back on track after masturbation? or is it all in the mind?

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Re: Mikvah a must?

Posted by mnman415 - 30 Jun 2011 18:40

just know, the sidduro shel shabbas quotes the arizal who says that one should do 2 dips on erev shabbas, on kneged shamor and one zachor,

so he says that the ones kneged shammor are tehuva, while in the water you should think about what you did wrong the past week and ALSO specifically what you will do better next week and only once you do that (in however many dips it takes to accomplish this) then you can do kneged zachor which represents tosefes shabbas and that is when you get the neshamah yeserah, after you cleaned up spiritually for it.

and during the week i try to think specifically what i will do better that very day.

just putting that out there.

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Re: Mikvah a must?

Posted by ur-a-jew - 30 Jun 2011 21:09

[HashemsSoldier wrote on 30 Jun 2011 18:40:](#)

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just putting that out there.

Thanks HS, just, when I thought I can go to the mikvah scot-free! Thanks for the heads up. It sounds like the Arizal wanted us to actually do some meaningful introspection when going to the mikvah. We should all be zoche.

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Re: Mikvah a must?

Posted by mnman415 - 30 Jun 2011 21:14

Thanks HS, just, when I thought I can go to the mikvah scot-free! Thanks for the heads up. It sounds like the Arizal wanted us to actually do some meaningful introspection when going to the mikvah. We should all be zoche.

yes, now you can be one of those people that stays under the water till you run out of breath doing teshuvah and everyone says to themselves that he must be a mekubel since he's been down so long.

We should all be zoche.

amen!

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Re: Mikvah a must?

Posted by mnman415 - 30 Jun 2011 21:15

oops, looks like my quote didnt work out so well

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Re: Mikvah a must?

Posted by Yosef Hatzadik - 05 Jul 2011 15:13

[HashemsSoldier wrote on 30 Jun 2011 21:15:](#)

oops, looks like my quote didnt work out so well

[HashemsSoldier wrote on 30 Jun 2011 21:14:](#)

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[/quote[size=1pt] [/size]]

The slash preceding the first 'quote' is causing the problem.

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Re: Mikvah a must?

Posted by mnman415 - 06 Jul 2011 02:47

shkoyach!

looks like my quote DID work

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Re: Mikvah a must?

Posted by ontheedgeman - 06 Jul 2011 03:16

if the mikveh can turn a goy into a yid, surely it can turn a good Jew into a better Jew.

and what you do with the power of the Mikveh post-dunk is up to you.

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Re: Mikvah a must?

Posted by TheJester - 06 Jul 2011 13:08

A friend of mine - let's call him Shloime - used to have an internet addiction problem.

After reading this thread, I advised him to dunk his smartphone and laptop at least 7 times each.

Baruch Hashem, he has not been online in 8 hours, and counting!

Thanks, guys!

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Re: Mikvah a must?

Posted by Me3 - 06 Jul 2011 13:59

Jester? That you?

That was by far the best idea I've seen on this thread so far!

Thanks for the laugh.

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Re: Mikvah a must?

Posted by TheJester - 06 Jul 2011 14:17

[Me3 wrote on 06 Jul 2011 13:59:](#)

Jester? That you?

Alas, it was. No more anon...

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Re: Mikvah a must?

Posted by Me3 - 06 Jul 2011 14:29

Sorry

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Re: Mikvah a must?

Posted by TheJester - 06 Jul 2011 15:05

Don't be - it isn't your fault!

glad I could make you laugh ;D

TheJester :o

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Re: Mikvah a must?

Posted by ontheedgeman - 06 Jul 2011 16:38

lol Yossi that was classic.

but I'm sure a true chassid could read into your sarcasm, and say, look, if water can nullify a computer, which is inanimate, surely it could neutralize the Yezer Hara!

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Re: Mikvah a must?

Posted by TheJester - 06 Jul 2011 17:05

[ontheedgeman wrote on 06 Jul 2011 16:38:](#)

lol Yossi that was classic.

but I'm sure a true chassid could read into your sarcasm, and say, look, if water can nullify a computer, which is inanimate, surely it could neutralize the Yezer Hara!

Yeah, but a true *Chossid* cannot tell the difference between a virus and *Avayyrus*. This implies that computers have *bechira chofshis*, in this regard... Perhaps they're just ahead of the curve? So I do not trust their judgment around technology.

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