

What causes wet dreams?

Posted by rockaway - 30 Aug 2011 04:24

Can someone list the reasons for wet dreams and how to effectively counter them?

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Re: What causes wet dreams?

Posted by helpfyi - 30 Aug 2011 15:24

One thing for sure is it comes from what you look at during the day. It can also be a normal discharge and its something you shouldn't feel bad about at all. All normal people have it and if you look at chazel people who don't have it are people like yakov avinu and eliyahu hanavi. us normal people do get it. tifilas hampil has a tefillah about this for this reason.

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Re: What causes wet dreams?

Posted by Gevura Shebyesod - 30 Aug 2011 15:46

I think it's in the gemora, something like "hameharher bayom ba leyeidei balayla".

So it's definitely influenced by what we see and think about during the day.

It can also be a natural consequence of not having another outlet for a while, especially when stopping after having done it frequently. It builds up in the body and has no place to go.

What to do: There are halachos about how to sleep, on the side not on front or back. Also there is a segula to say the first 4 kapitlach of tehillim before going to sleep. In many shuls there is a minhag to do this at the end of Maariv on Yom Kippur night.

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Gevura!

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Re: What causes wet dreams?

Posted by rockaway - 30 Aug 2011 16:02

[Gevura ShebYesod wrote on 30 Aug 2011 15:46:](#)

It can also be a natural consequence of not having another outlet for a while, especially when stopping after having done it frequently. It builds up in the body and has no place to go.

wow you hit the nail on the head! with gods help i did manage to stop for sometime now after doing it frequently as you stated interestingly reffering to the first thing you said i never really had wet dreams in my life only now after stopping i started getting them like 2-3 times a week

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Re: What causes wet dreams?

Posted by rockaway - 30 Aug 2011 16:09

[Helpfyi wrote on 30 Aug 2011 15:24:](#)

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you look at chazel people who don't have it are people like yakov avinu and eliyahu hanavi. us normal people do get it. tifilas hampil has a tefillah about this for this reason.

I disagree with most of you chazel dosent really like this whole idea of doing the act in the dream even though its not your fault just take a look what the missur sefurim say about it...

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Re: What causes wet dreams?

Posted by tryhard - 30 Aug 2011 22:12

its alot of times triggered by what we saw and its a great tool of the y"h once you felt you have done it then he makes you do consciously. (im writing this to my self)

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Re: What causes wet dreams?

Posted by Kedusha252 - 31 Aug 2011 03:52

Hi,

Wet dreams come from seeing attractive images of women during the day.

They also come from sleeping on your back or your stomach.

I religiously sleep on my side to avoid wet dreams.

Good night my friend!

Stay clean and try sleeping on your side.

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Re: What causes wet dreams?

Posted by helpfyi - 01 Sep 2011 17:07

[rockaway wrote on 30 Aug 2011 16:09:](#)

[Helpfyi wrote on 30 Aug 2011 15:24:](#)

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I disagree with most of you chazel dosent really like this whole idea of doing the act in the dream even though its not your fault just take a look what the missur sefurim say about it...

Of course the musser seforim say its no good, and they also say you should fast and roll in snow. The stipler writes that the musser seforim seem to leave out what the good side of the coin is, saying away from it and the reward that we get. My point is that we in 2011 shouldnt get down bec of this bec it happens to ALL and we have to do our best to prevent it but if it happens don't get carried away with felling tamei and low etc...

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