

in the process of stopping

Posted by EzraC90876 - 08 Sep 2011 22:20

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When one stops looking at lust which can cause masturbation, wetdreams started occuring.  
How does one stop them??

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Re: in the process of stopping

Posted by alexeliezer - 09 Sep 2011 15:20

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Welcome Ezra!

Personally, I found that when I stopped LUSTING, the dreams stopped. Stopping looking is an important step. But the thoughts, the fantasies also need to be intercepted.

Feel free to share where you're holding.

Welcome aboard!

Alex

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Re: in the process of stopping

Posted by DesertLion - 10 Sep 2011 01:02

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Hi Ezra,

I found that the less I masturbated, the more wet dreams I had. As long as you aren't having more than 1-2 wet dreams/month then there should be no detrimental effects on your health according to traditional chinese medicine.

So don't fret, what's happening is natural!

BW,

DL

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