

tikun haklali

Posted by YeshivaBoy - 17 Jul 2013 03:33

---

Is tikun haklali only for involuntary emissions or also for voluntary ones (masturbation)?

If it's only for involuntary emissions, can some of you guys out there recommend some teffilos to say to help rectify masturbation?

=====

=====

Re: tikun haklali

Posted by inastruggle - 17 Jul 2013 03:41

---

We probably shouldn't worry about tefilos until we're past the azivos hachet stage of teshuva.

I always used to put the tefilla that some siddurim have for teshuva into shema koleinu and say "ubefrat b'chet shel shmeras eanayim v'mz"l" and then I did it again, and again, and again.

If I remember tikkun hklali is not for masturbation. There's a thread somewhere about it.

=====

=====

Re: tikun haklali

Posted by inastruggle - 17 Jul 2013 03:43

---

[guardyoureyes.com/forum/1-Break-Free/204253-Tikkun-Haklali](http://guardyoureyes.com/forum/1-Break-Free/204253-Tikkun-Haklali)

=====

=====