

Prevent Nocturnal emissions

Posted by strivingForBetterDays - 12 Jun 2022 18:58

Hi guys,

what are some segulot or advice that works to prevent nocturnal emissions?

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Re: Prevent Nocturnal emissions

Posted by sleepy - 12 Jun 2022 19:11

a known segula is to recite the first 4 chapters of tehilim before going to sleep at night .its a famous segula , i hope it works !

another trick which i heard suggested by experts is not to be extremely nervous that youll have a nocturnal emission, be calm if it happens ,it happens . but nervousness on the matter can itself cause the emission.

i used to be plagued by nocturnal emissions but as i got older it stopped as a joke once put it, (i hope it doesnt get censored ,and if it does,it does,) when your young you get wet dreams and dry gas emissions (far**) when you get older you get dry dreams and wet gas emissions

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Re: Prevent Nocturnal emissions

Posted by bisyata dishmaya - 12 Jun 2022 19:29

Additional Segulos: : 1 Eating and drinking too much can cause it. 2 Sleeping alone in a room. 3 Using the mouth for any aveiros (Loshon Hora Nivvul Peh etc.) 4 Having unclean objects like shoes and socks near the head or metal objects. That is what to try to avoid. Now for some things to do 1 Say the whole krias shema al hamitta. 2. Learn some torah (no matter how little) before you go to sleep. Sleep on left side. 3. Use john before sleeping.

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Re: Prevent Nocturnal emissions

Posted by strivingForBetterDays - 12 Jun 2022 19:39

thanks. whats "John"?

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Re: Prevent Nocturnal emissions

Posted by yechielmichel - 12 Jun 2022 21:52

[strivingForBetterDays wrote on 12 Jun 2022 18:58:](#)

Hi guys,

what are some segulot or advice that works to prevent nocturnal emissions?

Not thinking about it. Not worrying about till. Filling your mind with torah

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