

"wet dreams"

Posted by Chazak Amenu - 02 Mar 2010 15:00

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i talked briefly about my "wet dreams" briefly on the Dream thread but i would love to hear peoples stories about how they deal with it if they had ever dealt with nocturnal omissions.

A wet dream is the uncontrolled ejaculation of semen from the p\*\*\*s during sleep. This is caused by sexual arousal and orgasm from dreams and/or physical stimulation like rubbing against blankets, the bed or a full bladder.

This is completely normal for males going through puberty. When boys enter puberty, a lot of hormonal changes occur. These changes can result in spontaneous erections during sleep, during the day and wet dreams. These are simply a part of normal sexual development.

Most boys experience wet dreams between the ages of 12 to 18. Generally males have fewer wet dreams once they start masturbating, reach the end of puberty or become sexually active.

I am 14 i do not know how to deal with it, but i think the less i fantasize during the day and especially before going to sleep it stops because i have not had one for a few weeks. they are very embarrassing and i want them to stop! :-[ if anyone has any ideas please tell me.

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Re: "wet dreams"

Posted by briut - 08 Mar 2010 14:51

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OK, to CA and Shlomo and all those teens (& others) on the sidelines:

I'd give these hellfire-and-brimstone types another 24 hours to defend themselves. Is there tumah or aveirah or other reason for anyone -- particularly a hormonally-activated-teen -- to feel personal pain from a fully-involuntary nocturnal emission? If so, speak up now. If not, then let these boys live their lives in peace and move on to other, higher, more appropriate areas for growth.

I think 24 hours should be enough. CA: it's your thread -- how does this sound to you?

Tick tock tick tock says the countdown clock....

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Re: "wet dreams"

Posted by Chazak Amenu - 08 Mar 2010 15:33

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That sounds fine with me! and besides even if it is wrong i don't think i have any control over it. when i stop ma\*tu\*ba\*ing it happens. and i don't plan on Ma\*tu\*ba\*ing ever again!

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Re: "wet dreams"

Posted by briut - 09 Mar 2010 15:57

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[Briut wrote on 08 Mar 2010 14:51:](#)

Is there tumah or aveirah or other reason for anyone -- particularly a hormonally-activated-teen -- to feel personal pain from a fully-involuntary nocturnal emission? If so, speak up now. If not, then let these boys live their lives in peace and move on to other, higher, more appropriate areas for growth.

I think 24 hours should be enough.

Hey, CA, they're either unable to back up their charges, or perhaps not sufficiently invested to return to the dialogue. Whatever the case, I think you're on safe ground.

Bottom line: wet dreams just happen. Part of HKB'H's infinite wisdom and infinite sense of

humor. Just move on.

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Re: "wet dreams"

Posted by Chazak Amenu - 09 Mar 2010 17:46

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Thank you everyone for your help!

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Re: "wet dreams"

Posted by Yosef Hatzadik - 09 Mar 2010 17:52

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The 24 deadline passed, you are free to skip reading this post.

I spoke to a Rav about this discussion this morning, so I will add a few points anyway. He said that the Sefer Teshuvos Radvaz (brought down in the Magen Avraham) makes the distinction between those emissions that are induced by a person's thoughts and the emissions that come naturally.

Every posuk in the Torah is 'in effect' eternally! But, all the halochos of tumah and tahara in the Torah are only applicable to those that need to eat teruma and kodoshim b'tahara.

Tumas Zav didn't STOP. The gemoro just says that we are not knowledgeable enough to differentiate between Keri and Zav. He went on to say that even if an individual's emission would have been an emission of Zav, there is still the din of *b'shivah derachim bodkim ess haZav*. If the zav emission was caused by one of these seven things, it is just like sweating or sneezing. THERE IS NO TUMAH from them!

If he did one of the following there IS NO TUMAH OR AVEIRO AT ALL: (The following is a quote from Rashi Kiddushin 2a)

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??? ????? ??? ??? ??? ?????? ??? ??????

He said that Tisha kabin would be less than 4 gallons of water. [Check your individual shower-head how long it takes for that flow to come.]

Again, I know that the deadline passed, but this answer may be useful.

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Re: "wet dreams"

Posted by trying123 - 09 Mar 2010 20:21

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nope a deadline is a deadline....

You should've made sure to post before...

Sorry.... Try again next time.....

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Re: "wet dreams"

Posted by Yosef Hatzadik - 09 Mar 2010 20:32

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what a shame :-\

i didn't catch him earlier ???

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Re: "wet dreams"

Posted by Giant Leap - 14 Mar 2010 03:55

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Hi everyone,

I'm kind of deviating from the flow of the conversation (sorry), to post something I read about nocturnal emissions. First in foremost, I learned that if we guard our eyes during the day, we won't have wet dreams at night. Additionally, we have to also clear our mind from the falsehood of phony fantasies - hehe it rhymes. So, this Shabbos I read an interesting thing in the *The Light of Ephraim* book. The author Ben Yosef stated, that the Kabbalah stresses that carefully reading the section of prayers describing the constitution of the incense in the Temple days is a most effective source of protection. While reading this section won't guarantee one from nocturnal emissions (guarding ones eyes, mind and speech does), it is a protection. Briefly, the author quoted Rabbi Shimon, who said if we carefully read each word and understand the meaning of the pitum haketoret (the compounding of the incense), its as if we are placing a golden crown upon our heads. Aren't we priest among the nations? Since we are pushing for holiness, lets walk around with this that spiritual crown. So, if we say it each day, in a focused manner, R' Shimon stated that we are protected from evil occurrences, evil thoughts, an evil death, and a full days of protection. The author Ben Yosef, also pointed out that the 11 spices making up the incenses represents the complete rectification of evil. By carefully reading this section we bring down Divine protection.

Shalom.

Giant Leap

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Re: "wet dreams"

Posted by Yosef Hatzadik - 14 Mar 2010 15:41

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[Giant Leap wrote on 14 Mar 2010 03:55:](#)

Hi everyone,

I'm kind of deviating from the flow of the conversation (sorry), to post something I read about nocturnal emissions. First in foremost, I learned that if we guard our eyes during the day, we won't have wet dreams at night. Additionally, we have to also clear our mind from the falsehood of phony fantasies - hehe it rhymes. So, this Shabbos I read an interesting thing in the *The Light of Ephraim* book. The author Ben Yosef stated, that the Kabbalah stresses that carefully reading the section of prayers describing the constitution of the incense in the Temple days is a most effective source of protection. While reading this section won't guarantee one from nocturnal emissions (guarding ones eyes, mind and speech does), it is a protection. Briefly, the author quoted Rabbi Shimon, who said if we carefully read each word and understand the meaning of the pitum haketoret (the compounding of the incense), its as if we are placing a golden crown upon our heads. Aren't we priest among the nations? Since we are pushing for holiness, lets walk around with this that spiritual crown. So, if we say it each day, in a focused manner, R' Shimon stated that we are protected from evil occurrences, evil thoughts, an evil death, and a full days of protection. The author Ben Yosef, also pointed out that the 11 spices making up the incenses represents the complete rectification of evil. By carefully reading this section we bring down Divine protection.

Shalom.

Giant Leap

Thanks for the tip.

We need all the protection we can get!

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Re: "wet dreams"

Posted by briut - 14 Mar 2010 16:05

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Yosef, Amush:

Protection against what?

(Please don't think of this as any personal challenge or negative emotion, chas v'sholom! I'm just trying to "tease out" for the ultimate value of this thread what the specific topics are here. (BTW, as you know there's another thread on the Married Men's forum that covers a similar topic -- any married man wanting access should PM to "guard.") I say this particularly when relatively young single men are the subject... there's so much that could be misunderstood.) B'kavod u'b'ahava, - Briut

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Re: "wet dreams"

Posted by Chazak Amenu - 18 Mar 2010 16:10

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A very short Summary,

"It's really nothing to be embarrassed about: Chazal indicate that Yaakov Avinu was praiseworthy in never having had a wet dream - which means

that, for us regular guys, it is to be expected". posted by **undertheNet**

[www.guardureyes.com/GUE/FAQ/FAQ5.asp](http://www.guardureyes.com/GUE/FAQ/FAQ5.asp) posted by **guardureyes**

"If I recall correctly, My Mashgiach showed me in Krayne De'Igrasa, the compiled letters written by the Steipler Goan, in a letter written to an unmarried bochur, that waking up wet without having any dream whatsoever has NO connection to aveiro and there is NO teshuva needed for that AT ALL! (He does say though, that there will still be Tumasl Keri and he should immerse in a mikve ASAP.) It is a biological result of not releasing what the body is creating and storing I should only concentrate on keeping the days clean. I should not worry about the nights - yet. When my days will be clean, the nights will clean themselves up too. At my level, Hashem is not expecting much about the nights." posted by **Yosef Hatzadik**

"I'm starting to think that no one is making a compelling connection because there is none. In other words, CA, you can cross 'tumah' off your list of worries...." posted by **Briut** (don't mind the CA part it applies to everyone as far as i am concerned)

if anyone has something they thing should be put in here that i did not please say so!

i hope this helped everyone!

Chazak Amenu (CA)

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Re: "wet dreams"

Posted by looktoshamayim - 28 Mar 2010 03:20

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I'm not sure if this counts as partially my fault, or completely unintentional. I had been reviewing something I learnt, when a brief, I can't even call it a fantasy, came into my mind from what I was learning. It didn't really make sense, I never had such thoughts when learning this before, and there were literally about three words which would inflame a taivah. Anyway, Baruch Hashem I pushed it away when I caught myself, although i had gone slightly into it by then. That night though, I had a dream (I think, I had been half asleep when learning that part unfortunately) that was basically an extension of that thought. It wasn't even pornographic, I don't think, just extremely inappropriate. I hope you don't mind, but I don't want to think back to be sure. What makes it stanger is that I also had another dream about something I used to like when I was little, and haven't thought about in years at all. But when I woke up, disgusted at the dream when I remembered it, I saw that I had...something. As far as I know, keri is supposed to be white, this was more just like snot. Did I have a full emission, and am I partially to blame in this case? I dont think I really need a response as much as I need to write this out, thanks.

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Re: "wet dreams"

Posted by Yosef Hatzadik - 24 May 2010 22:51

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Found this in another thread.



Writings from a respected GYE veterans as **Reb Yaakov Schwartz** to ought to be taken seriously, therefore I am quoting them here:

[Ykv schwartz wrote on 12 Mar 2009 20:15:](#)

A person needs to very concerned with a wet dream. As guard stated it is a great honor. But the honor does not stop by putting a plaque on your wall. It means the Y"H is trying his best to get you. This is first attempt to seep his way back into your life. This, is therefore an opportunity for you to take your abstinence to the next level. But do not brush it away as it shows that you consider it all an accident and you are sending a message to the Y"H that your guard is down. He is trying to weaken your sensitivity to aveiros. The more you cry over every minute fall, the more you come close to Hashem and more the Y"H moves away from you. Is it an *ones*? Yes! But by crying over it, you show how much you hate this Y"H. It is opportunity to scare away the Y"H. This incident will not take you down but raise to higher levels than you were able to reach in the past two months. Many people are not reminded to take it the next level. But you are zoche to have been given your signs to go further.

What do I mean by going further? Well, firstly, you should be honest with yourself and your thoughts. You should begin to analyze what thoughts go through your head during the day. Are you indeed, still craving physical desires deep down in the recess of your heart. We sometimes do not even notice these thoughts in ourselves. You must get in touch with yourself.

But, perhaps more elementary is begin analyzing your actions during your day. Do you ever sleep on your back your stomach. We know that a man is only allowed to lye in his side. This is a serious issue and should not be taken lightly. This does not only mean sleeping, but anytime one lies down, it should always be on his side. During sleeping hours it is harder to accomplish. But, after enough practice, the body gets used to it. This is Hashem wants us to sleep so it is natural. I sometimes wake up five to six times in the middle of the night because I have noticed that I rolled over. When the body is conscious of it, you are automatic about it. If a person violates this, it will be hard for him to overcome completely the y"H, as he is constantly inviting the Y"H back into his life.

Next thing to ask yourself is regarding erections. This means, a person should become

conscious of whether he gets them and immediately try to stop it. This is also means that, after saying "???? ??" the next thing is to work on putting it down. Again, after a while this becomes second nature.

Next item: touching the private part. Special care should be taken to never touch the private part.

next item: guarding your eyes. Ask yourself where you are holding in this regard. This is not a binary issue. There are levels. So ask yourself if you are ready for the next level.

If, B"H, you are complete in all the above, begin asking yourself where you can grow with your perspective in life and yourself. Are you thinking of Hashem as much as you should? What role does Hashem play in your life. Is he just that being to whom to pray to three times a day and perform important tasks for his sake Or is he the essence of every move and thought that controls your day. This issue also not binary, there are levels.

Phillip, I wish you much success. Do not get bogged down with the technicalities if it is an aveira or not. Think about what it means on a broader scope in your life. Take the messages to heart. Only you can tell yourself what this means. How did it make you feel. If you felt like garbage, rejoice over the fact that it bothers you so much. And then remind yourself that you are special because you are a servant of Hashem.

Lastly, I tell you all this from personal experience. B"H, I have not had a wet dream in a real long time. But, there were many times in my life that I was abstinent and I began to fall from a simple wet dream. I did not heed the signs. I brushed it away, saying it is not my fault. I did not do teshuva on it. I did not cry for help from hashem. And I did realize that the Y"H has entered my brain. He would slowly build up and I eventually fell.

Take this time and KILL him. "???? ?" ?? "????"

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Re: "wet dreams"

Posted by UTS - 25 May 2010 02:05

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[Chazak Amenu wrote on 02 Mar 2010 16:15:](#)

thank you, i did not realize Chazal praise Yaakov Avinu for never having a "wet dream" i did not even realize alot of prople had the dreams i just thought it happened to a few people. did you (underthenet) get my reply on you're post, Dreams?

Hi. I want to tell you that it is generally assumed that most people have them. Yes, it would be better not to, and one should do his best to cause the problem not to happen. However, the main thing is not to me motzi zera bemaizid, beyodayim. You wrote some things that can cause wet dreams, so you seem to know the main causes. Maybe there are others that I am not thinking of now also.

Again, you should not worry too much, and not about things out of proportion. So please do not be concerned with onus (accidental) mikreh layloh *too* much.

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