

Torah/Research on Preventing Nocturnal Emission?

Posted by shemirathabris - 02 Dec 2016 03:56

Hi all,

B"H I've been clean for about 50 days, with the exception of 2 nocturnal emissions. These were frustrating but I'm trying to validate my progress and not to get down on those involuntary emissions. That being said, I know there are sources that can help us prevent nocturnal emissions from happening. If I remember correctly, the Gemara talks about not eating certain foods or doing certain things to protect from emissions. Does anyone know where this Gemara is? Other Torah sources on preventing emissions? Or just science that is practical and applicable?

I know that spicy foods soon before going to sleep can cause emissions, which applied in my situation, but if anyone has any other ideas please share. I'd love to take any steps to prevent involuntary nocturnal emissions from happening again.

Thanks!

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by Shlomo24 - 02 Dec 2016 05:26

I know that if I'm lusting during the day a lot or if I lust right before bed then I'm at risk of a wet dream. But I don't pay too much attention to them.

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by jewishfiltergeek - 02 Dec 2016 19:24

Check out Yoma Daf 18:

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Also Kitzur Shulchan Urach Siman 151.

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by jewishfiltergeek - 04 Dec 2016 00:19

Git Voch,

I left out the moat important gemara in Avodah Zara Daf 20.

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Hatzlucha Rabba!

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by shemirathabris - 04 Dec 2016 04:16

Thank you @jewishfiltergeek!!

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by Markz - 04 Dec 2016 04:49

Maybe nocturnal emissions don't bother me, but I have this problem.

If I rest in the daytime which is an infrequent event, I almost always have lustful dreams.

At night I virtually never have these things nowadays, but if I have a short nap in the daytime for example Shabbat afternoon I'll usually land in some unclean dreamland - these dreams bother me

Anyone else similar? Any solutions?

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by shemirathabris - 07 Dec 2016 21:53

In case this is at all helpful, I happen to have been browsing seforim online searching for something and came across a sefer called Shemirat Hamachshava by Rav Daniel Frisch which can be found [here](#). If you're not familiar (I myself wasn't), Rav Daniel Frisch wrote the Tikunei Zohar and many smaller works based on Kaballah which make it really accessible, and just great hashkafah about deeply living yiddishkeit. Anywho, I haven't seen this sefer personally, but it is fairly cheap and I'm sure offers helpful eitzos. I myself plan on getting a copy and can fill you in if I do end up reading it, but just wanted to share with you that it is out there as a resource.

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by Singularity - 08 Dec 2016 07:37

[Markz wrote on 04 Dec 2016 04:49:](#)

Maybe nocturnal emissions don't bother me, but I have this problem.

If I rest in the daytime which is an infrequent event, I almost always have lustful dreams.

At night I virtually never have these things nowadays, but if I have a short nap in the daytime for example Shabbat afternoon I'll usually land in some unclean dreamland - these dreams bother me

Anyone else similar? Any solutions?

Sometimes like when I'm sick and need to rest during the day I get physically terrified because I know I won't actually rest but lust.

@shemirathabris: I wouldn't call nocturnal emissions a fall. They're *oiness* and check the last daf in Yoma, it discusses how even if one had one on Yom Kippur and lived out the year he's

guaranteed *Olam Haba*...

In Yeshiva I would keep complaining to my rav about my wet dreams. Though I never quite let him in on my other, frequent, non-nocturnal emissions....

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by shemirathabris - 08 Dec 2016 11:34

@Singularity, thanks for your response. I would definitely agree with you that wet dreams are not a fall in the same way as deliberate acts such as pornography, masturbation, acting out with other women or men, etc. And thank you for pointing to the Gemara in Yoma as a source. (The Mishnah even takes precautions so that the KOHEN GADOL shouldn't see ker! So yeah, to me, that says something about how human it is for this to come up)

In thinking deeply about our relationship with HaKadosh Boruch Hu, though, if there is anyway we can reach higher levels of kedusha, it is always worth aspiring to. In that vein, there is what to talk about when it comes to nocturnal emissions/wet dreams. Even though we are not fully conscious during these dreams, there is some degree of improper thoughts that contributes to them. Chassidus has much to say on the matter, that the more we can remove these negative thoughts from our minds, through whatever active practical steps we choose to take, or just asking HKBH to protect us through things such as saying Tehillim at night, it is important to try to remain as pure as possible.

Personally, one of the dreams I had in the last month or so was so vivid and so sensual that I woke up in the middle of the night wondering (albeit disoriented) if I was on any level consciously going along with the fantasy in my dream, and I had to talk myself down a bit and just recognize while I can't beat myself up, if there is a way to prevent that from happening again I'd like to try.

I definitely am focused on my 90 day journey and beyond of just trying to refrain from acting out deliberately, and that will be my priority. But I do aspire to try to clear my head of any other negative thoughts that can contribute to seeing ker!

Would love to hear your thoughts. Thanks!

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by Singularity - 09 Dec 2016 09:02

[shemirathabris wrote on 08 Dec 2016 11:34:](#)

Personally, one of the dreams I had in the last month or so was so vivid and so sensual that I woke up in the middle of the night wondering (albeit disoriented) if I was on any level consciously going along with the fantasy in my dream, and I had to talk myself down a bit and just recognize while I can't beat myself up, if there is a way to prevent that from happening again I'd like to try.

So basically my outlook is that yes there are eitzas of how not to have wet dreams and it's good to follow them. But I don't think it speaks of your spiritual level if you *do* still have wet dreams and perhaps it's a good thing to work on properly once you've finished Shas Bavli Yerushalmi with Rishonim Acharonim and Tur Shulchan Aruch with all Meforshim and then heading your way to *mesa'yem* the Zohar.

Oh, and all the while working your 12 steps.

Don't now skimp on the garlic pizza for supper and then hop onto your laptop for a one-way nosedive into shmutz!

Take me for example, the day I decided to complain to my Rabby about my nocturnal stuff, I couldn't concentrate in shiur, I was edgy and frustrated, bemoaning Hashem "How could you do this to me!??"

Needless to say I wasted a day of learning. What does Hashem *really* want from you?

My Rabby explained it to me like this: Your son and his friend are playing in your computer room. his friend pushes your son into your gevaldike I7 S X premium with the best graphics card and he destroys the whole thing. So you're gonna be angry at your son!?

That's his analogy.

I thought about it long and hard and years later, I had a rebuttal. Granted, I was no longer in Israel. But I'd love to ask him, "Yeah, but who *let* them play in the computer room in the first place?"

We let our minds get to this state. True. but *Ratzon* is worse than *Oiness* and if working on preventing nocturnals will frustrate your working on to prevent reals, then I don't advise it.

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Re: Torah/Research on Preventing Nocturnal Emission?

Posted by itstaken1 - 01 Oct 2017 15:54

On ways to prevent Nocturnal Emission, What works for me the most is making sure to sleep on my left (or even right) side. I don't think I ever had an emission like that, although sometimes wake up in middle of the night and go back to sleep in the wrong position. Hope this helps.

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