

Should I go to the Mikva?

Posted by mikimi - 21 Apr 2025 17:00

---

Hi, if anyone has any tips or marei mekomos for the following dilemma I'd appreciate it. As someone who has been struggling with M for over 20 years, my deepest desire is to be "clean" and feel whole. So, after a fall, I naturally want to go the Mikva so I can feel pure and so I am a kli to be mekabel hashpaos tovos. However I actually don't feel like a person until I do go to the Mikva. I am realizing that I may need to challenge this feeling of "not feeling like a person" after a fall, and that may mean not going to the Mikva, to prove to myself that I am still loved by Hashem and whole - even after a fall, and even without going to the Mikva. Is it possible that my avoda now is to not go to the Mikva after a fall?

Thank you in advance

=====

=====

Re: Should I go to the Mikva?

Posted by mikimi - 23 Apr 2025 22:28

---

Thank you brother. Yes I have a tzad that it keeps me in the loop of anxiety and just adds to the lows, which causes more falls. Countless times I'll go to the mikva with only finding myself falling the next day or 2 days later. That just happened to me

=====

=====

Re: Should I go to the Mikva?

Posted by mikimi - 23 Apr 2025 22:28

---

Thank you brother. Yes I have a tzad that it keeps me in the loop of anxiety and just adds to the lows, which causes more falls. Countless times I'll go to the mikva with only finding myself falling the next day or 2 days later. That just happened to me

=====

=====

Re: Should I go to the Mikva?

Posted by mikimi - 23 Apr 2025 22:47

---

Thank you brother. Yes I have a strong tzad that the lows I feel when I don't go just keeps me

in the loop of anxiety and just adds to the lows, which causes more falls. Countless times I'll go to the Mikva only finding myself falling soon after. I'm kind of new to GYE so I don't know how I would contact HHM. Can you please tell me how to do that?

Thank you so much holy brother!!

=====

Re: Should I go to the Mikva?

Posted by yitzchokm - 23 Apr 2025 22:51

---

HHM - [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

=====

Re: Should I go to the Mikva?

Posted by yesoidshebiyisoid - 24 Apr 2025 00:54

---

Mikvah is a good thing. Go whenever you can/want and don't over think it. It's good for you.

=====

Re: Should I go to the Mikva?

Posted by amevakesh - 24 Apr 2025 16:59

---

Undoubtedly, going to the ???? brings ?????. Undoubtedly the OP feels cleansed after he immerses. Whether that feeling is perceived, or it's based on the purity that's actually happening, is not my place to say. I would imagine that there are some people in our generation that can tap in to those sublime realities, but for most regular people, I would think that the awareness that ???? is taking place, fuels a feeling of purity that people convince themselves of feeling. But all that IMHO is not the point. If I understand correctly, there's a deeper question that's being asked.

When someone is in an active struggle, often what can happen is, they find ways to cleanse themselves of the guilt that comes along with the sin, and use it to enable them to sin. It takes a lot of soul searching, and real introspection to figure out if the reason you fall right after going to the ???? isn't precisely because of the the feeling that "I can easily just dip, and viola - feel clean

again". Obviously this isn't done on a conscious level. But if a person knows that there's a way out of the yucky accompanying feelings, then subconsciously he won't work as hard to restrain himself before the fact.

To me there's no question, that if by going to the ???? he'll sin 20 times a year, and by not going to the ???? he'll sin fewer times, there's no question that the ???? he attains by not sinning is far greater than any ???? he'll achieve by going to the ???? and immersing himself ?" ?????.

Again, this is not ?" a knock on going to the ???? it's merely pointing out, that if a person, at any point finds, that he's using the ???? as a quick fix, then he might better off not going. It smacks of ???? ???? where one utilizes ???? to enable him to sin. The greatest ???? he can immerse himself in, is refraining from sin.

If he finds that this is not the case, that everything I just wrote wouldn't be relevant, and he should continue going.

=====

=====

Re: Should I go to the Mikva?

Posted by yitzchokm - 24 Apr 2025 22:53

---

I can hear how going to Mikvah can take away all guilty feelings thus aiding a person in not tacking action to perfect his ways but I can also see how not going to Mikvah can make a person more stuck to his sins and have a harder time breaking free. The one posting had a different issue that he was wondering whether not going to Mikvah would make him feel whole even after a setback.

=====

=====