

Being Mzl in my sleep

Posted by newyear5775 - 14 Oct 2014 03:39

---

how can i prevent from being Mzl in the middle of my sleep?

=====

=====

Re: Being Mzl in my sleep

Posted by Gevura Shebyesod - 14 Oct 2014 04:47

---

To quote the Gemara (it's really common sense anyway) "Guard your thoughts during the day, and you will not come to Keri at night".

Also there's a Segula to say the first four Kapitlach of Tehillim before going to bed.

That having been said, what happens while you're asleep is really not under your control, don't get too down or obsessed about it.

Hatzlacha and KOMT!!

=====

=====