

Here we go!

Posted by bisyata dishmaya - 14 Mar 2022 02:16

Baruch Hashem I have finished 1 week clean!

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Re: Here we go!

Posted by Lchaim Tovim - 07 Jul 2022 13:40

Got it. Thanx

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Re: Here we go!

Posted by bisyata dishmaya - 08 Jul 2022 20:52

BH 123!

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Re: Here we go!

Posted by bisyata dishmaya - 12 Jul 2022 04:02

BH 127!

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Re: Here we go!

Posted by bisyata dishmaya - 13 Jul 2022 04:18

OK here's the latest. I listened to a random self hypnosis audio. Many times for an unknown reason I get an erection when listening to these stuff. I think it may be from nervousness/excitement. So I was listening to one and when I stopped I realized some drops of zera came out. Note that I don't think I was fully hypnotized because I was constantly having a

niggling worry about the erection. Also the audio was a woman but she wasn't singing or saying anything remotely provocative nor was I listening to it for immoral purposes. 2 Questions 1 Is this a fall? 2 How do I listen without experiencing these stuff. (It even happens if it's one of these binaural beats where you just hear music)

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Re: Here we go!
Posted by bisyata dishmaya - 15 Jul 2022 02:12

Can anyone please answer the above questions please?

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Re: Here we go!
Posted by Vehkam - 15 Jul 2022 02:47

Why do you want to listen to these audios? I am not very familiar with them.

I don't think this would be considered a fall unless you were specifically continuing with it because you were enjoying the pleasure of the erection.

I could compare it to a similar situation in which I was describing certain things to my therapist and talking about them to my therapist excited me momentarily. If there had been drops that emerged I would not have considered it a fall.

However I do think that you probably should try to avoid those types of audios if possible.

maybe someone with more understanding of what's happening will chime in.

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Re: Here we go!

Posted by bisyata dishmaya - 15 Jul 2022 03:07

I definitely was not enjoying it as I was constantly worrying about it as said in my post. I listen to these stuff because I think it's pretty cool like it's officially supposed to make you smarter have cool dreams and stuff like that if you have google I guess you can check there. The one thing that worried me was that since in the past when listening to binaural beats I got an erection sometimes although without anything coming out maybe I should've known to be more careful so maybe it is a fall?

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Re: Here we go!

Posted by Markz - 15 Jul 2022 03:13

[Kedusha wrote on 17 Nov 2010 17:28:](#)

...As we all know, it's forbidden to bring ourselves to have an erection deliberately... That's easier said than done, of course, but we need to try, by focusing our thoughts elsewhere.

What probably concerns you more are the drops of Zerah that come out. I am very grateful to a couple of Rabbanim who clarified this for me when I was close to getting married: Al Pi Halacha, if the Zerah is not "Yoreh k'Chaitz" (literally "shooting like an arrow") the way it does during ejaculation, but just comes out, that does not have the Chomer of Zera l'vatata (and, depending upon other factors, might not even be considered an aveira at all; say it happened to a married man when he was kissing his wife...).

You may get a different answer if you speak with Mekubalim, but I think you'll find it reassuring that, al pi Shas and Shulchan Aruch, you are not dealing with the severe aveira of Zera Levatala.

I had this issue when I was engaged, but not when I was going out (I was too nervous!).

If the Zerah is dry, you can certainly make Berachos. Even if it's not dry, I don't believe it's a problem if it was not a real ejaculation ("Yoreh k'Chaitz"). (Of course, you're better off asking your Sheilos to a Posek, but I'm writing on the Tzad that you find yourself unable to do so).

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Re: Here we go!
Posted by bisyata dishmaya - 15 Jul 2022 03:22

TY! OK based on the answers I got. I am not considering it a fall. This answers question 1. If anyone has an answer for question 2 please LMK.

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Re: Here we go!
Posted by Lchaim Tovim - 15 Jul 2022 13:48

OK here's the latest. I listened to a random self hypnosis audio. Many times for an unknown reason I get an erection when listening to these stuff. I think it may be from nervousness/excitement. So I was listening to one and when I stopped I realized some drops of zera came out. Note that I don't think I was fully hypnotized because I was constantly having a niggling worry about the erection. Also the audio was a woman but she wasn't singing or saying anything remotely provocative nor was I listening to it for immoral purposes. 2 Questions 1 Is this a fall? 2 How do I listen without experiencing these stuff. (It even happens if it's one of these binaural beats where you just hear music)I am not to familiar with this stuff, however, I think the question is, is this something that you find sexually arousing?

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Re: Here we go!
Posted by Vehkam - 15 Jul 2022 14:37

[bisyata dishmaya wrote on 15 Jul 2022 03:07:](#)

I definitely was not enjoying it as I was constantly worrying about it as said in my post. I listen to these stuff because I think it's pretty cool like it's officially supposed to make you smarter have cool dreams and stuff like that if you have google I guess you can check there. The one thing that worried me was that since in the past when listening to binaural beats I got an erection sometimes although without anything coming out maybe I should've known to be more careful so maybe it is a fall?

wouldn't consider it a fall but would stay away from these audios.

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Re: Here we go!
Posted by Lchaim Tovim - 15 Jul 2022 14:53

I am not familiar with listening to this stuff at all. Is this something that you find sexually arousing? If it is, you should probably treat it the same way you would treat anything else which you find arousing.

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Re: Here we go!
Posted by jackthejew - 16 Jul 2022 18:57

[bisyata dishmaya wrote on 15 Jul 2022 03:07:](#)

I listen to these stuff because I think it's pretty cool like it's officially supposed to make you smarter have cool dreams and stuff like that

JUST MY HUMBLE OPINION:

I would take that with a grain of salt. I don't know of many things clinically proven to make you smarter

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Re: Here we go!
Posted by jackthejew - 16 Jul 2022 19:05

[jackthejew wrote on 16 Jul 2022 18:57:](#)

[bisyata dishmaya wrote on 15 Jul 2022 03:07:](#)

I listen to these stuff because I think it's pretty cool like it's officially supposed to make you smarter have cool dreams and stuff like that

JUST MY HUMBLE OPINION:

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From Healthline.com: Myth: You can be hypnotized over the internet

Many smartphone apps and Internet videos promote self-hypnosis, but they're likely ineffective.

Researchers in one [2013 review](#)^{Trusted Source} found that these tools typically aren't created by a certified hypnotist or hypnosis organization. For that reason, doctors and hypnotists advise against using these.

This is the study cited in the quote: www.ncbi.nlm.nih.gov/pmc/articles/PMC3804912/

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