

#I just stumbled upon posts claiming masturbation causes bad luck. I remember I used to think the same for a while (discovered it on my own), but then I somehow forgot it for a while. So I make this post to remind you that there may be something very weird and unexplainable. That masturbation causes bad luck. What does that mean? It means if you masturbate, your reality will change in such a way that random events tend to take the worst route. If you think of a role playing game, imagine your game character gets his luck stat lowered severely. That's how it feels.

Here is the 130 posts I'm currently reading. It's creepy. Just creepy. You might want to read them, too: <http://www.dearcupid.org/question/everytime-i-masturbate-i-have-bad-luck-bad.html>

It's just one of multiple links I got from this website which as I said I stumbled upon earlier this day. There may be even better links in it. I haven't checked them all yet:

<http://www.hiphopshelter.com/forum/index.php?threads/why-does-masturbation-cause-bad-luck.4221/>

Let's just never forget that despite of all theories of hormones, pheromones, aura, life energy (semen) loss and whatsoever there might be something even more creepy and deep, which is an increase of bad luck.

Of course, this is easier to believe if you yourself experienced it before. But I'm sure you have, haven't you? Small and big things that go wrong after relapse while before, on your streak, things seemed more balanced. I'm not talking about brain fog, social anxiety, mood swings, confidence, female attention. Just plain bad luck, bad stuff happening.

Let's hope it's BS, but man it's creepy when it's one of your own theories and then seeing so many people talk about it in old posts from 2009.

#Our existence is unexplainable. Boom we somehow pop into existence as this person. In this timeframe. Why aren't we another person? You are the result Of billions of people breeding and somehow meeting during a series of events that somehow created you. And for some reason you are alive in your body out of the billions of other lives you could have lived. Before you were born what were we? What was nonexistence before birth. What is it after?

All I know is that there are billions of things we can't explain and but one truth is that PMO is a disruption of our universe and our existence. Bad things happen when you jerk it.

No PMO is magic and that's the truth.

#I have done research on this and talked with other fapstronauts too and we all had agreed that we experienced bad luck and things went wrong for the next few days after we fapped so remember this, you'll lose all your charisma the minute you fap! Be a man! Don't fap!

#Agree, totally agree. Even when you have a wet dream. It is less, but you are weak energetically and vibrationally as well

#100%. But I've found the opposite - the more you win against the addiction and the triggers, good things start happening out of nowhere.

For me I'd get great news and opportunities often within 24 hours of fighting a strong urge to relapse

#Dont listen to the people that dont experience this. I know what you mean and the luck is not coincidence. Its real. Its like life is on your side all the time. On pmo instead, no matter what you do, you always reap negative results. Some guys are skeptical befause we are different from them. Nothing hit everyone the same.

#I am not superstetiou. But I believe some factor works in our favour when we are on no fap. Maybe it's coming from us. More positivity. Better way of looking at things. And for that matter , luck favours the brave.

#What is the cause of bad luck caused by tapping. Another day after day bad things happen like car or washing machine get damaged. Phone not working. Negative people coming to house. Shouting by parents. Everything wrong. Negative people from past. Some people say it's energy thing agreed energy is very less but these bad experiences are beyond my understanding.

#I've read that a number of guys have supposedly bad luck whenever they are fapping.

I am going to simply explain why it is you seem to have bad luck and things don't seem to go right at all, from the perspective of someone on a 100 days.

Your sperm, your life force - is energy. In fact, all matter is energy. Nikola Tesla said:

"If you want to find the secrets of the Universe, think in terms of energy, frequency, and vibration."

All of matter is energy vibrating at a certain frequency. This is why people say:

"He/she/it gave me bad vibes" "I'm getting bad vibes from this place" "I didn't like the vibe"

Certain places, certain people, certain things give off different vibes. Hawaii gives off a different vibe than New York. It is arranged differently. Hawaii is more "open". New York is more "closed". Hawaii is more whimsical. New York is more serious.

Goth music is typically sadder than folk music. Different vibrations between the musical instruments. You also give off a vibe. This vibe is a combination of your mental attitude and your lifestyle.

If you are doing drugs, eating junk food, watching bad TV, and listening to low value music, you have a low vibration.

If you are constantly fapping, you have a low vibration. Indulging in masturbation and self-pleasure is a low vibration activity. Watching other people have sex on a screen is a low vibration activity. You are only concerned with self. Selfishness is a low vibration emotion.

Low vibration activity attracts other low vibration activities.

Is it no wonder people who constantly fap find themselves addicted to drugs, have bad finances, are lazy, procrastinate, and are unmotivated? It shouldn't be. One bad habit invites all of its relatives in to roost.

Take someone who is honest, industrious, and charitable. They have habits that make it extremely unlikely they will fap. Since they don't engage in vice, they will find it harder to engage in vice.

One sperm on an egg an creates life. When you ejaculate, you deposit millions of them...into a tissue. Is it any surprise you feel unmotivated after doing this thousands of times?

In the Bible, a man was KILLED for spilling his SEED on the ground. Can you imagine if you were killed the first time you masturbated? The human race would no longer exist.

When you stop masturbating, you increase your vibration because you store more life - more energy inside you.

As a result, more luck and more good things will happen to you.

Stop masturbating.

#Great post brother! This is something that I also learned lately..

For example, I have a friend and we have been friends for 6-7 years, both of us are this crazy "abnormal" clown guys. We became best friends early, and he is today studying in another city (still have contact with him).

The thing I noticed and realised was that after I started to open up more and become the person I was meant to be through the quitting of all my addictions, PMO, Drugs, Alcohol, Nicotine, Gambling etc. My mind started to open up and today I feel that I am on a whole new level in life and the way I think/act. I met this best friends some weeks ago and it didn't feel the same as it did before..

First, I didn't know why it didn't feel as good to be with him as it used to, but then I realised that he is on a lower frequency/vibration as you described. I have read a lot on this lately and it made me realise that it is true. I can feel peoples energy nowadays, especially at home. My parent are still vibrating on a lower frequency and that is why I automatically have avoided them more than before.

I use to watch movies etc a lot before, but nowadays I just want to sit in my room by myself, read a book, or watch a movie. And this is because the vibration, exactly as you described. (I still socialize and watch movies with my parents but not as much as before.. )

So thank you again, it feels good to know that there are more people here who realised these kind of things. This also explains why we all notice a new kind of an attraction to girls.. It is all about our energy we release which they receive and can feel.

#So true!! Like you said after some time due to nofap and all other good habits be become on a higher frequency/vibration or lets call it our vibe changes... So we just can't connect with most people anymore.. It feels like there isn't anything in common.. Thats why we feel lonely sometimes. The growth in most countries is sadly on a low vibe. One of the reasons why I will move to Barcelona this year in may :) But trust me, you will find people on the same level as you!!! It will may take some time.. But most importantly is to keep going. We are on the right track!

#It really tells you something, that all the great spiritual traditions came to the same conclusions about sexual morality and self-restraint, in a fairly independent manner. Their doctrines and explanations may differ, but there is no doubt they touched upon an underlying truth, how taming your desires can give rise to higher states of well-being and human flourishing.

#thanks for sharing this! btw ancient Hindu philosophy have this concept of Brahmacharya: The technical meaning of Brahmacharya is self-restraint, particularly mastery of perfect control over the sexual organ or freedom from lust in thought, word and deed

Ejaculation of semen [orgasm] brings death, preserving it within brings life. Therefore, one should make sure to retain the semen within. One is born and dies through semen; in this there is no doubt. Knowing this, the Yogi must always preserve his semen. When the precious jewel of semen is mastered, anything on earth can be mastered. Through the grace of its preservation, one becomes as great. The use of semen determines the happiness or pain of all beings living in the world, who are deluded [by desire] and are subject to death and decay.

#very good post...thanks a lot..this totally explains why seriously bad things happen to me when I ejaculate my semen...unconnected bad life events...especially after losing a long streak

#It's soo true. When ever I have a decent streak going, Life is smooth and obstacle free.

Every time seed has been spilled. Something goes to shit and a whole cycle of depression, regret and urges begins.

#I've noticed that every time I relapse, something bad will happen to me. For instance, in the past, if I relapsed, me and my gf would sometimes get in a fight with eachother over nothing.

Just yesterday I relapsed again and I have had the worst luck ever today. First off, I ended up losing my bank card while I was out and then when I got home, as soon as I walked through the door, I dropped my phone and now it won't work.

Does bad luck seem to follow anyone else after a relapse?

#This is absolutely true! When I would PMO, the next minute would make me feel like a sack of crap because I knew something bad would happen which would only lead to more anxiety and deeper depression. This thing of bad luck and losing respect for myself were one of my motivations to stick to NoFap!

#More like, when you are more prone to bad luck (stars align etc), fate will push you to relapse, hence bogging down your mind, making bad things easier to happens. It should be the other way round than what you said.

So, If you ever feel great urge to relapse, please be more vigilant and resist the temptation, because you may be heading towards a bad luck period. Controlling yourself will help you face your bad luck easier (and maybe bad things won't be as bad as it could be).

#Maybe it's just me, but I swear life just doesn't seem to go right after fapping. It's like I'm always making mistakes and nothing goes right. I always seem to say the wrong things, do everything wrong, bad stuff randomly happens, etc. Like there's this black cloud of bad luck hanging over my head. But as soon as I get a week into no fap, that black cloud just seems to clear out. Even when things are bad, I can navigate through the mess a lot easier.

#I can definitely relate. Times when I've been able to stay away from porn have been some of the happiest, most intense and most productive weeks and months of my life, and when I'm fapping, it's just a slow descent into loserdom.

#Oh my god, yes. I suspect it's a mood/hormone thing, but I have believed this since I was young that bad things happen when I fap. Even though people swear it's just mood/confirmation bias/low T, I still can't get it out of my head. Sometimes it seems totally random and out of the blue.

#Everytime I fap, really bad events and luck start happening to me, people bully me at work and don't respect me, I start losing money, fighting with family, health goes down, everything collapses . When I do no fap after a few weeks everything becomes good and good things including money magically start happening

My rational mind tells me it's not possible but I've experimented and kept record the facts tell me this is true am I going crazy?

#I've felt the same thing.

I am a universalist and attribute this to being "out of sync" with the universe, if you will.

I've read somewhere that since all living things have entropy a.k.a. internal energy, they emit a frequency. When you tap into that same frequency, you begin to resonate and resonance is very powerful, you can find some videos of it bending steel bridges like wet noodles.

My point is, when I fap, I'm desynchronised, my frequency doesn't resonate with anything and things never seem to go my way.

#i don't have words to describe and share what i found and have experienced, To see my strongest and biggest beleif in my whole life casually on the net is kinda freaking me out. But i kid u not, 7 years, i have literally experimented on myself, and the results are always the same, but at one point i was kinda mocking it, and i have lost soooo much during this time and basically hit rock bottom. I still dont know what to write or how to tell u but believe me there is a connection and it is very very very strong. i have personally experienced what u did after fapping, but it gets worse and worse with time if u continue. I am not an addict, nor do i have any health problem or any of the problem u see on this sub due to which i want to get rid of this habit, it is THIS. This curse that i bear, i almost cry thinking what could've been and how much shit i put my family through cus of my this habit which i would not leave. still struggle, my house, the luxurious life, the job, the opportunities so many of them which would've taken me on top but i fapped and they vanished in a way i never could've thought of. i am just going to stop writing now as i don't know how to explain it.

#Brother Sage, your story is very similar to mine, kind of freaky actually, yes I suffer devastating consequences and very tragic and major events when I fap (financial, health, family, work, social, etc) I think this whole fapping=dimension travel stuff is the real deal, maybe we go to some version of hell until we stop fapping for a while I don't know can't explain it. I can't seem to stop falling entirely but I fap a lot less now since discovering nofap getting better at it, doesn't seem like our experiences are alone what do u say?

#The exact same thing happens to me,when i masturbate i have really bad luck in all aspects of my life and when i abstain from pmo everything is much better,the longer i abstain the more are the benefits,i am sure that bad luck and bad events have to do with fapping,even whith making sexual thoughts or looking lustfully women.

#This is a Christian article but it goes over spiritual principles. For those of us who have realized this world is more than 2 dimensional and have opened our minds it is a good read.

I used to masturbate at work occasionally then bad things would follow. We stumble on that which we cannot see.

I would read the whole article just to get some perspective- whether you want to ascribe the spiritual principles in this article to the universe or what ever that is your prerogative. (karma etc.)

<https://www.christiantruthcenter.com/masturbation-sex-with-demons/>

#Thank you for sharing , I am not religious but I'm open minded especially after doing nofap im starting to see life very different feels like dimension travel to be honest i know it sounds insane but there is something out there related to fapping and having negative energy and outcomes come into your life.

#Not placebo...

Things just seems to fall into place..

Catching trains at just the right time.Buses come up in 1 minute...You tip a glass and you catch it just in time.Its uncanny as hell

#Actually, no i dont.

Before i was a clutsey,loser, scattered mess.

Me, getting ready for anything was like a chicken with it head up its ass.

I would spend hours looking for lost access items.

Wallets, keys, access cards.

This made me scattered and late to most commitments.

Now, 99 times out of a 100 i know where everything is.

I dont lose things anymore.

I EVEN find money from time to time (im usualy the one losing the money)

Basically im in a space where i expect the right outcome.

And i get it.

Ive spent multiple decades being unlucky.

Im on a loooooong lucky streak.

This is real. Dont want any money from you. Dont want you to subscribe to my channel. Dont need thoughts or prayers.

Something metaphysical is afoot.

#I think many can agree that after masturbating , bad things occur all of a sudden , bad vibes around , trouble in school or work , things don't go as planned , fights. And it usually lasts for 24 hours. Is it true for you?

#definitely true for me, it just brings negative energy around me and is usually followed by negative consequences

#Definitely... I think a lot of us have experienced this. Actually I think it lasts for more than 24 hours, more like 48-72 hours, at least in my experience

#Dude exactly! This is what I've been thinking for the past 2 years and it always happens. The 24hrs after masterbation are always bad, nothing goes right. I thought it was only me.

#Totally agree not anyone believes in unseen things. Doctor will try their best to explain (reasons) Atheist will say consequences always Fact its fact and way far from our knowledge Real life people experience most same result its not about brain damage only or addiction or stress release, its about energy and spiritual and unseen waves, i read most of books like your brain on porn, alpha brain, frontal loop, etc, and most of the relegions or all warning from adultery and wasting sperms (seeds/souls) in wrong place will collect a garbage horrible days to your life especially 7 days extremely bad luck, So don't believe who try to say that's legends story believe what happened and learn i know its even hard and extreme to leave it after even decide but always remember the next (lose money,lose people, lose job, lose projects, mental problems, losing knowledge, lose hope, lose dreams, lose feeling, humiliation,etc) all negative energy will snap ya as hell planet, Shift that power of lust to match wife/husband and make alot of good deeds and seach about the creator well, and tell after 7 days what the result. Godbless

#Yes it does!

But it's unclear to me, if this is caused specifically by self-satisfaction or releasing cum (which equals loss of energy) in general, by whatever means. What do you think?

Would be very interesting to know!

#It has happens to me and to many guys from what I've read and heard from friends. But was shocked to know that girls experience it as well. Bad luck can happen anytime and any place , but it feels like it increases after masturbation a lot more and with severe consequences. Many think its supernatural or a myth , but if you do an experiment , it does make sense.

#the hardest part for me has been edging, and I noticed these past few sessions when I indulged in it, something bad or very annoying usually happens that messes up my entire mood.

#It's an experience that they had personally. Many who haven't witnessed this will be quick to deny it because they haven't experienced it themselves. I personally have experimented myself (for 10 years) that after performing the act, the timing of the bad luck is just impeccable. The events in your life that are out of your control, most if not all, are literally against you at some point. And it's true, not everyone experiences this, but it's really comforting to find people, from all over the world, sharing a similar experience.

Am I crazy? Whenever I Fap I seem to get bad luck, and if I stop (sex included) good things start to happen. Sometime ago I thought about going abstinent, and now I'm sure it is what I want. So I came here to find some support because we all know how hard it is to breaks some habits. Wish me luck guys!

Whenever I fap I get into a argument with my mother shortly later. Seemed to happen every time.

#I agree and it's completely crazy isn't it?

I actually just started keeping a calendar in the past couple of months when I've slipped and I write down the bad event that occurs the next day. It's actually part of the reason I've gotten so far this time. I'm afraid of the bad luck lol.

It's blatantly obvious in my life but I still can't quite believe that the world works this way. It makes no logical sense to me.

Oh well, I'm just going to trust my experiences and adapt.

#I've also noticed that if I stop for longer, I feel worse after a relapse

#Yup. I fapped a couple nights ago breaking my streak. My car wouldn't start the next day. The universe is unveiling itself to us

#Funnily enough, last time I relapsed, an hour later came a phone call from work, asking me to come in n' do a night shift, ruining what was going to be a great night out - you ain't alone thinking that OP!

#Happens to me all the time too. As someone who's job is extremely important, falling is really making my world fall apart

#Mate you're not alone! Everytime I fap I get badluck too. I think the longest I've gone without fapping through my teenage years was about 4 days & I got blue balls. This time I'm going to have to be stronger and get through it to make 90!

#Yeah! I know. My rational mind tells me that it's just stupid to think that good luck and nofap have a connection. But I started nofap for the second time 3 days back. I got 2 job interviews and I did well in both! I've been looking for a job for the last 6 months. It is so weird. Last time I did nofap, I met a really great girl! I don't want to believe in it because it is not rational, but i can't deny the facts!

#I noticed this pattern for years that every time I'd fap, the next day, brain would be mush and something would just not go right. Every once in a while, I'd get away with it for a couple days only for some total BS to go down, as if it stored up the bad energy of 2 faps and released it at once. After reading some of the posts here, I am shocked and elated to find out other people think the same thing. I have about 1 1/2 months of nofap and I can't explain how things just work out. No catastrophes yet.

#yeah I've experienced 5 years of constant bad luck on this. Was a fool to not realize it. But its like I knew it on a deeper level due to the guilt feelings. but my unconscious was managing to find new reasons to justify to continue faping.

#It's real and it's not internal thoughts. Its some external aura around us and clears up after 3 days

#When youre in flatline that bad luck is 100x more like literally nothing works,you fuck everything up, people dislike you for no reason... it is so horrible



#Everything just seems to come together. I had a streak of nearly a month, and everything just went right. I didn't have any bad luck. Then I relapsed, and suddenly things go wrong. Things break down. My computer froze when I tried to run a program that otherwise always works. I knocked over a bottle of juice which then shattered. Just a moment ago while drinking water I accidentally spilled it all over me. Even things that are supposed to be unrelated to me start becoming worse. When I was on my streak, the weather was really nice, it was sunny and warm. Then I relapsed, and the next day I woke up to almost freezing temperatures and rain.

This has been my experience again and again. Whenever I do NoFap, it's like the universe is trying to make everything pleasant for me. Then I relapse, and everything becomes worse. I am typically not a spiritual/religious person but the amount of coincidences necessary for this to happen is so outlandish that it is seriously making me doubt my beliefs.

#Same here. I , too had experiences like this. Don't know how it happens. Maybe our mind and our attitude creates a positive energy to the surroundings . Maybe it's all the power of mind.

#I have been believing this really strongly, try to avoid the thought of it. But it keeps coming back, law of attraction or focus of energy. Whatever it gave me a good motivation to keep going. After breaking a long streak I lost everything and got COVID. So I guess I'm not the only one

#it's not coincidence. When i've been on long streaks, I've had cashiers give me my food for free multiple times. Exams in uni where i thought i did bad and ended up getting an A. Today in a game i play, i helped a random guy and he ended up giving me some insanely expensive items.

#I too have faced the same. Whenever I fap all bad things that can happen become reality. Everything that can go wrong goes wrong. But when Im on my streaks luck, God and universe and fate are all on my side. Hence, I'm ready to give up fapping to gain all these wonderful things.

#Its astonishing how people's behavior changes towards you.....The smile on their face makes me feel like that seeing me has made their day.....

#Your subconscious gets clean by NF so everything will happen according to you and your sixth sense gets stronger.

#One wierd thing I've experienced is, when I'm on 3 weeks+ streak, i get messages from guys that never text me, & guys from my school that had last texted me a year ago.

#This shit is real no matter how people people try to interpret this as a material world,there's so much to life. Dare i say there's many dimensions and porn put us at the lowest and lower our vibration to the point we emit bad aura Fap karma is like no other , mind blowing stuff!

#An old Cherokee is teaching his grandson about life:

"A fight is going on inside me," he said to the boy.

“It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather: “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

#Way of lust is social, spiritual, economic and physical suicide. We have all been warned in various scriptures from various religions and now we feel how true this was. The fact we're here means it's not too late for us. Doesn't matter if you are on day one or in a long streak. This fight is worth fighting. BTW even if you don't come from religious backgrounds, universe or God, or whoever, had made sure that this information reaches you by creating NoFap and similar forums, so if you ignore all this warnings, expect hell to break loose on your ass. One of reasons why I'm doing it is the fact I'm honestly scared of wrath of God, because I felt some of it in past and didn't enjoyed it a bit. I'm on day 123 at the moment with 3 wet dreams that I regret greatly. Wet dreams were caused by lustful thoughts and overeating late at night. Good will to you all.

#Yup. Right before I started this streak I binged PMO 2 times in one day and got bad news of something I shouldn't have done. This happened at night so the next day I almost started crying.

Karma is certainly a bitch.

#It's real and totally metaphysical

#I thought my mom was just being superstitious but when I was younger she told me PMO brings bad luck. Should've listened

#Probably if you love yourself — the universe (or something like that) loves you back. Fapping is destruction, i.e. destruction of yourself. I saw that people tend to abstain from helping me, if I jerked off. But when don't do this, they are encouraged to help me. Like there is fap aura and nofap aura.

#In general I can't base any existential circumstances on mystic sources. I think it's irrational. But I can't explain away the amazing effects that avoiding PMO has on relationships. Perhaps the change carries over to realms above our sensory abilities, described by phenomenon such as "karma" and "positive vibrations". I can't explain it, but the change in how the universe accepts you as a contributing factor is enhanced in such a positive way, it can't go unnoticed.

#It does happen... weird shit isn't it? It makes me scared of relapsing though

#I agree with the general sentiment of life being mysterious and wonderful and much deeper than we can possibly imagine.. however, I say be careful about associating SR with automatic good luck. My

life has improved on every level since my SR journey began and now it's becoming almost effortless to practice this, but that doesn't mean everything is fortune and good luck. 2018 was my roughest year on paper, I struggled with my trading (stocks) and had 2 of my worst injuries from Jiu Jitsu, which is my go to method of therapy. So in that regard, having my best year of SR did not equate to my best year in trading nor Jiu Jitsu. BUT, and this is a big but, SR helped me to weather the storm in a fashion I never was able to in the past. I felt more grounded, calm and confident in everything, despite my financial livelihood being rockier than it's been in a long time and my #1 method of therapy being severely limited/ off access thanks to the injuries. In the past I would have been miserable because of that combination, very ungrounded and mentally chaotic. But despite the external chaos and stress, I was grounded and confident throughout. I slept better than ever even though work uncertainty would keep me up all night in years past.

Long story short, SR won't automatically make you the luckiest guy in the room, at least not on the surface. But it will help you develop yourself in a way and to a degree you never understood, and ultimately developing that sort of resiliency and perseverance is infinitely more valuable than simply 'being lucky'. If anything, being lucky is a path for future trouble. As humans, we need to be pushed to our edges to discover where they lie, then go beyond them. We NEED challenges. Thank your lucky stars that everything isn't handed to you on a silver platter, that is not the purpose of life. The universe wants us hardened and battle tested, then we are able to enjoy and appreciate everything all the more, and not just the 'good luck' and blessings that are gifted to us. Embrace the challenges and grow! SR is the fuel for the journey.

#THIS IS THE TRUEST THING EVER!!

From the past few days after I relapsed, I've been thinking of the same thing. It's good to know that someone else is also experiencing it and I'm not some kind of crazy maniac

Can anyone explain why this happens? Why your life just becomes a series of unfortunate events after you begin fapping regularly?

#Everything just seems to come together. I had a streak of nearly a month, and everything just went right. I didn't have any bad luck. Then I relapsed, and suddenly things go wrong. Things break down. My computer froze when I tried to run a program that otherwise always works. I knocked over a bottle of juice which then shattered. Just a moment ago while drinking water I accidentally spilled it all over me. Even things that are supposed to be unrelated to me start becoming worse. When I was on my streak, the weather was really nice, it was sunny and warm. Then I relapsed, and the next day I woke up to almost freezing temperatures and rain.

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#I know this is not even logical, but I really noticed whenever I do PMO the next day is shitty, and Im not even talking about being anxious and depressed but some bad stuff from the outside world happens (like failed car engine ect..) can anyone relate or I'm just tripping

#Everytime i relapse something bad happens in my life, this time i popped my tire. And had an argument with my gf, and she said shes gona leave me.

And this all isn't a one time occurance. It hapens almost every time i relapse. Something bad happens to me, untill i hop back and get a decent streak, then things always seem to work out.

Has anyone else noticed this?

#No kidding. I noticed a trend a while ago that whenever I masturbated, the day afterwards, something bad would happen to me. Girls who fancied me would stop talking to me, I would run into trouble with teachers, my parents would start getting angry and people around me get feisty at me for no reason..Because of this trend that I discovered, I find it very easy to not masturbate because of the bad luck I know I would get afterwards (its now been 53 days since i have last masturbated and still counting). Does anyone else get this bad luck shit as well??

#I am a long-time lurker, who really likes this section of reddit. Now, what I am going to tell you is going to sound ridicilous, BS or coincidence but, let me assure you that as an atheist, I am actually a very scientific-minded, materialistic person, who actually thinks the benefits of nofap as a placebo. I do not really want to believe them but the things I experience almost every singletime after I fap or if I fap 2-3 times a week are mindblowingly absurd to be called just coincidences, because these things extremely rarely, if any at all, happen on nofap streaks. I do not want this post to be long and I am going to summarize the situation below. I would love you guys chime in and post your opinions on it or similar experiences.

Whenever I fap, be it either with or without porn, the next day women, even the ones who are into me, avoid me like a plague. I do not act weird at all. I am still myself. I still have energy but, they do not even look at my face and look away. I am actually a good looking guy but if I fap, almost any girl act extremely hostile to me. Even my best friends, the ones who are usually very sticky and want to

have me around, try to avoid me and just flatout ignore whatever I say in social situations. If I do not fap for a while, some people suddenly become interested all of a sudden and even if I feel like shit they would like to make me center of attention. This is the same with girls. I do not get this phenomenon. I cannot explain it and I am losing my mind. Another weird thing is that if I fap, I do not get a single match on tinder. I put the same photos, and no bio, and all of a sudden receive like 5-6 matches in a day in longer no-fap streaks. How does this work?

Lastly, I try to increase my followers on Instagram. If I fap and post something, the next day, 1-2 people on average just unfriend me or even block me for no apparent fucking reason. And, these are the people I know very closely. These things do not actually happen if I do not fap. In longer nofap streaks, people keep sending me friend requests on instagram or facebook and try to catch up. But, if I fap regularly, not a single soul call or text or add me as a friend online. I do not get it. How the fuck can people in distance or around you feel whether you fap or not? They cannot/ should not. But here I am, still been experiencing these weird circumstances almost every single time if I fap. Anybody have any idea what the hell is going on? I am afraid of fapping now, which is actually good. Do you guys experience similar luck/back luck situations on nofap vs fapping days?

#I remember this time. I was going for my karate classes. Before going to the class i fapped.

There few construction were going on. I went to get a kicking pad, i didnt notice there were construction going on. And brick came on to my hand and BAM. Blood all over my hand and cloths. Yoy might think this is something coincident but this is not the only time i got hurt. I have gotten into bad luck many many time because of fapping.

I have gotten head injury, fight with people, bad grades after so much hard working. Stopping fapping yall. Please.

#Same , when i dont fap for a while , i get along with my friends and parents , but when i fap . There are always problems and fights . Also i have bad luck . I'm going Hard mode (no PMO) and i will nofap till i get married , Inshalla .

#OMGGGGGGGGG this is the only reason I even found NoFap. I found No Fap probably less than a year ago. 2 years prior to that I was 100% sure that it was all the bad luck that was screwing me over. This was one of the first site i found earlier, February 1, 2012 comment is mine lol. It started with me searching "Masturbation Karma" then "masrybation bad" "porn Bad" and it led me to Your brain on porn video. I don't know but this is crazy. I still feel like its all karma, maybe its my mind. Good post brother.

#After reading this article, I knew that I was not the only one. Call me crazy, but I genuinely believe that masturbation causes bad luck.

Want an example? I do a lot of youtube, any time I'm done a video (but have fapped that day, usually a bit before or after), I look back and there is ALWAYS a problem in the video that I could not have missed. A bad subtitle, audio too low or out of sync that I need to go back and spend another hour on.

For the past few days I haven't fapped, and not ONE SINGLE problem editing, literally- pure perfection. Just an example.

here is the article

<http://www.dearcupid.org/question/everytime-i-masturbate-i-have-bad-luck-bad.html>

#OMGGGGGGGGG this is the only reason I even found NoFap. I found No Fap probably less than a year ago. 2 years prior to that I was 100% sure that it was all the bad luck that was screwing me over. This was one of the first site i found earlier, February 1, 2012 comment is mine lol. It started with me searching "Masturbation Karma" then "masrybation bad" "porn Bad" and it led me to Your brain on porn video. I don't know but this is crazy. I still feel like its all karma, maybe its my mind. Good post brother.

#I don't mean to bring this negative energy that I seem to have right now, but just hours after I relapsed *twice*, I had two weird and rather unlucky moments. One of them includes my grocery bag ripping on the way home in front of a huge group of people. This has never happened to me before and it's weird how this "random" bad luck seems to come (see what I did there) right after I relapse. I've noticed this happening before and it's just really strange how the opposite effect of favourable luck happening while on a longer streak.

#Fapping and ejaculation darkens your world dream...so bad things happen in it..when you let go of ejaculation as well as things that deplete mental energy (electronic audio visual entertainment like Internet,Netflix,Youtube,Streaming sites,TV,Radio,Music), your world dream becomes upgraded to maxx...nobody's curse affects you, no bad things happen to you, on top of that incredible good things happen to you

#If one observes the world in terms of vibrational frequencies, and understands that our experience is a direct reflection of the vibrational frequency that we are emitting, then perhaps.

It seems as if the feelings associated w/ PMO result in a dense vibrational frequency, and may therefore influence how we experience the world.

The results could be interpreted as bad luck / a curse.

#I remember about a year ago I got rear ended at a red light pretty bad the morning after a really bad relapse. I'm 30 and literally have never been in a car accident in my life. Very strange encounter with the driver too., who seemed to be mad at me for getting out of the car and assessing the damage. I think the relapse creates guilt and shame which in turn changes our energy field and attracts similar vibes. Or maybe there's some voodoo shit going on, who knows.

#Bad karma or anything thats bad which will happen in life. Trust me! I have experienced this, since I was 12 years old. Today, I believe that this is true. All my years were in the constant spiral of bad luck.

#It will take around 2 weeks. And whenever you fap you meet some "bad" people. It means they have bad vibes or basically will harm you. Like whenever I fap I get a call from old friend who used to misguide me and didn't let me study and said that porn is OK and used to send bad pics so I can relapse. And encouraged me to eat mon veg

#What is the cause of bad luck caused by tapping. Another day after day bad things happen like car or washing machine get damaged. Phone not working. Negative people coming to house. Shouting by parents. Everything wrong. Negative people from past. Some people say it's energy thing agreed energy is very less but these bad experiences are beyond my understanding. I have even say look alike people of my friends and relatives

#I'll be honest with you guys at first I thought it was all in my head, but I swear to you none of it could be a coincidence. I find that 90% of anything bad that ever happens to me usually comes the morning after I fap. Granted, life isn't perfect on nofap, but the really weird, unexpected bad events pile up immediately after I fap.

For example, I wasn't expecting grades for my physics class to come in until next week. I broke my streak last night and fapped-- I know I'm utterly disappointed but the deed is done-- the next morning my lab partner asked how I did on physics. I told her those come out next week, she said that they're all online already. Needless to say, I miss the A by roughly 1.2% points. This is insane, as I was certainly guaranteed the A, but the curve ended up being slightly higher this year. And the thing is I studied tremendously for the final because I had 4 days to do so. It's a basic mechanics class. Meaning I didn't lose the A because I was overconfident, but simply by merit of the rest of class doing better than expected.

Call me superstitious, but from this experience and many, many others. I must say fapping equals really, really bad luck. Unfortunately, this reason alone has never made me not fap, but its shocking to see how it happens like clockwork.

#In the religion of Israel, it is forbidden to take out semen.

It is said to bring good luck

It's very true I feel that everything works out for me in life

What do you know about it?

#I know from 14 years experience with masturbation that its 100% true. When you keep your semen everything goes your way. Beat it everyday and whatever you touch turns to shit.

#Yep. I had an 11 day streak. Longest yet. It was fantastic because I didn't care what anyone thought, had more confidence and focus, and was doing really well with girl. So, this dance is coming up where the girls ask guys. I talked to a girl I had in mind and asked her if she had a date. She said no and we both agreed to go together. I was really proud of myself because I haven't been to the last three dances for the past two years. 3 days later I relapse. Guess what? I get extremely bad luck. Yesterday, we were hanging out with her friends and one of her friends says she DIDNT WANT TO ASK ME ANYMORE! She was going to ask another guy probably even tho we confirmed we were going together. There's two reasons here: 1) she's just a fucking Bitch or 2) she just doesn't want to go with me. Maybe it's both. Whatever. I just find it funny how relapsing can ruin your luck just like that. If this has happened to anyone else before or if you've had bad luck after relapsing, plz tell me.

Edit: you can choose to believe this or not, I don't care. So after I got rejected I had been on a 4 day streak. I thought I had to find a new date and got really sad. Then, yesterday, while on my streak, the girl told me she didnt want to go with the guy and was being forced by her friend, but her friend wasn't going anymore and now she wanted to go with me. Strange how things happen like this. It's like we have control over our lives when we don't fap.

#As crazy as it sounds, I believe. Karma exists, gotta make the right decisions

Don't waste your life energy on shit, and life might just reward you for it - or at least not go against you

#I've always thought this to be true for a while, and is probably the sole reason I don't fap before exams or important days. I'm not a superstitious person but honestly this is just one thing that's always happened to me

It's stupid, but has anyone else ever felt the same way?

#Honestly yes, I believe fapping gives some kind of bad energy be it karma. I had to open the door for my postman who has been here for months, hes a nice guy. But after I relapsed I sensed he was very aggressive towards me and really seemed to give the vibe that he disliked me. But when I would be away from fapping he was nice again.

#Yes I did often. It seems your Karma or whatever is suddenly so low that people start to dislike you all of a sudden. And bad stuff happens. It may be explained medically but it can feel like evil forces at work.

#I feel the same way...I've been on NoFap for 3 years now and whenever I relapse I notice that shift the next day whether it's me losing my wallet, my car doing something weird, a minor argument with a loved one, etc. at this point, I avoid relapsing not only to retain my semen and reaping the benefits but to just avoid any negative karma because at the end of the day universe knows what I know.

#The thing with relapsing is that, it engenders an awkwardness in your gestures, and leads to isolation and alienation, as people start avoiding you.

Repeat orgasms put a dampening effect on the entire nervous system leading to laziness, lethargy, and an awkwardness in your gestures.

This will lead to people avoiding you, and that leads to isolation, and isolation will be your demise.

#This is a fact. Depraved, wasteful, selfish acts (porn covers all three categories) create bad karma. This leads to bad luck, being cut off from society, and straight up misery. Until we repent. I've experienced this cycle over and over again. Create good karma by helping people around you and working to better our planet. You don't have to quit porn to start being selfless

#Well youve depleted the life force tank which may result in a lower state of being.

#A very unexplainable thing happens with me, with other bad things included.



Birds shit on me the exact day I relapse. Not kidding dude... Happens almost every fricken time

#Absolutely. I've always felt like the day of isn't bad at all and the next day gives bad karma and then the second day afterward is always the worst. Seems like pseudoscience or a placebo but this has always been the case for me.

#YES, i've always felt like fapping makes your brain go into a state of negativity where every bad thing that happens to you happened BECAUSE of fapping and every good thing that happens to you is not gonna last long and will eventually be overlooked by a bad thing so thank you for making me realize that i'm not the only one :)

also can anyone explain the psychology behind this?

#I could swear even the best things that happen to you can suddenly turn bad when you fap. And then appear as if they had been bad all along for all kinds of reasons while the true reason is that you have fapped and triggered the unexplainable chain reaction of bad stuff happening to you. There is no explanation. If you want good stuff to last for as long as possible, don't fap.

#I dont believe in Karma but I've noticed that I'm way less capable to do anything. Weak, unmotivated, powerless, dirty, ashamed, etc... And we just can't go out and confront life this way

In general... Fapping steals your soul.

#I used to. Back when I was like 13 I made a "promise to God" that I would quit masturbation if he got me off the toilet that day...it was rough time on that particular day. Afterwards I always felt that something really bad would happen to me as I kept fapping.

Eventually I grew out of it but I don't fap before something big like interviews or dates. If I can I try to get 7+ days NoFap prior to the event. Hit my longest streak of 25+ before a big interview.

I really feel like it clouds your mind and people can pick up on the shame. Always feel more free/clear minded when I dont fap prior to interviews wtc.

#Yeah I felt like that too being from a broken home didn't help either. I always wanted more and I couldn't even get the bare minimum. It made me resentful. I wonder how I should've coped with this feeling when I was younger. I felt greater shame when I knew something big was happening and I was fapping regardless of the karma.

#Dude! I thought I was the only one. When I was back in fourth grade there was a fifth grade girl who liked me. Then one day I "did it" thinking of her and she never talked to me again. And other stuff like that. Crazy.

#Glad I'm not the only one who realizes this, it really does give you bad luck if your fapping so much

#Porn and selfish acts undoubtedly lead to bad karma that proliferates and multiplies in your daily life. Not only does this cause bad luck and negative occurrences, but your confidence as a human being is shaken and you present and project this to the world around you as you basically scream "I

am worthy of this type of treatment". When you feel good about yourself internally you project to the world around you externally that you are worthy of good treatment. When you feel negatively about yourself internally you project to the world around you that externally you are unworthy of good treatment and are furthermore worthy of bad treatment.

#You are not alone! When I used to fap to some girl, even a girl I have never talked to, she will surely talk to me the next day and then some kind of an awkward conflict would ensue soon after, effecting our brief relationship. And there is the bad karma when it comes to exams and such.

Scary stuff huh?#Man it's crazy, I've always known how stupid it sounds but i prove myself wrong every time. It makes no sense but it's still something to prevent me from doing it which is great

#After that me too, not worth losing them over a few minutes of pointless pleasure.

#Wasting seed causes social anxiety, depression, irrational fears, poverty in money and poverty in knowledge, bad relationship with wife etc. Wasting seed damages man physically, emotionally, mentally and spiritually. You can make up for past damages faster by helping others to get nofap benefits, its great love, Nofap Influencer Mode. :)💙💚 Instead of 90 day challenge, try saving 90 lives challenge, because nofap literally saves lives. Viral song about your epic journey can be very awesome for example.

#Absolutely To the point where I'm just waiting for something bad to happen after a relapse. There is always something, maybe just coincidence, but I don't think so. Think positive, get positive, think negative, get negative, pmo always gets me in a negative mindset. Girls just seem to drop interest. Like you're sending bad vibes. Stuff just goes wrong. Pmo make you vibrate at a lower level inviting negative energy around you.

#When I was on nofap heavy in 2017, that was probably my best year as far as moves being made/the women I talked to. From 2018 to this month, I've been struggling to keep a decent streak. In return I've noticed the "bad karma" take place every time I relapse. Women treat me differently and I get emotional and simped out lol I guess this thread confirms that my theory maybe right lol

#I am a muslim and when ever i have an orgasm i need to shower before i go outside or pray (5 times a day) or touch the Quran A guy who had sex but didnt had a shower means he is on (jannabah) and if you are on it you will have bad luck (I think)

#Jannabah is ritual impurity. You can't read or touch the Holy Book, until you make the ritual bathing, and you can't go into holy places either.

It brings bad luck because it is disrespectful to God Almighty and the angels in the holy places to go there impure. Like going to a ceo meeting with tattered clothes stained with shit, how would the ceo and the people there react? Same idea

I tried it myself.

At one point, I didn't believe in the religion, and I was a little extreme, so i did shower as always, but not the specific ritual bathing for jannabah. So I was impure. Then I went into a mosque (why go to the mosque when I don't believe? You have to pretend, it's not like that you can make yourself known publically as a non believer. Dangerous) .

The people there were relatives, and they were next to me. A discussion started, and it took a very wrong turn in a way that was extremely humiliating to me, in a way that would have been impossible for me to predict beforehand, and my father was present and he saw and heard. And it was like, a 15 to 20 minute discussion, not 3 or 4 minutes.

I understood it was because of my ritual impurity, because some problem or another would always happen whenever I go to the mosque.

So I started doing the ritual bathing even though I didn't believe in the religion.

Right now I believe in some things, but not in others. The human mind is very limited and unable to know the exact nature of existence, nor the Most Blessed Being who made existence. It's beyond us. All that we know, and all we are ever able to know, of physics, cosmology, math, science, you name it, is just a small grain of sand in a vast desert of the unknown and unknowable.

But there are things that you know deep within yourself to be true, and if you don't accept them as true, your mind picks and twists until you do.

When I understood this, I accepted that God Almighty Exists, and that He is All Benevolent, and that we receive the good and evil we do back to us hereafter.

But I don't believe in eternal hell. Those who do evil do so out of pain. They didn't choose to suffer this pain, nor did they choose to be of such a nature that reacts to the pain with crime, no matter how horrible the crime. I know, because I personally live people who are of such a sort, and barely able to keep themselves under control from doing the most horrid things you could imagine, out of pain, out of suffering.

Yes, I believe they would be punished if they did it, but not forever, an All Perfect Being wouldn't do that.

As for atheism, or believing that God Almighty is evil, I did that for a time, and I saw myself repeatedly in my dreams, in a vast and dark place, like the desert in a dark night with heavy clouds, but I was munching on a steak sandwich, my favorite. Mind you, I did have the habit of giving food to the poor, even when I was atheist and God-hating. I had an urge, and an opportunity, to do a certain sexual misconduct the next morning, and I abstained with extreme difficulty.

That night I saw the same dream, but this time there was a woman with me (who wasn't beautiful, but I enjoyed the wet dream in hell nonetheless).

Later I mended my relationship with God Almighty, but the impression I had was that even if God Almighty has a personal problem with you and dumps you in hell, if you did good and avoided evil during your time on earth, you would still receive something for it even in hell.

Still, the best option is to do good and avoid evil and Worship God Almighty Sincerely and Honestly. That is basically what the religion is about, this exact statement "do good and believe", "do good and worship God", is repeated very very many times in the holy book.

As for the problem of evil, my answer to it, is that all creation is imperfect, and this imperfection in matter takes the form of evil, and every being has its share of it, but human beings, by connection to The Infinite Mercy of God Almighty and self restraint, are able to dissolve the imperfection, so that in the end your consciousness is able to go to a heaven paradise world after death.

This is where my journey and search took me, and I accept everyone's right to come to his or her own conclusions about this life and existence we live in. There is a different answer for each human being.

Tldr: don't go to the mosque if you just fapped.

Edit: Big thank you for the silver, fellow reddit or! Deeply appreciated!

#Of course masturbation and porn fuck your karma up because , by fapping and watching porn ure destroying your life

#Holy shit man I had this exact feeling today, shit just hasn't really been going well for me since I last fapped 2 weeks ago, so I just broke it and did it today and it's been one of my worst days this year, I'm not going to take any more chances honestly and just start fully believing

#I hadn't fapped for 13 days and i finally gave into my craving when i was alone in my room at night. I watched porn and milked my eel. The following day i felt how superman feels around kryptonite. I had lost my confidence and positive energy. I felt like i was having terrible luck, but when i thought about it, i was feeling drained, detached from the world, sensitive to insignificant issues, grumpy. Now i know what power lies in nofap. Currently on day 8 and aiming for 90 days. Wish me luck

#I have no rational explanation so far, I know some of us nofappers wrote it before, yet I d just like to share my experience. NoFap makes you a lucky person, the energy you get from others, lucky coincidences, people smiles and I ve noticed I tend to smile more, too - I ve usually considered myself as a pretty melancholic guy. Just sharing my optimistic feelings hoping this can give good motivation to the ones who are struggling and feel doubtful..Guys it's worth it, resist the urges (harder in the first month IMO) and the rewards will be priceless. A great w end to you all, peace!

#Same here it makes me feel like I'm lucky what with all those coincidences. And it's so true there is just no rational explanation. Sorry for repeating what you just wrote but I just feel the exact same way.

#You know, I really think there might be something to this, as I have noticed that since I am on no fap mode, I am a lot more calm at work here. I am less apt to fly off the handle here at work, or bitch about how things like the schedule aren;t fair here. Heh, its funny because I used to use fapping as a technique at times to calm me down or relax, guess that was not the way to go abotu it at all...

#You feel optimistic. You start seeing the good things in life.

You smile more.

Other people feel happier around you. They enjoy spending time near you. Because you're happy, and it's infectious.

People you didn't spend time with before, are now happy to spend time with you. You have more opportunities, to make friends, to connect others, to grow.

It all builds on it self like a positive spiral. And it's a beautiful thing!

#When you want something so bad, the universe seems to conspire to help you out.

#Masturbation is a sin, when you commit it you lose the divine protection, this is why bad things happen after fapping.

#This might seem silly, dumb or mentally not normal to some but i have a weird problem, so please don't judge too soon.It seems like that everytime i masturbate I have bad luck, bad karma or

something bad happens. How ever you would like to interpret it, it's just bad. Don't ask me why or how because i have not clue and i wish it would stop. Help...

#Cuz as scientists are finding out , reality is a computer simulation and sex energy is the most direct connection to it ....be restrained for a few weeks and the most ridiculous awesome random things will happen to you....if you HAVE to ejaculate, ejaculate in a woman...it's better to conquer women than computer pixels

#I feel this is true. Do you? Why or why not? Interested to hear your stories. I know Julian Lee talks about this in his book... and it makes a lot of sense.

Edit: I also feel like some people get worse luck than others because god/the universe wants some people to quit it permanently and only release their seed when they wish to bring a child to this world (as god intended) so maybe the bad luck when you PMO or waste your seed to a woman for the sake of pleasure and not conceiving a child is god or the universe nudging you to quit that shit for good so you can live your best life. To overcome Lust for good before you receive your blessings.

#I have no doubt about this. For most of my life I have always been a PMO addict. Also, for most of my life, I have had what I can only describe as bad luck. Like to the point I felt like I was cursed. No matter how hard I worked I was poor, and Murphy's Law was alive and well in my life; I was a shining example of it. Failure was my standard mode. Accidents, mistakes, breakdowns, hopelessness, bad health. Ugh!☹

Fast forward 30 years, I accidentally discover Semen Retention, and everything changes. SR has blessed me in ways too numerous to count. And I have to tell you, in case there's any doubt, that if you might think it's coincidence, I have in no way had a perfect track record with SR and have had many relapses. And the most potent side effect of those relapses, besides low energy and a foggy brain, is the almost instant return of that cursed life. Somehow the days get shorter, as if everything I do is in slow motion, however it doesn't feel that way to me. The days *feel* longer, like every day is a week, but yet I get so little done despite working as fast as I can. My productivity goes down the drain as if there just aren't enough hours in the day. I start making stupid mistakes, and everything that can go wrong does. It's.... Insane!

Back on SR for a while, and suddenly I am amazed at how easy everything becomes, and more amazingly, bad luck changes to good luck. I have little windfalls constantly, and my efforts are met with success.

I'm convinced God/the Universe, whatever you want to call it, punishes me for wasting my 'seed' and rewards me for retaining. I have no other explanation. I know some will think it's just my improved state of mind or something, but I KNOW it's bigger than that. Having repeatedly experienced this, there's just no possible way it's a coincidence, or a natural result of my attitude being better (placebo). Literally, the universe straightens my path and puts gems along the way, but transforms it into a warped labyrinth from hell with no escape when I fall into PMO.

Someone posted this video a few days ago, and I'm going to repost it, because I found it extremely interesting and in alignment with my personal experiences. So I'll link to it here in case anyone missed it or is interested:

#I could sense the sincerity from your sentences and your bewilderment about this phenomenon. I've experienced what you are describing to a T and there is no doubt in my mind that God/Universe

rewards for retaining and PMO attracts bad luck. I have experienced this so many times to attribute it to a mere chance - I don't even get into debates about it. This is a powerful phenomenon that should be investigated by researchers.

#For me, depending on how bad the binge was, usually a couple weeks, but on some occasions I really didn't start feeling better for about a month. Everyone is different, though. Some guys report feeling a boost after a matter of days. I'm in my mid 40's now, so relapses really hit me hard.

From what I've read, when you've been on SR for a long time and have a lot of energy stored up, a release now and then isn't a big deal. I personally don't have that experience though.

But to answer your question, for me, I start feeling better after a couple weeks.

#Man I'm at 30-ish days and feeling kinda depressed recently. Don't know why either but I remember my longest streak which was 80-90 days last year, at that time I was just happy for no reason at all and walking around feeling like being a champion or something. Miss that and believe it will come again. Let's make it together bro.

#It used to happen to me when I was young and in school. Back then I used to PMO 3-4 times per week and this was so so true. My luck got so bad even in little things like teacher asking for homework when for once I did not do it or questions in exam which I specifically did not read. This may seem a coincidence but trust me I could feel that after fapping something bad is going to happen and it usually happened. Slowly the habit took over my life and I guess my entire life has become bad luck since then

#Study the chakra system from Yoga or the Tree of Life system from Kabbalah. When you pmoing you are channeling down sacred energy, this is the reason why those people get punished, we are supposed to channel this energy up.

#I can definitely relate to this,

When I used to do PMO like three or four years ago life seemed so dull, I always got extremely anxious on any social gathering, I didn't want to make any social contact with anyone, men were always trying me out or making fun of me, always testing me in high school, never getting female attention or attraction, my grades were bad. My closest ones would simply be mad or irritable near me out of nowhere and just people in general are not gonna sense anything good coming out from you when you PMO. Like you are just one man like all the rest and part of the masses. You just feel unworthy and everything seems to be off place.

Once I started on this journey in 2018 my streaks were only lasting three weeks at maximum but of course I started noticing the differences. Things got different this year this year now at college after a 40-45+ day mark on January I started perceiving things different, some sort of clairvoyance that just got unlocked inside me which tells me who's a great person to be around with or people who I perceive to have malicious intentions towards you like hate or jealousy. It's like a defense mechanism that I tested many times and it's always accurate, it never failed me since. It's like life and God is all on your side, like a divine protection, nobody tests you, everybody simply respects you and won't mess with you, females would look at me in groups and giggle and I just wondered why. Good opportunities appear out of nowhere, people from the past would just appear on my dm's

with something like; hey, what's up what have you been up to? I am a music producer and my creativity has been crazy, I never run out of new ideas to work with and my workflow has been so great. Everything just seems to improve and keep improving.

I can definitely link this up to PMO. It's like a flip every man can make with the right mentality and willpower, leaving lust behind has been one of the most important things I think I can also link to this. It's such a slow process but each day counts and everything just gets better. There is definitely something going on in here, something as humans cannot perceive with our five senses but something deeper with SR.

#Yh and the universe will bless you once ur on Semen Retention 🙌

#I've had that shit happen to me, it would an entire month of nothing then I pmo and some shit happens and I'm all fucked. Universe doesn't like it when you turn away from the right path

#Totally true. Since Saturday I've been having these weird dreams and sexual fantasies and can't stop relapsing. Resulted in my phone not working properly. Also, got nervous and dropped my monitor (that, ofc, crashed). It might not sound what it is, but I think it's totally creepy.

#Once you go long enough without fappery you will get more finely attuned to notice even just negative thoughts like revenge anger lust create bad conditions too.... it's amazing. The opposite is true of course, good positive thoughts of harmony and love and forgiveness promote higher vibrations and positive manifestations

#You are punished only because you break natural law. Just like if you kill another human you will go to jail. You disrespect life, the life that is inside of you, to get pleasure - you get punished. Simple as that.

It's not even something were "oh, I was having sex and I busted". That's with another human being, that's a different degree. We're talking about complete and utter disregard for the tools you are equipped with. You just go ahead and ejaculate into tissue just to get a quick fix or to "make yourself feel good". That is the epitome of selfishness.

That's why masturbation was seen as such a sinful activity in past days, because it is incredibly self-indulgent and negligent. You have no reason to feel such pleasure. You didn't earn it. Same goes for indulging in drugs. Easily earned pleasure, easily earned come down.

There is no escaping natural law.

#This.

Not sure *what* it is or *why*.

It just *is*.

I was leaving downtown recently to head home.

As I made my way to a park bench several feet away from a young woman to wait for a friend to pick me up, she asked:

"Is there a bathroom around here. I'm on roller blades and I *really* have to pee."

"Odd." I thought.

It's late at night, no other soul around aside from us two, and it's eerily quiet. I go to sit away from her. If I were a woman alone at night, I'd appreciate that same level of awareness.

But, she engaged me asking for help. Being a man, I wanted to help. To protect and/or offer guidance where I can, especially for females and children. To solve problems.

For someone who needed to pee badly, she wasn't very anxious; hurried; or bouncing her leg up and down as someone who *needs* to pee. She was calm. *Too* calm.

Everything I was helping her do she could have easily done herself. Plus, her car was near by. It was no big deal to remove her skates, put on shoes, drive and find the nearest restroom.

It just didn't feel urgent, and I couldn't shake the feeling she trusted me and felt comfortable in my presence.

I didn't realize completely what she was doing until my friend came and picked me up.

She was using my natural, masculine instinct to protect and look after women to draw me to her.

Knowing I would stop to help. Knowing I would lead. And, it worked. It was smooth and clever.

Women do this CONSTANTLY. Never in the same way, but always similar.

"Can you help me find something? Oh, sorry. Thought you worked here." When clearly I don't.

"Can you help me get this down from the shelf?" When it's obvious she can reach it herself.

"Do you recommend XYZ?" When I know she already made her choice.

And, that's just the examples of females.

With males, it's along the lines of wanting to offer me huge financial opportunities to make a lot of money in business partnerships, or wanting my company to hang out, party, chat up a few girls and have a night of town.

Financially, money is so easy and effortless to attract it's stupid. Money just finds its way to me to help me reach my goals to travel the world.

There's something special about holding your seed, avoiding porn and having that twinkle in your eye.

You get great luck in every area of life. God/Universe conspires to give you your every desire without struggle; seemingly without effort. Be it beautiful women, material possessions, love, joy, peace, money and everything in-between.

What the bible says about lust is true.

It steals, kills and destroys.

Don't get me wrong, I'm still a sexual being. I'm just in CONTROL of my sexuality, feelings and desires. Lust is when that nature controls me.

I'm using my sexual nature to connect to God, myself and others, instead of abusing myself and others. It's a conscious decision I must make daily, like working out, but it's worth it.

Every bit.

#I guess the same could be said for you. From reading books, I've come to the opinion that sex should only be for procreation if you want to live a 10/10 life. For you maybe it's actually a blessing in disguise.

#I agree. I feel that it would make sense that you serve a harder punishment after being on semen retention knowing full well you should be on it but still deciding to PMO. Much like a child being punished more severely by parents even after knowing they weren't supposed to do a forbidden action.



#this is true, i always have some type of event happen when i pmo, usually within about 2 or 3 days after pmo, i have had a lot of these & also i have had super good luck after about 3 weeks of sr & nofap. going hard mode from July 15 🚀

#Yep has to do with the chakras and how they flow together.

#The universe definitely rewards you for controlling the one of the strongest energy anybody can endure. You're literally controlling & doing the opposite of what your body is programmed to do. When you relapse your body thinks that you successfully carried on the DNA & relaxes. You settle for the lower pleasures of life & you feel shame & guilt bringing you into a lower vibration. But when you retain you feel happy, free, confidence. Higher vibration attributes!

#Pmo is addiction which only creates bad karma. Every action has a reaction and the reaction to a bad action will be bad. It's simple and plain truth.

#I do agree with what you say, and no doubt your explanations play a part.

I do also have to respectfully disagree that there's not a metaphysical component. I have witnessed such a profound change in the way my physical world behaves that it has completely changed my view on this.

Please understand that I have always been a lover of science, and am very much an engineer at heart, and have lived my life under what I used to believe were practical and logical assumptions. But there is just no possible way I can explain the results and changes that I have personally witnessed. I have always been a huge skeptic of such things, and the fact that I sit here today of the opinion that the universe is somehow rewarding me for SR stands as a monumental testament to the reality change that I have experienced. This didn't come lightly. It took years to persuade me, but when you see the things I have seen, and had the experiences I've had, it just simply becomes undeniable.

For me, to say there's not a spritual/metaphysical/whatever-you-want-to-call-it aspect to this, is simply to deny and endless progression of mountains of evidence. Like to the point that making such a denial would feel like a huge betrayal of whatever power it is that has opened so many doors for me. There is without a doubt, something going on here that is beyond explanation by simple social, physical, mental operations.

I do respect your opinion, however, and I actually do agree with it. I'm not saying at all that you're not correct. Just that I have seen a change in my physical reality that far exceeds the probability of such an explanation being the only correct view of reality. There are forces in play that we just largely do not understand. (Maybe some do.)

#Day 4 of NoFap. I was at 60 days until I went on a week-long relapse marathon before New Year's.

When I was doing that marathon of sinning and debauchery, I felt super anxious. More importantly, I also noticed that a bunch of bad stuff happened in my life whenever I relapsed.

During those 60 days of NoFap, I felt like I didn't get any major bad luck. Sure, maybe some minor stuff happened but overall I feel like NoFap keeps me away from a lot of bad luck. On the other hand, when I do relapse, I've noticed an uptick in bad luck.

Overall, I can't wait to keep going and I'm DETERMINED to do a year of NoFap and abstinence!

#When you're living right good things happen. I'm the same. When I fap I have absolutely the worst luck ever. If I'm cultivating it seems as if things just work out in my favor. Keep your head up my friend 🙌✨ you'll reach glory again in time.

#It seems like the universe makes life much easier for me, and rewarding me on nofap. Do you guys know why luck comes?

#The opposite is even more obvious. Everytime i fap a lot, everything I touch turn into shit lol. Pmo brings unexplainable bad luck bro, at least for some of us.

#Absolutely. It feels like everything lines up when ur doing nofap, but the opposite is also true. Day 1 after a relapse feels like the whole world is against you lmao

#Positive energy tends to vibrate and connects you with other positive interactions.

#And yes, I think that it affects random things too. For example winning the lottery. Or something alike. Can't explain scientifically.. it's like law of attraction works worse when if you relapse.

#I hear people saying they get female attraction, getting more friends and more job oppurtunities. Why do one become more lucky when they retain?

#That probably explain why I always seem to have issues before, I used to masturbate everyday. Bad stuff happened to me a lot, my family asked if I have anxiety. And this was after I started masturbating when I was 14, im 24 now. Before that I was completely normal. So your life force (sperm) attracts what you want in life?

#So many reasons its hard to explain. Its 100% real though. Through law of attraction, effort towards purpose, and willpower/discipline, blessings are true

#Shit man it doesn't even have to do with the afterlife I get bad karma in the present life from watching it (dates cancelled, bad workout sessions, stuttering, losing train of thought, all around swagless)

#I feel you. NoFap is the reason I believe hell is right here on earth. Good things just start happening out of fucking nowhere when you quit fapping. Same goes for any other bad habit, but for me it was way more pronounced with fapping. It's not coincidence or changes in perception. There's someone or something out there that rewards us for collecting and storing sexual energy. We don't know the rules of the game, we can only play as best we can.

#Exactly. I'm more worried about my current life haha everytime I fap i get bad luck. instant karma

#Dude . I don't know if this is a coincidence.. But I've observed that in the past 5 years, every single time I masturbate , something bad happens.

And it's almost immediate. Like I'd fap, and next day some shit would go down.. maybe it's because I just felt down but damn, fapping is bad karma

#Yep PMO brings bad karma. Yes, it does. I concur with the last two comments above. I relapse and I automatically know schnitzel is coming right around the corner. I also try to prepare myself for the impending doom but it's never enough preparation. The opposite also happens at least within the first month until your brain starts getting flooded with intense images during the flatline and you're like "what the eff did I do to deserve this I made it a month?" And you get the same stares as if you just relapsed again but you didn't and the bad schnitzel comes again to get you. I broke at about 61 days my last steak from all the images flooding my brain but I'm again at a few days the tracker won't allow me to update now... but yeah for some odd reason the universe always finds the most opportune moment to crap on you when you relapse.

#Do you guys ever feel like whenever you relapse that something bad will occur later on in the week?

#Holy fucking shit I thought I was the only one. Yes the next day or day after some bad shit would happen and I started realizing it followed right after.

#Omfg... My thoughts exactly !! It's like the universe is punishing you for not staying loyal to your commitment

#I don't know how to explain it really, but like the following days seem much slower than usual making it harder to get through the day. Also, I just seem more out of place and clumsy for some reason and out of focus too. Once I relapse, I try not to fall back into breaking my streak every single day, but I do. It's really hard to get back in track after that. Once I make it past day 1 though, it gets better later on.

#Dude it happens to me every time I watch porn & relapse. Examples : my job interview went well till round but somehow I got rejected. 2. Was supposed to meet a girl for a date, but last minute she flaked out. 3. My macbook broke down. 4. I had a fight with someone over something absolutely trivial.

There have been one too many coincidences to have led me to believe that porn indeed has always brought me badluck in some way or other. Post nofap I realised that Why does this shit only happen everytime I watch porn & wank off.

#I am on my 57th day of NoFAP. Just the other day I somehow met the girl of my dreams and she agreed to go to dinner with me. She is a SURGEON, smart, gorgeous, my ideal girl.

At our dinner our conversation flowed so well, that after 4 hours we had each had one bite of sushi. She had even forgotten to finish her drink! We went out to another bar after for a drink and when we walked out I kissed her. She said she didn't want to go home yet and we went and made out in her car.

Folks, this is the woman of my dreams, or rather, of anyone's dreams and she was practically throwing herself at me. We met up again at her house and she cooked me dinner and we had the

best time. Now I am doing my best to deal with her ultra busy schedule so I can have some face-time and continue to bond.

Amongst other things, I have noticed I make STRONG eye contact with everyone, co-workers respect me more and I am ultra confident. All of this could be a placebo, but hell, ill take it. I had just broken up with my girlfriend of 2 years and it left me extremely sad and lonely. I could have continued to go at it the old way, but I decided to make changes to my lifestyle.

Over the past year I have quit smoking, hard liquor, adderall and started lifting, running, and staying as healthy as possible. Always keep improving folks, the woman of your dream is just waiting to run into your new and improved selves.

#I don't just mean girls becoming attracted to you or stuff like that. I remember reading a couple people here swearing that it seemed like NoFap made them luckier. Not asking about what you think is possible, just your perception.

#Fortune favours the brave. But yes I can testify that since not fapping for more than a couple of weeks good things have started to happen to me. This could be because I have a more positive attitude now and feel like I deserve and can capitalise on these good opportunities or maybe it's a law of attraction thing.

**#Excerpts from earlier posts of mine in a different subreddit, [r/digitalcartel](#). Only minor edits and some clarifying additions have been made to the original posts. This is not satire.**

...Of course, lulled into complacency as I was, I felt bored and alone and ended up wanking. A feeling of dread washed over me afterward. I have always noticed that I tend to experience [the strong, unmistakable perception of] bad luck in the hours and days immediately following an incidence of masturbation. I'm not the only one, either. Google "bad luck masturbation" and many people report similar feelings.

I've experienced this pattern of reward / punishment too many times throughout the past year or so to ignore it.

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I'm often afraid of "punishments" from God or from "the Matrix." I tend to feel that my actions, whether masturbation or watching porn or thinking arrogantly or having a sinful power fantasy of some kind (such as when I watch an action movie and then daydream about being some badass taking revenge on my perceived enemies or on fictional opponents) or indulging too much in the taste of good food, are the causes for the conflicts in my family, and that the Matrix is frequently punishing me. I know that the cause-and-effect relationship there is weak, and that this whole train of thought seems irrational, but I worry about it anyway because of how strong and real the punishments seem (feel) to be.

An ordinary day for me has a very consistent pattern that is largely shaped by my choices. My choices with regard to seemingly trivial matters seem to be entangled with outcomes that anyone else would think are completely unrelated; e.g., masturbating and then having my day ruined by some unexpected, sudden, ridiculously violent conflict or the shock of bad news in the mail.

If a pattern happened again and again, as crazy as it might seem when explained to an outsider (someone outside your mind, i.e. someone who is not in tune with your particular flavor of

suffering), after enough repetitions, even the most ordinary of [people] would believe that something was amiss.

I perceive a strong, distinct "order" to the universe, and certain actions on my part have the tendency to produce certain kinds of negative outcomes in the world around me at seemingly statistically significant rates.

Sometimes, for instance, days in which conflicts erupt in my family coincide with days in which a major terrorist event or mass shooting appears in the news. I remember the exact conflict in my life that emerged hours before reports of the attacks in Paris in November 2015 first surfaced, for example.

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In summary: Don't masturbate for a long time? Good things happen and everything stays calm. Masturbate? Almost instant bad luck and eruptions of violent behavior among the people around me.

So here are my crazy hypotheses. Maybe there's some merit to some of this or maybe I'll look back at this in the future and laugh at how delusional it sounds:

- Pheromones emitted at the moment of male ejaculation trigger a subconscious aggressive response in other males nearby, perhaps as part of an evolutionarily developed, neurally wired, instinctual reproductive and social competitiveness response. (Smell semen? "Another caveman must be trying to impregnate my cavewoman!" = anger). This could explain why my family members erupt with rage and violence in the hours and days following my act of masturbation.
- The Matrix / divine super-computer / omniversal simulation was programmed with all kinds of artificial, arbitrarily determined reward and punishment mechanisms. We're the version of The Sims that a higher-dimensional species of intelligent beings plays. Seemingly random behaviors and habits might trigger seemingly random but consistent patterns of rewards and punishments, and masturbation might be one of them.
- David Icke is not so insane and the concept of "loosh" that he proposed is not far from the truth. Our universe may be a simulation created within a super-computer by higher-dimensional beings who programmed us to suffer as much as possible so that they could harvest our suffering and anxiety as energy. The overlords or gods feed upon our life-force for their own sustenance. This would make the present-day simulation hypothesis compatible with gnostic explanations of the universe (especially in terms of the gnostic view of God or the demiurge) and would provide a suitable answer to the long-discussed problem of evil.
- Solipsism: The universe is an illusion and I am the only real conscious mind here. I might really be the damned consciousness of a prisoner from another dimension who was sentenced to serve a lifetime, or perhaps an infinity of lifetimes, in the form of a human on Earth. My suffering is intentional. The fine-tuned universe hypothesis may be correct. Perhaps these sets of circumstances that are torturing me today are very intentional. I must suffer for some reason beyond my knowledge.

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Sure enough, after yesterday's fap, today has been fucking terrible.

Thoughts?

#I remember reading somewhere about conjuring and altering reality by masturbating and focusing firmly on intentions and desired outcomes as you orgasm. I've read a similar thing a while ago on [r/DimensionalJumping](#) (Warning: solipsists, lots of them) but it involved using two glasses one full one empty and its basically the same thing except you pour one glass to the other instead of masturbating. Edit: I never really went further than focusing on love, compassion or bliss, so I have no idea how or if this "spellcasting" has any merit to it.

#Here is another hypothesis for you to consider:

You and each and every being in existence create our own reality with our thoughts. All of our realities are intertwined and together all beings co-create all of manifested reality.

Thought is the finest form of manifestation. Through thought, feeling comes and feelings are the devices through which all of reality is created (most of which we call emotions, though they really are far more than that, they are energy vibrations we perceive as having various qualities, such as anger, fear, joy...).

This vibrational energy (feelings) is like a magnet that creates, shapes and molds your life. Since you live in the physical dimension, the effects of these are not immediate, and thus the manifestations of this energy are not instant, but usually take some time.

This is what is usually referred to as *The Law of Attraction*.

**Here is an example:**

You have a strong feeling of anger. You do not resolve it or release, but you harbor this feeling every day, suppressing it and even increasing it. In the beginning this feeling manifests in your reality in a rather mild way, such as people you know perhaps verbally attacking you for no reason (they will feel your anger subconsciously and attack you without themselves knowing why they did it, they will feel compelled to do it), or you tripping over the carpet in your room, perhaps burning yourself accidentally on the stove. Physically this may then manifest as a stomach ache, problems with your digestion, a cough, pain in the body, fatigue....

If the anger increases and you do not resolve and thus change the vibration, you will attract more and more negative things, things that correspond to that vibration. Perhaps you will, in the extreme version, get cancer, in a more outward manifestation, you might get robbed at gunpoint, or drive your car into a tree, sustaining heavy injuries.

Thus you can say all of this is then "bad luck". But it is not so. You are creating your luck.

Though most of your creating comes from all the patterns, thoughts and emotions stored in your subconscious mind, which you, without a meditative practice, have little control over. So don't worry about screwing your life over with a few negative thoughts.

Your whole creative energy comes from your subconscious mind, and your life is a mirror of it. To change the subconscious requires some time, so you can hardly screw it up or fix it with a few thoughts (or resolve everything within a few minutes of meditation - though even that is theoretically possible with a very strong will and desire for freedom)

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Masturbation can be a very strong outlet for creating. If your thoughts, as you masturbate, especially at the point of ejaculation, are very strongly negative (strong anger, hate, fear, sadness), you may create a very strong vibrational energy that will manifest in your life as an unfortunate event, or an illness in your physical body, perhaps also as a psychological or emotional issue.

This is called sex magick. Orgasms are frequently used to manifest. But if you do not know how to control this, the manifestations may be quite unfortunate for you.

To be honest, I wouldn't worry too much about it. Though you can create some negative events if you orgasm with intense negative feelings, those energies will soon dissipate and you can also help undo these manifestations rather quickly with various forms of meditation and introspection that help you resolve and clear inner emotional energies.

Here is a good video on this subject, by Teal Swan, a spiritual teacher I frequently enjoy listening to: <https://www.youtube.com/watch?v=EkJsSfPOhdo>

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To end this post, I'd advise you to masturbate less and if you do, try to have positive thoughts, or even better, no thoughts at all at the point of climax.

Even if you do that however, masturbation and ejaculation is a huge drain of energy to your system. That is why ejaculation, even during sex, is a thing that one should strive to eventually transcend (and strive to have an inner orgasm, which is much more pleasurable anyway - check out Mantak Chia for more on that, he is a great Taoist teacher of sexual energy control), as all the eastern teaching of Tantra and Taoistic sexual teachings point to. Sperm leaving the body faster than the body can regenerate it (masturbating too frequently for example) is draining on the body and its energy. So unless you can regenerate that energy very quickly, it is best to keep ejaculation to a minimum.

But if you do it anyway, it is better to ejaculate during sex, with no thoughts, or your thoughts on your partner, focused on love and affection, rather than masturbating and creating various sexual fantasies and low-vibrational thought forms in your head.

I am talking from personal experience here as well. I personally have only masturbated once in the past 6 months. The energy gain and mental clarity is great and I cannot get myself to start masturbating again, because of the large energy drain it takes on my body.

To be able to not ejaculate during sex however, can be quite challenging. But with the right person and the right energy (one more of love than lust), even that can be much easier than you may think.

#check out [r/nofap](#). there is hundreds of pieces of anecdotal evidence pointing to increased power, confidence, sexual attraction, motivation, will, and overall increase in happiness from even just a few days of abstaining from masturbation

and there is also hundreds of pieces of anecdotal evidence of depression, weakness and general impotence from indulging

#Cum has long been known to be associated with æthereal energy and by preserving or depleting your cum or acquiring the cum of other beings, your psychic energy is affected.

#When you spill your seed you deplete your sexual energy, thus your charge or attractiveness to your divine union.

We each need to be striving towards expressing a healed and balanced masculine and feminine energy. When you deplete your charge you disrupt this union of the masculine and feminine and thus throw yourself more into duality.

#masturbation / sexual stimulation / release of hormones / orgasm

that's one thing

ejaculation / loss of semen / loss of vital energy

that is another thing

we have tied them together, they can be separated

so the secret is that men can have sex (alone or with a partner) for hours without ejaculating and this can include orgasm(s) (women don't have this problem - the problem is the men who can't last)

THIS IS PROFOUND

how much of the trouble this planet is in is due to the loss of this basic knowledge? most women unsatisfied, most men unable to satisfy and secretly aware of it, most men just depleting their energy. men putting so much energy into making phallus-shaped monuments, obelisks, rockets, missiles, planes, jets, bombs, guns, bullets.

check this out -

[http://realitysandwich.com/49048/orgasmic\\_roots\\_pronoia/](http://realitysandwich.com/49048/orgasmic_roots_pronoia/) ( a chapter from Rob Brezny's Pronoia) and here is a big stack of books to support and explain this idea -

<http://www.terryslade.com/sexbooks.htm>

#For many years I've had bad luck and even *injuries* after masturbation or porn usage.

#Idk about you all, but I've noticed that every time I fap bad things seem to happen more often. But when I don't fap, good things happen. I'm just wondering if y'all have the same dilemma I do?

#Fu\*kkkk.....i also noticed this.... even thou I'm an agnostic i believe god is warning me !!

#Man this is crazy but I have the same thing. But mostly that when I don't fap, really good things happen to me. I always feel like it's Gods way of telling I'm doing the right thing.

#I honestly believe it is. I've had strange dreams when I watch porn. I think evil thoughts and bad luck follows me when I watch porn.

#I had masturbated for almost 30 years. This absolutely resonates with me. Everything got delayed in my life. I always felt that I had bad luck and when I stopped fapping for some periods of time, I felt things magically progressed even if slightly. May be it's mind but fapping drain me for my self confidence, my intuition and my risk-taking abilities. No science can prove that and I do science.

#Semen retention definately raises intuition. It's as if you get possessed by the Holy Spirit. Things just feel right, and things happen at the right time. It's kinda weird because there have been multiple times where i have heard words in my mind when talking to someone and then they say those exact words to me. This kind of things don't happen while frequently ejaculating.

#As much as I'm skeptical about this stuff, I can 100% say that for some reason fapping brings massive bad luck. Like it's hard to explain, but mainly people treat me like I'm a mangy dog after, I can't progress in my learning, I can't progress in fitness and sometimes even lose strength. Yeah fuck relapsing I'm on a good streak now and don't ever wanna go back.



#almost all the life-shifting bad things in my life the past 2y has happened to me after a relapse, lol. especially if it was two or three relapses in a row after 100 day type scenarios.

as a consequence this has made me quite scared of wet dreams.

#fapping and bad luck is true, have personally experienced it. It's like what's meant for you, is delayed if you relapse.

#Facts! I thought it was just me. Whenever I relapse people treat me like crap, girls give me weird looks, gym days annoy me, and luck is absolutely terrible. I'm also back on a streak after losing it to a girl after a year. I don't ever want to go back.

#Everything he said seems to be true thruout my life, even more so as i get older.

IMO retainers get "punished" the most when they're selfish with their sex energy. It's as if God is saying, "right, I just gave you all these superpowers.. and you've abused my gift for your own selfish pleasure. I'm gonna withdraw the eternal Joy for a while... so that you can reflect on what you did, and grow stronger in the future"

The above doesn't apply to non-retainers, as they were not granted devine powers/ joy.

#Everything he said seems to be true thruout my life, even more so as i get older.

do you mean that you get worse bad luck after relapsing the older you get?  
i assume this is also a matter of the higher you are the more you fall, right? relapses on longer streaks will correspond with worse bad luck afterwards. which is v true in my experience.  
also i'm curious, have you noticed semen retention benefits decrease as you get older?

IMO retainers get "punished" the most when they're selfish with their sex energy.

i wonder how this applies to karezza/tantra etc. i intuitively feel like it's a "misuse" of sexual energy, if that makes sense. i try to avoid all sexual thoughts & maintain mental brahmacharya.

#Yes, absoultely.

It's more to do with me becoming a stronger christian as i got older.

If they have escaped the corruption of the world by knowing our Lord and Savior Jesus Christ and are again entangled in it and are overcome, they are worse off at the end than they were at the beginning. 2 Peter 2:20

Yes, you're right. Beware of those who 'teach' Karezza.

No decrease in superpowers as i age. What can temporarily affect my superpowers is insomnia, malnutrition, anxiety, and of course - relapsing (in the mind or the body).

#I wouldn't say there's a vengeful entity out there looking at you and saying: "now you will pay!". It's cause and effect but on levels we don't know or understand because the knowledge has been

hidden (occulted). Vivekananda spoke a lot about an ocean of Prana extending itself in all directions and the Hermetics had their law:

## 6. The Principle of Cause & Effect:

*Every cause has its effect; Every effect has its cause; Everything happens according to law' Chance is but a name for law not recognized' There are many planes of causation, but nothing escapes the law.*

If we have an exam in 10 days and I study and you don't, it would be foolish for someone to say ah he was lucky! It's just that the causal line here is obvious: I studied - I passed, you didn't study - you didn't pass.

There are many, many things that aren't obvious, you just cannot see the causal chain. You can imagine yourself as an egg-shaped bubble of multi-layered energy dipped into an ocean of energy. Where your body ends immediately another sort of energy starts, we just call it air or water or TV or Wi-fi etc. Some energy fields you can see, some you cannot. Some are passing through you. If you tried to explain to someone Wi-fi before the computers they would laugh at you and tell you ok, show it to me then, where is it? Of course without the transmitters it wouldn't even be there, but even with them, if he didn't ever use it he would think it's nonsense. Yet out from the air you can pull it onto your laptop/cellphone.

Semen ejaculation does something to your whole being, your energy field and body. Your very being moves differently, acts differently, transmits differently. The longer the retain the sharper the DIP suddenly, especially on a binge. Think of it like a stock that's been steadily rising from 1\$ to 157\$ and then suddenly plunges to 37\$, there would immediately be many effects as well: people fired, panic, investors either jumping in or panic jumping out depending on the further projections and so on.

#When I used to live with my parents and brother. The amount of sexual energy wasted on pornography was criminal. The energy in that house was so dark. My parents fighting each other every week. My brother being depressed. And I got bullied in school.

It was such a horrid experience. And now I'm on the semen retention path for 14 days. Everything has been going smooth. No bullshit at work. People are being nicer. I can sleep better. I have more energy. Men respect me and some even feel intimidated which isn't my intention.

And all of that is just 14 days. It feels like I'm being protected. Only now as I'm 26 am I growing as an individual.

#Damn, I thought it was just me who experienced bad luck after fapping and ejaculating way before I started practicing SR. After reading that just made more sense to me, it's almost mind boggling I should say. Even more reason to continue on this journey as I'm 49 days in with SR.

#One of my friends, I've known him for 15 years. I had an intuition and a feeling that he was changing. The aura/energy around him got ridiculously "heavy" and "demonic" as the years went on. He would be unnecessarily angry, he would get into fights, he would even diss me in subtle ways. Eventually, I had to withdraw from him slowly, slowly.

Then all of a sudden he contacted me after a month of us not speaking, which was a long time. I learned he had a massive addiction to pornographic material. I'm talking about a 2x a day fapper, someone with multiple hard drives of explicit videos, etc. It was sickening. It is even more so when I am on semen retention, after coming up on 2 years of this journey.

He said he "doesn't have a problem" and he can "quit any time he wants to" but he we both know the truth. He is ensnared by fapping and pornography.

Just the sheer darkness and destruction of character that this causes was enough for me to personally quit because I just could not withstand the massive amount of negative energy it was generating in my life.

When you unconsciously spill your seed, the universe punishes you with a tax and over time, the bill becomes quite high. Brain fog, limp dick, sexualizing and objectification of women, social anxiety, and the list of ills goes on and on and on.

I'm so glad I stopped that fucked up behavior and I pray for anyone who hasn't.

#I relate to this 100%. Non believers will say something like, "thats just your mind playing tricks on you... u feel awful that u ended your beloved streak and ur ashamed...ofcourse ur gunna be depressed and sad." Makes sense logically speaking, but from my experience it doesnt explain it at all. Pmo really does something spiritually. The next day I am WAYYYY more prone to negative emotion. Always. It takes a solid 10-14 days to reaaally recognize a big shift in my everday mindset/baseline emotions. I become way more positive and hopeful and confident in myself and my futue. By day 30-40 I am just naturally always expecting good things to come my way. My "spirit" is so pure and joyous... i think. I feel clean and pure and powerful.

#I've noticed it takes 2 weeks to spuritually recover as well.

#For the skeptics, you only need to retain for a long period, then should any losses occur, you will notice the difference in your awareness and reality. Once the losses start trickling in, it's like bad luck starts to follow you. Go on a long streak to verify this.

#Yes, once you go long enough retaining the stakes become higher

#This is just happening to me. Fuck, why this has to be so weird.

#Totally true my brother. I've experienced when relapsing from a good streak things in my life start to fall apart. Sadly I have had some bad times while loosing my seed. But I guess one (or at least me) has to go through those hard times to really value our seed and take with this practice (SR) with gratitude... Blessings

#So I have been noted here for recommending an ejaculation. I want to re-cant that statement and point out a discovery I have made in the past 3-4 months. Mainly, 3 months.

Every single time, without fail, after I have ejaculated, the balance and harmony in my life changed drastically.

I have recommended for some people, that if you feel S.R.O.L (A term I made up that explains a flatline) that you try various other methods like ejaculation. I Do not recommend that anymore.

Maybe there are other ways, like circulating the sexual energy. But one thing I have understood now, and am still understanding is.

Keep the seed. Simple right?

How we transmute the seed is up to you. I think, if you're not in a relationship, it's good to occasionally some how stir up the sexual energy so it's not stagnant. Another thing is to check all of your vitamin levels. Make sure you are getting enough Vitamins in your diet, drinking water etc. Some people may be prone to different health ailments, especially people going with the "fad" of veganism these days.

On to the bad luck observations. As some have mentioned here before, some have experienced strange circumstances after a relapse that made no sense. For me this rang a little true. Now a relapse with p0rn is not the same as, say, an accidental wet dream. However, when there is a loss, it can generally be felt / seen through ones reality.

For the record, I'd like to state that I drive a piece of shit car. Well, one way or another, I rigged my car to start with a screwdriver (and remote) - Don't ask me to explain. I drove my car like this for 5 moths without a problem. My streak, I remember, was about 90 days. after I ended my streak, I went out to start my car and Immediately what I noticed is that, my screwdriver cracked the ignition and I Couldn't start the car anymore.

The method I used everyday of my streak, for 90 days, without fail, all of a sudden failed. This lead me to some strange stark realization.

To me, Semen isn't necessarily something that gives you a type of inner power. I believe Semen, somehow, maintains the order of the universe around you on a molecular level. As we "power up" so to speak. So, as strange as this sounds, Yes. I believe an ejaculation can literally alter the physical surroundings of your current reality. I'll give another example.

Experimenting with ejaculation these past couple of months. I was on a long streak. I decided to end it when I Was with my girl. I ejaculated. Ok. No big deal right? The next day, we get a phone call. Her neighboring apartment caught on fire. Now, someone can say, "NaH BrO, Ur SeMeN AiN'T PoWeRfUL eNoUgH tO sTaRt FiRes"

I beg to differ.

This is why I think, we should all air to the side of caution in this one. I have noticed strange, circumstantial events be altered due to the cause of an "ejaculation." - when we maintain order in our own selves (lust free mind, a mind clean, and our seminal energy clean.) - When we keep a clear mind, and maintain our power, there is order in our life. There is order in the things around us.

As we go higher into our streak, I believe we maintain a sort of "inner unification" with higher vibrations of the universe. A higher, universal peace tends to emanate within us and our surroundings. So we are vibration ally linked with other elements of the universe.

Because our consciousness shapes reality, It would appear that, the retainer has a stronger, dominant reality when he retains. And it is because he retains, his seed is like a "glue" that bonds not just to and through his physiological / spiritual / ethereal body - But it "bonds" the molecular elements of the interactions, people, things in his life.

This is why I believe, (I have the same, piece of shit car as my friend) - That my car has lasted 2 years+ without a problem, whereas my friends car (Same model / year) - is a broken down mess. Before Semen retention, I recall many cars breaking down, having problems, having to get it fixed etc. Now, It's almost as if my strengthened, unified mind keeps order to the things. And on some strange, weird level, I believe what we interact with - WITH OUR ENERGY, will bless and strengthen that which us around us.

In other words, my 15 year old piece of shit car is strengthened because it's blessed. It is a blessed car because I am saving my divine energy within myself, and thus strengthening my vehicle. If you look at it from a philosophical perspective, when I have seen Seminal leakage on a long streak, the one observation is how solid it is.

The solidity of semen can be a metaphor for the solidity in ones life. The more I continue on this journey, the more I see the significance in my surroundings, and each and every item that our consciousness pays attention to. A semen retainer, a man who retains all of his energy and is "on the path" - the higher spiritual path,

will have no coincidence. The things he uses will be strengthened simply because he has chosen them and uses them. This is another interesting thing I have noticed. The immediate people in my life, seem to be strengthened with my presence. Friends / family - etc. And when I have lost my seed, I too, have also noticed it seems, something was lost in them.

Take for instance the man talking about the workout plates he had. He had a relapse, and then he went to life up a 45pound plate on the weight rack; the plate broke in half and fell on his toe. So we have to see the symbolism in these types of things and the reaction of our surroundings in life.

When we ejaculate, we almost without certainty become broken. We are "broken men" - We were at first, moving and walking, breathing, energized potential. Now we are back at square one, often broken, cracked, half men.

The plate, almost symbolizes that broken-ness of the man. So what we must question in this inter dimensional reality is;

1.) Is Ejaculation somehow a "transportation into a lesser reality"?

2.) Does Ejaculation give us "broken" energy that, in turn, gives off a "broken" vibration, which in turn, rubs off onto our surroundings?

And the third, and what I believe may be true, is this.

3.) I ASSUME, and theorize that, EJACULATION; is a loss of SPIRITUAL energy and power. The same binding spiritual energy and power that is the "Basis of physical existence" (sahdguru) - And, because all reality is made up of particles, molecules, ions etc; we KNOW that these particles, molecules, ions, and elements have a NUCLEUS. The NUCLEUS, (if I can remember 6th grade science) - is the unexplainable internal drive of energy; the internal light / life force that inherently is the sum of all our physical surroundings.

And when we LOSE our life-force nucleus, (our life force that energizes our surroundings) - I believe we, in turn, are just ejaculating a seminal substance. But a spiritual substance that fortifies and energizes all the objects in our reality. (strengthens)

It is the reason why, on all my long streaks, I never had car troubles. Never had flat tires. Never had health problems. (other then the prolonged diets / fasting / flatline etc) Never experienced broken this or that. The tools I buy, always stuck around me. Items I use never have a problem.

(and so fourth, and so fourth. All things are held together, and thus, create the divinity in motion for the nucleus (energized man) to move fourth with his purpose on earth.)

Make sense?

so in conclusion. When we retain, we are becoming Divine blessed BEINGS. And as we continue on this earth with divinity, our surroundings and actions are divined and blessed as we move fourth.

Now this isn't always the case. When we fall into flatline, I believe there is some kind of inner-work we must do, wether it is recirculating the sexual energy, exercise, getting the right nutrients, something that is going to keep our mind and mental status fresh.

Thanks for reading, and if you are bored, check out my subreddit [/pureretention](https://www.reddit.com/r/pureretention)

#I literally read all you had to say even though it was quite long, and I completely agree. We are a product of matter and energy, matter and energy are the same thing but just in different form. I was literally explaining this to my friend earlier today. When you release your life force (energy) you disconnect yourself with the universal energy and in return you become a cursed man. Life, is not the same around you when you ejaculate. While on a long streak everything goes well. For example, around 2-3 weeks ago, I was doing a job, I felt as if I was \$20 underpaid, and I definitely was...so around that same week I had gotten a new iPhone (iPhone 7 Plus) to be exact, which is the first iPhone that doesn't have the iPhone headphone jack and the headphones just plug into the charging port. A few days later after I had been thinking about how I was underpaid, I go to the local gas station, and just before I enter I see headphones on the ground. The exact type of headphones that fit my phone... what are the odds? The exact type that fits my phone.. they could've literally been the other type of head phones and would have been deemed useless for me. Also used head phones like that can be considered to be worth around \$20.. how coincidental is that? I was in complete shock, one way or another I got my \$20. When you retain your seed you increase your vibration with the universe and in return people, things, and circumstances are definitely altered. People on a subconscious level understand that there is an inner peace, good energy within you and you attract people left and right. Life repays you back when payment is due. Holding in your semen and altering your universe and life, is no myth or phony bullshit this is the real deal.

#I made the same post 2 years back and everybody laughed at me. I freaking won a Phone in a noodle contest that I bought in a flight for 2 bucks.

#I've also experienced bad luck after ejaculation which ended a decent streak

#After the first relapse I had an explosion in my boat and the second time I had a road accident. I think it was God punishing me. I will never do it again there is too much pain.

#in spirituality, they believe one of the reasons that our souls were put on this planet is to control our desires - maybe the universe itself is responding in accordance

#It almost feels as if life "respects" you more and makes things fall into place easier when one has self-control... and that such respect is lost when one indulges.

I can think in more pragmatic and prosaic explanations on how life gets better when addictions or bad habits are overcome and discipline is achieved (better life decisions, better judgement). But as much as I have trouble with anything sounding New-Agey and being the skeptic that I am, I think there is really something into this retention thing, and maybe, and JUST MAYBE, reality is not as fixed as some might think. I have seen these unusual coincidences happen in my life too when I am on a streak and then lose it.

I really I have no idea of how it works and don't feel any ready or prepared to "explain" on this mind-reality link, because I'm not going to lie, man, it makes uncomfortable and silly thinking that if I have "more cum stored in my balls" (to put it in plain words) my connection with the universe is enhanced. But fuck it, apparently there's something to it, it works, strange unusual shit happens, and I've seen it. So let's keep it up!! (or keep it in I should say)

P.S.: just for adding, I already posted somewhere else that my car battery and some other stuff was stolen the morning after losing a streak. I was having like really loud passionate sex with the wife and was holding it well until my brain rationalized "wtf are you doing? Sex and ejaculation are normal and she is your wife! And prostate health too!" The instant later after losing it I felt a huge guilt and almost knew something bad was going to happen. It did.

#Experienced it as well. Keep the seed, and don't relapse no matter what. If you fall to edge or lust in public DON'T go all in. You will heal faster than if you were to relapse.

#I always wanted to write about this here. This is very true. I have experienced this. Our retention influences other people's state of mind too. As soon as i relapse there is something really off about them. Edit: Also, I feel some of the events are pending and happens as soon as relapse occurs. What SR does is that it also holds events to happen for us.

#I've always been a religious man and trusting in Allah has always been the number one thing for me, but one thing that struck me was the lack of purity, both mentally and physically. In a sense of losing my hope in god.

When I always try to attempt relapsing I get lazy, and out of nowhere everything in my life just crashes, my friends start to humiliate me in front of classmates/groups, they don't like to be around me anymore, same with my family, my little brother starts to avoid me compared to when I'm on long streaks of semen retention. Even my grades start to fall massively and I just laughed at it because I know why it happens to be that way. I start developing jealousy and hatred towards friends who are having good grades, people who are social in general. However, when I start taking care of myself and sleep well, it usually takes a month to get back to where I am, I am just tired of all this bad luck and humiliation from teachers, close friends and family every time I get an urge to relapse.

Any of you know why that happens on a spiritual level??

#Same things have happened to me too.

SR is a kind of a protective cover, that shields us from negative energy, and helps attract positivity into our lives.

#In Gnosticism "I'm Gnostic animist in spiritual beliefs but see truth in all religions and believe in most high"

It's said that when we men orgasm in a non harmonious way with our wives in the alchemical marriage...it is due to demon "Lilith" using our seed in the spiritual dimension and procreated/creating demons of our own making.

In tibetan Buddhism it would be considered "Tulpa"

In anycase, it's said that it's them that cause the issues

I strongly believe those who are more spiritual suffer more from this because while we are half way in light...we are falling to these earthly temptations.

Since you Abrahamic in beliefs, I suggest learning and reading Psalms from David. They are ALL part of a old system to help heal, and ward off these things amongst other things.

Meditations on some surahs are also good.

Fasting, from food, speech...etc..etc are also good

#At first i didn't believe it, disregarded it as complete BS. But i now see that whenever i jerk off i lose every good thing coming my way even stuff that i thought i already won. Business contracts, you relationships e.t.c. The funny part is that even stuff out of my control that seemed to work very well without much effort would drastically fail within 24 hours of jerking off and i will be informed.

But say i go 7 days and beyond without jerking off or welcoming animalistic thoughts i begin to hear only good news throughout. Stuff starts working really well. I finish projects with ease to incredible success and open doors. This has been my motivation for going on SR. I hate badluck, and love goodluck or favor thata comes with retention and purity. Is this your experience? This keeps me from relapsing. What keeps you from relapsing?

#Yes sir!

What keeps me from not relapsing is knowing that after a few weeks I'll be feeling damn good with tons of energy and confidence. It's like a natural high, mild yet it's there and it makes us smile.

#It s because when you save your sexual energy your vibration is much higher and you attract good things into your life

#Dharma, or life path is linked to the state of being. Once you retain, you are this person who's not jacking off and have granted access to all those assets made available to your elevated state of being. ( the SR you, a greater version of the actual you, no doubt on that) I think that there is a kind of attachment in terms of frequency that brings good or bad luck based solely on your state of being. Once you retain, you can only be the person you are at this state, but you switch automatically to the older you as soon as you masturbate. But this good/ bad luck has to be real. It's also impressive how fast they switch based on semen conservation. Definitely a preaching of inestimable value. We are all immensely wealthy in potential thanks to this single knowledge.

#Yes. That's why I used to pick the fap day very carefully. I knew I had to deal with shit happening afterwards.

#After a relapse and binge things are harder for me to deal with. Definitely feels like everyone/everything is out to get me so it kinda feels like bad luck.

#Last relapse looking at porn for 20 minutes and edging (not even releasing) at night, the next day was the worst day I'd had in months... at work I had no presence at all and was a stranger among my colleagues, and I ran out of fuel on the way home and had to walk half an hour to the service station and back...

The higher you go the further for you to fall. You have to build absolutely bullet proof habits and states of mind and be super mindful and careful in every single moment.

On the flip side when I am in state and have been living well (which has been 98% of the time for a good few months now), life feels almost effortless, I am best friends with EVERYONE, smiles and



laughter everywhere, and it feels like my life has real traction and trajectory towards higher things.. and every day feels like the best day of my life.

#On a 10 day streak and yesterday when i ran out of weed my brother randomly gave me half of an edible and had me high all night, today i went to the city and i was short for a pizza and the guy let me have it for a discount. Luck is very much a factor.

#I can tell for absolute certainty that when u hold your semen, you bring "good luck" into your life, life just seem to be so smooth and "the universe" helps you out. When you cum all the time, bad shit happens and u are "unlucky".

#I have a hard time telling if its bad luck or me becoming dummer/more clumsy/negative/anxious and weak and people react accordingly. Cause I am all those things after a heavy relapse. At the same time, random bad things do seem to happen as well!

Its the same thing with women trying to reach out to you on a good streak. Is it me coming off as a better man or some mysterious shit?

No fucking idea!

#Pornography is a distortion of nature.

Women know, when you have watched porn. The energy is around you. So the question is.

Do you want to be admired and approachable, by most men and women?

Or for an hour of pleasure, be repelled by men and women for 2-4 weeks?

Pornography causes bad luck.

The bad luck is explained as a "Flatline" or low dopamine. But for me, it is something different. Something invisible that permeates our soul. Something that blocks the flow of scent, of the flowers and trees. Something that distorts our Aura and our soul, that only time and meditation can heal.

This can be as simple as viewing porn for 30 minutes or an hour. Is that one 30 minute session, or an hour worth 2-4 weeks of bad luck?

Where does the bad luck come from? From my own theory or perspective, (And this is my own theory, so take it with a grain of salt) - It has something to do with, tapping into the carnal nature of man, interfering with the lower energies of the spirit, and ultimately, attracting the lower, carnal energies to you.

To gaze upon endless mating sessions of man, what consequence does that have on the spirit? In my own experience, it has attracted, anger inexplicably from fellow man. It has attracted uneasiness from women, avoidance of eye contact and such. It takes, roughly 2-3 weeks for those energies to dissipate, and I understand now it is not worth it at all.

I am on day 65 of Hard-mode. Hard mode really isn't hard, it is the pornography that sets us back. A few times in this streak, I gazed upon pornography for 1-2 hours. Another time, as well. When I say Gaze, I mean I just watched it, without touching myself. The results were always the same.

Following the sessions, my life was plagued with bad luck and strange experiences. Co-workers became rude to me. Fear and paranoia plagued my soul. It was harder to move around and do something. I needed extra meditation to get through those weeks. I was a magnet for drama, and negativity. This led me to a conclusion that, what we allow into our soul, or gaze upon, will effect us outwardly.

After healing from gazing upon the distortion of nature, or the evil that is porn, few things started to happen again. The bewilderment of women in my presence came back. (Women are bewildered by my presence again.) - Nature makes its way towards me. Animals seem to gravitate towards me, and they fill me with joy. I was walking home in the rain, yesterday, and a young girl was running across the street

As I was walking home, she stopped dead in her tracks, and waited to just stare at me, then shyed away and continued on her way. (It was funny) - These things are becoming normal again. Nature is making its way to me, and opening to me. The scent of flowers rush up to me, as I pass by them, almost intoxicating me. The clouds open up and reveal the heavens on those long work days.

I am not "Where I want to be." because on my journey, I've fallen a few times. And by fallen, I simply mean, gazing at pornography a few times in these past 65 days. But I will attest that, he who will gaze at porn will fall. It is not so much a physical, scientific questioning of dopamine or receptors, but the energy that comes with gazing upon evil things. You might ask, "But sex is not evil?"

I do not believe sex is evil, but I feel that the interference of viewing multiple, or others engaged in mating or sex creates a distortion on nature and the soul. Perhaps if these things ever happened in nature, or were witnessed by past humans in society, it was of a tribal nature. But I do not believe that sex, or gazing upon the act of sex by individuals is to be taken lightly, as it will attract the energy associated with it.

When I say, porn is a distortion of nature. I mean, what you allow into your soul, will reflect itself for the oncoming weeks. If we all have pornographic seeds planted within us, from early years, it means we have a long running withered shrub that needs to be plucked out of our spiritual garden. In other words, pornography is an ugly weed, a dead root, withered tree, with thorns, sprouting out of our soul, all of these years, interfering with the other seeds that were supposed to plant.

If the nature of human beings is to develop positive relationships with others, then pornography is the large ugly tree of evil, in the way of all of our garden of relationships; its thorny branches are interfering with every other aspect of our life, it is blocking the enjoyment of the sun, the stars, the flowers and most importantly, our fellow human man. The only way to uproot and destroy this evil that is pornography once and for all, is to never view it again.

Each time we view it, we water our "Porn" seed and it grows even more into the ugly mess it is, so we must starve it out. Meditate, and avoid all the sensual desires within us, starve it out, let it die,

wither it out, until finally, we can pluck that mother fucker out of our garden, stomp on it, and burn it into ashes, and let the flames emanate into the sky. Stomp out that root, stop watering it. Stop watching it.

As for hard mode, I would not recommend it, unless you have a daily meditation schedule; but be prepared for a very hard journey. Hard mode will turn you inside out, but strengthen you and you will be reborn. And avoid pornography at all costs.

#I was just thinking about this last night. PMO blocks your understanding. I realized I am understanding a few very important things of life correctly now.

#Fapping ruins your life my friend, such is the curse. But you can beat this curse by doing nofap, really working on yourself and putting absolutely everything on the line to beat fapping.

It's not time for you to die, not yet atleast. There is too much to live for, you might feel empty and without purpose BUT you've got the entire world in front of you. You just gotta hang in there with nofap and keep fighting, keep falling and rising back up stronger.

Don't kill yourself mate, you've got the golden solution right here.

#Hello sorry for my english but I will do my best to help you, I was in the same situation of masturbation for 8 years or more until I have a dream of a dark shadow on a dark place removing from this place with a man white light, i was depressed and more things like you these things that seems very rare and very dark of family,etc. From that dream to now I have fight a lot with help from god and praying sometimes when I need the most. You need to understand completely that masturbation and porn is demonic and horrible that destroy everything of you and around you. You need to leave it completely. I am now in the 8 month or more without it after 8 years and my life and other rare things of years ago are equilibrated and more and more confident.etc. is a lot peaceful in many ways from other years completely. If that thing make your life bad, remove it. Why are you still questioning it?. A lot of people have said to me is normal but for me is horrible because is destroy my life and i know it from all my experience. So you are not alone in this. But definitely starting is the best thing to do. The body will start processing and equilibrated all that addiction. And not only you are benefited, also your family and others people with this problem. And you are seduced by this thing of "fapping" to still be in that dark place. So not make it, you still think that is normal to make that in everyday o some days?. And not seek help with people that seems to know everything. Better pray and understand it better and be better everyday. I know that god wil answer anything you pray for good. 😊 without enter in religious thing. But you can leave this thing as I can everyday. Not leave your vital force wasted. And I am still learning in this.

#On nofap, the whole universe seems to be on yo side.

Or should I say, on pmo, the universe likes to punish you. Its crazy how when I dont masturbate, I get some type of "luck". Like I don't miss the bus when I should've missed it, people treat me right, I dont get late for work I get good opportunity and stop messing up things. I dont believe nofap brings superpowers (but it could be the case tho), I just think that its Pmo that fucks up absolutely everything. Stay strong bros.

#You know what, i actually noticed the same thing. When i do nofap everything just seems to go my way, it doesn't work 100% of the time but yeah it's noticeable. And it doesn't apply to just nofap, when i don't work out for a few days or don't take a cold shower for example i just feel like i get punished some way or another afterwards, and the opposite when i do these things daily. It's like God rewards you for making good decisions or something.

#I notice things go my way when I abstain, like the universe is holding me in its favor. Don't ask me for a scientific explanation, it's likely all in my head. But it's possible the too-subtle-to-measure differences in my behavior and thoughts lead to a sort of law of attraction. It's like when you're drunk and people like you more, but when you're sober you can't for the life of you replicate the subtleties of your behavior that made you so charismatic. And like clockwork it seems every time I stumble, things stop working out immediately.

Anyone else notice this strange phenomenon?

(Also, a little tip on the side, I find it easier to abstain when I really admit to myself I'm happier without porn. If I continually frame it like I have to avoid this thing I want, I will always cave. But if I truly know life is better without, it's easy. It helps to have done a period of time without before, so you can remind yourself how great things were.)

#I really strongly agree with what you are saying. I can't explain it either and it's probably impossible to prove it to someone else. It might be that your brain is much more positive and well balanced and people can sense that off of you and they're attracted and encouraging towards it on some level. I don't know

#I can relate 100% too. In some cultures, there is a strong belief that onanism brings bad luck. One of my former classmates, who had a traditional upbringing (some african culture), told me that he only masturbated on the weekends, in order to dispel the effect of "bad luck" before going back to school. He also told me that all his friends in the neighborhood did the same.

It's a bit of a taboo, cuz it makes you look like a silly superstitious person, but I believe that there are things that can't be explained. The mental state, of course, has a great impact on social relationships and productivity, but there are things that do not depend on us and despite, seem to be influenced by our actions.

In short, this is one more reason to stop PMO

#This has absolutely been my experience. Similar to how right after you get into a big argument with somebody and are feeling super negative, it seems more likely that some unexpected unfortunate incident will occur.

#I too fell this way. It's happening to me right now.

When I forget about porn, and about what everyone else thinks of me or expect of me, and decide to just be myself, things start to work out in my favour.

As soon as I fall back into porn, and start to doubt if I'm good enough to ever have a woman like that, or why I don't get the female attention I'd like to get, things start going down really fast.

#I have experienced instances of good luck like this before when I have retained. It seems that everything in life just comes together naturally for me when I retain.

However, I know it is important not to anchor these outcomes to my happiness and well being. I do my best and accept whatever events occur in day to day life and however they unfold.

#I do not feel the intense emotional power, or have the same motivated energy, or have the same luck and chance, as I do when I do not fap.

Has anybody else experienced this? This slow anti-spiral of consciousness down to mediocrity and apathy.

#Superstition / magical thinking: Need help

All right, I am convinced that there is a statistically significant correlation between my pleasurable physical experiences (not just fapping, but every other form of indulgence, like over-eating, laziness, etc.) and "consequences" that I face soon after, such as arguments in the household, flare-ups in the mental illnesses of some of my relatives, and other external causes of stress and suffering in my life. If I fap at night, tragedy and horrid stress will always strike the next morning, afternoon, or evening.

TL;DR: I think fapping and other pleasures of the flesh are causing me to be "cursed" with bad luck.

Here is a summary of my religious and philosophical beliefs: I think that reality is a simulation. There are fractal patterns in nature and "laws" of motion in space that can be described precisely by mathematical formulas. Therefore, in my humble opinion, there must be an underlying computer program or computer script running the universe. The universe that we observe is the product of a simulation within a giant, incomprehensible super-computer. This super-computer is "God." Intelligent beings that are so advanced that we cannot begin to fathom their degree of superiority to us are the ones who built this super-computer. They may or may not be monitoring the progress of the simulations run by their super-computers. In fact, I suspect that there are an infinite number of parallel simulations (universes) within these super-computer(s), so it would be impossible to monitor them all without some form of automation. Therefore, the God we can interact with is "the Matrix," the computer script that has taken on a life of its own, not the intelligent "forerunners" that built the super-computer.

I am optimistic that, through certain behaviors and through the use of one's consciousness to direct energy in a certain way, we may be able to influence the behavior of the Matrix very slightly, perhaps even in unseen dimensions (physicists debate how many dimensions exist beyond the four we're most familiar with, but I've heard of numbers from 7 to 11 ... we might have invisible "organs" within these dimensions that affect our lives but that we cannot see).

Does anyone else relate to these beliefs or to my TL;DR?

I am planning to go on NoFap's hard mode. I'm on day 3 right now. I'm not going to fap ever again in my life unless I receive a sign from God indicating that it is now safe to do so again.

#Am I the only one who noticed there is a fap karma? When ever I don't fap good things happen, but when i do the universe is punishing me with bad things... I beleive there is a general karma between you and the universe and if you do bad things that hurt you the universe will try to put you back on track..

#Yep. I agree. I think it more to do with taking pleasure from the little things in life. During my recent 54 day streak everyday was a joy. Having a walk and taking in the cold air felt fantastic. Talking to people felt good too.

Once one hits the wank button everything turns to grot and you just want to hide away.

#Your chakras are at highest frequency when you don't fap

#Way more synchronicities, way more energy, way more awareness of subtle changes....keep in mind you do have to step through the door before you can notice any of these things, people aren't always willing to open that door.

#Happened plenty of times to me as well. It's like the universe trying to tell you to stop doing that else this is what's gonna happen in the long term. It's like a warning or a taste of the sinful path you took a step into and the universe is trying to change your course to the better/lighter side.

#I have observed this, too! But don't expect people to believe this. It sounds too crazy for fappers and normies.

#Adam = Brain

Eve = Sexual organs.

The Snake = Sexual impulse

The Apple = orgasm.

Then came shame and death.

#Think of it this way, the Universe ALWAYS gives you the energy you give out! Which can even be the natural Frequency, vibration and energy you are giving out to the world.

So when you are constantly fapping and releasing, your *Aura/energy/Frequency/Vibrations* aren't what they're supposed to be, which will cause the Universe to give you that same negative energy you give out based on your actions.

I do believe everything is all connected. So yes I do believe that when you are living a life of lust and releasing your energy that does increase the chance of bad luck or bad things happening.

#It happened to me so many times to attribute it to a mere chance. This Nofap karma is real.

#i agree so much on this. its like the universe is on my side

#Yes. There is something out there always watching, rewarding the ones who are honest and punishing the ones who are ignorant. I have felt it, I'm still fighting to climb out of this pit I put myself in. In this journey, I have realised our body has become a second mind. We on NoFap have a new mind. But the second mind tries its best to pull us back into the past trauma, where the second mind was born, because that's where the second mind feels most comfortable. To break this chain, is something that appeals to the energies out there, and hence we get our rewards. So it's difficult, but worth it in the end. If we give up, we end up in our past ( for e.g. Day zero, where all the bad luck, fogginess, diseases, etc are waiting )

#OH I thought I was the only one who believed this. I can tell you with 100% certainty my day is shit if I fap in soooo many ways.

#The universe is simply punishing when you try to get something from nothing. That is an universal law. What I mean by get something from nothing is when you are rewarded without the effort. Everything in life is equal, there is no good without bad, man without women etc.

And when you fap you are simply rewarded (dopamine rush) without putting the effort and work for it.

#Dude, I've noticed this too. A couple of months ago, a day after I relapsed, I went to the park to be in nature and gather my thoughts. I ended up losing my bank card and breaking my phone that same day. I've also noticed that after I relapse, me and my gf will sometimes get in an argument over something small.

I get the impression that it is bad karma.

#You are absolutely right. It has to do with karma and also u get the positive power of attraction. It's all scientific

#So I've been hearing how masturbation is bad here and all and all the benefits of nofap but i don't really believe it all to much so i decided to do an experiment on it. I have just finished my 28th day of masturbating 1-4 times a day and now i am going to do 28 days of no masturbation and report it back every 7 days to see what changes. I have noticed that whenever I jerk off I end up getting unbelievable bad luck and these 28 days have been somewhat hell as bad things keep happening along with random bouts of depression low energy etc. I thought It was coming from just doing it every day but im sort of convinced masturbation might be bad luck but this will test it so ill fill u guys in on this little experiment that im conducting rn is day 1. See ya guys on day 7

#dont peek at porn . even one second . and try to work out in your home . if you can try cold turkey

#I Can Attest To This... Relapsed Awhile Ago, Had A 190 Day Streak. The Bad Luck Was Next Level, Got Attacked That Week On My Bicycle At 2 Am By Coked Up Morrocans On A Scooter, Hurt My Left Rib. That Same Week, My Bag Got Stuck While Cycling And Again I Fell On My Left Rob, Still Hurting After A Month.

I Also Had To Leave My Housing And On Top, It Ruined My Chances With A Dream Girl Because My Mojo Was Off.

Hard Lessons but Atleast I Didnt Binge!

#Dangers of Relapsing: Bad Luck



I know that most of you will call this superstition and mods may delete this for scientific reasons.

But, I believe and strongly experienced that masturbation causes bad luck. After frequent relapses, when your energy gradually becomes lower and lower, you may encounter with dangerous people like drug heads or robbers. You may experience nightmares more often because of evil beings who surround your aura.

So please don't take it lightly! If you don't think about yourself, think about your loved ones, your family and friends.

I have observed that bad luck phenomenon generally happens to two different kinds of people:

The ones who are frequently masturbating to hard pornography for years and have very dark energy.

The people who are serious long-term retainers but recently started to relapsing again and again.

I have only one piece of advice for the people who are currently in a cycle of relapsing: Until regaining your energy, please don't leave home often unless it is necessary! If you encounter some dangerous people, be careful. You should rest and eat well for a week. Please don't consume alcohol or cigarettes, those will lower your energy more and you might become seriously vulnerable to attacks.

Thank you for reading.

#So this happened yesterday when I relapsed after 4 days and a then the bad events (Bad day actually) started. I set off for gym on my motorcycle , but before that I had a cheque of 4000 rupees which I had to cash . So I went to the bank first where I got my money and when I got out of the bank , I took a wrong way , now usually there is no traffic police in the city but yesterday there was and , I got a fine (challan) of 300 rupees .Now I went to the gym with a bad mood , and after I was done with the gym I went straight back home , now the story does not ends here . In the middle of the road I was at a quite high speed , the rear tyre of my bike got punctured and I had to get it fixed which costed another 300 rupees. This was a series of bad events and, I feel shit .



#My little theory on Semen Retention and LUCK/KARMA

Karma is not punishment, but is one's own doing. If we want to go deeper into things when it comes to KARMA, i feel that the Universe is VERY WELL ALIVE!

And the Universe responds to us, not by man-made language, but by the energy that we give out (our Frequency, Vibration, Energy). So when you dont have a healthy diet and you watch porn or release your life-force TOO OFTEN that damages you Mentally/Physically/Spiritually, that is very well lowering your Frequency/energy/vibration.

Which means that you will attract negative things to your life based on the energy you are giving out to the world/the Universe! You get what you give, even when it comes to your own energies! I've come across many posts along the months of people seeming to have "BETTER LUCK" since doing nofap/semen retention, and with this theory of mine based off of others and (most importantly) MY PERSONAL EXPERIENCES, it all makes sense to me!

But that's how i personally feel. We are all connected, and if you can remove porn from your life forever, master your sexual energy and transmute it to work on other areas of your life, improve your health and diet, get exercise, drink water, treat others and all life with love and respect, that is a big step in the right direction!

#Maybe this whole high vibration thing explains the whole woman attraction phenomenon especially the crazy ones where they contact you out of the blue from another country

#Shit im only a piece of God/Consciousness/The Universe like you, i dont know, at least not yet to a degree lol

I've heard alot of Philosophers and spiritual folk say that the Universe is overall a PLAYFUL energy, so maybe so. Maybe when one masters their sexual energy this GAME OF LIFE is on their side and that "Game of energy" starts to flow!

#I do believe that it can stop any further damage, that you are doing to yourself.

Indian sages mention that when you enter brahmacharya and stay on that path, that your karma gets burnt and you aquire good karma through pure words, thoughts and deeds.

From my own experience Yes. I feel like i am that innocent child again. Things doesnt bother me and there is no negative void inside of me. Life is full and God is nearer than breath.

#I have a theory about the increased sexual magnetism and how to gain it/increase it (besides seminal retention). I believe it has something to do with doing self-less acts for a purely non-sexual sense of altruism.

So if you do a good deed you send out positive vibrations to someone/groups of people who in turn will become less negative and gain a more positive sense of you and send their own positive vibes to you, magnifying and causing even more positive karmic vibrations in yourself.

I've generally been a shut-in and negative person in the past but lately I've been thinking of volunteering just to gain positive karma and increase my own attractive vibe.

Does anyone who volunteers a lot notice a change in sexual magnetism or karma in general?

#It's true ...your luck does go down when you release and it's the opposite when you don't. Similar stuff happens for it be a coincidence all the time

#Start again with us today brother. Hold onto that seed like it's the last potential plant on earth

#It's true when you sin against your father he will punish you. now that YOU KNOW what relapsing does if you decide to keep releasing your life will get worse I'm speaking from experience. just ask for forgiveness and stop spilling semen by all means necessary. Love you brother all praise to you and your journey.

#The days I have relapsed, it always ends in some bad luck or karma. I relapsed twice in one day last week and the next day Somehow when I was doing register counts for the store I work at, we ended up being a lot of money under what we are supposed to be at and resulted in my manager telling his boss of what Happened and almost got myself fired. After masturbating, it seems like my family hated me in their presence and started yelling and screaming at me for the smallest things. Old negative friends pop up out of nowhere wanting to hang out with me again, positive friends don't want to talk to me as much or if anything no contact whatsoever. My "friends" step over me and treat me like shit

When I'm on a good streak, positive friends want to talk with me again, "negative" friends who talked shit over me and disrespect me surprisingly have a huge amount of respect for me even though they used to disrespect me. My job goes well, I get twice as many customers, compliments, and commission than if I was fapping. Family treats me like a king! Life feels very easy.

I have not only noticed this in these two occurrences but in many more in the past. There has to be a correlation. Thoughts? Btw, relapsed last night, so if you guys get a bad vibe through this post hope you will understand

#Retaining your essence puts you on a higher vibration state. Everybody wants to be in the presence of such a person, be it family, friends, colleagues and what not. When you lose your seed, you vibration drops and they don't get the 'energy' or 'feel good vibe' from you now, so they treat you like normal or maybe worse.

This might provide you the motivation to retain to get good behaviour from people and social benefits. However you are also shown here to the very nature of such people, who don't treat you good afterwards. Do you wish to have such people in life who put their back when they don't get anything from you? That is a question to ponder if you seek to go far here.

Aside the numerous health, mental and social benefits of retention, it will give you clarity too. It will show you all which is 'hidden' behind some close relations and what you are to them, a human being or simply a worthy person to get validation from. Why do people claim old friends and gfs getting in

touch on a good streak, they don't start loving you now, they love your new energy and vibe lol. The moment you falter, these goodies run back to their little holes.

It will make you realise that DO this path for YOURSELF only! No friend, no family nothing else, just YOUR growth, YOUR evolution and because it's how YOU are supposed to be on this planet. Take care!

#To add to this, you have to keep in mind that SOME people, maybe about 1-5% of the population, have high energy naturally even while not doing SR. However even these people WILL face consequences such as being stuck in a rut, making poor decisions, feeling depressed or angry, overly needy of social validation, etc.

What is the case for you might not be the case for everyone. Each person's energy states work in a unique way, based on their accumulated karma. Maybe you indulged in too much ejaculation in a previous life. You're getting a great opportunity this life to learn from it. SR is vital for energy sensitive people, and your past experiences with fapping might even be a blessing in disguise.

This is just my conjecture, but I'd like to think it makes sense

#It's your level of energy and frequency that you emit and put out.

When one's energy levels are lower, this lowers our frequency and opens us up to more receptivity to these "lower" frequencies, or as you deem it "bad" karma.

When we retain, we retain our energy and increase it, thus opening up to a higher wavelength of frequencies that attracts like people and like opportunities.

#I can agree to your statement. After relapsing for almost 4 months of retaining, my hands and feet started to sweat hysterically after a couple of days. My luck has also given away. I was fixing these lights and I immediately dropped it as I was standing on a ladder. Nevertheless, I did not completely lose my essence. My eyes are still glossy. Keep fighting bro.

#Hello brothers, I'd like to add input after pondering this theory for over a decade with self-experimentation. When I was about 14, I started to masturbate twice a day. I became severely depressed, and would sleep for 12 hours a day. I then became a little happier over time, busier, hanging with friends, and had to study more so I really couldn't sleep for 12 hours anymore. I noticed that after masturbating in the morning, I would get extremely fatigued and would act insecure and abnormal throughout my entire day, often being asked "are you okay?" Even though I was perfectly fine, the energy I was giving off was very shaken and unsure. Therefore, I decided to stop fapping in the morning and only do it at night. For years, I had convinced myself that once a night would ensure happiness or luck the next day, but I would wake up still feeling unlucky, fatigued, drained, and insecure. It wasn't until I tried SR for 3 weeks at a time. During those three weeks, I cannot explain why, but I stop dropping things, I stop bumping into things and I have better conversations with people. Instead of going "cross eyed" while talking to someone, with SR my eyes are straight, hyper focused on the person in front of me and I can finally offer my own opinions in a conversation backed by confidence. I am about 50% more productive at work with SR and the craziest part about all of it

is the luck. With SR, i've gotten jobs I never thought I would get, I passed exams that only have a 30% pass rate, I have a great relationship and with SR, no one ever asks me "are you okay???" anymore for no fucking reason. The energy I give off with SR is a damn truth carved into stone that im fucking okay. I recommend everyone tries SR for 3 weeks to see how they feel and write down in a journal or on the "notes" app on your phone of just crazy random good things that you noticed happened to you while on SR whereas if you had instead fapped, think about how that situation could have been different and how lucky you are to have held back those urges an extra day for the obvious benefits. On all of these .gov websites and healthyliving websites, they always say that "its perfectly normal to masturbate and there are no proven downsides." Well, there are plenty of us out there who know that is a load of horse shit. Luck and confidence are the two main benefits you will notice with SR. I am 25 years old and have been experimenting with this since about age 14.

#FINALLY SOMEONE SAID IT. I swear to god I attract things without trying. For ex one day I said damn I could really use some money. Two days later the job I recently quit sent my last paycheck it was two months late I wasn't even thinking of it and I didn't even know I had a check coming. One day I tried meditating and I couldn't do it I kept thinking of the past and future. Later on that day I ordered Chinese takeout after the meal I ate the fortune cookie and it said and I quote "live in the moment because we all have the same result in life." I legit understood everything focus on now and just be in the now meditation was never easier after that. Good luck is just my best friend I swear. When I relapse a series of fuckery just happens I don't even want to list the amount of why tf is this happening to me I went through. 😊 good karma and luck are my motivating factors for retention tbh

#Bro I feel this comment so much the karma/luck thing is one of the main reasons why I'm doing semen retention too , you just feel like nothing can stop you when u have a nice streak going

#I masturbated 2 times recently (without P) and got Corona and other bad luck stuff. It is so true. I am on day 6 again, seems that I am getting momentum again, since my previous streak was 9 month or something. It never is worth it.

#I truly agree about the bad luck when you relapse. And the good luck when you retain. When I had a long streak, you start having spiritual insights. Somehow you feel your never alone in the world. PMO always made me feel alone, but now I know I'm not.

#Guys i thought i was the only one, but why does it seem like masturbation and luck have some sort of connection, i have experienced it and just curious to know how and why. could someone help me out ??

#Big emphasis on the luck/manifestation. I wrote my best song by far while on retention, and ideas just come to me. Things I've never thought of before just come to me.

#Bro just try it when I'm on a good streak my luck/karma is really good and i notice when I release a bunch of stupid shit just starts happening and it feels like I can't catch a break it's crazy

#I gotta say yes. 2 weeks ago I was on a good streak and was really comitted to it, but then had sex and gave in. Right at the moment I orgasmed I "knew" I shouldn't have done it and I thought something bad was going to happen. I kid you not, the next day I woke up, my wife comes up all

shocked to tell me that someone had stolen my car's battery and some other valuable stuff inside the car. Some other shit happened through the day, I nearly was scammed by someone, and in general all work week was very low. So yes, there MIGHT be something to it.

#Yes, that happened recently and it's currently ongoing. But before, I used to do it only on Saturdays, but more than once. But I've done several steaks without knowing about SR. I just postponed the schedule until further notice. Sometimes it was because I was happy or hopeful, and afraid to lose that. Sometimes it was just because I had a lot on my mind and I needed to focus and I was afraid to get that bad luck (like during exams). But so far I'm doing this on purpose and I still have no intention of stopping, there is no scheduled time or target (number of days), after which I will reward myself with a release. I currently have no intention of releasing.

#Retaining for me is a way to maintain my success in my profession and progress even further. If I secure my self economically I will allow me the occasional orgasm, but not for now. I dont have the luxury of being moody if something bad happens to me. Though I believe If I was the boss of mine I would.

#Yep. Turns out you don't just attract people but everything – whole realities. It's crazy really. What I noticed though is that it's not just about retaining the seed. Keeping a pure mind and body is essential. The better (more whole) you feel the luckier you are. Overall, luck is not chosen randomly but is a consequence of ones daily being.

#I totally relate...I'm gonna start soon a new job (literally came out of the blue) that is gonna pay me the triple than the old one.

I've been into SR for a couple of years now, my longest streak has been 240 days and I have had abt 30-35 semen leaks (that include wet dreams, ejaculations with sex and with sporadic pmo relapses)during these 2 years. SR though it's just part of the radical changes in my life: I took up meditation, starting reading holy books of various religions, radically changed my diet and extremely limited the consumption of alcohol caffeine and smoke. I truly believe that SR though was the main booster for all these changes: they came so naturally as a consequence of that (also thanks to this fantastic subreddit )

#Exactly, I'm talking about stuff like this. I've noticed you get waaayy more opportunities on SR. Good luck with that new job bro.

#Do you feel you have this one path that is being showed to you or do you feel there are different ones you can choose from? I know this interconnectedness very well, it is like playing on high level after being stuck in low vibrational reality for a while.You kinda just let life lead you.

#My luck has definitely increased. Ive been getting money from people but then again I do light a green candle everyday for that reason. Respect has also been through the roof, especially from strangers who would look like they would jump out of their skins when I was off the wagon. I noticed that when I would take a shower, cold showers especially, everything seems to be in sync.

#I have more trust in the universe guiding me and I feel like universe has my back as long as I fulfill my purpose. I've run into insane luck these last months that I really couldn't expect. This luck goes

beyond my visualization which already has very positive outcomes. When there are bad times, which is rare, I understand I need to change direction somehow and learn from it.

#Based on my experiences in the past 3 years. I went from a negative individual that didn't give a fuck about any "God/Universe/spirituality" nonsense to a believer in all of it. But I am always a natural skeptic, so it takes experiences of my own to decide what is true or false, I need to see and feel it for myself, and Semen Retention did just that!

With that being said, yes, now I feel that the Universe is very well alive, and things like SR, proper sleep, hydration, exercise, meditation, healthy diet, etc, all of it increasing one's frequency, but **ESPECIALLY SEMEN RETENTION!**

We are one with the Universe, and our high frequency is our natural frequency/state we were meant to be in living within natural law and taking care of ourselves fundamentally so our inner foundations are solid. Then as our frequency is high and where it is supposed to be, we are in more harmony with Life/Nature/The Universe/God/Consciousness/whatever the hell you wish to call it.

Yes we have to take action and put in work, but it's so much easier to do so on this journey and things feel almost TOO EASY NOW. Makes me feel like we are in some kind of dream/simulation, and to me that's true in a sense. We are all unique flavors of God/The Ultimate being/The Universe as it sees through the eyes and feels through the senses of all.

#Yes my life changed completely and I got amazing opportunities and experiences far beyond what I could have hoped for.

#I honestly believe it's not just our thinking, stuff is interconnected as user profile01 said. For example, many of you have noticed ex-girlfriends getting back in touch or internet attention being much higher on SR, I literally had girl texting me after many years from different country how'd she know...

Well unless we're all connected on very deep level of course. Which we are.

#I managed to get the job of my dreams and now the next logical step is to work for myself. Doing my absolute best at SR was definitely very helpful in attaining this goal.

#Opportunities definitely have appeared on SR. And I have a sense of luck in general. Which is a blessing. Is a feeling things are going right and man that has made me really grateful. I am 71 days in and I am trying to take care of the practice as I perceive it as a gift..

#Yeah it's pretty damn wild. It's like we get back in tune/flow with the Universe and as our Frequency rises, the Universe is giving us the exact frequency/Circumstances based on our own Frequency and energy, but we just have to do our part in keeping it high by making healthy choices for ourselves. It's like teamwork in a way lol

Disciplining one's sexual energy and applying it to one's life is a big/important piece to the puzzle. A lot of things going on that is beyond our understanding with these human brains, and once we do get an understanding, that is only to a much lesser degree, like everything else.

All I know is that this shit works and I feel great living this lifestyle!

#Things fall into place always, I don't forget things that would cause difficulties of any sort. There is also preferential treatment from others, especially females.

#I got a new job recently on a nice streak

#Ha, me too.. Two offers within a week of each other. Solid 30 day streak and it happens. Current employer trying hard to keep me now...

#This. This so much. Like I swear, I didn't even know SR existed, but I noticed that for the few days that I didn't masturbate, I had huge increases in general luck, usually it'd start showing results on my third day of SR.

#Ah kk lol, I was trying to recall.

Attraction from women is one. Getting all the values right in a chemistry lab experiment (very rare) is another. Being able to cheat on my test easily Finding money Getting more sales on my side business Parents giving more money Etc etc

#Yeah, always get good luck on SR, and when I relapse, I'm accompanied by bad luck.

For example, once this old guy at the gym who secretly despised me, tried to intimidate me, and this was after I had relapsed. I had gymmed like 3 months with this dude whilst on a streak, and he never said a word. But the day I relapse, Boom he went in for the kill.

But Yeah... definitely favoured by the gods when I'm retaining.

#things fall apart when I relapse. and tend to fall into right places when on a good streak.. can confirm after 2 years of being into this!

#Yah...when I'm in a good streak a lot of synchronicities happen. Shits crazy and I fucking love it!

#Yep. Today is the first day starting back after my relapse yesterday. I got medium coffee when I ordered a small. When I started back about two weeks ago, I was getting free stuff and discounts like crazy that day on stuff I was buying.

#Yup.. Getting good grades in an exam I didn't study. Getting random money etc

#If so many people are all coming to the same conclusions from their personal experiences, then there must be some truth to it. I don't know the exact reason for the increase in luck, but I do know that I experience it without a doubt.

#Hello Brothers.

If there's one thing I know without a doubt. It's that pornography creates a bad luck. For me the bad luck especially as a parent when you are trying to be good, and clear your mind.

I am fully convinced this is true. Every time I have ever seen porn, I have had bad things happen to me. For the first time in three years, I was attacked by a dog at my job almost two days after I relapse.

I know this is not circumstantial. This is a direct response to and bettering myself with the internal dark energies. Just now, I almost got into a physical altercation with a stranger who was staring at me. All I did was ask if he was okay, and he approached me as if he wanted to do something.

I think that when we partake of pornographic materials we are aligning ourselves with the lower energies of this world. The darker energies. I've always experienced the universe responding with disharmony or even hostility everytime I have relapsed.

I believe that every time porn is used there is a "loss" - a lost will be taken in the progress of life. It will manifest itself in some kind of way. I don't know how else to say this other than, keep your eyes Clean and clear of any sin.

The only exception I found to this rule is, when I was with a woman for two years. I didn't experience any of these dark karma consequences after being intimate with her. I feel their energies and entities and people that operate on the lower wavelength of life. I know that it's no coincidence that when I drive down the road after leaving my home, the shittiest most beat up ugly cars drive erratically past me.

Unfortunately it takes awhile to get out of this energy and to clear your karma. For me it usually takes about a month. The problem is that sometimes after we just come out of the darkness, because we are pent-up in our energy and sexual frustration, we can just as easily fall back into darkness if we think it's okay.

I tried to deny it myself after a relapse. I've said to myself "the anxiety is gone and I feel fine." - regardless of that, events and incidences will happen. As I said, a dog came out of nowhere and almost attacked me. I believe the lower energies exist in this world. Energies we possibly cannot see that control.

What we do in the privacy of our room, aligns us with those energies. It puts us in danger temporarily. I believe we can only combat dark energy with clean energy. And the only way we become clean is by keeping our eyes and our minds and our souls clear of these materials. Purification is hard.

Purification of ourselves comes at a price. And that price is pain. Long hours into the night. We have to burn away ourselves our past karma by steering clear of dark material.



Even this month I told myself... "If things get too hard I will simply just look at a bikini picture and start over..."

I did that one time. I told myself one single picture looking at a woman in a bikini is harmless. But after what happened today, I realize I cannot lie to God. I realize I cannot lie to nature and how the Lord created us. When danger happens, it should not pierce our soul. We should have the courage and bravery to face conflict.

I noticed that one my mind and heart is pure, the lower energies that attack me are powerless. But if I bring my mind lower.. incidences like these startled me and they shake me for a while...

I realize only the pure-hearted will be the bravest and immune to fear.

As I stated before, I thought I could get away by looking at a bikini picture. I ejaculated to that image . The next day I was in the left hand turn signal Lane. And a car rear-ended me from the back. When I am on a clean streak these events never happened to me. When we are on clean streaks I feel we are in a Divine energy.

It makes sense that men who are whole and refined, do not experience these types of karma consequences.

The only time I've never had bad luck after ejaculation is one of three results

1.) With a real life partner. 2.) Wet dream 3.) Forcing an ejaculation without looking at any imagery.

The third maybe controversial. I still haven't made my mind up on whether or not that is a safe practice. But I do know changes in karma come from us cheating nature. Cheating nature is using artificial stimuli to allow us to view the female.

To get a female it is earned. Whether you go to a strip club and pay money. Or you earn the trust and respect of a woman to date her. Females will always come at a price. Being with a female will always come at a price.

I've been asking God to show me the truth in my journey. I thought I could get away with maybe looking at a female once a month. Maybe just a late photo. Nothing x-rated.. but now my soul and my spirit are telling me even that has consequences.

I have been observing people in society that you might call our line with "lower energies." - to me they feel like a threat. But when I am in perfect brahmacharya, it is like these wicked people do not put fear in me. When I am in perfect brahmacharya, it's as if people like this they don't notice me or they don't try to mess with me.

It's only when I relapsed that I realized the lower energies and the street people, the thugs, the bullies, etc.. they take notice. The people that think like animals they attack. Like when the dog attacked me. So it is important to raise our energy above the dogs. My mind has been made up now.

The only reward I will take us from nature. If God presents me with a woman to help me along my journey then that is okay. But if God does not present me with a woman I will not cheat nature. I will not align myself to dogs. I will stay true to myself on this journey until the Lord, gives me relinquishment via Wet dream, a real relationship, or nothing.

And if I have no wet dream, and the energy builds to where I am pent-up. I will do my best to breathe through it, walk through it, I will not cheat my soul and view upon an unearned woman. I will not cheat nature and view a body that I did not earn more that I have not established in the real world.

#100% spot on with this post. Porn is a portal to a lower dimension. It is filled with evil spirits

#insightful indeed, going through the same insight vibes, just released through a wetdream because of pent up energy, but i'm still good. sometimes the body needs to adjust itself to homeostasis.

some scripture i found on what you are talking about  
matthew 5:29

If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

matthew 6:6 (forces we do not see but see us, angels etc translating into bad luck)

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

#I can relate to it 100%.

When I was a chronic fapper (right now I am month clean) these things happened to me:

I was supposed to join CMU at San Jose for my master's, but somehow that couldn't happen.

I was supposed to join a better company with a better salary and role, I declined to join at the last moment. I used to have so much low confidence those days

My marriage discussions were finalized and even the dates were finalized. But the girl's family declined the relationship just a month before wedding.

PMO makes us attract the darker and lower energies and hence, we attract bad luck.

#Great post! This is truly relatable.

Porn is energetic pollution. It's a bad luck generator and amplifier by default. No matter the angle or mood you'll try to look at it, the result will always place you in situations of danger, violence, struggle and disorder.

Stay clean on your journey and all these external entities won't even dare to mess with you in any single manner. They're pure wickedness, they're all operating on lower levels of consciousness, all of them. They're afraid of men who are committed to practice SR for long periods of time (2 months +). Pray to God at night so he can provide protection to you. Best wishes for you!

#Few years ago I was a massive massive porn addict. Somehow I managed to reach 7 days totally PMO and peeing free: A beautiful, blonde kitten (yes, with blonde fur and red stripes) came to my door. I fell in love with her instantly. She was a wonderful cat. I kept experimenting with staying free from porn, but staying clean was very hard. Less than a year after I adopted my cat, I made a vow to myself, that I will go 14 days without peeing and masturbation.

On the 12th day, I had a strange dream. I remember the numbers '18' and '21', and that a great voice (of authority) said: "the key to death and the key to life" and I echoed this on my own voice, and we both repeated it three times.

At night, a compulsion came to just don't give a shit and do what I want to do. So I said: fuck this 14 days. - And I relapsed to my favourite porn genre.

Next day my cat got killed by a speeding car that sped with double of the speed limit.

#Not only does sexual release result in bad luck, but retaining brings good luck, and the world around you literally becomes more beautiful, kind, and magnanimous.

#This is true. For whole life I have attracted only the kind of girls you refer here as "operating at low energies". I would refer to it as hell on this earth. Everything changed when I started SR 3 years back. For every relapse I get all the sluts back. For each longer streak the same people stay away from. You have rightly put this in words. Thanks mate, stay strong..👍

#Has anyone experienced increased luck while on a streak? Do you attribute it to retaining or is it a "correlation does not imply causation" thing?

#Yes.. when in a Zen like state, traffic for me is a breeze and I tend to get to work quickly sometimes making every light. My dad commented while I was in the car in a Zen state that he couldn't remember the last time we made this many lights. Also one time I was walking through a parking lot and thought "I just want to chill with a friend right now and do some dumb stuff and have fun" and not 5 seconds later here comes someone I know, I rarely hang out with people btw so this is out of the norm for me, and he's like what's up, wanna come Christmas shopping? So we turned around and walked back into the store. Manager at work told me I might be up for a promotion. Also random synchronicities 5 times a day sometimes more depending on my vibe and how much meditation. Friend told me he heard about a cool job and said he'd help me get hired even though we hadn't talked in a while. Having just enough gas, just enough money, just enough time. Even when things are bad I have so much to be grateful for. Radio plays songs I like, even random people near me play better music.

#People will think we are crazy but this phenomenon is absolutely true and I have witnessed exactly what you are talking about. It's also far too in your face and blatant to be just some sort of delusion

or "placebo effect" it's like someone trying to tell you the sky is blue because of a placebo effect. I'm pretty vocal with the topic of semen retention in real life, I've talked about it pretty much with all of my male friends and the ones that have stuck with it all come back saying the same thing. Something more than just feeling good is happening, it's like you literally gain the ability of good luck. Reality bends so everything falls in line perfectly.

#People will think we are crazy but this phenomenon is absolutely true and I have witnessed exactly what you are talking about. It's also far too in your face and blatant to be just some sort of delusion or "placebo effect" it's like someone trying to tell you the sky is blue because of a placebo effect. I'm pretty vocal with the topic of semen retention in real life, I've talked about it pretty much with all of my male friends and the ones that have stuck with it all come back saying the same thing. Something more than just feeling good is happening, it's like you literally gain the ability of good luck. Reality bends so everything falls in line perfectly.

#Yup...pretty sure many here have. It's hard to explain, but whether it's as small as people being in a better mood around me, or things going my way, it happens....

#Many people think that luck is something that is purely random, unpredictable and difficult to control. That is because they do not know what luck really is. When you are able to know the true definition of luck, you can learn the whole science behind this phenomena and gain control over it.

Luck is another aspect of your reality and perhaps the most powerful and important one. The more conscious and aware you become of the elements of your reality, the more of a conscious and powerful creator you will be.

Your luck is your psychokinetic resonance with the environment you are in. Like everything else, luck is an energy. It is something that is quantifiable not in physical but in nonphysical ways. You can quantify it physically only in terms of its physical manifestations in your life. Luck is dependent on time, place and consciousness.

When you are lucky, you are in mental and emotional resonance with your surroundings.

When you are unlucky, it is the opposite. The level of resonance is the level of your luck.

Luck is also a feeling or emotion because emotion is energy in motion. When you are lucky, you are also feeling lucky. Your feeling is your vibration and therefore you are vibrating luck and feeling it. You feel and experience that everything is working for you when you are lucky.

You feel that everything is working against you when you aren't lucky. A state of vibrational harmony or disharmony with your environment is the whole explanation for this. You either feel that things are in a flow or things are disrupted.

Your energy level determines your luck vibration. At times when you are feeling low of energy, that is also when your luck vibration is at a low point. You are more likely to make careless mistakes, become more accident prone and flop up in some way. When you are feeling high of energy, that is also when your luck vibration is in a high state. You are sharper, clearer and more in the zone. You

seem to be able to do amazing things in ways that baffle others to the point that makes you seem very skillful or lucky.

Actually luck and skill are one. The more in energetic resonance you are with your environment, the more your skill will work and the luckier you'll seem. You can always observe that when the best are in action, they always seem to have both their skill and the situation working for them. You can never separate luck from skill because after all, they are both part of the same thing called psychokinetic resonance with the environment. Your skill is your capability of handling the situation which depends on luck.

Once you know that luck is an energy, you can depend on it in that manner. You cannot depend on luck that is considered to be random chance occurrence. You can't depend on such things because they do not exist. A non-existent thing cannot be depended upon. Everything that exists is a part of consciousness and can be controlled by consciousness. Therefore luck exists and is fully under your control. Knowing this, you never have to fear of bad luck because you can make all things work in your favor.

Since luck is dependent on energy, you have to pay attention to your level of energy in every moment and take charge of it. When you notice that your energy level is low, be more careful with the things you do especially if they are important. You may make mistakes that usually never happen, and wonder how could you be so unlucky or stupid.

You may realize that every time you have made careless or stupid mistakes that seem to be like bad luck, it was when your energy level was indeed at a low point.

Lack of focus and lack of being adequately present minded also creates bad luck. Do you notice that when you make stupid mistakes in situations, you felt that you were not ready? What do you mean by not being ready? You mean that you weren't focusing properly or fully enough, and you weren't being adequately present minded. The first step to controlling luck is to be present minded. If you want to be lucky, you must put your focus in the activity you are doing. Or else you'd create bad luck and mistakes.

#When my energy is out of balance things just don't go my way, careless mistakes are abound, mood fluctuates, and progress stagnates. When my energy is in flow with my body and the environment, it's as you described: everything goes my way and progress is made with every present action. It's a world of difference and maintaining consistent habits that you've mentioned does the trick.

#As Indian culture says, everything is karma; everything is the result of your own thoughts and actions. It is another matter that most live unconsciously; we have no awareness of what we think, say and do. Then naturally, everything will appear to be dependent on luck.

#living in high vibration. I know when it will be a day of magnetism for me. You need to know your body and how the day works. Keep semen and ekeves its vibration. Women love men full of magnetism / energy. I am in a 7 month sequence so magnetism is constant.

#There are ways to increase this luck that comes with practicing SR. My favorites are constant deep breathing throughout the day, chanting "OM" and "shreem breeze". I also construct my thoughts to think that I'm incredibly lucky.

Two weeks ago, I was about 3 weeks into my streak. I'd been slow at work so I spent a lot of time on mantras and breath work during the day. I ended up winning on several lotto tickets. Two of them were \$20 winners, several free plays and one was worth a cool \$3000.

I'm a firm believer that our luck can be engineered to increase by our thoughts, our actions and healthy habits.

#This lottery thing in SR really intrigues me. Here in the sub some time ago. One man won 5,000 lottery, many doubted him. I believe he Tavares seriously. This is possible with law of attraction and high vibration / frequency.

#My friend, I'm talking about natural luck, the luck that universe gives you according to your vibration!

Forget the corrupt. They are digging their own grave.

#Every cause has its effect; Every effect has its cause; Everything happens according to law'. Chance is but a name for law not recognized' There are many planes of causation, but nothing escapes the law.

<https://medium.com/the-mission/the-hermetic-revival-7-ancient-principles-for-self-mastery-9399e523648d>

#Lots of free things, great luck with parking spaces, was denied temporary disability for my stress fracture but "somehow" got the money anyway. Overall, the days just flow better almost as if I'm at the right place at the right time. I'm at 18 months and some change.

#In one weekend I have two of my meals paid for, and had a stranger buy me and my friends drinks. The craziest thing was when we all went to this restaurant that was packed and had a lot of people waiting for a table. For some reason when I went to check in we were almost immediately seated despite there being many people who got there before us. It was so crazy for me. Unfortunately once I entered the flatline all that luck went away but I'm positive I'll have it back when I'm out of it.]

#Occasional free times. People text me LIKE crazy, without even seeing me

#My first time reaching 50+ days I got a girlfriend. I didn't pursue her, she actually started flirting with me first and blah blah blah

2nd time going 50+ days I got offered to be the director of maintenance in the building that I worked at before ( I was a housekeeper and only had a few months of maintenance experience, didn't really know anything so it was kind of crazy that they offered that to me)

Let's see what happens next time I pass 50 days

#Observing green traffic lights most of the time while I rode on my bike. Either they were already green when I arrived at the pass or they turned green immediately after I noticed. Feels like coincidence, cant tell really.

#Literally 10 minutes ago one of my girlfriends good mates came round who I hadn't seen in a few months. After we hug, she goes, "there's something different about you, you look different". Only thing that's different is my now longest streak. If that's not a form of luck, I don't know what is.

Current streak 54 days, been at it for 2 years 😊

#SR absolutely changed my life. I do art and it feels as though money is coming to me from all directions, flowing into my life. I even thought I lost my most expensive commission from a veterinarian \$750 because procrastinated last year when I wasn't retaining; but now that I am retaining, I have received another chance to do it. Money flows to you on SR

#Semen is Magnetism for greatness 💡🙏 Congrats my mann

#All of my misfortunes went away gradually, and the more I stick with SR, the faster I manifest whatever I desire!

Every once in a while Girls ask me out whenever I sit nearby; some show interest and gaze from a distance.

The one that stuck with me the most is I started getting a tingling sensation in the back of my head spreading to the back of my body after precisely one year of practicing SR; it's daily thing! Not sure what to make of it but I think it's nice

#In the esoteric world.. there is the high and low astral realms.. it is said that when you abstain from sex you tend to move to the high astral side where we all acknowledge life gets smoother .. when, in the opposite we give energy to addictions of sex or other.. things mess up cuz the great architect intended sex for reproduction purpose not fun like it is so easily spread by main stream medias (never wondered why everything is paid but porn ?). Thats what I meant

#No affirmations, nothing. But there was one thing, I dont know if you are going to believe me, I swear on my life that it happened. Two weeks before, I wrote on paper how much I want to earn per month and put that paper on a wall. The salary that I got was 5\$ higher than the amount that I wrote...

#This is not from my current streak. But in one of my previous streak that was I think 100+ days I got lots of free stuff and extra stuff. At a supermarket I asked a question about a pack of nuts and they said I could just take it. And when I ordered food there used to be an extra chicken nugget or some other side dish or something else extra. Very weird.

Now I am only at day 30+ while having had many failed attempts at high streaks after the 100+ days streak. So I still need to cultivate further for the universe to bring me incredible amounts of luck.

However, good things are definitely happening and I find information, people and opportunities moments after I think about wanting something. Magnetism is also starting to gain momentum I've noticed and it sometimes freaks me out. Men, women, kids almost everyone is staring. One some days I always feel eyes on me.

The last thing to point out, I feel very grounded, calm and emotionally stable. Not even a cup of coffee can incite anxiety in my heart when encountering a shocking experience.

#Hey man. I just remembered another one. My and my friends also do SR. 4 in total. We went to a restaurant with 8 people. I will admit we spend a lot of money on the dinner. like 1k euro. But after that we paid we stayed a bit and ordered drinks. We ordered a lot of beers, wines etc. And as we were just about to pay and they said it was on the house. I mean I get we spend a lot but still giving so many free drinks to 8 people can still be considered luck. I think the power of luck definitely amplified with 4 retainers.\

#I had some lucky experience this like past week i believe, So i work its my first job i dont get paid to much like 12 something a hour, and one day i went to work, also i am on a 5 month almost 6 month straight clean streak. So i went to work and i had got tipped 20\$ just for cutting somebodys wood and i believe its because they liked my energy, second on that day i also got a job offer that pays me 15\$ a hour cash so no taxes get taken out, and also the next day my job told me were getting a 400\$ bonus just because? i was pretty shocked but i am completely sure its from sr.

I am completely sure i wouldnt be getting that luck in my drained state with negative thoughts, i attracted those experiences even me working at that specific job because my energy was right, thats all thanks to sr. God gives gifts to those who prove there self worthy is what i believe

#Plenty of testimonies of this type.. I think maybe SR causes Alignment with life so everything we undertake or do gets easier 🤔

#currently on 250+ streak, and I have many stories to share from, getting huge discounts at stores, winning lotteries multiple times, getting job offer, getting unexpected checks delivered via mail, not getting eye stye which I used to get every few days.

#Purely SR. One thing I have noticed is that every 28 days I get good news. Sperm takes 28 days to mature or at least that's what I have read (I might be wrong). So, maybe there is a co-relation, who knows.

#So I've been on SR journey for 3-4 years now, had a max 20 day streak after trying again and again. Last year I graduated and was looking for a job, last week I got a job offer and I'm joining tomorrow, coincidentally tomorrow is my 10th day SR streak. I guess SR got me some good karma and good luck or maybe it's just coincidence.

#I found 5 dollars on the floor while walking to school and everybody just wants to help me it feels nice and my good friends just do everything you do they like copy you in a way maybe because you become more your authentic self on sr



#It's weird but 100% true. Everbody in this sub have had bad luck after PMO I think. Rational minds will say it's your unconscious guilt driving you to make mistakes, but it's more than that. Even things out of your control turn out wrong, such as parking spaces.

#Karma and the universe-I notice on semen retention luck is on your side you're in better situations but the min you fap excessively bad things happen to you like a car crash,getting in a fight,parents come home yelling at you,easily getting angry, plans getting canceled,and people that secretly don't like you will say the things they don't like about you when you're at your weakest .The universe starts becoming a pattern something like déjà vu say you are on the 16th day of semen retention and a girl texted you and then you relapse then you do 16 days again and she texts you again.Sometimes a celebrity dies in my 3months streak than in my head I say when I relapse another celebrity is going to die in my next 3months streak and they die!?.Things like this make me question if we are really living life the way we want to or if this some kind of life we are destined to be in.

Edit:I see some people think I'm crazy over the celebrity thing but that's just how deep my mind is into this journey I see a lot of patterns that I see every time I start a new streak it makes me think that everything and everybody I've seen in my life time were destined to be there the moment I seen them it makes me think that god is trying to tell me something you guys should figure out your patterns or synchronicity I don't know what to call this experience I understand everyone's thoughts about this but I only I can tell you about what I see it's up to you to have an open mind and see for yourself on your journey and figure out your patterns.Thank you all for commenting your experiences on this post we need more retainers to reveal insights because one retainer might know something I don't that can improve my journey things like aura,attractions,and universal luck.

#That karma part is spot on man. When im on a good streak i can make money trading options on the stock market with my eyes closed. It's like no matter what you put your money in it automatically makes more money. But if i relapse ill suffer a gigantic drawdown on my account literally 100% every single time. It's funny they say 97% of traders lose money/fail at trading but in reality it might just be that 97% of traders dont do SR...

#Same happens to me while gambling. I become more lucky and always roll the bonus in craps at the casino

#My money always growing went I practice semen retention. But after a relapse I always have bad luck to some of them some ways why??? . And it get worst when I having sex addict from porn which normal for people outside this sub . I decided to trade a future and loose all of my money becoz of greed, lustful....then I start being in semen retention and keep everything in life again. . I retent for so long and then a beautiful in Instagram make me relapse... And after that I got virus scam in my phone that scam my money in account. Luckily i can refund from it in app store (apple). .

#Hello fellas,

I've been a member of this sub for a while now, I read posts, I comment, I have also posted. Today, I wanted to post after an experience I had this weekend.

I retained for over 2 months and wanted to, with purpose, release for my wife in hopes of having a baby. So, after 2 months of saving we did come together and I delivered what I had to offer. The sensation of giving my seed with purpose was new to me - I had actually never done this before. Usually, it's just for fun. This time, there was intent and the feeling was different. I receive all the benefits we discuss by retaining but giving my seed with intention was something new. It felt...different. A real enjoyable experience that I saved what I had and only gave it for the idea of procreation. It felt magical, special.

The next day, since I had already released I decided to release again but this time it was for pleasure and I felt something absolutely different. My experience this time felt like most men feel who release their seed on a given basis. It felt empty, bad luck came right around the corner, I was late for work, felt off, etc.

This is a real thing, gentlemen. I encourage you all to retain and give with purpose. You will feel massive benefits from doing it this way.

If I'm reading this right, you're asking if I had the same situation releasing with my wife as I did when I released on my own and the answer is no. After releasing with my wife I had, what I would describe, as the same benefits as when I retain. I felt full, whole, complete, energetic, not guilty, and still received the same benefits, IE; attraction, focus, urges, testosterone flows, etc. The selfish release had a consequence if you will. I didn't feel bad about doing it but things changed and followed. Really interesting.

#I've been on SR for 90 days even though I haven't fully manifested its benefits.

I do a bit of sports betting as a side income and trust me as SR days kept on increasing the amount I was winning was also increased. At one stage I reached 1000\$ which is a lot of money in our currency.

After I gave into my urges everything looks shady. The clarity of mind was gone, luck was gone and it feels like I'm losing because there is someone who is trying to teach me a lesson for busting my nut without contributing to procreation. The way I have lost made my assumptions true. Lost a match with 1.5 points difference and the other one with just a point difference.

Some people may find this funny and It really doesn't matter as I know how powerful SR is if harnessed in the right way.

#Yes it's true when we relapse I believe god chastises us to teach us a lesson. I believe this happens if we masturbate not sure about regular sex though. I know every time I relapsed bad things happened in my life. A bigger motivator to not relapse. This is the fear of god which is the beginning of wisdom.

#Its actually not far fetched at all. When you have life force energy within you, literal god, energy that can create a human. It is very powerful and can attract many wonderful things to your life

#Why is it that, on prolonged streaks, everything seems to be benign? Why is luck seemingly on your side no matter what? Why do things "flow" as they should?

When comparing my experience when I used to fap/watch porn/orgasm all the time to embarking on the journey of semen retention. The difference is astounding. I have had so many events and things happen that were nothing short of miraculous. Such as:

Walking in and getting a job just by shaking the manager's hand and going through one interview

Not trying to get a women, and then they willingly approach me at some point, without me initiating anything or desiring them

Increased wins when playing lottery, work bonuses, and more financial opportunities arise out of nowhere

Relationships with family members and other individuals that were previously "rocky" all of a sudden become peaceful and loving

These are only a few things that I've experienced. I could go into further detail but it gets almost creepy at some points how one thought or desire can manifest moments or days later, a positive thought/idea

So my only explanation at this moment is, our aura/vibration/inner power is at an all time high when we go on lengthy SR streaks. Somehow we are able to subconsciously (or intentionally) pull certain strings of the Universe and the Universe allows us to do it. Or maybe it simply rewards us for resisting a natural urge. It's hard to pinpoint but I know I'm not alone when speaking of things flowing during streaks

Would love to hear your opinions and also your experiences with manifestation and luck while doing SR!

#The Universe kinda like says " I feel you bro" and rewards you for retaining and grinding through the pain of discipline and resisting urges. I was nearly on the verge of relapsing yesterday but my body pulled through for me and I got away with it. Make no mistake fellow kings, what you hold within contains the power to shape everything around you and prove that reality as we know it is malleable. I require no further proof as to what SR brings.

#The universe is with us my friend. I used to be that "SR is just bs" guy, but honestly, women are looking at me and approaching me and all kinds of crazy shit is happening. I am still introverted and stuff, but life just feels smoother. Sorry for putting this right under your comment, I just saw myself in what you wrote xD

#We are all part of one universal consciousness after all.

#Same here. I have never had a prolonged flatline. Maybe a day or two in between, that's all. I think people have this misguided notion that every second on SR they are going to feel 100% amazing, women just wanna come over and give you lapdances, you always have things go your way. In my experience, I would say this is true 60-70% of the time. SR definitely eliminates the shame and fatigue accompanied by PMO, gives you the discipline to improve yourself and magnetic personality that the ladies crave and for some strange reason, your luck is better during SR. That's my observation. Could be different for others.

#Wow, that's amazing. It really is all a game. A universal game. Discipline and positive intent = immeasurable rewards

#We will never be able to really explain this law of attraction/manifestation stuff as humans can think. Best thing I've found is god. Everything makes so much sense now and less complicated

#Once again ancient Kemet talks about controlling your lower self. Controlling or retaining this energy flows up and this explains why we have more energy, less sleep, positive thoughts etc. Positive Vibrations are important to bringing the things we want in our life. We attract these things. We attract what we want at higher speeds it seems.

#Thank you for sharing your experiences with SR.

I have had similar instances of there being more of a flow of opportunity in jobs, attracting women, and just functioning at more proficient levels in the little tasks of life. I feel more inspired to create as a musician and writer, where I've previously had a very difficult time finding motivation.

I began the practice 7 and a half years ago, and I have definitely had my times of inconsistency. Just in the past few years, though, my attention has been drawn to the fact that in practicing SR, I am preserving the lives of millions of tiny little beings who are a part of me. Beings who I killed daily in my habits of fleeting pleasure seeking. So perhaps in preserving their lives, we are entering into a different chapter of manhood. Maybe preserving them makes us able to be and do more than when they're killed regularly because their lives work together with ours to co-create whatever our focus is directed at. I'm sure there's more to it. Hope this helps!

#The stuff we don't know about but 100% happens is the interesting parts from controlling your sexual urges and meditation. How law of attraction starts to work in your favor, how your magnetism increases, your vibration raises, you get a ton more respect etc.

#Yup. Due to law of attraction on good streaks I got a job I shouldn't have been able to get with my low education. Way higher pay than my education calls for. I also got an 8% salary increase this year when normal increase is 2%. I also got an apartment that is completely amazing in every way when I didn't have enough points for it (I was number 22 out of 2000 in queue points, so 21 people before me turned down an amazing apartment? Didn't make sense at all to me when they had signed up for that apartment themselves. It's literally my dream place in every aspect)

Control sexual thoughts and energy. Meditate a lot. Key is having no worries or fear. At some point you will not even be scared of death, that's when you are strong and calm all the time.

Feed your subconscious with positive strengthening suggestions every day. Its more important than you think. We live our lives 95% from our subconscious programming.

Some of the things i meditate daily to is this <https://youtu.be/UcuJvFI7aZE>

Feel that you deserve everything and more. That you will 100% get it. Visualize it daily, your goals. Arnold visualized himself holding the trophies every day to the point that when he did win on stage and get them he wasn't even surprised because he had already done it thousands of times in his head

#Went on a 21 day streak just before a short trip with a friend.

Couple of things happened that went almost exactly how I imagined them - from the mundane eg certain conversations with strangers, to things you'll think I'm bsing about if I tell you about them

#I have experienced this, and I agree. It hurts to see this cause I relapsed on a month and a half streak, but ima hop right back on. Good post!

#i also experience this miracle. i don't know. and when i fail, some bad luck is coming in my way.

#I noticed that, when I relapsed with a girl, without intending to do it in the first place, the following days weren't that bad apart from some tiredness.

HOWEVER, for me personally, when I repeatedly relapsed in a short duration of time due to masturbation/porn. THAT's when some weird shit would happen. I don't know if it's bad luck but definitely seems like things immediately flip flopped and weren't as good as they used to be.

#That's whats happening to me exactly! Wow. Your like telling my life. I'm glad someone also have the same experience as mine.

I don't know man. Even though I know bad luck will happen (because it happens a lot and i can't explain), I still feel to do it. I feel bad about myself and the next thing will happen is some shit like my computer busted and need some high price repair.

You're also on point about relapsed with someone. When I have sex with my wife, nothing bad happens. I don't know. This is accurately scary.

#I will give one example. I had a psychic dream that occurred in reality the day after. Literally the exact same thing happened that was in the dream. It kind of cemented the idea within me that "holy shit, yeah there is something more to all of this"

#Been happening here almost daily. Amazing stuff. These kinds of things make it very easy to not indulge in sexual thought even mentally and preserve this energy

#The thing is its not just semen retention. Anything your body desires that may be harmful , when fought against, gives immeasurable rewards and strength. I have been reading old religious scriptures and no matter which religion, ALL of them REALLY EMPHASIZE internal struggle. That is willingly defeating your bodily desires semen ejaculation being one of them.

#Yes definitely. Arguably one of the toughest things a man, or woman, can do is defeat internal urges and face their demons. Any job, any task, any physical labor is nothing compared to facing the flaws you exist with. So I totally agree with you

#Dude

have you been seeing some repeated numbers ?

like 1010 or 222 (just an example could be any combo number)

i have been noticing a lot this in my current streak (i,e 13 days coming from 107 days) and im taking photos and screen shots if found in mobile

will post one day

#This is exactly my case, I am seeing 5555, 2222, 4444almost every now and then. Am also uncertain on my current job that I might be unemployed come September but I feel okay.

The number issue plus the ease I feel in life now gives me the courage to move on.

#I used to be a degenerate coomer that I kid you not ejaculated 3 times a day for nearly 5 years straight it was hell.

I can recall one day I woke up this one morning and kept ejaculating until I couldn't even squeeze anything out it was just fucking dust.

From my experience, frequent ejaculation brings an IMMENSE amount of bad luck that is unavoidable. It's like God/Universe/whatever you believe in will strike you down with some type of bad luck whether it be people disrespecting you and treating you like garbage, sickness/disease (dis-ease a.k.a not at ease with yourself), and missed opportunities in life in general and much more shitty bad stuff.

My skin was always horrible I looked like a fucking zombie 🧟 it was bad. I tried every acne cleansing product and NOTHING worked. Cystic acne was everywhere and I always had lower back problems. It was so bad to the point where I was literally balding at one point in my Junior year of High school it was that bad.

I was always anxious and my voice was never deep. I felt like a total emasculated bitch. Quite the hellish experience if you ask me.

I had this one friend in high school who never jerked off before and I was amazed. I legit asked him if he ever watched or jerked off to porn before and he said he never did and I thought it was bullshit.

Though I was observant and was seeing how everything was going his way and it didn't make sense to me.

But as soon as I started retaining my seed everything changed for the better. Like a complete 180 on my life.

I started to work out more because I actually had the motivation to do so with incredible stamina. I made it on my Club Soccer team which was impossible for me to get into because of my frequent ejaculation cause my bad luck. My skin was actually clear and "glowing". It was like I was in Heaven

on Earth it was incredible. Not to mention that my hairline started to grow back around 120 days into my SR streak which was such a huge relief.

TLDR: Frequent ejaculation basically turns you into a mindless bad luck attracting zombie with horrible acne and turns you into a emasculated bitch.

Retaining your Semen is basically the opposite where you get good luck and not a mindless zombie anymore lol.

#I have experience on and off with SR for about five years now. I have a lot of personal experience with this practice and have done much research, and I have developed a big-picture theory of things that I haven't seen anywhere else in its entirety. This will be long, but I'll try my best to convey it in a concise way.

My topic today is the orgasm and the consequences of it. My theory is that orgasm is the root of all evil. Literally, I believe it is not possible to commit evil acts of any kind without indulging in the orgasm.

To help you understand my line of thinking, let's start with the story of Adam and Eve in the Book of Genesis. I believe the Bible is a book of immense wisdom. Even some people who are not religious could agree with that. In the Book of Genesis, Adam and Eve are told they can eat from any tree in the Garden, even, technically, the Tree of Life, but they may not eat from the Tree of Knowledge of Good and Evil. This topic has been discussed on here a few times, and I think some people are certainly on the right track when they take this story symbolically. If you want more information on what I'm talking about, I'll link to this video for those who are ready for it:

<https://www.youtube.com/watch?v=6fl8rXPAlMA>

In the story of Adam and Eve, Eve is tempted to eat the forbidden fruit from the snake, causing their exile from paradise. Taken symbolically, the Tree of Life represents the power of God, the divine life force, the spirit we all exhibit when we retain our semen for a period of time. The Tree of Knowledge represents sexual intercourse. This can be determined by the Bible's use of various conjugations of the word "knowledge" when referring to sex: "And Adam knew Eve his wife; and she conceived..."; "Four hundred young virgins, that had known no man by lying with any male..."; "Then said Mary unto the angel, 'How shall this be, seeing I know not a man?'" The tree itself, in my opinion, is the Knowledge of Good: karezza, gentle and loving non-orgasmic sex between man and woman--what you would most appropriately call "lovemaking". You can find more information about this in the video linked to above. The fruit of the tree, the forbidden fruit, is what could be called the Knowledge of Evil.

The forbidden fruit obviously represents the orgasm. It's important to notice that Adam and Eve were not told that they could not enjoy the Tree of Knowledge itself, to lean against it, to climb it, to sit under it and enjoy its shade. They were only told they could not eat of its fruit. This is the only thing they were forbidden from. Many believe going against God's directives (i.e. committing sin) is bad because God will directly punish them. This is perhaps true in a sense, but I think it's more helpful to think of God's directives as loving guidelines given to us that we must follow or else we will inadvertently punish ourselves by breaking that very guideline. We unknowingly harm ourselves; God does not punish us simply because we broke rules.

Everybody here knows what happens when we eat of the fruit. We are exiled from a state of inner perfection. "...cursed is the ground because of you; in pain you shall eat of it all the days of your life." Everyday things become difficult for us, when on semen retention we did them with ease. Only now

that we have eaten the fruit, God says to us that we must be exiled from the Garden so that we may not eat from the Tree of Life, the divine life force that was available to us before we sinned, God himself. In other words, you can indulge in the fruit of one tree or the other, but not both. But the path leading out of Eden was not closed to Adam and Eve once they'd left, it was only guarded. They could return to paradise by the same path in the opposite direction; by being chaste.

I have personally experienced a great sense of communion with God when I have retained for a reasonable period of time. When I orgasmed, that connection was lost. When God walks amid the Garden after Adam and Eve indulged in the orgasm, he asks where Adam is, unable to find him. Of course, Adam was hiding out of shame. I believe this is referring to the severing of the connection between man and God. How can an omniscient God not know where one man is? By that man severing his connection to the Tree of Life through way of indulging in the forbidden fruit of the other tree and being cast out of Eden. It's also interesting to note that when Adam and Eve sinned, they covered themselves out of shame. When you study the original translation from Hebrew, it appears the object with which they covered themselves was a girdle, which in those times seems to have been something like a thin sash tied around the waist, not covering Eve's breasts and perhaps not even fully covering their groins; something meant to be symbolic of their sin. And what does a sinner cover? The object of offense. Someone who sees something he shouldn't covers his eyes. A thief when caught hides his hands behind his back. What part of the body did Adam and Eve cover?

I'll take a quick moment here to reflect that, while I think the nudity in this story, like the rest of it, is symbolic, I seem to develop a tremendous urge to shed myself of all clothes after a long period of abstinence, preferably in nature. This is a period when I feel in greatest connection to the divine, when I feel I'm living in an inner Garden of Eden. When I relapse, I have a strong urge to cover myself. I suspect many here might experience the same.

Once I discovered semen retention and its true power, I wondered why something so important wasn't in the greatest book of wisdom of all time. I then realized that it was, and that it was so important that it was the first thing in that book after the account of creation.

This foundation for my theory turned out to be a little long, but I wanted to explain it for those who didn't yet understand. Now on to the meat of the theory.

The general term that's used to describe Adam and Eve's sin is "original sin". In traditional Christianity, which largely takes the Bible literally, it's viewed that Adam and Eve's breaking of the rules caused all of humanity (their descendants) to be born in sin, inescapable from it. My theory is that original sin is not only the orgasm, but also that it's very appropriately named original sin. This is because all sin stems from the original sin, and there is no woe or misfortune possible in life without first committing the original sin. Anyone who's been on a long period of semen retention understands the feelings of joy, invigoration, energy, happiness, positivity, and many other good experiences they get. Bad luck stops happening and is replaced with good fortune. Bad things still happen in the world, but the semen retainer seems to navigate a deft and graceful path through the chaos and misfortune without being scathed. It's possible that some bad things or misfortune still happen to the retainer, but it's also possible that either the retainer handles these events in a much easier way or a longer period of retention is required to experience total cessation of negativity in one's life. Keep in mind we were never meant to orgasm and then count how many orgasms you have had in your life.



Anyone who has experienced the strange occurrence of bad luck after climaxing will probably know that the effects of the bad luck are not limited to only ourselves. When I climax enough times, I experience the most devastating effects myself, but I also often notice negative consequences happening to those around me in decreasing severity, starting from those I'm closest with (immediate family and wife), then to friends, acquaintances, and then I'm assuming to strangers in a subtle way that adds to the overall collective unconscious. Think of it like a drop of water in a pond making a ripple that decreases in effect as it goes. This might also explain misfortune suffered by children who are not sexually active; when a boy breaks his arm, look to the parents and their sexual misdeeds. Sins of the father and all that. By engaging in original sin, we send out ripples that tear the fabric of reality apart and thus make it possible for all other sin to occur. To murder is a great sin, but would a semen retainer, who has retained for a long time, murder someone? Doubtful. The terrible serial killer Ted Bundy remarked that he believed every serial killer started with an immense pornography addiction, no doubt coupled with insatiable orgasming. Through the law of attraction, someone's constant negative thinking or beliefs can cause that person to get into a car accident, to fail in their aspirations, to be poor. But are these negative thoughts and beliefs possible to the very long-time retainer? I'm not so sure, especially when many of us report a strong sense of "everything is going to be okay" when on SR.

So why were we created with a big red button attached to us at all times that if we press it it brings our very destruction? My theory is because God gave us absolute free will. Through free will, we are able to choose any experience we desire, including evil. But how could Adam and Eve, pure and perfect in themselves, in a paradise on earth, desire to commit evil? They couldn't. They wouldn't. Unless God gave them one thing, easily accessible and always tempting. But without that one thing, we wouldn't truly have free will, only the illusion of it.

And since orgasming can have a negative rippling effect that influences those around us, so too does retaining have a positive rippling effect. When each one of us successfully retains his semen, he's making a meaningful impact on our collective world and future, and it sure is a bright one. On that note, if anyone is still having trouble committing to SR permanently, please check out a man named Allen Carr. Someone turned me on to him and his willpowerless method, the only true method to escape any addiction. I have had great success with it and no longer find it difficult to retain. I won't link to anything because I'm not promoting anything. I just want my fellow man to succeed. Someone has adapted his quit smoking book into something called the PMO Hackbook, which I believe you can find on a subreddit by that name. I personally read his original book to quit smoking instead of the hackbook because I found it helpful to hear the original message in his voice, as the nature of every addiction is the same. The hackbook I found had some things that were lost in translation. The only downside was I had to do the work in my head of adapting the method specifically to PMO.

That's all for today. Thanks for reading and good luck.

#Great post brother. I have watched this documentary many yers ago and after i saw i knew semen retention was the way.

And i had same exspirience abaout good and bad luck.After sex a always have some sort of bad luck.But when i am pure brahmachari there is good luck.For example if a glass falls down after orgasm it breaks on a long streak it falls down and it dosent brake...it s very interesting

#Great post buddy! I can relate with everything you said. Too frequent ejaculations = bad luck. All bad stuff in life happened to me when I was releasing too frequently. I also lose lots of focus. Like the world doesn't look like high definition anymore. Maybe its brain fog.

When I retain, only good stuff happens and I also have this kind of „confident, fearless, no worry, everything will be alright“ kind of mindset.

That negative people will be repelled by you is also so true. Positive people will be attracted by you but negative people try to fuck you up and wanna bring you down to their level... not all of them, but many. Some low vibration people are super attracted to you and want to have some of your energy. That's why tons of low vibration women want to hook up with you and will lose all attraction after you release that energy with them.

And yes, after around 15 days the magic happens. Good luck, energy, that fearless mindset, attraction, that glow, eyes full of life, confidence and so on.

Do you think releasing not too frequently like once every 2-3 weeks will diminish all that benefits? I strongly believe going fully celibate is not the best thing to do for many people. what's you take on that? In my experience only too frequent ejaculations will lower all the benefits. But everyone is different.

#A synchronicity story

Some occurrences are small and some larger, this time it was large.

Two years ago my roommate found bedbugs. For those who have haven't had them, they can be a nightmare. Laws in my state said the landlord must pay for the treatment, so I contacted him. This guy was one of the most condescending people I ever knew and was a pain to talk to. I was in a stern state (yes I was retaining at the time), so my nonchalant attitude triggered him. the phone call ended with him telling me I will pay for this and hanging up. It was quite an emotional outburst and he served me a two-week eviction notice.

Now moving with bed bugs and no treatment is absurd because you're almost guaranteed to bring them with you. It was probably illegal to evict me simply because of this, but I wanted to move anyway. I rented a storage unit, moved all my belongings, did my best home treatment multiple times and moved again to the new place with 3 months of paranoia if I got rid of them or not.

Next, he decided to keep my security deposit to pay for the treatment (which I did not receive) AND mailed me a BILL saying I owed him more on top of losing my deposit. This guy built his business off of inheritance, had multiple properties and did not need a few more hundred dollars. This was a personal attack that definitely had me triggered. I filed a complaint, and it was settled that I lose my deposit and didn't pay the extra he wanted.

NOW THIS IS WHERE IT GETS REAL BROTHERS.

I am currently on vacation with a long streak. Basically, free to do transmuting activities all day and am in quite a euphoric state. The bed bug situation had been out of my mind for a while. Probably

six months or more. I suddenly wondered how my ex-roommate was doing, then remembered the landlord. This time it was just curiosity about these people who are in my past, with no resentment or emotion attached. No rage or ill will. I chuckled about all that past drama and continued my day.

A few hours later, I had just gotten out of the shower and my ex-landlord was calling. I let it ring while drying off and he instantly texted me. "Hey it's XXXX I have your security deposit I originally kept from you and want to give that back to you". Not much more to say. I called back, he apologized and explained he wanted this resolved and was happy to get this taken care of. Quick few minute chat about how he keeps ending up with druggie tenants then we said goodbye and he texted me a picture of the check.

I'm not sure what to call this, a synchronicity, karmic debt, the universe maintaining equilibrium. Retaining is the baseline for a life of active awareness and connectedness. I'll swear on whatever god you want this would not have happened had I not been on this path.

#Facts. SR attracts good luck; relapse bad luck. I know this is not a coincidence.

#People focus on many of the better known benefits of SR, but one of the lesser known (simply not recognized) is good luck. Or perhaps a lack of bad luck. It is far and away the greatest benefit of SR for me. It is phenomenal how it changes my life. Doors open everywhere, the impossible happens, gifts fall in my lap.

I'm not religious in the traditional sense anymore, but saying that "Blessings will fall upon you that you won't have room enough to receive them." is almost an understatement.

#Unspoken but one of the greatest superpowers of SR - Synchronicities. Wonderful story. God bless you brother.

#Semen retention is literally heaven on earth

1. Music sounds just so better you can hear each and every beats of music
2. Food tastes so good that even the normal food beat the tastes of any five star hotel food taste
3. Skin feels so better and there is radiant glow on skin 4.Constant smiling- you will be constant smiling dont know how this works. 5.Energy and motivation level are so high .
4. Euphoria and there is zeal to live life.

Semen retention is just like orgasm 24/7 and with sex and masturbation you can feel pleasure for just few minutes thats it SR for life baby thats the new goal :)

#When I first started NoFap, I used to read people saying things like 'the sky seems much more beautiful', and I thought they were out of their mind. But, when I reached around Day 40, I realised that it's true, the sky does look much better. Around Day 120, I realised something else, that the sky was as beautiful as it was since forever, but I started noticing it's beauty only after doing NoFap. So, NoFap doesn't make it seem like regular things are magical, because they are already magical, NoFap just helps you observe them and realise their true beauty.

#The best piece of advice my dad ever gave to me was, "there's so much about this world that is unseen".

Anyone who has practiced semen retention for a considerable duration of time will notice that you become much more in touch with the immaterial/energetic world. It's the same reason girls will turn to look at you even though they may be standing 10 feet away. It's the reason old friends or girlfriends will hit you up on social media seemingly out of the blue on a long semen retention streak. If you really become mindful of your body you can literally feel your magnetism as if it were tangible. You can almost feel the people around you being drawn to you. You will also feel closer to God. The deeper you get into a streak the more undeniable these energies which permeate every area of our life become. There's so much about this world that we don't know, or that which has been deliberately obscured.

#A guy explained it to me a while back on here saying "There are certain conditions that unlock certain rewards in life."

His name is Reborn or something like that he gets on here frequently so I'm sure he will comment on this.

#his is so true especially that someone out of the blue calls you and texts you, this happened to me on my last year streak of 50 days a hot chick I knew from my college days pinged me, which was totally unexplainable, not sure why does these type of things happen on semen retention.

#This is the key so many people don't realize on this journey. Your Mental will always be stronger than your physical. Impure thoughts will always lead to wet dreams or relapse. Guard your thoughts and you can last long long streaks, no wet dreams, no relapse

#I've been on long SR before and I've experienced what you described. People i've not been in contact with for ages contact me out of a sudden. People respect me more and respond to the tonality of my voice. Good luck is also something that i always experience during a long streak which manifest itself in different ways. For example, coming to a bus /train station just on time before my bus/train of destination arrives. Not to mention how women are drawn to me - they almost feel like captivated by my aura listening tentatively to what I had to say. Only those who had experienced these occurrences will understand.

#We can only see so much with these two eyes, the rest is unseen but that doesn't mean it doesn't exist

#It absolutely does. On long streaks (currently on one) old flings, hookups, GF's, people in general come out of the woodwork. I've been practicing for 2 years and the synchronicities are insane.

#I've always been a religious man and trusting in Allah has always been the number one thing for me, but one thing that struck me was the lack of purity, both mentally and physically. In a sense of losing my hope in god.

When I always try to attempt relapsing I get lazy, and out of nowhere everything in my life just crashes, my friends start to humiliate me in front of classmates/groups, they don't like to be around me anymore, same with my family, my little brother starts to avoid me compared to when I'm on long streaks of semen retention. Even my grades start to fall massively and I just laughed at it because I know why it happens to be that way. I start developing jealousy and hatred towards friends who are having good grades, people who are social in general.

However, when I start taking care of myself and sleep well, it usually takes a month to get back to where I am, I am just tired of all this bad luck and humiliation from teachers, close friends and family every time I get an urge to relapse.

Any of you know why that happens on a spiritual level??

#Same things have happened to me too.

SR is a kind of a protective cover, that shields us from negative energy, and helps attract positivity into our lives.

#Same

In Gnosticism "I'm Gnostic animist in spiritual beliefs but see truth in all religions and believe in most high"

It's said that when we men orgasm in a non harmonious way with our wives in the alchemical marriage...it is due to demon "Lilith" using our seed in the spiritual dimension and procreated/creating demons of our own making.

In Tibetan Buddhism it would be considered "Tulpa"

In anycase, it's said that it's them that cause the issues

I strongly believe those who are more spiritual suffer more from this because while we are half way in light...we are falling to these earthly temptations.

Since you are Abrahamic in beliefs, I suggest learning and reading Psalms from David. They are ALL part of an old system to help heal, and ward off these things amongst other things.

Meditations on some surahs are also good.

Fasting, from food, speech...etc..etc are also good

#Does not matter what religion you are, what matter is you pray to God if you are out of control. We all have only one God, only humans make it into multiple religions. That's what we are. I am Muslim myself, since I started praying, my journey became effortless.

# definitely agree. I know after some fapping I'm not myself. I get angrier easier, I turn cold to people that love me, and I become unable to feel emotions. Sometimes I get angry over nothing and curse loudly. I honestly believe I have been possessed by demons. I'm not even sure if total abstinence will be enough. I'm too far gone. I spent the majority of the past 4 months in isolation, fell madly depressed and lost all of my progress, and I have failed to go past a week since before April. I now hate every single thing about myself and I will not allow myself to go out and speak to anyone, period, until I can manage a week. It would be pointless anyway. My vibration is lower than it has ever been in my entire life, and nobody would listen to a word I had to say. I saw some people a week ago and I had to shout to be heard. I'm not even alive or real anymore. I'm just a demonic ghost, wreaking havoc upon the earth.

#Hey I would like to learn more about this theory about evil beings latching onto us when we watch porn as I have experienced it myself.

When I edge and look at porn I instantly get a head aches and feel bad. Its strange.

#In my experience I believe relapses through pmo can cause succubus energy to feed off of you

#I don't agree with the superstitious stuff but I agree that's exactly what's going on with me.. 4 Faps in the past few days and now I feel terrible it sucks

#Makes sense. This use to happen to me too! Would get bad luck and low frequency females would reappear on my radar. I know it's because the positive nature of your frequency lowers and your negative frequency increases. You're less enlightened...and more of the shadow self

#This similar thing just happened to me. I was somewhat operating in higher frequencies and when I became incongruent with Natural Law, I fell down to lower vibrations. My ex just hit me up out of the blue... this is crazy...

#This is true 100% When i was on 7 Months, no one was asking me to hang out and stuff like that, when i relapsed i woke up with like 10 Messages on Whatsapp all my Low Vibe Friends want to hang out all of a sudden and the Females that used to respond to me on Streak are so cold and distant now.

#Its very subconscious. Thats why you feel out of place/weak if youre in a group of top tier men who all get along great with each other and you just stand there. Its not that you dont have anything in common - you just simply dont belong there (if youre low vibration) and you will be quiet and ignored.

#Good post, we get caught up too much on the increase of magnetic attraction from the universe and from other people that we end up lying to ourselves, that somehow we are not subject to bad things happening to us when in reality misfortune affects everyone. Instead of thinking we are magically going to never get any misfortune ever again because we're on sr, a better mentality would be to use the drive and power sr gives you to overcome the mountains of adversity life throws at you. The feeling of power it gives you to face misfortune head on instead of running away back to PMO like a coward.

#Life will happen. One will actually feel life happening. I also realised why spiritually such degrading acts fall under the section of ignorance coz think about it if you were retaining you would take a situation that happens in your life a totally different way and react to it in a different maybe your own original way rather than like when not retaining you would probably completely ignore it and it'll be like hundreds of such events that could have changed your life for the better or uplifted you never happened coz you were too busy ruining the life force. It's so deep, sounds simple but it's too deep. 15 years of the very core powerful experiences of life down the drain. Literally. Probably the most important ones. But it's not too late. Here we see, here in this part where even a month shows us that we are not too late, we see the true unconditional love factor of the universe/god, after 15 years of fucking up if there's any entity that can forgive you if you want to get better it's that timeless

patient entity waiting for you on the other side of the transcendental mirror of pure consciousness. We humans barely have nano units of that level of patience and love for each other.

#This is the right mentality man. Im trying really hard to cultivate it. Semen retention IS a lifestyle, not a counter. No matter what happens, keep retaining, keep training, keep reading, keep pushing forward across all adversity, never give up. All the benefits/gains of semen retention are real, people have known about this for thousands of years, don't let the insecurities and stupidity of others deter you from your path.

#Abruptly, world treats me so good.

Hey guys, hope y'll are going strong!

I'm on 70 days streak of semen retention and I noticed that everyone is so nice to me. Like last week I was in a Mobile Application Development course lab and my lab professor and her assistant were there (they teach in accompany). Everyone had to download few packages but no one had the internet including me, I was sitting in last row so she came to me and I said I don't have the packages to run my code. She secretly gave me mobile hotspot from her phone and I downloaded the packages.

Later on they asked us to arrange data cables for the phone, again she came to me, called her assistant to give me his own data cable. Such thing never happened in 4 years at university, they were being so nice.

You may ask what has changed in these 70 days, not much but few things I noticed are:

My posture, I stand straight, taller and with my chest out (not in a cocky/arrogant way).

My voice is more resonating, deep and strong.

Energy is up to the roof, it's like a downside cause feels like I wanna scream soo loud to release this energy and tension in my chest.

Eye contact got strong, I look directly in eyes like I got nothing to hide nor I'm worried about anyone's opinion about me (again not in a cocky way, being worried about people's opinion my whole life so it's a relief).

Lastly, I need less sleep.

Remember guys, keep your gaze strong!

#I've had similar experiences as you had. Get ready for random people to say hi to you and people doing more favors for you.

#Yes. Felt this too, crossed 2 months mark. People are nice for apparently no reason. Get stared at alot too.

#It's nice to see what the quality of your energy is based on the outer reflections and reactions of the world around us.

#Wait til you hit the 2 week mark and you are completely full downstairs and it has no choice but to go to your cerebral and the rest of your body, makes you feel like a god once your body goes into recovery mode. Just be aware that your body is going back to its normal state and will eventually plateau. Use this extra energy to create and build!

#Self-described dimension-hopping millionaire stops by /r/semenretention to discuss his experiences after going 8 years without ejaculating. Many are awed by his accomplishments, but some express skepticism for his claims.

r/semenretention is, as one might expect, a subreddit dedicated to the practice of avoiding ejaculation.

Some quick background:

Subscribers may adhere to various quasi-Hindu/New Age/Christian conceptions of why ejaculating is inherently immoral and/or unhealthy, but generally the focus of discussion is the alleged benefits which accompany semen retention (often abbreviated "SR"). These alleged benefits may be psychological (e.g., increased confidence, improved focus), physiological (e.g., improved strength or physical appearance), or social (e.g., increased attention from women, success in business). You might imagine that there is some debate within the subreddit as to the mechanism by which these alleged benefits are caused, but usually a kind of vague synthesis involving "energies", "nutrients", or "chakras" in the semen that the male body "reabsorbs" proves non-controversial. While there is some crossover between the two communities, SR is distinct from NoFap, as NoFap is about the avoidance of masturbation whereas SR is about the avoidance of ejaculation. A NoFap advocate would be against masturbation but theoretically be okay with sex with a partner. An SR advocate would theoretically be okay with masturbation or with sex with a partner as long as no ejaculation occurs.

Our protagonist today is a long-time adherent to SR principles. In fact, he says that he hasn't ejaculated voluntarily or involuntarily for 8 years:

"No relapse. Full SR for 8 straight years and still counting. No porn, no masturbating, no edging, no cheating. Hard core, hell-mode SR."

"I suffered no wet dreams at all, unlike from the comments that I most often read about here in this sub."

OP's main post, which has since been removed, originally framed his SR benefits in terms of women's ravenous attraction to him:

The OP, salvaged from Reveddit: "I have always find it comical when women would gush and commented on how I look really good on pics and videos and always asking if I have any filters on. My reply would always be a stoic 'Nah. Natural. No edits, no filters. Don't need them.'"

"In their own words, '[Your pictures] made me feel like you are someone very mysterious and your glowing skin is crazy attractive.'"

But the results of his 8-year semen retention go much further than just attention from the ladies.

Much, much further. When pressed to reveal more of his benefits from SR, he lists:

Photographic memory. I have none when I was on chronic masturbation before.

I can hear people's thoughts. Yes, I really do.

Thoughts, ideas on how to increase my wealth just naturally come to me. I am not financially intelligent, but I'm sure as hell now. Multi-millionaire btw.

When I go to meetings to make million-dollar deals I can actually see what is going to happen before it happens, if that makes sense. Sort of like futuresight(?) if futuresight is a power that I imagined it to be and that's how it would be like (?).

I can see trees talk to each other. They would also tell me if this or that part of the woods is dangerous or if there are any creatures like Dogmen or humanoids around trying to size me up or even stalk me. Yeah, yeah, I know, I know. Doesn't make sense. This is the only way I can explain it.



Despite his openness to discuss his insight into the language of trees, he is considerably more reticent with regard to his experience with other dimensions. He feels that those who haven't retained semen for as long as him are unprepared to receive the discoveries he made:

"I discovered something about this world and the other worlds connected to us, that made me unable to sleep for a week...You must be on different plane of existence to understand this."

Despite the many women "gushing" over him on TikTok, he sadly hasn't yet found the woman who will bear him a son to which he can bequeath his "empire":

"Eventually, I need a heir to pass down my empire to. But unfortunately, the quality of women these days are....abysmal."

So, in summary, our OP is a self-made multi-millionaire who owns a business "empire" and is fending off the advances of a large number of women from his social media following so that he can preserve his semen for the creation of an "heir". He also sees into the future, has to evade stalking from Dogman creatures, and has visited alternate planes of existence. The benefits of semen retention are truly more than the average man could conceive.

Many subscribers are impressed by OP's achievements and hope that he will impart some wisdom to them for their own quests to retain semen and reap the benefits:

"What kind of women are you interested in? Because I have the same problem, I wouldn't say I'm too picky it is just that I haven't met a woman 'worthy ' of me.. This sounds narcissistic but being on SR for 6 months I just can't respect majority of women."

"Believe it or not, everything [OP] said is true. My dad was a retainer throughout his youth and he told me similar stories, how everything is connected in this world, seeing an UFO at night"

But some others start to think OP might not have the right attitude:

"This whole post seems a tad egotistical to me." [a bit of an understated response]

"Is this really an SR post saying to make a "debut ticktok" to get responses from women? Get off social media if you're serious about retention. It seems like you're doing it for the wrong reasons."

And, rare for the subreddit, there is even some skepticism as to OP's claimed benefits and the length of his ejaculation-free life:

"LMAO ok buddy ...hear the trees talk. Yeah ooooookkkkm"

"8 years on SR ? Is OP above 30 with low [testosterone] or young, because if young does his dick even work now 😊 no hate a genuine question"

Unfortunately, OP did not stick around the thread long enough to answer all the questions about how to obtain a financial empire and protection from the Dogmen. He did have time to recommend a few cryptocurrencies, though.

#Gentlemen this is more than just SR, and simply holding our seed to receive benefits.

We are living in a sick society, and when we hold our nut we are doing something 99% of other men are not doing. Thus transcending us above the typical being. Not in an ego sense, but energy wise.

We're dropping out of the typical structure, energy, and perception that we once knew. We begin to see how low vibration and unconscious other beings are, almost like NPCs. This wisdom/knowledge/energy in turn gives us great confidence and radiates energy to other beings (attraction).

Just some thoughts as I've always had this fear of going crazy, and lately I've felt fucking crazy as I'm reaching two months. This happened last time, and it was too much for me to handle so I relapsed, feeling nice and cozy back in my unconscious self.

Stay strong boys. When it seems the most difficult is when we leap through the greatest barriers in our mind.

I don't give a fuck how 'bro sciency' this sounds, and claiming it as so is just an easy out for coomers to keep cooming, and stay in the matrix. What we're experiencing is real.

#### #Strange Experiences on SR

I am very skeptical to dive into mysticism when it comes to SR but the last two days I've had some very odd experiences.

I am only 20 days in and yesterday I was sitting on a bench in NY and some guy walking by looked at me, waved, and said "you're a cool dude." I was literally just sitting playing on my phone not wearing anything flashy, just jeans and a plane shirt.

Then today while I was on my daily run and some random guy yelled out with a big smile and said "You can do it, keep going!"

I was shocked. In New York people would step over you to get their Starbucks even if you were on fire.

Again, I'm not ready to say that SR is the reason for these experiences but I wanted to share them with you guys to hopefully hear your thoughts because I have literally never experienced anything like that before.

#### #Same on this end man. It feels like I'm the luckiest dude around when I'm on a long streak.

Effortless charm, everything goes your way, people drawn to you, etc.

I work as a sales arborist and I've been with my current company for 2 1/2 months. Started with no connections or large accounts.

As of right now in this month, I'm the 3rd top selling arborist in my company behind the owner and head of sales. There are 8 salesmen.

My intuition tells me SR is correlated somehow but can't be certain. Whatever it is it's working, haha. Keep it up.

#Hard out! I know because I was one of those people. I am late to the party but on a 30 day street and feel so connected and lucky. Like things will go my way and I will be in the right place at exactly the right time. I used to feel like I was constantly swimming against the tide, now I feel like I am part of the tide if that makes sense.

#I used to be the biggest skeptic of this 5 years ago. From a past-skeptic to you. DO IT AND FIND OUT FROM YOUR OWN PERSONAL EXPERIENCES. Do semen retention, and you'll see! That man that said "YOU CAN DO IT, KEEP GOING" is God/The Universe speaking through him, to you! Keep it up!

#Stick with it, have a good heart with honest intentions, and work hard and the world will open up to you. It will start to happen more often the further you get. I can't begin to tell you how many experiences like that I've had. Peace.

#I live in NY too, magnetism and interactions with people get really interesting

#Damn it every time i'm on a long streak this is cold turkey TRUE. Doesn't really happen otherwise. Amazing, keep grinding man.

#Good things happen and you also find opportunities to do some good too and none of this was possible without SR. Really, it warms my heart to see people getting along and that alone if it's one reason is why I will retain.

#Strange things happen to me too when I have several days. It's very weird

#It's as if people and the world like you more on SR. People even pay more attention to what I say on social media. This alone should be a reason to not relapse. Every time I relapse bad things happen as if I've lost my grace and fell down from heaven.

#I'm still a skeptic but there is something to this. I was on a 14 day streak and two girlfriends of mine (platonic) in the same day commented on how I look so different, and were demonstrably flustered around me. I'm a good looking kid but this was something else entirely. I felt like I was in a different dimension that day. I've never been past 14 days though

#I've had this too on long streaks. Random people will just strike a conversation with me, or compliment me. It motivates me to keep going.

#Same here, you're not the only one it looks like.

Just started a new job and a co-worker came up to me today and said "I believe in you" in a submissive way. It was weird but felt encouraging considering I was training a new guy.

I like to keep a mental note of experiences like these. It helps me stay motivated to keep pushing, even when times get tough.

#You attract more good things into your life with semen retention. It's kinda like this: abstaining = luck in life, everything is gonna work out. Constant ejaculation = bad luck in life, only trouble and tons of worries.

In 2018 I was on a 1 year streak of semen retention and made the most intense life changes ever. Quitting my unfulfilling job, working in Asia and changing my career + lifestyle 180 degrees. Happiest ever since those days. And I always had the feeling of it's gonna work out. I had so much trust in everything I did. Back on semen retention now for about 1 month again, and this feeling of confidence and attracting only good things into my life is back.

#when i am feeling lonely or stressed old friends or people i talked on internet come and talk to which i guess never happened before

#Great Post, thank you. The car accident thing is scary. I have found that the type of bad luck which happens after breaking a 5 day streak is much less than a 50 day streak. I found that after a longish streak is broken the universe is angry at you. I'm not sure why this is, but in some sense the universe must be a mind or have a mind like aspect which permeates all things. I feel like on SR a person builds up an energetic space which grows bigger and when you break this long streak a huge vacuum exists and things come towards you trying to fill up this space. I'm not sure if anyone else has any thoughts on this? I wonder does God or the universe want you to pass the energy from a long streak into a woman and make a baby? Has the universe been thwarted in its plan and all the resources it placed in you over the last 675 days? Also I hope the girl is ok that smashed her pelvis.

#I need to know if you have had wet dreams while this 8 months, because if you have, then this is the cause of her hate and your bad luck, because god punish every drop of semen that you put in the air with hate from everyone and bad luck

#"Bad luck / vibes" after kissing / edging with woman.

I thought i was the only one who noticed this but. Someone mentioned if you have sex with the wrong type of girl, bad luck follows. Can someone elaborate more on this?

I have experienced this myself.

1.) I had non-ejaculatory sex with my girl when i met her like on a 70 day streak. Little, to no bad vibes. Everything was cool. I think she was high vibration.. etc.

2.) After dating for a 8 months.. we had a huge fight. The fight lasted a week or so. She got drunk and sick. She had a lot of anger towards me. I was on like a 25 day streak.

After we kissed, i felt a bunch of bad energy / vibes around me. I dropped her off at work. But i still had these bad vibes on me. People acted hostile to me.

I noticed it only happened a few times after we kissed.. and each time it was after she was drunk and angry. Like i absorbed her manifested energy.

She does not drink. I can sense when her energy is more pure. But if she drinks.. or we fight.. and i am close with her.. i totally absorb that bad energy. Anyone else experience that? Thanks for reading.

#I have to prepare myself before I do the Act almost every time I do the Act I get bad Luck and anxiety and I feel guilty for wasting Life energy in someway but know that I calm my self down and think there's nothing bad for doing the act the Bad luck has stop. I'm trying to get back to doing retention but I only last a couple days this time I'm going for longer and ignoring those urges.

#I honestly think the universe protect us when we retain our seed, but from a biological point of view...

I'm starting to feel/think that the more we retain, the more the universe take care of us/reward us, the more we shine, the more we get lucky... But from a biological point of view. See, when we retain for a long time, the more we have LIFE in us, the main goal of life itself is to reproduce, so, when we have a lot of life(semen) in us, we have the potential to repopulate whole areas! Think about this, we have the potential to create an entire generation of individuals , it is a powerful thing... Whereas people who have already ejaculated/wasted a lot of semen, it is as if they have already fulfilled their role in nature, so nature puts them as a second option, while we are first option in line, because we have this life in us, so the most logical thing mother nature has to do to is protect us, take care of us as a mother protect your children, BUT as long we have this life inside us..

"This guy did not ejaculated in months... If big disaster strikes in the coming days, this guy can repopulate the WHOLE city, so we have to keep an eye on him, we have to take care of him" -

Nature

When the waste this precious material, it's not like we're going to die because of that, BUT nature begins to put us as a second option, we lose your preference, we lose the privilege.. It begins to discard us, we may get older faster, get sicker easily, we become more vulnerable. Why? Because it is as if we have already fulfilled our role, simple as that.. so to nature we lose importance as individuals. Maybe that sounds cruel and sad from a human point of view, but it's the truth.

#It's mother nature protecting you, sure, when you keep your shakti (semen/sexual energy) within. But try using that same shakti to connect to someone beyond nature, see what happens :)

#I don't know exactly how to explain, its just a feeling i have, as if good energies follow me wherever I go .. I can only talk about my experience, but every time i retain my seed even in short periods like 7 ~ 14 days, then suddenly good things start to happen with me.. I mean, every single time: i get luckier, people treat me better, i treat people better.. I get more energy(maybe this is pretty obvious, but yeah), i got some insights of what I need to do to improve my life out of nowhere and not only that, but i have the DRIVE get things done... I can do in weeks what i don't do in months when i'm not retaining(when i'm not in a flatline period)... things that once annoyed me so much to the point of become depressed are simply more tolerable, semen retention acts like a shield that protect you from bad things and things like that. The universe seems to collaborate with me.

In contrast, once i ejaculate, things start to going downhill in the next few days, to a greater or lesser extent , simple things start to get hard, I start to get annoyed easily, bad things start to happen, i start to have difficulty completing projects and goals, i start to procrastinate enormously, i became more anxious, i lose that fearless vibe that once i had when retaining, and so on...

And i'm pretty sure its not coincidence, not the first time those things happen.. it's like a pattern, so I believe these things are interconnected.

Maybe it sounds like pseudoscience, placebo but its just my experience, maybe for you its different. Edit: Even there are books on this subject, If you are interested, take a look at the concepts of eros and thanatos and the principles of pleasure from Freud.

#Same feeling 100% and it's so verifiable, just relapse and see what happens lol. And placebo hah yeah sure I'm not taking spiritual guidance from spiritually blind people who say it's placebo without experiencing it themselves.

#I am recovering from a recent relapse. Lost a potential friend, though I don't regret losing him. My female coworkers gave me lotsa shit. During my relapsing time I was absolutely mesmerized by the amount of bad luck, ruined potential friendships and the stagnation healing period that followed. Absolutely horrid. Horrid. Horrible piece of shit thing to relapse.

#Posture was my biggest fix I think! It auto corrects lol. Also bigger arms/shoulder mass without trying Edit: also laying in bed 3 hours trying to fall asleep, finally do, get 6 hours and get up with 200% energy. Its too much energy

#Semen Retention & Synchronicities !!!

Weird and very iffy topic but I wanted to give my thoughts and experience on this topic.

Ever since starting SR I have come to realize the true power of thought or "manifestation." I seem to be accessing a part of the mind/soul that controls dejavu's in some sense. It is very simple stuff. Sort of like intuition.

Examples:

-When I am speeding on the road (I have a long commute dont judge) every so often I get a strong feeling in my stomach that I should slow down because there might be a cop near. I kid you not every single time I have had this feeling the past 2 months 9 times out of 10 there is always a cop within the next 30 seconds.

- Having a song stuck in my head. When I am in public just humming the song or singing it silently, I hear the music from a near by place, whether it is from a nearby car, coffee shop or speaker. Pretty cool.

-I usually enjoy reading in public. When I am reading and I come across a word or a name in the book, people nearby say the EXACT same word or name.

-Recently, I have been, coming across, or shown, the same book almost 6 different times within a span of a week. Crime and Punishment by Fyodor Dostoyevsky. I had my dad talk about it to me, the book I was reading 2 days ago (ego is the enemy) reference a quote from the book, the movie I watched tonight "The Pianist" also briefly showed and talked about the book. HAHA I guess I really have to read that book next!

-I know this happens to everyone, but its still worth pointing out. Thinking about people. You know whenever you think about someone and that person calls or texts you? Yeah, that ! But waay more often in occurrence. Recently, when I was at the mosque, a very specific memory came into my mind of a friend I had not seen in a long time as I was opening the door to the restroom. Guess what happened? He was behind the door!

Conclusion: I am starting to believe that there is a web of consciousness that is unseen to humans that connects all of our minds and thoughts to all living things. This is why many people say "we are all one." We are interconnected people. SR brings our energy high enough so that we begin to actually have some "control" or in other words more access to this cosmic consciousness.

Being around negative people we start to feel their energy and lower our energy to match theres.

The anger and despair of others actually spills over to us and influence us whether we like it or not.

In this manner, each of our thoughts and acts beams to the far reaches of creation. So I ask you why pour negative thoughts into the single stream from which we all must drink ?

#I think the idea of a collective unconscious is a very real thing. I've had many synchronicities prior to my SR journey and many moments of contact with this "web of consciousness" you mention. Keep on keeping on, read that book, and wash your damn hands.

#I've certainly experienced the same increase in synchronicity when on streaks, things that simply cannot be chalked up to pure chance. It is a very cool experience.

#This is a common theme. The way I think it works is that SR is a pactice that raises your frequency band and therefore allows you to experience a new perception on reality. This is why you see so many benefits and people and animals alike notice you more than the average joe.

#"We create our realities" but most people don't know this. That's why semen retention is the "key" because it literally allows us to tap into a higher consciousness where we are able to access these spiritual abilities within ourselves.

#Day 85 here. I m frequently seeing repeated number patterns. Feels strange

#I've had the same experience with cops as well! Almost every one of them stares me down as I drive by too, as if they know my pedal was to the metal moments earlier, but they couldn't do a damn thing because I wasn't breaking no law (at that moment). I've had several other close calls where I've experienced a gut feeling, recognized it and changed course, saving myself trouble or an incident. There are several examples in my life of where I ignored my gut and faced hard times and nearly

lost my life on one occasion. In my days of wasting my energy, I never got gut feelings or premonitions, it was as if my life was unguided, out of control. Now that I retain, I feel like life is on auto-pilot, it just runs smoothly as if a higher force is controlling me a lot of the time.

#It feels as if the universe is working with you, helping you conquer the world. Fitting the pieces in place and being an ally.

The opposite feels true when not retaining though.

Thanks for sharing!

#It's like you're not having to fight yourself constantly while retaining, everything flows better, effortlessly.

#we can see into the future, we have angels helping us, we are telepathic and pick up on stuff ... humans are electro-magnetic receptors highly complex and intricate machines... science says we use 5% of our intellect.. welllllllllll sure hope we can use our full potencial... my experience with this... is I wonder sometimes if we think it and create it, or is it received and and shown... maybe both.. thoughts pop out of nowhere yes... maybe someone is sending you a message... clock time matches up... they call those angels it's all trying to get us to focus basically and try to decipher... sometimes it's clear like you want a parking spot and you find it... but mostly you don't know what's up... I think it's like ports on a computer a port if it's open, it can pick up random stuff if you're receptive... you have to choose your receptivity also... aligning yourself with godly thoughts is perfect... on another note if you really think about it it's all very weird, existence.. if you really think about it, you can't explain your existence, it's because you've gotten used to it, that we have some sort of control and act normal... but if you see yourself with a clean slate without conditioning we as living creatures as an occurrence can be baffling by removing the "its always been like this"

#There is. Purity connects us to the shared wisdom of our species.

#This doesn't explain the thoughts appearing in your head and instantly there is the physical manifestation of whatever thought is in your head. Its preconscious knowledge of future events that are just on the threshold of consciousness and not memory that gets activated by the incoming stimulus. That's what your talking about.

Some people that don't experience any of these things will usually attribute these experiences as a meaningless coincidence. Those are people that have a world view and don't want any changes to be made in the way they think about reality.

But as some people have to many experiences like this continually, they rightly wonder what the fuck is going on? They have nobody around them that ever talks about this. It seems strange to them that zero fucken people have ever mentioned a word about this phenomenon and as a result special significance is attributed to these experiences. The people who have them need to "fit" these experiences into reality and there's no obvious solution that's available for them to do so. It is something that has been known forever in all epochs but it seems that in the current "enlightened" climate no room has been made for it, so some parts of life are just cut off because they don't fit. Unfortunately this is the treatment given to most parapsychological phenomena.

There are people who I have found that have sychronistic experiences but all have been online and in books. The swiss psychologist Carl Jung who coined the word has spent a lot of time on this phenomenon. It was something that was very familiar and frequently occurred around him. It does

seem to happen more to this personality type that he calls introverted intuitives. These types of people are usually considered "different" by the majority of people around them. You can read up about them if you wish. I consider myself to be in this group.

My current take on the subject would be that everything is one. I'm saying this only because of an experience I had where I was everything. It is more real to me that anything else I have experienced. I call this "thing" Christ ( galatians 3 28) (1 Corinthians 12 12). This is not an uncommon experience btw.

When everything is one there is no outside and no inside of you. Everything is connected as one. These experiences are extraordinary. They are Extra Ordinary happenings. When everything is one it seems crazy that there is a subject, object relationship in the first place. Babies don't experience life like this. A baby cannot differentiate between external reality and itself. The ego is the reason that there seems to be an other and a you.

The reason the ego exists is because you identify yourself with the body and with the sense perceptions that flow outward from the body. ( The light that shines through the body). When an identity is established you unconsciously think that you as a body are the thing that is creating the power to have vision or sight, and the other sense perceptions when the real you is in fact ( the light that shines through this physical body.)

When this illusory identification is broken you realize you are "one with the father" "you become like a child again" This is where real religious teachings want to take you They want to take you home. The ego doesn't like to die and that's the "problem" that keeps you from experiencing reality without being intoxicated by maya. Without this entire "game" going on, there simply isn't any world. The world just disappears like a puff of smoke. Why? Because everything is one lol.

#Magical my man. I'm sure you are aware but know you are blessed. Ask out to the universe for what you want and you will receive it. We live in a wondrous world with so much to discover and enjoy. The spiritual renaissance is on it's way! I love that you shared this

#we are living in a thinking universe, thought has the power to manifest itself.

#have a look at r/NevilleGoddard

What you're talking about e.g control over this cosmic web is extremely similar to his teachings as they have to do with manipulating reality / creating controlled synchronicities.

#All I know is that after I began retaining, everything just 'flows' effortlessly in my life.

Everyone who has retained for a longer period of time have felt the effect of increasing 'luck' on their day-to-day life. It's the most blatant sideeffect from SR.

I just go with the 'flow' now. No need to worry about convincincing doubters, they will find out on their own when they're ready to walk this path themselves...

#I absolutely know of this flow that you speak of; I have no idea why it happens and happens so consequently every time I retain for just a few days, even.

What's the thinking here?

#From a spiritual perspective, you are just more of a conduit for good universal energy. I believe that God is omnipresent in all things in the universe and God naturally just "flows" through everything. Us humans, we can "block" God from entering our lives through our actions - one of which is PMO. In



the Bible it says God desperately wants to connect with us even when we shun his gift. He loves us so much he will sustain life even when we don't believe in a spiritual power. That flow is pretty much God through you.

Jesus said "I myself I can do nothing, it is God that doeth the work".

#I remember reading in some Taoist book that semen and sexual energy are a form of energy called "jing". Some people come into the world with a higher level of jing than others, meaning they have a "stronger constitution" than others. This is known as "prenatal" or "ancestral" jing. Jing is built and consumed continuously throughout life but some people "burn" it away faster or slower depending on their lifestyle. This is why kids can play endlessly without tiring and eat sugar without falling down because most kids have high levels of jing.

You know those people who eat like shit, probably fap every day, and live terrible lives? They probably have a higher-than-average level of prenatal jing. They are probably the exception to the rule. They just have more "rope to burn" so to speak.

Something like semen retention builds up jing but someone who has a lower than average level of jing will need more days to feel "charged up". For myself, I had multiple streaks of differing lengths of days and it only took me 3-4 days to feel benefits. I consider myself a "high jing" individual not only because I was high energy as a kid but I also discovered PMO later than the average person, so I wasted less energy. YMMV.

#Practising semen retention made me redefine what the word 'luck' ' means to me . I used to think people either have luck or they don't , it was set in stone .

Now I understand luck has everything to with hard work and high positive energy. You make your own luck . You must outwork yesterday's version of yourself every day and lend a helping hand to others while they are down .

I used to be very cut throat and cold to people because I saw that's how others behaved most of the time , then I realised that there is good people out there , I just had to look hard enough . Semen retention has opened doors for me that had been shut for the last decade

#I completely believe in what you are saying. I believe there are multiple stages we would go through during seme. The first stage is bodily changes, such as clearer skin and deepening of our voice. Once we complete this stage, we move onto the spiritual stage (which comprises of multiple sub-stages, many of which I haven't experienced yet as it still early days for me). I believe the spiritual stage contains things, as you mentioned, the attraction of people, bilocation, mental clarity, happiness etc.

I believe this, as well as complete support what you are saying, based on personal experience. So before I began semen retention, I researched the benefits of the practice and thought bullsh\*t, so I tried the practice to test my opinions. I completed 32 days (15/09/2020 - 17/10/2020). During this time, I found noticeable physical changes to my body such as deepening of my voice and weight loss of 4kg without exercise or change of diet. My bodily changes were pointed out by family members I live with, and all the changes were stated by those who practise semen retention. I relapsed but immediately started again after 3 days so I don't lose the benefits I worked hard to gain. I'm currently on a 10-day streak (started on 20/10/2020) and began noticing spiritual benefits. One spiritual change literally happened today (hours before I am writing this). I was thinking about this chick and was like "it would be cool if we hung out to develop our friendship and then see if I can make something of it". Literally, 20 minutes later, she messages me out of the blue saying she wants

to hang out (virtually for obvious reasons). I was gassed and began praising semen retention. I then jumped on Reddit and saw this post was at the top of my feed and began thinking WTF! It is because of my personal experiences I completely agree with what you said about the spiritual benefits of semen retention.

#Yeah, everything seems more... effortless. On the other hand, when PMOing everything in life starts to go to shit. 'Tis black magic fuckery it is.

#Yes. And its just good Karma for not violating universal law. 👍 Logical creatures are intended to respect sexuality. This rabbit hole goes so deep. If people knew what I am lucky to know, nobody would do it.

#I been getting invited left and right to places I've never been to. Whereas before my streak I would be a stay at home dude with nothing to do. People love being around me now and for some odd reason people keep wanting to help me achieve my goals. Just yesterday I met someone while apply for a job and they told me I was an intuitive kind of person who knows what I'm talking about and would love to stay in my circle. It was weird because later I found out he was a councilor at where I was applying to.

#Yes sir. I won \$100 dollars today off a scratcher. Call it a coincidence or luck but I don't even play scratchers like that. I decided to buy one because I happened to have a loose \$20 so I figured I'd try my luck with this thing and yeah. Now Ima not saying I'm winning left and right but outcomes are usually pretty good so far.

#Yeah, it's almost unreal sometimes. Random people start approaching me, everyone is kind and respectful. It really strange at first and awesome at the same time!

#I felt like this the first 2-3 weeks, then it sort of got worse and worse, tbh and eventually I relapsed because of it. Maybe too many strange and amazing things happened between week 2 and 3. Namely, old friends and new friends made contact with me, and the girl I had a crush on invited me over to study/Netflix n chill. Random women and people in general would give me more attention and start conversations with me.

#I know this sounds weird. But hear me out. When I first began to fap, later on something weird happened later that day, I got stung by a wasp on the arm I used. Coincidence, right? Fast forward to the present and our house has had a recent infestation of wasps, every now and then a wasp would appear out of nowhere. In the meantime I kept trying to give up fapping, I failed up until now of course, and each time I had an urge, a wasp would appear. One time I found a dead wasp on my duvet.

Now I have given up again, but today I had a sort of urge, out of boredom and guess what? A wasp started buzzing around my feet, I managed to kill it with wasp killer but even so I think this can't be a coincidence. Are the wasps a sign from God I should stop fapping? I am a Christian, and I am not crazy, honest. I know this must be a weird story, but I don't know, I'm not going to fap either way.

#Not sure all relapses are created equal! Relapses due to watching porn are the ones that manifest negative events...relapses from real sex (spilling your seed) don't manifest negative stuff...in other words, if your going to relapse, and spill ur seed, let it be through natural sex. I've come to believe porn opens up portals that attract inter dimensional evil entities. I've read stories/anecdotes of people who say such entities feed off orgasmic energy and once u spill as you watch porn, they remain attached to you...there is a lot of unexplained phenomenon that's invisible to humans but as real as radio waves

#I remember watching a youtube ASMR video that I also found on Pornhub, for some very peculiar reason I wasn't as aroused watching the youtube video version and so went and watched it on Pornhub, that convinced me, Pornhub has demonic spells/entity attachments insidiously working through our energy field. I have notes of this somewhere, I will have to find and post.

#I definitely agree. I know after some fapping I'm not myself. I get angrier easier, I turn cold to people that love me, and I become unable to feel emotions. Sometimes I get angry over nothing and curse loudly. I honestly believe I have been possessed by demons. I'm not even sure if total abstinence will be enough. I'm too far gone. I spent the majority of the past 4 months in isolation, fell madly depressed and lost all of my progress, and I have failed to go past a week since before April. I now hate every single thing about myself and I will not allow myself to go out and speak to anyone, period, until I can manage a week. It would be pointless anyway. My vibration is lower than it has ever been in my entire life, and nobody would listen to a word I had to say. I saw some people a week ago and I had to shout to be heard. I'm not even alive or real anymore. I'm just a demonic ghost, wreaking havoc upon the earth.

# have my theories as well and decided when you retain and ejaculate to have a baby, you bring a light soul into the world, when it's with someone you care about or you by accident " fly too close to the sun" it's neutral and when you jerk off to porn, it's a dark soul that gets empowered. Neat to hear other people with similar theories.

#In my experience I believe relapses through pmo can cause succubus energy to feed off of you

#A more accurate term might long range frequency. You could probably get electronics and anecolic chamber to figure what they are. I believe in this to some degree. I had a damn slimey slug fall on my leg as I was walking out the door after a relapse.

#Yes it's interesting. I've found out the same thing in my experience. The low vibe girls aren't chasing me anymore. Same with low vibe friends.

#Makes sense. This use to happen to me too! Would get bad luck and low frequency females would reappear on my radar. I know it's because the positive nature of your frequency lowers and your negative frequency increases. You're less enlightened...and more of the shadow self

# Pornography - This disconnects you from the emotional plane and will actually put you on a lower vibration, of life. You will run into bad luck, other addicts, and other people etc. Takes 2 weeks to rid yourself of all of that Juju.

#I like to think that I'm a pretty logical and straight thinking person. As well as a general understanding how the scientific world and our Universe works. And for the most part SR can be explained by the science we have now (though there's still way more research needed as you guys know). I just really hate how some things can't be explained, and may never be. It really upsets me and causes me frustrating cognitive dissonance.

There's so many things to this SR phenomenon. A big one for me is the social interactions between a streak vs a relapse. I know there's a clear difference, I've felt them countless times. I just don't know why I get treated so much differently on a relapse? I say everything in the same tone and cadence. I dress the same, keep the same hygiene. Same personality. Sequence my fucking DNA.. IT'S STILL ME!

I know things get "better" again if I build up my streak. In a way that still pisses me off too. You mean to tell me by not touching my fucking dick is the core driving cause of all my relationships and social interactions? Pretty much forged the life I have, had, and going forward into the future? It all revolves around not touching my dick?

It's so simple and petty that I don't like it. Sounds like superstitious garbage, but I know it's not. It's real. And I'm not sure how to feel about it. It makes me question reality in general. I know everyone here has different experiences with SR, so what does this mean? Do we each have our own independent rules to our own reality? If there was a tried and true scientific way to doing this, how come we all can't have the exact same benefits? SR is colliding with everything I know about this world and my life, but it's all real. Whatever it is, it's real, and it's hard accepting it having so much influence over me and others.

#Your life force is in your seed. Your vibrations change when you retain and energy builds, people notice and feel this subconsciously. Once we learn to control our basic desires we are unstoppable. The world has become a terribly dysfunctional place where sex and money have blinded us from the truth. I've been where you are hundreds of times and currently on a streak and feeling on a new level. Never give up brother, we all want you to succeed!

#There is some point on your life that there will be (as these that you described) too much evidences of something beyond ( call it anything, energy, god, consciousness, etc. ) where there are other "rules", etc. and being subjects that is very hard to touch with science.

#After 4 years of experimentation with SR, i am now too sure that relapse change reality. People talk, act very different. I say they are people who live on low realm and act accordingly to our energy. They are leechers that is why they act so content and happy on long streak.

I even write on my diary now to know if it is not illusion. Exactly after relapse i wrote, " now new karma will arise, people act different, new phenomenon will happen in life." the same will happen next day.

It's spiritual science.

#I need explanation for this phenomenon. [Serious]

I don't know how to explain this. If this was said to me some five years ago, I would call them directly crazy. Some very strange things have taken place in my life. Right after ejaculation great suffering follows me. In my mental state I am completely fine but what happens is people who surrounds me, family, friends, neighbor, people on news(in my country), everything suffers.

This has not happened only once. I don't remember exactly when this phenomenon started to come in cycle. Now it has happened more than I could count. I stopped thinking about it, but it follows, even if I forget or try to live a normal life.

Here are some repeated phenomenon that occurs after relapse:

Same people contacting me or coming in my house after relapse. (i even see this phenomenon in facebook, people sharing posts and updating status.)

Neighbor having a fight and attacking each other.

Hearing news about car accident and someone dying or bus accident and group of people dying all at once (my streak goes from 20- 30 days and in those period of time no such phenomenon happens. Exactly after 4 days everything stops or I don't see them happening until I relapse)

New problem arises in the mind of my parents and they have a negative discussion as well.

Everything changes.

Also, I feel that those people who are unawakened, or those who walk on everyday life as normal beings, are affected. Sometimes positively as well.

My analysis is that we all have our perception. Retaining seed makes one individual's perception a lot stronger that it bends reality. All people near you, people in your imagination, everything that is related to you is affected once you relapse. There is no escape from it.

Bad luck is mandatory after relapse.

Also, what I have found is that retaining seed stops some event from happening and as soon as you relapse those events will follow.

Like today I got stock dividend from the companies I had invested on. And all other events followed me one by one.

My only question remains is how and why this is happening? Is retaining seed making me live in another dimension that as soon as I relapse earthly things follow me? Or is there something vaguely unknown energy on work?

I don't want this to happen. I want things to go in a smooth flow, not relapse changing things and making many event happen.

I know some of you have not experienced this. (because maybe you have not still awakened your sexual centers, or whatever through lots of force retaining)

But I know some of you have experienced this exact phenomenon.

Please comment your experience. Your explanation would be helpful as well.

#Spirits/fractals/nature/god whatever you want to call it, the unseen help you when you retain and you have observed the evidence. There is more to life, keep retaining my dude.

#But listen, the question is why are the 99% of other men who ejaculate not having this effect on their reality. Why would an individual like you have such a significant effect on your environment?

SR will never become mainstream because in my opinion it only reaches those people that are destined for this path and understand its power, these are not mere 1% and will always only be 1%. See this as a message or sign that SR can make you into the man who can achieve and influence his surroundings, and be a leader to those around him.

#Exactly. There are many people who find out about nofap. They eliminate porn but don't understand that SR comes parallel to this practice. They find GF's and have sex and ejaculate, but few go further and see that sex and lust is a trap which takes away the true power and potential of ours.

#I have achieved this state through lots of force. 5 years of cold shower. Every Single Day. I did not let lust consume me. Then things started to happen.

And when lust consumed me:

(i) I either relapsed very fast without edging. In less than a minute.

(ii) I either relapsed by having sex with a gf( now ex).

(iii) I either relapsed with porn and edging.

(iv) I either relapsed sober.

(v) Or relapsed getting drunk.

First 2 years I had seen a little bit of effect but yet continued to this journey. I had seen a little change and believed something is changing.

There was one unfinished business of mine where I had invested lots of money. It had always clinged me. But one day in a 2 week streak that problem solved itself. For years it was unsolved.

This thing also happened in the first year of SR journey.

Other things followed and I became more and more believer of it with time.

Whenever I felt lust, I took cold shower, sometimes twice a day. After some period of time things started to happen.

Then came a point where with every loss of semen through any means from above point, I saw highly strange events following. I realized it when it repeated, through patterns my brain recognized it. Else who cares.

Then my relapse followed a break up, then another I lost job. Then one day I had gone to party. I had forgotten everything about SR. I got drunk, came home masturbated happily. Then things followed me the next day. Then I remembered 'oh I had broken my streak last night.' Patterns became stronger.

People call me that I am in a negative state of mind. I never go to negative state nowadays. Also I experience less bad luck, but people around me suffers. I don't binge.

You said there are 99 percent men who does not see this effect. It's true. I once was in there, I fapped everyday, I was in a very ordinary state. Everyday people, society, mundane talks, enjoying, smiling, suffering greatly, envying, false speech, however going with the flow of life.

For me that everyday mundane talks is not life.

But this 5 years was not easy. There is certain state of reality which people can live after they have overcome their desire. 99 percent of men are in same plane spiritually, they have not pushed beyond to see this effect.

These events following through is not through doubt. I have crossed the flood and found the shore my friend.

#I think the answer is that all men have the same effect on their reality, but most don't notice it because they haven't tried SR or nofap.

#The people who ejaculate have this exact effects so much that it becomes their norm on a daily basis , have you seen a world championship in any field or an important figure/business man/anyone so successful in anything who is constantly throwing away his life force?

I don't think so, all is frequency/vibration/energy my friend.

#It's quite probable that semen retention alters reality. Why? Because semen is every earthly human (mans) beings essence. Plus everything revolving in this universe is energy and matter which are the same thing but in different form. So everything is tied into everything and since semen is the core of a human man, it connects with everything else which is energy. It's hard to say that disastrous things happen to people because you ejaculated, but in direct correlation to your own life, and events it definitely can alter your reality. It alters your state of mind and just because of that, other things become altered as well. Just think of the person you are before fapping, and after fapping. Now I'm not just talking about your personality changes, but everything changes. The goal that you had has changed, the girl you wanted to bang, now you don't have the desire, the random thoughts you had prior and now after have changed. Now another example I will use is: let's say a massacre occurs at a local festival, and some of the populates are on semen retention, does that automatically save them from getting killed? Probably not. I feel that if you are on semen retention you better your odds at a lucky draw in life. What I mean is just merely a phenomenon because you can't really prove it. You become more magnetic, a greater aura, and people know it on a subconscious level, so without them consciously realizing it, they know you are alpha and thus you get the deserved respect, praise, positive outcomes, and just mere coincidental luck most likely gifted by the universe. I'd say that it happens just through the universe. I feel as if the universes energy is neutral, we make our energy positive or negative. Whatever you cast out to the universe it gives back in return. That is why literally anyone on NoFap has had these phenomenons come to play, such as: great luck or coincidences, deeper connections, etc. another way I understand it, is if you were to alter your essence, your core, the thing that makes you, you. Then the things around you, such as people, friends, etc would have to be altered as well. You are everything because of your semen, it's your DNA, all I got to say is it definitely alters your life, directly and indirectly.

#God is real and so are angels and demons. When you practice sexual abstinence you're surrounded by angels and they bring good things to you and those around you. When you spill your seed through premarital sex or masturbation the angels leave you and you are surrounded by demons instead. They bring misfortune to you and those around you.

#Hey brother man, I can totally relate to you. I see you have got some downvotes and been kinda made fun of for bringing this up.

It's a strange phenomenon that honestly can't explain with the intellect. You said in one of the comments that you've been doing this on and off for 5 years, which means you have retained MORE than most of the guys who just stop by here. And when they read something like this, they can't understand it. Even I wouldn't believe this hadn't it for my own experience.

What can I say is this; I've experienced this LUCK factor. But, it goes like this.

I have to start taking action towards whatever I want, then everything that I can't control comes in my way. I just have to do my work and reap the reward and get what I want. At the same time, the moment I ejaculate, the things that I can't control don't play on my side.

Trust me, there's something more to this than what our intellect can understand. From my own experience, I can undoubtedly say that there's a greater force that is in charge. And guess what? You and I aren't the only men who had experienced this. Any man who had transmuted their sexual energy know this power of GOD/CREATOR/UNIVERSAL MIND,

Semen retention is kind of a LIFT that takes you to a different plane of vibration. That's why you are bubbling with all that creative energy when you retain. The moment you ejaculate that life, you lose that connection. Anyhow, this has been my experience.

#This is how SR has treated me as well. I fear a relapse far more than wanting the positives. The positives are great don't get me wrong. But my reality changes far more drastically and rapidly from a relapse than they ever could from building a streak.

Building a streak takes time and effort. A relapse can destroy it all in seconds. If only it took the same time to receive the negatives like it does the positives. SR is really unfair that way. Which is why I don't care about the positives anymore. Just please no relapse.

#After I broke one of my longer streaks and ended up bingeing to porn, things took a complete 180 turn for me and everyone around me. I've heard of these bad luck phenomena before and was skeptical until this experience. I was grocery shopping and somehow bumped into a glass bottle that fell and broke, and the same thing happened a day later with a container of blueberries that fell and broke open making a mess. Also, I felt like I lost respect from my peers, and felt literally half as strong in the gym and wasn't as lean as before although I was on the same exact diet and routine. This shit is really no joke and motivates me to go as long as possible retaining.

#I want to elaborate on this view as I believe that one's conservation of sexual energy enhances Ur astral/spirit guides positive influence over Ur life. On relapse, you lose the sexual energy and Ur spirit guide powers of influence are capped and lesser positive or in other words negative effects are frequently observed until you keep on conserving Ur energy till everything goes back to normal. TL;DR : conserve sexual energy to have positive life

#Semen is connected to sexual energy..sexual energy to Consciousness ..The whole of existence is first and foremost a Consciousness Field before an Energy Field or a Material Field...Through semen retention you bend the Consciousness field and therefore the happenings that are related to you

#if you google "bad luck after masturbation" you will find many testimonies on the internet. It is absolutely crazy and absolutely real for some people. Myself included.

The only explanation I can come up with is a spiritual one. I am catholic. Some theologians/exorcists say that when we sin, we open ourselves up to the demonic influence. We grant them rights, so to speak, to influence our minds and our lives. Since we do not live in vacuum, our sins also may affect others.

I understand it's very vague and people who did not grow up in a christian tradition will reject it but it's the only thing that explains it in my opinion.

In the past I would also call this crazy bullshit. But it has to be real. Too many testimonies....

#Mate, I remember when I was much younger, whenever I watched porn and relapsed, my parents got into fights

#Check out dimensional jumping sub and read some Neville Goddard. The way I've come to see it (after reading your post and face palming myself) is that (according to quantum physics bla bla, you'll find this in those subs I mentioned) there are infinite timelines and realities. Choices/ decisions move



you from one reality to the next. There's a reality in which all those bad things did not happen, the reality in which you never relapsed. The decision therefore to relapse shifted you into a reality with all those "bad" events. This is great news for all retainers and it may explain most of the benefits, with each day, in each streak we're shifting realities into those (which although only SLIGHTLY different) we are more confident, charming, wealthy etc... With this logic then, the benefits of retaining are immense and endless. The benefits of each positive decision are immense and endless. There's a reality in which you're still fapping away... You left it.

#Synchronicities. They come in all shapes in sizes. Some can come in the forms that could be easily dismissed as a simple coincidences: other circumstances, it's impossible to ignore and it almost drives you mad trying to figure out what it means.

Thank you for putting into words what I've experienced before. I don't share my experiences with anyone because how could they understand. They would look at me like I was crazy.

As what it could mean. I only have ideas but I feel it has something to do, I believe, with the unseen forces of the heavenly realm. After a relapse, bad events would happen around me. Take note, in my experience it would occur much more severely when under the influence of an adequate enough dose of psychedelics. Absolutely crazy events would go on. I suspect it has something to do with demonic forces using our moments of weakness as a catalyst to carry through with certain events.

Books on psyches confirm this for me (There's an experience that may interest you in the book DMT; The Spirit Molecule). According to scriptures, demons are fallen angels. Why this is key may be understood later if you study more into this type of area, although it may take some time...

Why it seems to be more common experience for people through masturbation? Probably because it's the most "spiritual" act that people have direct access to. The sexual arena is a spiritual arena. Psyches also open you up to that realm, as do other eastern practices.

#Also, u/celebatepower had similar phenomenon where he wrote after a relapse his gf's neighbor house caught fire.

Such evidences show that reality is not what we think of. There is no direct proof for this phenomenon but reality could be illusion as well. If reality changes after relapse then it surely changes during the time of retention.

All higher and lower realm is an illusion.

#This is weird but everytime I relapse, my dog poops in my bed and room when I come home from work. I would lash out and hit my dog but now I know that this is my punishment for what I have done.

#A while back, I saw on this sub reddit someone mention feeling like they get bad karma after fapping. I've sort of back tracked a little bit over my short NoFap journey and I started to notice some good things happening in my life recently, including:

People are actually talking, noticing and being friendly and helpful to me now

I recently met a gorgeous and kind girl. We are now dating, too.

And finally, 3) The biggest flog in my workplace finally got the sack, after years and years of being a c\*\*t to everyone, including me, and not doing his job

Must be some equal and opposite reaction stuff going on here. Anyone else noticing some good karma in their life since starting NoFap?

#Semen Retention Mods Deleted My Post about Bad Luck!

I am seriously asking, what is the purpose of those guys? My post got 300+ upvotes, many people said that they experienced this too, but mods deleted my post.

#KARMA HAS A WAY OF GETTING BACK TO YOU

M pretty sure 75% of u guyz out there have experienced this.... Whenever I relapse- and- go -on- a-fapathon-only-to-start-over-again almost every time,about day 2 the odds will definitely get stacked against me. Lemme give u an example.Sorry in advance for the lengthy post.

I started nofap in the hope to see if it really works in giving me atleast a hole-in-the-sewing-needle's chance at attracting girls. When I got around to day 23 or sth this girl who I go to college with (not my classmate..mind u we don't have ANY girls in my class and we are generally stereotyped to be pot smoking pervs ) starts finally noticing me.It started off from there.Then one fine day she told me that she was having an interview sometime this week.

She asked me to pray for her and stuff and even started walking with me to my house(her house was nearby but she always took another route before)...I was thrilled...someone finally talked the time to get to know me.Man!...everything was starting to look up.....Then I tumbled...I thought of celebrating the occasion with just one fap( my evil brain tricking me )and also because I got turned on when she "accidentally" touched my dick while walking with me .The deed was done. Two days later ...she went to college with her dad in the morning ,so i didnt see her ,but she was coming back in the bus.she was dressed in this extremely beautiful dress (saree I think) and she asked me to bring my bike to drop her off at her place because it was hard for her to walk in that attire.For the first time in my life I carefully cleaned the bike, polished it ,filled a half tank in the morning;all the works. Now, when the time came and she asked me to drop her off NO MATTER WHAT the effing \*@#%&₹√^ bike won't start. There I was trying to start the bike for half an hour .Seeing my humiliation and embarrassment she calmly said that it was fine and that she will call her dad instead in a polite manner.

Right after she left the darn thing started.Talk about Karma. Also have another similar experience which I will post later otherwise this post would be too long

#Another thing that happened was quite funny....I was gonna do this LASIK surgery and I cleared all the tests prior to the surgery. The day before surgery I was quite tensed and well....u know what happened next.'wink' 'wink'.

Anyways the next day..on the day of the surgery I was diagnosed with having a viral infection to the eyes and they said it won't be possible to do it that day and sent me back to heal and come back in two weeks. KARMA strikes again!

#Is fap karma real or am I going f\*\*\*ing insane?

So yeah. A long time ago, I was rewarded by the world for my efforts at keeping away from my pants. The manager at work went to jail and they picked me to replace him. About a year later, I couldn't take NoFap anymore and bought a \$2k sex doll. I knew I was risking everything I ever earned from NoFap by doing this, but I was in a very low and weak place. I shit you not, two days after I place the order I wake up to a wall of text from the owner at work talking about how he fucking sold the place. Out of fucking NOWHERE. Never saw the guy again. One day everything's fine, the next day everything changed. Less than a month after that, new management decides to cut my pay so I tell them to fuck off and walk out. That was my favorite job. The timing was impeccable, this was not a coincidence.

I gotta say, I wanna go back to the simple material world I was raised in. This spiritual karma bullshit scares the SHIT out of me. I can't believe it's so in my face like this. Like, what the fuck? I gotta worry about urge demons AND karma gods now? Why can't they leave me the fuck alone to find joy in misery? I already tried monkhood and all it did was fill me with rage and make me watch red pill/black pill/incest/MGTOW videos all fucking day while festering in my own hatred, a hatred that was amplified several orders of magnitude by the intense horniness of an apprentice monk. I kept getting thoughts about taking glorious revenge on society as a whole. Testosterone is cool and all, but why does it have to manifest as raw violence? Like c'mon I had no problem vividly imagining hurting children, cute animals, even beloved family members. All with a smile on my face too. I take it you guys are aware of how much more detailed the mind's eye becomes on a good streak. I was straight up afraid of becoming a mass killer, and I was afraid of how well I justified all of it to myself and how real it all was. There was no voice saying "nah lol that's too much work and you can't even get a gun legally you dumbass" to stop the violent thoughts. Just 'kill everyone and hope the next realm treats you better'. Sure I miss having superpowers and feeling bulletproof and all that, but I absolutely do not miss having all that ramped up evil in my head.

The way I interpret all this is as follows. When we stop fapping, we start storing energy. The gods then notice this and start trying to recruit us to their side by nudging us in the right direction, with the nudges becoming more and more obvious the more energy we have. The example of losing my job is not the first time I was punished for losing a streak. The part I don't understand is they don't seem to care about the quality of such energy. My energy is evil no matter what way I look at it, so why are they still trying to reward me for nurturing it?

Have any of you guys noticed anything paranormal like this when it comes to NoFap? Or am I just thinking about it too hard?

#### #Correlation between fapping and karma

It seems every time I relapse from an extended break, 4 days or more, I get consequences in life from it. The longer the streak broken, the greater the consequence. I'm talking things like: -trouble at work -with coworker(s) -with possible love interest -with girlfriend if I have one -with friend(s) -with my car -with my life in general

Basically fapping has a negative penalty. It's almost as if something in the universe (I'm not gonna get too religious) is telling me... "well you were doing great but you messed up again".

This revelation alone is enough to scare me into not doing it. The more time passes by, the more difficult it is and the easier it is to get my "high", probably like any other addiction.

Case in point: recently, I abstained from pmo for 10 days then I found out my love interest at the time found someone. I have not talked to her in a while, but it's ironic at best. I still miss her.

Right now I'm on day 7 (Sunday 2/21) so if I fap now, it's not gonna be good and that's incentive enough not to. I consider a fap an event where I get an erection regardless of stimuli, fap or rub or otherwise stimulate it alone, then successfully ejaculate. I do get erections but can't react to them after a certain time of pmo free, else, it's gonna be hard to stop.

Does anyone else see the correlation in their life? I do and I usually do it in private and no one knows about it so it's not like people react and my behavior doesn't change much. Maybe it might increase my anxiety?

#### #rewarding Universe technique

I'm kinda religious but not in form of Gods but in form of Universe intelligence, or some "master consciousness". And I've realized, that every urge I overcome is observed and rewarded by

Universe that day later. Sometimes I've even realized, that when I started to fap, something strange happened - book fallen of the shelf, internet suddenly stopped working, somebody called me, rang the bell on the door etc. Universe is my nofap bro!

Believing that when I not fapping/edging right now will lead to good thing later that day, helps me a lot and works. Substitute Universe for God, Buddha or Onion and it can suit needs of many.

#Same feeling here bro.but I doubted it first.unwanted calls.friends I nvr saw in years suddenly call me.computer screen freezes or shutdown due to over heating.book falling from shelf was a regular thing when I was abt to fap.as if some forces trying to stop me from faping.i want to know abt it more bro.Bcoz I landed my first job during this no faping magical period.

I heard somewhere that no fapping makes our aura stronger & acts as a shield to black magic.every curse casted up on someone becomes useless if he practice no fap with meditation.

#I heard some where being calibrate with no fapping reinforce invisible aura outside us.Negative energy unable to touch us.It's said that when we make pure ourselves it's becomes easier to reach god.Ghosts spirits unable to harm any pure spiritual person who lives no fap no booze no drugs lifestyle.

During no fap period when someone dream of temples churches pilgrimage & spiritual places it marks the end of bad phase in their life & good news awaits ahead.

No fappers have somewhat hypnotic superpower inside them.people get naturally attracted.

#Not a load of horse shit. Life is stranger than fiction. Seriously no fap has led to some inconceivable things for me. Last month I made \$21k (US dollars)- I'm in commission so it's not always like that. But when I'm Ina good streak, my sales go through the roof. What does jacking off have to do with making money? Idk, but it pays to abstain

#This literally JUST happened to me. I beat an urge, and a minute later, I found out I'm being nominated for leadership training (only 2 people per cycle get selected) at my job.

#Yeah, some kind of friendly ghost force, and synchronicity :) Need to go more into spiritual thing of NoFap!

Now, few hours after writing this post (and resisting urge just before) I've met my crush again - what I've exactly considered as a reward two days back. Whoo.

#Funny you write this, i've been defeating some urges lately and good things literally come out of nowhere.

#Same shit happens to me aswell , i can't explain what is happening but somethings are really weird. I got weird phone calls from friends or electricity gone when i was about to give up. Universe is on our side bros.

#Does anyone get very bad karma the day after relapse? Things just don't seem to go my way when living in a low vibration

#So this is a complicated, and touchy subject. Everyone has their own personal philosophy on this matter. I've spent years trying to understand the mysteries of Semen Retention and I still can't figure

them out entirely. What I do know, is that, there seems to be a "Blocking" from the universe when certain things happen.

1.) Long term semen retention, tends to cause a blockage, or "stops" the flow of life. - What is the flow of life? This means, events, and circumstances that may be important in happening are "held" off - Many people report of circumstances changing in their lives when they ejaculate. This is often vaguely covered in the retention forums. I believe it has something to do with the energetic / karmaic channels we have in our life.

It appears that, the circumstance in which someone ejaculates dictates the outcome and feelings of their next streak. If a man were to watch heavy porn, and ejaculate multiple times, his streak would be a bit tainted, his month might have a few difficulties and hurdles to go through. Often times this is mis-interpereted as people having "bad luck" after an ejaculation.

There is a distinct alteration of Karma when one looks up certain pornographic materials. "Hear no evil, see no evil, speak no evil" - I believe, if one partakes too long of the pornographic material, there is a karmaic shift one has to heal through. This has been described as "Flatline" by some. It's strange to figure out what it is. Pornography tends to generate a negative cloud over ones head, and the same can be said about other drugs. This is what I believe, may cause "bad luck."

#Bad things usually specifically happen to me recently after fapping, usually the next day or same. Makes me somewhat scared to even have sex with a chick I really desire. It's as if god is on your side when you retain but when you relapse the demons attack you and your life.

#Am I the only one who has noticed this? Or do you guys also find that quite a few things in your life all of a sudden go to shit after a relapse? If I didn't know any better and someone came up to me and said that jacking off or fornicating somehow caused your life to go to shit, I would swear up and down that he was just making it up and probably needed psychiatric help. However, I saw this phenomenon so many times when I was first starting my journey that it is impossible to ignore.

The best analogy I can use to describe this is to liken life to a long journey. For the sake of example, let's say life is akin to taking a long drive from San Diego CA all the way to Seattle WA. When you are a coomer, it is almost as if you have to make this journey with a very beat up 1984 Volkswagen beetle that habitually overheats, has only 94 horsepower, no air con, no power steering, no radio, and no satellite navigation system. Needless to say, this journey is gonna be far from comfortable or enjoyable. Chances are there will be many breakdowns along the way, and the journey in general will be painful, arduous, and soul sucking. As many of us former coomers can attest to, the previous sentence sounds a lot like life before we found semen retention and masculine purity.

When you learn about your sexual and emotional power and start to show that side of yourself the respect it deserves, it is like God himself forcefully kicks you out of your 1984 VolksWagen beetle and replaces that old jalopy with a brand spanking new ride. You may get a few scratches and even cry from the rough landing from being so forcefully kicked out but you somehow know it is for the best. Next thing you know, a brand new fully loaded 590 horsepower Porsche Taycan GTS autopilots itself up to you and swings the door open for you to get in. You answer the call, and the Porsche completely submits to your will under the condition that you remain responsible. From here on out, you find that the rest of your journey to Seattle is a pleasantly challenging one filled with new adventures and learning experiences which gently prompt you to grow into a man.

Now if you go back to your vomit for any reason, you will find that you get forcefully kicked out of your brand spanking new Porsche back into your jalopy for a while. Don't worry though, we serve a merciful God who will give you back your Porsche as long as you repent and turn away from sin. That being said though, who in their right mind would give up a state of the art Porsche for a ~40 year old VW beetle for just a few moments of pleasure? Good question right? LOL  
Anyway... May you find (and steadfastly keep) your metaphorical Porsche my brothers!

#True, it's like you lose a chunk of your spiritual armor, or your guardian angel slaps you around a few times for having been so stupid.

#Reality is like a mirror. It reflects back to us our inner beliefs and attitudes. We create our own reality with how we believe and expect reality to behave. Our reality will always show us "proof" to back up our held beliefs.

This can be summed-up well with the ancient hermetic axiom:

As above, so below

As within, so without

What I'm starting to notice is that SR appears to intensify and speed up this "mirror" process.

Meaning that your inner beliefs and attitudes will have a MUCH more powerful effect on your reality.

This is why it's important to become conscious of many of our unconscious beliefs that we have held from a very young age.

Which means we all have to de-condition ourselves of those limiting beliefs which no longer serve us as we grow into more complete beings.

We have to be intentional with our beliefs and CHOOSE the reality we wish to create.

Here's a personal example: I used to think life was all about learning lessons.

As a result, I learned A LOT of REALLY HARD lessons in my relatively short life thus far.

Recently though, I have abandoned the idea that struggle is virtuous and replaced it with a belief that life is about experiencing love and joy.

Since I've changed this belief, my life has been virtually struggle-free, and I experience endless synchronicities every day that bring me love and joy.

Now many of you may reject this idea. Struggle as a virtue is DEEPLY engrained in us.

But what you need to understand fully is that we are infinite creator beings, having a temporary experience which we create ourselves.

The problem is...we are also HIGHLY suggestible. Those "at the top" know this and exploit it endlessly.

Don't allow any belief that limits your personal power or ability to create the life you wish to create!

#Your "attention" is precious, because it's highly powerful in its ability to create realities. So be very careful what you give your attention to, you have no idea how powerfully you are at creating your reality simply by giving attention to certain thoughts/feelings/realities. Whatever you give attention to starts condensing into a reality in your life. So if you give chronic attention to thoughts of lack/poverty/illness/scarcity/anger/hate guess what your reality is going to look like? There is no getting around this, you cannot have a reality that is opposite of what you are giving attention to. You cannot give attention to "lack" and expect to have a reality of abundance.

# Since starting this journey I have stumbled upon a surprisingly powerful and fast acting ability to bend circumstance and synchronicity to my benefit.

#I agree with this post wholeheartedly! I recently read the Kybalion and I'm now reading the sequel called "The Arcane teaching" I have the third book "The Arcane formulas" waiting afterward. I'm on day 75 or so of my SR journey and life has just been more and more in sync, with constant synchronicities occurring everywhere I look. I've also been using subconscious sleep reprogramming videos on YouTube to very much success! SR has been the most difficult but beneficial skill added to my life. If you would like any of the 3 Hermetic books or any sleep programming video links just ask!

#I am probably seeing retard amount of synchronicities since past one month. Not an hour goes by i don't end up seeing some form of angelic numbers. omg right now its 1:11 lol can you believe this, i am in Chicago it can be verified.

I have started being nicer to people because i strongly believe my karma is amplified in SR( selfish reason but still a good thing). Also nice post OP every line is inherently very deep if you willing to understand it./

#Most of the "better luck" I've experienced are in receiving free things unexpectedly or having an easier time at work.

This could be a free drink from a bartender, free coffee, a target employee randomly giving me competitor price match for things I'm buying.

At work, it could be deadlines loosening unexpectedly, another team decides to take over an arduous project, better reception from superiors, unexpected comp increase, etc.

#Amazing testimonial I also have done 3 months intervals & have experienced everything u said. Manifestation is real also luck is real

#Some bad luck moments came after lustful thoughts that I did not control well

#Women notices me more  
No one argues with me any more

#To all you retainers out there, this phenomena is nothing short of a miracle. From my last 4 years of retention, I've always noticed that kids never stop themselves from coming to me. They feel comfortable in the presence of a retainer. This is an underrated super-power and it teaches you empathy and living your life for something greater than yourself.

#have you experienced any form of online attraction ? or people reaching out to you out of the blue ?bro that happened to me, but I don't have any explanation. I think it's just a coincidence.Happens too often to be a coincidence. Everything is connected

#I just had a car culet(not my fault) after relapsing yesterday two times. It happens very often after a relapse that something bad happens to me. Does anybody of you experienced bad luck after relapsing and maybe a good luck on a decent streak?

#Yep, things just start to naturally fall in place, Like I dont even try hard

#I have said this before lately somewhere around here. Yes. When you retain your libido you rewrite your Karma. If you fail you go back to where you were.

#In my experience good luck started on 7 day retention the first time. Now this would all depend on several factors.

I suggest look at the average and surpass it by a LARGE number of retaining. In my mind 9/10 people will reach orgasm at least once a week. If you surpass that you are above average. Extrapolate from that idea.

As for rewriting Karma it's more that your life force energy seeks alternate channels of expression if you don't reach orgasm so let it do it's work naturally. Retain and see what new ideas and direction your life takes. It may take a while. And it's important to wait so you can make good decisions i think.

#In days post-relapse id have a horrible day at work (literally every day where i had relapsed the day before)

#No way, Its no coincidence! I the bad luck thing happens to me too! Every time I masterbate within 24 hours something bad will happen.

#i certainly feel for you! same here.. everytime i masturbate, it's like it should be paid by my tears.

#Omgsh. I`m a girl and it seems to happen to me too. Every time I do it I get bad luck either that day or the next day. I hate it sooo much.

#i agree. im a woman , and everytime i masterbate. bad shit happens to me. for example.. one night i masterbated and the next day money got stolen from me... from work.. and i nearly got fired. another time i masterbated.. and i got fired from a different job. another time at another job i masterbated the day before and got demoted. got all my priviledges taken away from me... so i try to not masterbate... and usually i have good luck for awhile... but when i masterbate really bad things happen.. and i feel depressed all the time, and when i do masterbate im afraid to do anything, cuz the stupid shit always happens to me

#when i do it before an exam... the exam's totally messed up...

#it happend to me too, i guess despite whatever science might argue, masturbation is lusting someone, and the supreme power is against lusting...so probably its resulting in some punishments for us

#dude im 13 , and the same shit is happening to me yo ,it has been between parents fighting or i get grounded i get in trouble and shit , its not guilt something bad just happens and i havent jacked off in 1 week and nothing has happened , in fact i jacked off today and my dad took away my phone and i got dumped how does that feel :D

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#the same hing has been happening to me since i was a teen .. after i give my self the old handy .. something weird would happen i'd get grounded lose something break something .. get hurt etc and its still happening .. is it a reglious thing or what ? i do believe in god ? or is it chance

#From a Christian and biblical perspective: the Bible doesn't say ANYTHING about masturbation. Jesus never talks about it. However, he does say that to lust after someone is a form of adultery, which breaks a commandment. "Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." Matthew 5:27-28. In this sense lust and adultery are the same and don't have to involve someone who is in a relationship. Since masturbation and lust are usually connected, that could be the reason why bad things happen. Admit it, you all fantasize about that one girl or guy. It isn't what goes on in your hand, but in your head. If you could find a way to masturbate without feeling lust then, in theory, there wouldn't be anything wrong with it. As far as Karma goes, I'm not of the Hindu faith but I have studied the Hindu religion to some extent. Oh, and for the record, the same thing happens to me.

#The exact same thing happens to me. I thought I was alone, but the real question is; why does this only happen to us and not the majority of people?

#It's bad Karma, for sure. I've given in the those desires far too much, and am now paying the price. Good thoughts and actions DO make good energy.

The thing with life is, you get out what you put in, and that might be from many points of view. Watching porn and masturbating can have ripple effects within the universe. Causality is far more spiritual than most people would let you think. Love, not power. Although power sometimes works, like a powerful engine will get you up a steep hill.

#Wow what a relief to find other people with this problem!!! OMG I cannot tell you guys how this has been affecting my life, everytime I do it I KNOW that I will have bad luck for at least 3-4 days its crazy but I am completely normal and I have seen therapists , and nothing really has helped me, but you know its really hard to control yourself specially in todays world where everything has some sort of sexual influence on you!!! and the funny thing is that it not only happens to me but my surroundings as well, family, school, friends !! I just feel like it really attracts a negative energy into my life and surroundings and in a very very mysterious way influences my life for that short period of time!! and trust me I have been observing this since I was 15!! So I try to limit it to twice a month but still it really is hard, I wish I didn't feel like this. :( any explanation from a legitimate source guys?

#I have been saying this to my close friends for years. I have just masturbated and looked this up to a find a forum which finally validate my point. Every time I masturbate within a 24 hour period something bad always happens to myself and possibly those around me and it is not just a

coincidence b/c its 100% of the time. And 100% of the time I always see a weird insect or a spider or weird bug within my vicinity within 24 hours. Last time I masturbated a spider was in my car on a web the 23rd hour mark. I can't mention it all but some very freaky sh\*t has happened I noticed which makes me dismiss this as mere coincidence anymore. And I noticed the longer I go without masturbation less bad things happen or good things start to happen. This is over a period of years too where bad things happens every damn time. I am really baffled here. I think it has to do with some kind of spiritual thing. I don't think this affects everyone either just those that are more spiritually sensitive and maybe more responsible souls. I even try to disprove it by giving in to temptation but I am always hit with something bad every time deterring me from giving in to temptation. I now can barely masturbate once a week and even that is too much b/c I need to stop completely to avoid this bad sh\*t happening. I wish I was married because sex with your wife isn't a sin so I know this kind of thing wouldn't happen to me then.

#I have the same issue. My bad karma last for 48 hours :/

#OMG same thing happens to me but worse , its when i have sexual thoughts that the bad things happen T\_T. I fantasized about japanese anime characters doing it and next thing you know my mum is PMSing on me . Its soo hard to stop thinking of these thoughts and God has to punish me for it...why am i so unlucky

#I also have the same problem! You know what guys, I even stopped masturbating for almost a whole week because I had an exam in a university and I don't wanna' fail it, but I don't know. why does it go like that?

#Surprisingly this is very common. Men like to touch their penis and go up and down because it feels like they are fucking ( having sex). when people fuck, they release a chemical in their brain that gives pleasure. bad things happen because there is always energy around us. when we masturbate, that energy entangles around the feeling of pleasure and results in a bad outcome. the reason is unknown.

#Unbelievable, I never thought this was happening to so many people. I noticed bad luck from masterbating since I started about 14 years ago, I'm 26 now. Back then I would notice minor shit happenings the day after but always thought it to be coincencedence  
When I was about 22 I stopped for awhile and got an awesome job. 2 days after I started again I got sick with colitis and was on my ass for over a year, lost my job as a result. I even thought before I started "Things are going so well, theres no way jacking off is going to fuck everything up". It could all be coincidental, but I'm actually afraid to jack off now.

#Omy !! Is everyone having the same problem!!!  
i too feel Bad luck after i masturbate

#I have masturbated for a long time, but not very frequently. I can give mutiple examples of "bad karma" that have occurred because of it.

1) Masturbated on a Saturday with full intentions of going on a trip up north. Next day, my car wouldn't start. (Mind you, there were NO indications of potentially not working leading up to this day)

2) I masturbated one day, and didn't get along with my best friend for a whole week following it. (after one week was over, we got along just fine as always)

3) Masturbated, then got a computer virus (I don't download/watch porn)

4) Masturbated, my mp3 player broke within that week (happened on two separate occasions)

5) Masturbated, my emotions go haywire all week, my relationships are strained and performances don't go well..

I'm so glad that this happens to other people. I have felt that it is all in my mind, and maybe it IS! However, I can only stop to end the issues. As it stands, I only do it once a month, if that.

#You are not crazy at all for thinking this. I noticed every time I do the same, bad things happen to me as well... And I am a female! Lol. Its usually getting into more arguments with my family, friends and/or co-workers etc...or something more extreme happens (death in family, close friend gets fired) I decided to just stop all together and use that energy on my boyfriend. Who wants bad luck anyway.

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#This is the first time that I have looked up this phenomena. It is real for some, I do it and the bad comes later. Not attitude change....I am talkin armageddon! Bank has a typo, Water heater breaks, head on collision, Bottom falls out of coffee cup, hood to car flies up on highway, computer hard drive blows up, camera is stolen and the security cameraes stopped working ect...ect...and the bad only happens hours after commit to my own pleasure. If I stop Nothing happens....at all....then when I cant stand it anymore and do it, BAMMMM! So I quit, I think I will even seek medical procedures. Maybe this is a level of Dante's Hell.

#man i have the same problem, tons of bad luck happens to me after i masterbate, i know this will bring me bad luck and i promise my self i wont do it again, but its to hard to stop the urge. so i wack off and the cycle start over again. im so sad

#I know this sounds weird and it happens to me too. I wonder if there is some connection between all of us that has this happen? It doesn't happen to alot of people but it does to some of us. What do you think?

#dude the same thing happens to me, i've googled about this situation where i have bad luck after masturbation and this is one of the results...i thought it only happens to me, guess you guys have it too...

#Dont feel weird man, the same thing has happened to me. I mean every time. I dont know why it is, but I thought I was the only person that has had this problem

#Same thing happens to me. I thought I was just crazy, but it seems as if I'm not. Every time I masturbate something bad happens! I just don't understand it. And I know that some thing will happen if I masturbate, and when I'm done I look out for clues or something haha. I don't know guys... but it happens to me too.

I had been masturbating since I was like 4, a family member was a porn addict and I started watching after the person was gone. I reduced the rate of masturbating constantly and eventually, I am free, although the wet dreams are depressive, I find ways to avoid them like not eating too much before going to bed, and waking up at like 4:00A.M(I'm most likely to have a wet dream at around 5 &6), and drinking less water. It might be hard to quit, but it is not impossible. I swear its worth it. Of one thing I'm sure, it is not coincidental to have bad luck after a wet dream or, especially, Masturbation. Just try it. I always thought there was someone out there like me. Peace.

#this happens to me all the time... i onced tried to prove it: masturbated, within a week something bad happened.... then i never masturbated for 4 months, greatest 4 months of my life... and the ex gf came and "released" my stress.... and back to square 1.

i've realised that this is actually a gift. we have a power to control our lives and have great success by just not wanking/masturbating...

i started gyming and when i think of sex or get horny and want to wank i just start thinking about gyming and other important stuff to get done... in other words i distract myself.

we have a great gift people. we can control our lives and the lives of others around us. Its clear that not many people can do this... this is a great gift but it doesn't come easy and there has to be a sacrifice... a successful life is way better than that 5 second orgasm...

the initial step is the hardest but once you get over it it's easy as hell... I did it for 4 months, the first 3 weeks were the most challenging and then it got so much easier.

its a difficult road but imagine the lives we can have by just not masturbating...

#Wow I cant believe tht i found this thread, while i was searching on google thinking it would jus probably be me and found this shocked me.

I read all of the answers posted before mine, however, there is no friggin way that this is a coincidence or jus bad sum sort of myth because masturubating definately makes a difference temporarily in life.

I think that its sum sort of gift that only sum people know of (us lot) as i have asked people that i think do it alot more than me but it doesnt make any difference to there lives meaning that they dont hav the power to change good for bad or bad for good, they jus have to sit with it where as i just need to stop doing it within a week my life is back on track doing well

I started wen i was like 13 and now im 18 at uni i realize even more that the bad luck is only wen i do IT!

i hate the fact that my need to do it mainly comes wen theres an important date ahead like an exam that i might F up, although doing good things like praying all prayers i am suppose too, can sort out the problem.

#I'm so glad that others have the same problem as me. I thought I was just weird or cursed. But at the same time I'm not happy because this shut sucks. I dont know if its spirtual or karma or luck or all 3 but it sucks. And it is usally for 24hrs of nothing good after I masturbate.. But after that 24hr period everything is great. Its like punishment. And the longer I go without masturbating longer good things happen to me. And if I dont masturbate for awhile them I do the karma isn't as bad it is as if I would've done it twice in a week. More frequent worse I get punished. I started to pray every night even if I dont masturbate to try to keep god on my side and it helps only a little. Glad I found this. But sad too

#Dude this is so freaking crazy... I thought I was the only one. For the past few years, my life has been sh\*t, and I have been a compulsive masturbator... about 2 years ago I finally pin pointed where my bad luck was coming from... God is punsihing me every time I wank... I dont care if anyone says I'm stupid or I'm dillusional... Dude I know it in my heart... Everytime I go without masturbating I have great days...good luck... girls smiling at me etc... when I masturbate BAD THING ALWAYS HAPPEN...ALWAYS.... I just recently went 11 days without masturbating, unfortunately I jacked off the 11th day twice...and I jacked off this morning... I hope God forgives me, because I have a job interview coming up tomorrow... I promised God I would give him minimum of 50 days (No masturbation, No Porn).... To be honest, I HATE masturbating, but it makes me feel so good.... I really need to stop..... Guys just listen to me, it's no coincidence bad things happen to us after we masturbate... There is definitely something more too it... I thought I was the only one who noticed it....

#Holy shit.. I thought it was only myself that this happened to... I thought i was crazy. Everytime i wack off i get super paranoid that my family or friends would have something bad happen to them.. Something is telling me to stop.. Don't have to tell me twice..

#wow I though I am the only one who feel like this XD After masturbate shit happen always happen . I tried stop masturbate for 3 week and yea good thing happened alot then I couldnt resist to not masturbate. next day bad luck...bad thing happen..

#I would like to thank the original poster.Man, you really brought up an important issue.I am 28 married and have been doing it since I was 13.During graduation I always felt that there is some bad karma or bad luck associated with m'baton.  
But now I know,I have personally tried that If i can control my desire for a long period I get good results.even if i dont get good results I amk not that pissed off as I am after getting bad results if they are followed by a night of m'baton.  
I don't know what I am writing,I was actually searching for ways to quit m'baton and smoking and stumbled upon this. I pray for everyone (atleast for them who feel like me) to get will power to control our desire.

#guys i too thought it happens with me only ..... i don't know why this thing happens god punishes us or what .... i just pray that this thing gets over and we all live a healthy life ... god bless all my mates having the same problem :)

#Wow, I'm really relieved to find a post about this. I have the same problem to and it's been getting to me. I've noticed a cycle.

1. I masturbate.
2. I think I'm gonna get the bad luck soon.
3. I doubt the universe/God is actually out to get me. (Come on, God doesn't punish you like that.)
4. I get bad luck.
5. I resent masturbating.
6. I avoid it for a few days.
7. I masturbate.

Funny thing though. There was time when we had a huge one day competition coming up and I was just determined not to mess things up. I did not masturbate a solid two weeks before the competition and amazingly enough we reached the finals! Now, the finals was supposed to take place the next day and I was hell-bent on not doing ANYTHING to ruin our chances. But then the finals were postponed to next week, and then the next. And when finally the day came, we did it, we won. I did not masturbate for one month (a personal best) and the results were good. Now of course, I'm back to the same old routine. Sigh.

#I've looked in to ancient scriptures of a few cultures regarding this matter and this shit is as old as time.

and here's what I found out and realized:

- 1) We use our basic life force to prevent personal anthropy.
- 2) our basic life force is in our sexual organs up to our belly.
- 3) while having orgasm alone, we release this force/energy.
- 4) while having orgasm by sex, we share this energy and do not loose it like in masturbation.
- 5) loosing our basic life force make us loose a little control of our own surroundings. we are vulnerable.
- 6) the more we keep it the more powerful we become, however, we also become a little crazy and on edge and unhappy.

bottom line... I think that the people who have bad luck after masturbating are the people who hold a "soul".

which means... very powerfull people who have a basic need which keeps them down so they won't be able to take over the world. :)

#Hello, I have the same problem. I masturbate then feel guilty and bad and soo many good opportunities have passed me and I have not been myself to live up to them opportunities and succeed. You people are right its just 5 seconds for some of us of happiness or a lifetime of happiness. I also feel I am losing my short term memory and not performing well in anything. When I didnt masturbate for 3 weeks, soo many good things happened to me. I wish I stop and get my life back together. All the best everyone and good luck with this quest.

#wow, i never thought that a lot of other guys are experiencing this. i thought i was crazy thinking about m'bation and karma but, hey, im not alone!

#guys, it's 48 hours for men the bad luck. I've always experienced 48 hours of bad luck and after that, life is ok.

And then I thought to myself. why is it 48 hours? is there a significance? And lo and behold I discover just now that the max lifespan of sperm is 48 hours.

Sperm can remain active for up to that time.

<http://health.howstuffworks.com/sexual-health/sexuality/human-reproduction10.htm>

I've been at it for 20 years, and after all these years, and first becoming aware of the phenomenon after 7 years - and living with this belief for the last 13 years - I have seen time and again where things have not gone right for me. Arguments, work issues etc.

I just think it's too much of a co-incidence.

Perhaps not everyone is affected - only some people.

#Wow! I thought I was the only one who went through all this. And not just one experience. I can relate to most experiences listed here!

I've been brought up in a religion that brands masturbation, even thoughts like those, a sin. Bad things have been happening to me every time I have masturbated. I may not have associated both on earlier occasions but for about 15 years now (I'm in the 30s), I have observed that whenever I jerked off, something bad was in store for me - scolding in school for inadvertent mistakes, arguments / bad days at college, poor show at work, standoffs with customers and what have you. As the nature of my job would have it, I travel a lot and thus have to be away from my girlfriend for weeks, sometimes months.

All the while I try to control the sexual urges but then they start piling up one by one. And I also realize that I'm giving in. I start by being watching saucy pictures from news sites that I read regularly (for news, mostly!), then graduate to being naked in the room, then move on to seeing "artistic" nudity, then to celebrity nudity and then, poof! I let loose all my guard and within no time, I have masturbated and cummed. Guilt kicks in like and fills me up so much I feel I would burst from within. Then I resolve not to masturbate again. Only to again go through these steps in a manner only a clinical procedure would be performed.

I'm also glad that there's another viewer who does what I sometimes do....pleasure myself but not cum. But this, too, doesn't work for long.

The urge swells up from within so much that I sometimes tend to become unfaithful. That's when I reason out to myself in support of masturbation, so I can be faithful. But I know deep within that I can never be unfaithful and all I'm doing is justifying the act that brings me a lot of pleasure but greater bad luck, mental pain, shame and guilt.

I have turned to Yoga to help me disseminate the seminal fluid and convert it into energy. I've heard a lot about this conversion.

So far I've controlled myself for weeks together and I'm practicing some of the Yogic techniques. They seem to be working in that when I do get back home and ejaculate (not by myself, of course!), I find the ejaculate thicker, whiter. Perhaps indicative of improved quality! Perhaps I'm speculating. Anyway, it is working for me, albeit slowly. I've had to put conscious efforts to practice the techniques.

All said and done, the original problem of bad things happening after masturbation remains and still scares me.

- Masturbation-affected man

#These posts make me feel normal as the same happens for me , if I masterbate bad things really do happen and I have noticed this for ten years, even if its just a argument with the girlfriend just seems its the case . Well maybe there really is something to this .

#Ive just recently starting to notice this also. After going on sites and stuff things actually do go bad. I just got my car today, it was supposed to be finished like a couple of days ago but then something goes wrong with the license plate and then the car isn't ready on time etc etc.

#I am in the same boat as many other people here!

Some background info: I am an atheist and firm believer in science, my parents never told me not to do it, I am very sexually secure, and I don't feel guilty about it when I do the Wango Tango.

But alas, for some incomprehensible reason, when I whack it I seem to get up to a few days of bad luck, and things "just don't go my way at all".

The first time I ever had a real girlfriend, and got laid, was after about 3 weeks of no fiddling around. I just decided "I'm gonna take a break" (it was losing its fun :( ), and everything in my life got so much better. Everything fell apart shortly after I started again. The girl moved away on bad terms, I was depressed, and my first few weeks of school were horrible.

I personally like the response from [Anonymous on March 31, 2011], it is the best semi-feasible explanation I have seen yet after much research.

May good luck be with you all :D

#It's really creepy, I'm 22 btw. I would like an answer, any answer. I read about energy release, karma, luck, ... maybe we think that something bad is going to happen, so we somehow attract some sort of energy, bad energy and bad things end up happening. What is going on? and CAN'T BE COINCIDENCE.

#STOP MASTURBATING, IT'S WORTH IT!!!!!!!!!!!!!!!!!!!!!!

I stopped masturbating 5 months ago. When I used to masturbate my life was horrible. Before I stopped I was really scrawny no matter how much I worked out, I got bad grades no matter how much I studied, I always depressed because bad things were always happening and I was a 17 year old virgin. My life is soooooo amazing right now. I'm buff as hell, I have straight A's and I just finished reading a 750 page on partial differential equations in 3 weeks and I'm acing all my tests(except english) at uni, bad things rarely happen and I banged 4 different girls two weeks ago. Reading posts like this is what helped me to stop and I hope that my post will help the person reading stop cuz this shit is for real. I'm an atheist but I'm starting to think that there is some energy or karma that is beyond the realm of science. I plan to eventually write a book about it because I want to help as much people as I can.

#thanks for whoem soo started this blog..I trying to find out y m facing problem after masturbation since soo many years and accidentally clicked this site n m very happy to see soo many others been having the same n searching the amswer.after seeing this blog m very sure this s not just a belif nor coincidence..I want this blog to find out why is this happening to us and who are we as every one who watch porn or masturbated does not have this problem?y only we?who are we?y god has created us like this?is this a curse or a gift?  
soo many questions in me..want this blog to get bigger and famous that soo many will be helped

#well gawd if bad things happened to me every time I masturbated I'd be in big trouble. even with a partner it's nearly a daily event for me and I've been at it since I was very young.. (easily before age 9 even)....

IF you are looking for an excuse to stop that's one thing..

IF you are looking for a correlation I could do a plotting spreadsheet to determine causation but that would require lots of data.

#for a few years now i have felt this way and it has spooked the hell out of me. I am religious and find it relatively hard not to masturbate for more than 3 days however it has become so evident over the years bad luck does correspond with it in a short space of time.

I don't think god is punishing us for masturbating, but rather guiding us onto the right path in life. God has given us the gift in which we can change things for the good of ourselves and others in a positive way. Also i believe delaying sex until after marriage to the one you love will bring more



greatness in our life and hopefully a happy married lifestyle with children. (invest the pleasure you feel in masturbation to the one you share deep authentic emotions with to reproduce and carry the ultimate gifts of god (children) and god will be pleased with you).

However it should never be assumed that not masturbating for a week or a month will entitle one to good luck, bad things do happen and there is always a reason for it as god knows what he has instilled for us and why, but again i do believe this certain power individuals posses in the form of restraining our desires to do good in the world and being rewarded for it.

I also believe that every human has certain gifts in this case control of your own luck . Other examples include Psychic mediums who experience inner powers to communicate to the dead.

These things are real whether some people choose to deny it and it is Gods way of giving us hope in our current life and the life that awaits us.

My moral is to utilise your gifts from god for the good of humanity and one will be rewarded. If your have gone as far as to search this topic in google it is obvious that you have noticed such a trend in your lifestyle. Don't deny it or be afraid of it, it's very much real.

#Just like everyone here I'm shocked that I'm not the only one. I started masturbating when I was 14 (summer of 2008). I remember feeling great the first few times after doing it. However after a while it became a habit and soon addicting.

Then strangely enough I started noticing the "karma." Things just didn't feel like they were going my way at all the day after masturbating. This is going to sound odd but I was a huge Yankee fan (and still am) and every time I did it I remember they lost the game. In fact they missed the playoffs that year. It doesn't sound big but that mattered to me greatly at the time.

I always felt "cursed" the day after doing it. I've had some unfortunate events happen to me the day after doing it. I remember I got beaten up in the street after walking home from school. I got robbed one time in the subway as well. I had terrible luck talking to girls I liked the day after. It always felt like something bad was going to happen at some point of the day.

I'm 18 now, and I really want to quit but I feel like I'm stuck in a cycle. I try to abstain but it's hard. I do it about 1-2 times a week and really want to stop it ruins my day and I feel that it interferes with things that I want to be successful on. Longest I lasted was 8 days.

Ironically I usually feel great the days that I don't do it.

#Thats funny, the same thing happened to me i just looked up bad luck after masterbaiting in google, i was curious because i thought i was the only one. Well ur not alone good luck.

#I went once to bring a package on a sunday to a delivery point. I forgot it was sunday. So the place was closed. But there was a woman inside, she opened the door and asked me if she could help. I am sure if I wasn't retaining she wouldn't even bother to look.

# I went in a store. I grabbed a pack of peanuts. As I wanted to self checkout the bar code as ripped. I told the workers about this. They said I could take it for free.

- Getting extra chicken nugget or other food when doing takeaway. Or extra drink. Something extra, happens a lot.

- Getting the last item in a store that you needed badly. Whatever you need seems to always be on discount.

- Stop lights always green, arriving perfectly on time for subway, train and bus etc.

- Regularly seeing coins on the ground or other places.

These are all due to SR charisma and enhanced perception. Science says, that individual that regard themselves as lucky attract more luck in life. It is a positive feedback loop :)

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