

~ TIKKUN Ha'KLALI INFORMATION ~

This "TIKKUN Ha'KLALI" cd is inspired by Rabbi Nachman of Breslov, whose many devoted students visit his grave in Uman, Ukraine. Rabbi Nachman said that he selected these particular ten psalms from the *Sefer Tehillim*, "The Book of Psalms," written by King David, because they are the most healing of all the psalms. They are called the TIKKUN Ha'KLALI. Tikkun means repairing old negative energy/karma, so it actually helps us clean and clear our own as well as the world's karma and thereby effects improvement of different ailments on many levels, with encoded transmission for healing of both soul and body. The singer, Erez Yichiel, chants them so powerfully that it is astonishing to learn that the total recording time of the CD was under 6 hour in a true transmission of highly spiritual prayer. Produced by Daniel Ovadia Merry.

TIKKUN KLALI means GENERAL REMEDY and RECTIFICATION of the world. TIKKUN means to fix, remedy, and repair. KLALI means general; as such it constitutes the General Remedy and Healing of all involved, including everyone upon earth, our planet. It opens gates for all faiths, all people, all walks of life, and for the healing of Mother Earth herself.

RECOMMENDATIONS of how to listen to this HEALING & powerful music:

It can be played as background music while working, relaxing, or driving (but please be a bit careful as for some very sensitive people, it would be best to focus on the driving only; it may prompt your soul to soar). It is a great tool for healing before going to bed (as you are lying down and listening to the music, its soothing to put your hands on your different chakras) or to listen to before going to work as a clearing meditation...Enjoy!

The numbers of the psalms are:

16, 32, 41, 42, 59, 77, 90, 105, 137, and 150.

Tikkun HaKlali according to Wikipedia, the free encyclopedia:

Tikkun HaKlali: "The General (or Comprehensive) Rectification"), also known as The General Remedy, is a set of ten Psalms whose recital serves as teshuvah (repentance) for all sins, in particular the sin of wasted seed through [an] involuntary nocturnal emission or masturbation. The Tikkun HaKlali is a unique innovation of Rebbe Nachman of Breslov, and its recital is a regular practice of Breslover Hasidim to this day.

BIOGRAPHY of Rabbi Nachman of Breslov (1772-1810):

Rabbi Nachman of Breslov was the great-grandson of the Baal Shem Tov (c. 1700-1760, who is known as the founder of Hasidism). He was one of the most creative, influential, and profound of the Hasidic Masters and the founder of the Breslover Hasidut. Breslov is a town in the Ukraine where Rabbi Nachman lived during most of his career, but some say the name Breslov comes from the Hebrew *Bris Lev*, meaning "covenant of the heart." From his youth he followed a path of asceticism and prayer, though he warned his followers not to abuse themselves physically. He emphasized living life with joy and happiness. One of his best-known sayings is, "It is a great mitzvah (good deed) to be happy always." He was a passionate individual, given to intense swings of emotions. These he put toward the service of G-d, and spoke often of how to find G-d even when in the lowest states of mind, and how to serve Him during the emotional highs.

Central to his teachings is the role of the tzaddik (righteous being), who has the power to descend into the darkness to redeem lost souls, and the path of prayer as the main expression of religious life. His main work is *Likutey Moharan*, prepared for the press and published with the assistance of Rabbi Nossan Sternhartz, his amanuensis (scribal secretary) and chief disciple. The book is a collection of sermons delivered by Rabbi Nachman, given mostly on the holidays when his Hasidim gathered. The lessons are long and complex, masterfully drawing on the entire body of Talmud, Midrashic, and Kabbalistic literature. The ideas are connected by a poetic and intuitive grasp of the texts. In addition, Rabbi Nachman told and Reb Nossan recorded thirteen "Tales" — mythical stories of kings and wizards based upon Kabbalistic thought and capturing the essence of Rabbi Nachman's teachings. These tales are known to have influenced later authors such as Franz Kafka.

Rabbi Nachman died of tuberculosis at the age of 38. Despite the fact that there was never another "Breslover Rebbe" to fill his place, the mystery and depth of his teachings continue to attract students today, and Breslover Hasidism is one of the largest and most vibrant of the many contemporary Hasidic groups.

Rabbi Nachman's Sayings:

"My fire will burn until the coming of Mashiach."

"I will lead you on a new path which no man has ever travelled before. It is really a very old path and yet it is completely new."

"It is a great mitzvah to be happy always."

"Spend an hour every day meditating and praying to God in your own words. Personal prayer and meditation – "hisbodedut" – is the supreme level and greater than everything."

"If you believe you can damage, believe you can repair."

"A person has to cross a very narrow bridge in this world. The most important thing is not to be afraid."

"Gevalt! Never give up!"

"Frequently go to the fields to pray. All the plants will join you. Their song will penetrate your prayers and will give you strength to sing praise to God".

Rabbi Nachman from Breslov, (*Likutey Moharan II, Lesson #11*)