

HaTikkun HaKlali

The "Hitkashrut" Prayer: Creating a spiritual connection to Tzaddikim that enhances prayer and the performance of a mitzva

In saying these ten Psalms, I hereby connect myself to all the true Tzaddikim in this generation and all the true Tzaddikim who have departed, "the holy ones interred in the earth", and especially our holy Rebbe, tzaddik, foundation of the world, the "flowing brook, source of wisdom", Rabbi Nachman the son of Feiga, may his merit protect us, who revealed this remedy.

The Ten Psalms of the Tikkun HaKlali

16 A song of the Michtam by David. Protect me, O God; for in you I sought refuge. My soul, has said to Hashem, "You are my Lord." I have no good apart from You. For the holy ones interred in the earth, they are the magnificent, in whom is all my desire. And for those who chase after other gods, their sorrows shall be multiplied; their libations of blood I will not pour, nor place their names upon my lips. Hashem is the portion of my inheritance and of my cup; You guide my destiny. Portions have fallen for me in pleasant places; I have a goodly inheritance. I will bless Hashem who has counseled me, even my conscience torments me during the nights. I have set Hashem before me always; because He is at my right hand, I shall not stumble. Therefore my heart is glad, and my soul rejoices; my flesh also dwells secure. For You will not abandon my soul to oblivion, nor will You allow Your pious one to see

ruination. Show me the path of life, the satiation of joy in Your presence; the delights at Your right hand are eternal.

32 A Psalm of David, a wise orator. Happy is he whose transgression is forgiven, whose sin is concealed. Happy is the man to whom Hashem does not attribute iniquity, and in whose spirit there is no guile. When I kept silent, my bones wasted away from my anguished cries all day long. For day and night Your hand was heavy on me; my vitality has turned into the drought of summer, Selah. I acknowledged my sin to You, and I did not hide my iniquity. I said, I will confess my transgressions to Hashem; and You forgave the iniquity of my sin, Selah. For this, shall every pious person pray to You in a time when You are found; then surely the floods of great waters shall not come near him. You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance, Selah. "I will instruct you and teach you in the way which you shall go; I will counsel you with my eye upon you." Do not be like the horse, or like the mule, which have no understanding; whose mouth must be held in bit and bridle, so they don't come near you. Many are the sorrows of the wicked; but loving kindness shall surround one who trusts in Hashem. Rejoice in Hashem, and be glad, you righteous; and shout for joy, all you who are upright in heart.

41 To the conductor, A Psalm of David. Happy is he who knows how to help the poor; on the day of evil, Hashem will deliver him. Hashem will preserve him, and keep him alive; he is called happy on earth; and You will not surrender him to the will of his enemies. Hashem will strengthen him on his sick bed; even when his sickness is heavy and upsets his restfulness. I said, Hashem, be merciful to me; heal my soul; for I have sinned against you. My enemies speak evil of me, "When shall he die, and his name perish?" And if one comes

to see me, he speaks insincerely; his heart gathers iniquity to itself; when he goes out, he speaks. All who hate me whisper together against me; against me, they plot my harm. They say, "A misfortune shall torment him, from which he shall lie and shall rise up no more". Even my own comrade, in whom I trusted, who ate of my bread, has lifted up his heel against me. But you, Hashem, be gracious to me, and raise me up, that I may pay them back. By this I know that You favor me, because my enemy does not triumph over me. And as for me, You uphold me in my integrity, and You enable me to stand firm before You forever. Blessed be Hashem God of Israel from time immemorial to eternity. Amen, and Amen.

42 To the conductor, a wise orator, for the sons of Korach. As the hart longs for water streams, so does my soul long for you, O God. My soul thirsts for God, for the living God; when shall I come and appear before God? My tears have been my bread day and night, while they continually say to me, "Where is your God?" When I remember these things, I pour out my soul; how I went with the multitude, leading them in procession to the house of God, with the voice of joy and praise, a crowd celebrating the festival. Why are you downcast, my soul? And why are you disquieted within me? Hope in God; for I shall again praise Him for the salvation of His countenance. O my God, my soul is downcast within me, because I remember you from the land of the Jordan, and the Hermon, from Mount Mizar. Deep waters call to deep waters at the noise of Your water channels; all Your breakers and your waves have poured over me. By day Hashem will command His loving kindness, and in the night His song shall be with me, a prayer to the God of my life. I will say to God, my rock, why have You forgotten me? Why am I downtrodden in the pressure of the enemy? Like a deadly wound in my bones, my enemies taunt me as they say to me all

day long, "Where is your God?" Why are you downcast, my soul? And why are you disquieted within me? Hope in God; for I shall again thank Him for the salvations of my countenance, for He is my God.

59 To the conductor, a plea to be spared from destruction, a Michtam of David; when Saul dispatched, and they guarded the house to kill him. Save me from my enemies, O my God; defend me from those who rise up against me. Save me from the evildoers, and deliver me from the bloodythirsty men. For, behold, they lie in wait for my soul; fierce men are gathered against me; not for my transgression, nor for my sin, Hashem. They run and prepare themselves for no fault of mine; awake to help me, and behold. And You Hashem, O Lord God of hosts, the God of Israel, awake to punish all the nations; do not be merciful to any wicked traitors, Selah. They return at evening; they howl like dogs, and go prowling around the city. Behold, they say treachery with their mouths; swords are in their lips; for "Who hears?" they say. But You, Hashem, shall laugh at them; You shall mock all the nations. O my strength, for You I wait! For God is my fortress. God who loves me shall come to meet me; God shall let me gaze upon my enemies. Do not slay them, lest my people forget; scatter them by Your power; and bring them down, O Lord our shield. For the sin of their mouth and the words of their lips let them be trapped in their arrogance; and for cursing and lying which they speak. Consume them in wrath, consume them, till they are no more; and let them know that God rules in Jacob to the ends of the earth, Selah. And at evening let them return; and let them howl like a dog, and go prowling around the city. Let them wander up and down for food, and growl if they do not get their fill. But I will sing of Your power; indeed, I will sing aloud of Your loving kindness in the morning; for You have been my fortress and my refuge in the

day of my trouble. To You, O my strength, I will sing; for God is my fortress, and the God who loves me.

77 To the conductor, to Jeduthun, A psalm of Asaph. I cry aloud to God, aloud to God, that He may hear me. In the day of my trouble I sought the Lord; my hand is stretched out in the night, and does not rest; my soul refuses to be comforted. I remember God, and I moan; I meditate and my spirit faints, Selah. You held my eyelids from closing; I was so troubled that I could not speak. I pondered the days of old, the years of ancient times. I remember my melody in the night; I talk with my heart; and my spirit searches. Will Hashem forsake for ever, and never want us again? Has His loving kindness ceased for ever? Does His promise fail for evermore? Has God forgotten to be gracious? Has His anger sealed His tender mercies? Selah. And I said, it is my affliction that the right hand of the Most High has changed. I will remember the works of Hashem; surely I will remember Your wonders of old. And I will meditate on all Your work, and muse on Your deeds. Your way, O God, is holiness. Who is so great a God as our God? You are the God that does wonders; You have made known Your might among the nations. With Your arm, You have redeemed Your people, the sons of Jacob and Joseph. Selah. The waters saw you, O God, the waters saw You and were terrified; the depths also trembled. The clouds poured out water; the skies resounded; Your arrows [of lightning] flashed on every side. The voice of your thunder was in the whirlwind; lightning illuminated the world; the earth trembled and shook. Your way was through the sea, and Your path through the great waters; and Your footsteps were not known. You led Your people like a flock by the hand of Moses and Aaron.

90 A Prayer by Moses the man of God. Lord, You have been our dwelling place in all generations. Before the mountains were brought forth, before You had formed the earth and the world, from time immemorial to eternity, You are God. You turn man back to dust; and say, Turn back, O children of men! For a thousand years in Your eyes are like a passing yesterday, and like a watch in the night. You sweep them away; they are like sleepers; they are like short lived grass in the morning. In the morning it flourishes, and fades; by evening it is withered and dry. For we are consumed by Your anger, and by Your wrath are we terrified. You have set our iniquities before You, our secret sins in the light of Your countenance. For all our days pass away in Your wrath; we spend our years like a fleeting utterance. The days of our years are seventy; or if, in strength, they are eighty years, yet their pride is but trouble and wretchedness; for it is soon cut off, and we fly away. Who knows the power of Your anger? As You are feared, so is Your wrath. So teach us to count our days, so we may attain a heart of wisdom. Return, Hashem! Until when? And relent about Your servants. Satisfy us in the morning with Your loving kindness; that we may rejoice and be glad all our days. Gladden us according to the days You have afflicted us, the years we have seen evil. Let Your work be visible to Your servants, and Your glory to their children. And let the beauty of Hashem our God be upon us; and establish the work of our hands upon us; O prosper it, the work of our hands.

105 Give thanks to Hashem; call upon His name; make known His deeds among the nations. Sing to Him, sing psalms to Him; speak of all his wonders. Glorify in His holy name; let the heart of those who seek Hashem rejoice. Seek Hashem, and His strength; seek His countenance always. Remember His marvelous works that He has done; His

wonders, and the judgments of His mouth; O seed of Abraham, His servant! O children of Jacob, His chosen! He is Hashem our God; his judgments are over all the earth. He has remembered his covenant forever, the word which He commanded to a thousand generations. The covenant which he made with Abraham, and his oath to Isaac; And confirmed the same to Jacob for a law, and to Israel for an everlasting covenant, saying, "To you I will give the land of Canaan, the lot of your inheritance." When they were only a few men in number, hardly living there. When they wandered from one nation to another, from one kingdom to another people; He did not allow any man to do them wrong; He reproved kings for their sakes; Saying, "Do not touch my anointed, and do not do any harm to my prophets." Moreover he called for a famine upon the land; He broke every staff of bread. He sent a man before them, Joseph, who was sold as a slave. Whose foot they hurt with fetters; he was bound in iron; Until the time that his word came to pass; the word of Hashem had tested him. The king sent and released him; the ruler of the people let him go free. He made him lord of his house, and ruler of all his possessions. To bind his princes at his pleasure; and teach his elders wisdom. And Israel came into Egypt; and Jacob sojourned in the land of Ham. And He increased His people greatly; and made them stronger than their enemies. He turned their heart to hate His people, to plot against His servants. He sent Moses his servant; and Aaron whom he had chosen. They performed his signs among them, and wonders in the land of Ham. He sent darkness, and made it dark; and they did not rebel against his word. He turned their waters into blood, and killed their fish. Their land swarmed with frogs, in the chambers of their kings. He spoke, and there came wild beasts and lice in all their borders. He turned their rain into hail, and flaming fire in their land. He struck their

vines also and their fig trees; and broke the trees of their territory. He spoke, and the swarming locusts came, and the limitless grasshoppers. And they ate up all the plants in their land, and devoured the fruit of their ground. And He struck all the firstborn in their land, the first of all their strength. And He brought them out with silver and gold; and among their tribes there was not a single pauper. Egypt was glad when they departed; for the fear of them had fallen upon them. He spread a cloud for a covering; and fire to give light in the night. They asked, and He brought quails, and satisfied them with bread from heaven. He opened the rock, and the waters gushed out; it ran in the dry places like a river. For He remembered His holy promise, to Abraham His servant. And He brought out his people with joy, and His chosen with gladness. And He gave them the lands of the nations, and they inherited the toil of the people. So they might observe His statutes, and keep His teachings, Hallelujah!

137 By the rivers of Babylon, there we sat, we also wept, when we remembered Zion. We hung our lyres on the willows in its midst. For there those our captors requested a song from us, and those who tormented us wanted mirth, saying, "Sing us one of the songs of Zion." How shall we sing Hashem's song in a foreign land? If I forget you, O Jerusalem, let my right hand forget her cunning. If I do not remember you, let my tongue cleave to the roof of my mouth; if I do not elevate Jerusalem above my highest joy. Remember, Hashem, the Edomites, the day of Jerusalem; who said, "Raze it, raze it, to its foundation!" O daughter of Babylon, you are to be destroyed! Happy is he who shall repay you for what you have done to us! Happy is he who shall take your little ones and smash them against the rock!

150 Hallelujah! Praise God in His sanctuary! Praise Him in the firmament of His power! Praise Him for His mighty acts! Praise Him according to His exceeding greatness! Praise Him with the sound of the shofar! Praise Him with the harp and the lyre! Praise Him with the tambourine and dance! Praise Him with stringed instruments and the pipe! Praise Him with sounding cymbals! Praise Him with loud clashing cymbals! Let every thing that breathes praise Hashem! Hallelujah!

After reciting the Ten Psalms say:

May Israel's salvation come forth from Zion, when Hashem terminates the captivity of his people, Jacob will exult, Israel will rejoice (Psalms 14.7). And the salvation of the righteous is from Hashem, their might in time of distress. Hashem helped them and delivered them; He will deliver them from the wicked and He will save them, for they took refuge in Him (ibid 37.39-40).

Rabbi Nachman of Breslev's Promise

"Bear witness to my words. When my days are over and I leave this world, I will still intercede for anyone who comes to my grave, says these Ten Psalms and gives a penny to charity. No matter how great his sins, I will do everything in my power, spanning the length and breadth of creation, to save him and cleanse him... I am very positive in everything I say. But I am most positive in regard to the great benefit of these Ten Psalms." Rebbe Nachman's Discourses, 141

Psalm 148: Commanding all of creation

Halleluyah! Praise Hashem from the heavens; praise Him in the heights! Praise Him, all His angels! Praise Him, all His heavenly legions! Praise Him, sun and moon! Praise Him, all bright stars! Praise Him, most exalted heaven and the waters above the heavens! Let them praise the Name of Hashem, for He commanded and they were created. He established them forever; he issued a decree that will not be changed. Praise Hashem from the earth; sea creatures and all you ocean depths; fire and hail, snow and vapor, stormy wind that fulfills His word. Mountains and all you hills, fruit trees and all you cedars, animals and all you cattle, creeping things and birds, kings of the earth and all you nations, ministers and all judges on the earth, young men and also maidens, the old men along with youths! Let them praise the name of Hashem, for His name alone is exalted; His glory extends over the earth and sky. He has made His people victorious, giving glory to His loyal followers the sons of Israel, the people who are close to him, Halleluyah!

