

Ask A Breslover: Tikkun HaKlali For Women

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Q: My wife wants to know if there are books or teachings (i.e. Tikkun HaKlali) that are equivalent to the teachings of shimras habris for men.

A:

Since it helps rectify all sins, Tikkun ha-Klalli may be said by men and women alike. Paraphrasing the *Zohar*, Reb Gedaliah Kenig once remarked: “The *pasuk* (Tehillim 91:10) states ‘*Lo si’unekh eilekha ra’ah* (No evil shall befall you)’ – this alludes to the men; ‘*vi-nega’ lo yikrav bi-ohalekha* (and no plague shall come near your tent)’ – this alludes to the women. Both benefit from reciting Tikkun ha-Klalli.”

(Heard from Rabbi Elazar Kenig)

The concept of tikkun ha-bris may not apply to women in the same way as men, but the concept of kedushah surely does. The Gemara (Brochos 20a) relates that the holy Rav Gidal used to sit near the mikveh, so when the women walked outside after their tevillah, they would see his face and subsequently give birth to “beautiful children” (which I assume alludes to spiritual beauty in particular). This shows that a woman’s thoughts also affect the conception of the child.

Beyond that, purging the mind and heart of all evil is the prerequisite for coming closer to Hashem for every person. As Tanna Dvei Eliyahu states (in the name of

Hashem): "I will place my spirit (ruach) on anyone, Jew or gentile, man or woman, slave or handmaid – it all depends upon one's deeds!"

Answered by Rabbi Dovid Sears