

THE TEN PSALMS

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Rebbe Nachman teaches: The Psalms (*Tehillim*) – the Ten Types of Song – have the power to nullify the *kelipah* (the impurity) of the Other Side. The most destructive impurity is “wasted seed” which is caused by the *kelipah* known as Lilit. Psalms has the power to subdue that impurity and rectify it, as indicated by the fact that TeHILiM-תהילים has the same numerical value as LILIT-לילית (adding five for the letters of the name) (*Likutey Moharan I*, 205).

THE GENERAL REMEDY

For every sin there is a prescribed rectification. To repair

the spiritual damage caused by a particular sin, we must apply the particular remedy appropriate for that sin. Yet the task, when each sin is tackled individually, is more than we can ever hope to handle. nevertheless, as Rebbe Nachman taught, there is a general rectification. This General Remedy has the power to rectify all sins (*Likutey Moharan* I, 29:4).

To repair the spiritual damage caused by a particular sin, we must apply the particular remedy appropriate for that sin...

The General Remedy consists of the Ten Types of Song. Any ten chapters from the Book of Psalms includes the Ten Types of Song, however, it is the ten chapters specifically prescribed for the rectification of wasted seed that are known as the General Remedy. These are:

16; 32; 41; 42; 59; 77; 90; 105; 137; 150.

By reciting these Ten Psalms, one can rectify all the spiritual damage caused by wasted seed and all one's other sins, and then come to repent (one should first immerse in a *mikvah* if possible) (*Rebbe Nachman's Wisdom* #141).



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In most Breslov synagogues, the Ten Psalms are recited right after the *Musaf* prayer every Shabbat morning. In his minyan, Rabbi Zvi Aryeh Rosenfeld instituted the custom of reciting the General Remedy every day after the daily prayers.

Rebbe Nachman said: The revelation of precisely these ten psalms as the General Remedy is a very wonderful and awesome rectification. It is entirely original. From the time of Creation, many Tzaddikim have sought the remedy for this sin. God has been good to me and allowed me to attain this understanding and reveal this remedy to the world... Go out and spread the teaching of the Ten Psalms to all men. Even though it seems quite simple to recite ten chapters of the Psalms, it will still be very hard to fulfill (*Rebbe Nachman's Wisdom* #141).

(Taken from the book [*Crossing the Narrow Bridge: A Practical Guide to Rebbe Nachman's Teachings*](#) chapter 8 – Praye)