

## TIKKUN HAKLALI INTRODUCTION

*“I am very sure about all my advice, but even more positive when I state that saying these ten chapters of Tehillim helps very, very much!”*

*“In the merit of this remedy our righteous Moshiach will come to gather in our scattered ones.”*

**T**his volume contains these *Tehillim*. They are known as the *Tikkun Haklali* and were selected by the great Chassidic Master, Rebbe Nachman of Breslov (1772-1810), quoted above, to be said to repair the spiritual damage caused by even the most serious of our sins.

Included here too is the prayer relating to this *Tikkun*, composed by his most illustrious hasid, Reb Noson Sternhartz of Breslov (1780-1844).

Rebbe Nachman said that his advice to say these particular ten chapters of *Tehillim* was something entirely new — a wonderful, awesome remedy — which should be spread throughout the world. He added, “God has been good to me and allowed me to attain this understanding and reveal this remedy.”

The Rebbe taught that these ten chapters include all the ten types of song found in *Tehillim*.

He further said that they have the power to counteract the effect of sin and lift an individual from his or her consequent dejection to joy.

ד הַלְלוּהוּ בְּתֹף וּמְחֹל

Praise Him with drums and dance.

הַלְלוּהוּ בְּמִנִּים וְעָגָב:

Praise Him with flutes and pipes.

ה הַלְלוּהוּ בְּצִלְצְלֵי־שִׁמֶעַ

Praise Him with loud cymbals.

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

Praise Him with crashing cymbals.

ו כָּל הַנְּשָׁמָה תְהִל קָה

Every soul, praise God.

הַלְלוּיָהּ:

Praise God!

א הַלְלוּיָהּ הַלְלוּ־קָל בְּקֹדֶשׁוֹ

Praise God! Praise God in His holy place.

הַלְלוּהוּ בְּרִקִיעַ עֲזָו:

Praise Him in His mighty heavens.

ב הַלְלוּהוּ בְּגִבּוֹרָתוֹ

Praise Him for His powerful acts.

הַלְלוּהוּ כְּרֹב גְּדֻלוֹ:

Praise Him as befits His abundant greatness.

ג הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר

Praise Him with the blast of the shofar.

הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר:

Praise Him with harp and lyre.

## RABBI NOSON'S PRAYER

*Let me delight in Your righteousness.  
Your love overflows and Your generosity knows no end  
To You alone I direct my eyes.  
To You alone I look for hope.*

*Let me return to You in complete repentance,  
with all honesty and all my heart.  
Let me be worthy of being as You want me to be.  
God of love, give me life.*

*“Create in me a pure heart and renew within me a true spirit.”*

*God of bliss and joy, before You there is no sadness.*

*“Splendor and majesty are before Him,  
strength and joy in His place.”*

*Please help me to be worthy  
of being happy always.*