



תִּקּוּן הַכֶּלִּי

Tikkun HaKlali — The Ten Psalms · Transliteration

Leiluy Nishmat (For the elevation of the soul of) Chaya Bat Rivka Doudou. May it be God's will that her soul be bound in the bond of eternal life and ascend ever higher in Gan Eden. Amen.

Introduction

If you believe you can spoil, believe too that you can repair.

These words, spoken by the great Chassidic Master, Rebbe Nachman of Breslov (1772–1810), form the foundation of his famous remedy – to say the Tikkun Haklali, the Ten Psalms which he chose for this purpose.

Prescribed as a repair for the damage caused by the most serious of sins, it opens the way to healing and repentance for all our wrongs.

Rebbe Nachman teaches that these Ten Psalms encompass all ten types of song found in King David's Psalms, and have the power to raise us from dejection to joy.

Further, because the spiritual aspect of our lives affects whatever each of us is going through and how we react, saying these Psalms can help us here and now with the difficulties we face.

Rebbe Nachman told that many great Tzaddikim tried unsuccessfully to find this remedy, but that “God has helped me and I found the solution. The remedy of saying these Ten Psalms is completely original, wonderful and awesome. I am very sure about everything I say, but I am even more positive when I say that these Psalms help very, very much!”

He also pledged that if someone, resolving to improve, recites these Ten Psalms at his grave in Uman and gives a coin to charity, he would do everything in his power, spanning the length and breadth of creation, to save that person, even from the lowest depths.

Many Say These Verses Before Tikkun Haklali

Hareini mekasher atzmi ba'amirat ha'asarah mizmorim eilu, l'chol hatzaddikim ha'amittiyyim shebb'doreinu, ul'chol hatzaddikim ha'amittim shochnei afar, k'doshim asher ba'arets heimma, uvifrat l'Rabbeinu hakkadosh, tzaddik y'sod olam, nachal novei'a m'kor chochmah, Rabbeinu Nachman ben Feiga, z'chuto yagein aleinu, sheggillah tikkun zeh.

*Lechu nerannenah lAdonai, nari'ah l'tzur yish'einu. N'kaddemah fanav b'todah, bizmirot nari'a lo. Ki
El gadol Adonai, umelech gadol al kol elohim.*

*Hareini mezammein et pi l'hodot ul'hallel ul'shabbei'ach et Bor'i, l'shem yichud kudsha b'rich hu
ush'chintei, bidchilu ur'chimu, al y'dei hahu tamir v'ne'lam, b'shem kol Yisra'el.*

Psalm 16 • טז

Michtam leDavid

- 1 Michtam leDavid; shomreni El, ki chasiti vach.
- 2 Amart lAdonai, Adonai attah; tovati bal alecha.
- 3 Likdoshim asher ba'aretz hemmah; ve'addirei kol cheftzi vam.
- 4 Yirbu atzevotam, acher maharu; bal assich niskeihem middam, uval essa et shemotam al sefatai.
- 5 Adonai menat chelki vechosi; attah tomich gorali.
- 6 Chavalim nafelu li banne'imim; af nachalat shaferah alai.
- 7 Avarech et Adonai asher ye'atzani; af leilot yisseruni chilyotai.
- 8 Shivviti Adonai lenegdi tamid; ki mimini bal emmot.
- 9 Lachen samach libbi vayyagel kevodi; af besari yishkon lavetach.
- 10 Ki lo ta'azov nafshi lish'ol; lo titten chasidecha lir'ot shachat.
- 11 Todi'eni orach chayyim, sova semachot et panecha; ne'imot biminecha netzach.

Psalm 32 • לב

LeDavid Maskil

- 1 LeDavid maskil: ashrei nesui pesha, kesui chata'ah.
- 2 Ashrei adam lo yachshov Adonai lo avon, ve'ein berucho remiyyah.
- 3 Ki hecherashti balu atzamai; besha'agati kol hayyom.
- 4 Ki yomam valaylah tichbad alai yadecha; nehpach leshaddi becharvonei kayitz, selah.
- 5 Chattati odi'acha, va'avoni lo chissiti; amarti odeh alei fesha'ai lAdonai, ve'attah nasata avon chattati, selah.

- 6 Al zot yitpallel kol chasid elecha le'et metzo; rak leshtef mayim rabbim, elav lo yaggi'u.
- 7 Attah seter li, mitzar titzreni; ronnei fallet tesoveveni, selah.
- 8 Askilecha ve'orecha bederech zu telech; i'atzah alecha eini.
- 9 Al tihyu kesus kefered ein havin; bemeteg varesen edyo livlom, bal kerov elecha.
- 10 Rabbim mach'ovim larasha; vehabbote'ach bAdonai, chesed yesovevennu.
- 11 Simchu vAdonai vegilu, tzaddikim; veharninu, kol yishrei lev.

Psalm 41 • מא

Lamnatze'ach Mizmor leDavid

- 1 Lamnatze'ach, mizmor leDavid.
- 2 Ashrei maskil el dal; beyom ra'ah yemalletehu Adonai.
- 3 Adonai yishmerehu vichayyehu, ve'ushar ba'aretz; ve'al tittenehu benefesh oyevav.
- 4 Adonai yis'adennu al eres devai; kol mishkavo hafachta vecholyo.
- 5 Ani amarti, Adonai chonneni; refa'ah nafshi, ki chatati lach.
- 6 Oyevai yomeru ra li; matai yamut, ve'avad shemo.
- 7 Ve'im ba lir'ot, shav yedabber, libbo yikbotz aven lo; yetze lachutz yedabber.
- 8 Yachad alai yitlachashu kol sone'ai; alai yachshevu ra'ah li.
- 9 Devar beliyya'al yatzuk bo; va'asher shachav, lo yosif lakum.
- 10 Gam ish shelomi asher batachti vo, ochel lachmi; higdil alai akev.
- 11 Ve'attah Adonai chonneni vahakimeni; va'ashallema lahem.
- 12 Bezot yadati ki chafatzta bi; ki lo yari'a oyevi alai.
- 13 Va'ani betummi tamachta bi; vattatziveni lefanecha le'olam.
- 14 Baruch Adonai Elohei Yisra'el, meha'olam ve'ad ha'olam, amen ve'amen.

Psalm 42 • מב

Lamnatze'ach Maskil livnei Korach

- 1 Lamnatze'ach, maskil livnei Korach.

- 2 Ke'ayyal ta'a'rog al afikei mayim, ken nafshi ta'a'rog elecha, Elohim.
- 3 Tzame'ah nafshi l'Elohim, leEl chai; matai avo ve'era'eh penei Elohim.
- 4 Hayetah li dim'ati lechem yomam valaylah; be'emor elai kol hayyom, ayyeh Elohecha.
- 5 Elleh ezkerah ve'eshpechah alai nafshi, ki e'evor bassach, eddaddem ad beit Elohim; bekol rinnah vetodah, hamon chogeg.
- 6 Mah tishtochachi nafshi vattehemi alai; hochili l'Elohim, ki od odennu, yeshu'ot panav.
- 7 Elohai, alai nafshi tishtochach; al ken ezkorcha me'ere'tz Yarden, veChermonim mehar Mitz'ar.
- 8 Tehom el tehom kore lekol tzinnorecha; kol mishbarecha vegallecha alai avaru.
- 9 Yomam yetzavveh Adonai chasdo, uvallaylah shiro immi; tefillah leEl chayyai.
- 10 Omerah leEl sal'i, lamah shechachtani; lammah koder elech belachatz oyev.
- 11 Beretzach be'atzmotai cherefuni tzorerai; be'omram elai kol hayyom, ayyeh Elohecha.
- 12 Mah tishtochachi nafshi, umah tehemi alai; hochili l'Elohim, ki od odennu, yeshu'ot panai v'Elohai.

Psalm 59 · נט

Lamnatze'ach Al Tashchet leDavid Michtam

- 1 Lamnatze'ach al tashchet, leDavid michtam; bishlo'ach Sha'ul, vayyishmeru et habbayit lahamito.
- 2 Hatzileni me'oyevai, Elohai; mimitkomemai tesaggeveni.
- 3 Hatzileni mippo'alei aven; ume'anshei damim hoshi'eni.
- 4 Ki hinneh arevu lenafshi, yaguru alai azzim; lo fish'i velo chattati, Adonai.
- 5 Beli avon, yerutzun veyikkonanu; urah likrati ur'eh.
- 6 Ve'attah Adonai Elohim Tzeva'ot, Elohei Yisra'el, hakitzah lifkod kol haggoyim; al tachon kol bogedei aven, selah.
- 7 Yashuvu la'erev, yehemu chakkalev, visovevu ir.
- 8 Hinneh yabbi'un befihem, charavot besiftoteihem; ki mi shome'a.
- 9 Ve'attah Adonai tischak lamo; til'ag lechol goyim.
- 10 Uzzo, elecha eshmorah; ki Elohim misgabbi.
- 11 Elohei chasdi yekaddemeni; Elohim yar'eni veshorerai.

- 12 Al tahargem, pen yishkechu ammi; hani'emo vecheilecha vehoridemo, maginnenu Adonai.
- 13 Chattat pimo, devar sefatemo, veyillachedu vig'onam; ume'alah umikkachash yesapperu.
- 14 Kalleh vechemah, kalleh ve'einemo; veyede'u ki Elohim moshel beYa'akov, le'afsei ha'aretz, salah.
- 15 Veyashuvu la'erev, yehemu chakkalev, visovevu ir.
- 16 Hemmah yeni'un le'echol; im lo yisbe'u, vayyalinu.
- 17 Va'ani ashir uzzecha, va'arannen labboker chasdecha; ki hayita misgav li, umanos beyom tzar li.
- 18 Uzzi, elecha azammerah; ki Elohim misgabbi, Elohei chasdi.

Psalm 77 • עז

Lamnatze'ach al Yedutun leAsaf Mizmor

- 1 Lamnatze'ach al Yedutun, leAsaf mizmor.
- 2 Koli el Elohim ve'etz'akah; koli el Elohim, vеха'azin elai.
- 3 Beyom tzarati Adonai darashti, yadi laylah niggerah velo tafug; me'anah hinnachem nafshi.
- 4 Ezkerah Elohim ve'ehemayah; asichah, vetit'attef ruchi, salah.
- 5 Achazta shemurot einai; nif'amti velo adabber.
- 6 Chishavti yamim mikkedem; shenot olamim.
- 7 Ezkerah neginati ballaylah, im levavi asichah; vaychappes ruchi.
- 8 Hal'olamim yiznach Adonai; velo yosif lirtzot od.
- 9 He'afes lanetzach chasdo; gamar omer, ledor vador.
- 10 Hashachach channot El; im kafatz be'af rachamav, salah.
- 11 Va'omar, challoti hi; shenot yemin Elyon.
- 12 Ezkor ma'alelei Yah; ki ezkerah mikkedem pil'echa.
- 13 Vehagiti vechol po'olecha; uva'alilotecha asichah.
- 14 Elohim, bakkodesh darkecha; mi El gadol kElohim.
- 15 Attah haEl oseh fele; hodata va'ammim uzzecha.
- 16 Ga'alta bizro'a ammecha; benei Ya'akov veYosef, salah.

- 17 Ra'ucha mayim, Elohim, ra'ucha mayim yachilu; af yirgezu tehomot.
18 Zoremu mayim avot, kol natenu shechakim; af chatzatzecha yit'hallachu.
19 Kol ra'amcha baggalgal, he'iru verakim tevel; ragezah vattir'ash ha'aretz.
20 Bayyam darkecha, ushvilecha bemayim rabbim; ve'ikkevotcha lo noda'u.
21 Nachita chatzon ammecha; beyad Moshe ve'Aharon.

Psalm 90 • ז

Tefillah leMoshe Ish HaElohim

- 1 Tefillah leMoshe ish haElohim: Adonai, ma'on attah hayita lanu, bedor vador.
2 Beterem harim yulladu, vattecholel eretz vetevel; ume'olam ad olam attah El.
3 Tashev enosh ad dakka; vattomer, shuvu venei adam.
4 Ki elef shanim be'einecha, keyom etmol ki ya'avor; ve'ashmurah vallaylah.
5 Zeramtam, shenah yihyu; babboker, kechatzir yachalof.
6 Babboker yatzitz vechalaf; la'erev yemolel veyavesh.
7 Ki chalinu ve'appecha; uvachamatecha nivhalnu.
8 Shatta avonoteinu lenegdecha; alumenu lim'or panecha.
9 Ki chol yameinu panu ve'evratecha; killinu shaneinu chemo hegeh.
10 Yemei shenoteinu vahem shiv'im shanah, ve'im bigvurot shemonim shanah, verohbam amal va'aven; ki gaz chish, vanna'ufah.
11 Mi yode'a oz appecha; ucheyir'atecha evratecha.
12 Limnot yameinu ken hoda; venavi levav chochmah.
13 Shuvah Adonai, ad matai; vehinnachem al avadecha.
14 Sabbe'enu vabboker chasdecha; unerannenah venismechah bechol yameinu.
15 Sammechenu kimot innitanu; shenot ra'inu ra'ah.
16 Yera'eh el avadecha fo'olecha; vahadarecha al beneihem.
17 Vihi no'am Adonai Eloheinu aleinu, uma'aseh yadeinu konenah aleinu; uma'aseh yadeinu konenehu.

Psalm 105 • קה

Hodu lAdonai Kir'u Vishmo

- 1 Hodu lAdonai, kir'u vishmo; hodi'u va'ammim alilotav.
- 2 Shiru lo, zammeru lo; sichu bechol nifle'otav.
- 3 Hit'hallelu beshem kodsho; yismach lev mevakshei Adonai.
- 4 Dirshu Adonai ve'uzzo; bakkeshu fanav tamid.
- 5 Zichru nifle'otav asher asah; mofetav umishpetei fiv.
- 6 Zera Avraham avdo; benei Ya'akov bechirav.
- 7 Hu Adonai Eloheinu; bechol ha'aretz mishpatav.
- 8 Zachar le'olam berito; davar tzivvah le'elef dor.
- 9 Asher karat et Avraham; ushvu'ato leYischak.
- 10 Vayya'amideha leYa'akov lechok; leYisra'el berit olam.
- 11 Lemor, lecha etten et eretz Kena'an; chevel nachalatchem.
- 12 Bihyotam metei mispar; kim'at, vegarim bah.
- 13 Vayyit'hallechu miggoi el goi; mimamlachah el am acher.
- 14 Lo hinni'ach adam le'oshkam; vayyochach aleihem melachim.
- 15 Al tigge'u vimshichai; velinv'ai al tare'u.
- 16 Vayyikra ra'av al ha'aretz; kol matteh lechem shavar.
- 17 Shalach lifneihem ish; le'eved nimkar Yosef.
- 18 Innu vakkevel raglo; barzel ba'ah nafsho.
- 19 Ad et bo devaro; imrat Adonai tzerafat'hu.
- 20 Shalach melech vayyattirehu; moshel ammim, vayfattechehu.
- 21 Samo adon leveito; umoshel bechol kinyano.
- 22 Le'sor sarav benafsho; uzkenav yechakkem.
- 23 Vayyavo Yisra'el Mitzrayim; veYa'akov gar be'eretz Cham.
- 24 Vayyefer et ammo me'od; vayya'atzimehu mitzarav.



- 25 Hafach libbam lisno ammo; lehitnakkel ba'avadav.
- 26 Shalach Moshe avdo; Aharon asher bachar bo.
- 27 Samu vam divrei ototav; umofetim be'erezt Cham.
- 28 Shalach choshech vayyachshich; velo maru et devaro.
- 29 Hafach et meimeihem ledam; vayyamet et degatam.
- 30 Sharatz artzam tzefarde'im; bechadrei malcheihem.
- 31 Amar vayyavo arov; kinnim bechol gevulam.
- 32 Natan gishmeihem barad; esh lehavot be'artzam.
- 33 Vayyach gafnam ute'enatam; vayshabber etz gevulam.
- 34 Amar vayyavo arbeh; veyelek, ve'ein mispar.
- 35 Vayyochal kol esev be'artzam; vayyochal peri admatam.
- 36 Vayyach kol bechor be'artzam; reshit lechol onam.
- 37 Vayyotzi'em bechesef vezahav; ve'ein bishvatav koshel.
- 38 Samach Mitzrayim betzetam; ki nafal pachdam aleihem.
- 39 Paras anan lemasach; ve'esh leha'ir laylah.
- 40 Sha'al vayyave selav; velechem shamayim yasbi'em.
- 41 Patach tzur vayyazuvu mayim; halechu batziyyot nahar.
- 42 Ki zachar et devar kodsho; et Avraham avdo.
- 43 Vayyotzi ammo vesason; berinnah et bechirav.
- 44 Vayyitten lahem artzot goyim; va'amal le'ummim yirashu.
- 45 Ba'avur yishmeru chukkav, vetorotav yintzoru, halleluYah.

Psalm 137 • קלז

Al Naharot Bavel

- 1 Al naharot Bavel, sham yashavnu gam bachinu; bezochrenu et Tziyyon.
- 2 Al aravim betochah; talinu kinnoroteinu.



- 3 Ki sham she'elunu shoveinu divrei shir, vetolaleinu simchah; shiru lanu mishir Tziyyon.
- 4 Eich nashir et shir Adonai; al admat nechar.
- 5 Im eshkech Yerushalayim, tishkach yemini.
- 6 Tidbak leshoni lechikki, im lo ezkerchi; im lo a'aleh et Yerushalayim al rosh simchati.
- 7 Zechor Adonai livnei Edom, et yom Yerushalayim; ha'omerim aru, aru, ad haysod bah.
- 8 Bat Bavel hashedudah; ashrei sheyshallem lach et gemulech, shegamalt lanu.
- 9 Ashrei sheyochez venippetz et olalayich el hassala.

Psalm 150 • קנ

HalleluYah — Hallelu El BeKodsho

- 1 HalleluYah. Hallelu El bekodsho; halleluhu birki'a uzzo.
- 2 Halleluhu vigvurotav; halleluhu kerov gudlo.
- 3 Halleluhu beteka shofar; halleluhu benevel vechinnor.
- 4 Halleluhu betof umachol; halleluhu beminnim ve'ugav.
- 5 Halleluhu vetziltzelei shama; halleluhu betziltzelei teru'ah.
- 6 Kol hanneshamah tehallel Yah, halleluYah.

Prayer After Saying Psalms

Mi yitten miTziyyon yeshu'ot Yisra'el, beshuv Adonai shevut ammo, yagel Ya'akov, yismach Yisra'el.

Uteshu'at tzaddikim meAdonai; ma'uzzam be'et tzarah.

Vayya'zerem Adonai vayfalletem, yefalletem meresha'im veyoshi'em, ki chasu vo.