

Tikun Haklali

The Comprehensive
“General Rectification”

Rabbi Nachman`s promise

The Rebbe took two trustworthy witnesses, his students Rabbi Aaron from Breslov and Rabbi Naftali from Nemirov and said in front of them:

“Whoever comes to my gravesite and says these ten chapters of Tehillim (16. 32. 41. 42. 59. 77. 90. 105. 137. 150) and gives a '*pruta*' (a small coin) to charity for me, even if his sins are very very great, I will do everything in my power, spanning the length and the breadth of creation, to save him and protect him. By his *paiyos* (side curls) I will pull him out of Gehinnom”. “I am strong in everything I do, but I am most strong regarding the great benefit of these ten chapters.”

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* It is extremely propitious to give (or at least set aside) charity, even a few pennies for the merit of Rabbi Nachman, before reciting the Tikun.

It is good to say this before reciting the Tikun Haklali

Hereby, I bind myself, in the recital of these ten chapters of Psalms to all the True Tzaddikim of our generation and to all the True Tzaddikim who dwell in the earth, the holy ones whom are in the earth and specifically to our holy master, the Tzaddik foundation of the world, the gushing stream source of wisdom (Nachal Noveia Me-kor Chochma: acronym Nachman) our Master Nachman Ben Feiga, Na Nach Nachma Nachman MayUman may his merit protect us and all of Israel, Amen.

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16 (Brocha)

1. Michtom leDovid, shomraini Ail ki chosisi voch.
2. Omart ladinoy Adoinoy otoh, toi-vosi bal olechoh.
3. Li-kedoishim asher bo-oretz heimoh, ve-adirei kol cheftzi vom.
4. Yirbu atzvoisom acher mo-horu, bal asich niskeihem midom, uval esoh es shmoisom al sefosoi.
5. Adoinoy menos chelki ve-choisi, atoh toimich goi-rolu.
6. Chavolim noflu li ba-ne-imim, af nachelos shofroh olloi.
7. Avoreich es Adoinoy asher ye-otzoni, af leilois yisruni chilyoisoy.
8. Shivisi Adoinoy lenegdi somid, ki mimini bal emoit.

(16) **1.** A *michtam* of David. Protect me, O God, for I take refuge in You. **2.** Say to God, "You Are my Master, with no obligation to benefit me." **3.** For the holy ones who are in the ground, and for the mighty — all my desires are fulfilled on account of them. **4.** May their sorrows multiply, those who hurry to other [gods]. I will not pour their blood libations; I will not bear their names on my lips!**5.** God is my allotted share and lot. You lead me to my destiny. **6.** Portions have fallen for me in pleasant places. I find my lot lovely indeed. **7.** I bless God for having advised me; my kidneys instruct me even in the night. **8.** I place God before me always; because He is at my right hand, I will not falter.

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9. Lochain somach li-bi va-yogel kevoidi, af besori yishkoin lo-vetach.

10. Ki loi sa-azoiv nafshi lishoil, loi sitein chasidchoh lirois shochas.

11. Toidi-eini oirach cha-yim, soiva semochois es ponechoh, ne-imois bimin-choh netzach.

32 (Ashrei)

1. LeDovid maskil, ashrei nesui pesha kesui chatoh.

2. Ashrei odom loi yachshoiv Adoinoy loi ovin, ve-ein beruchoi re-mi-yoh.

3. Ki hecherashti bolu atzomoy, beshaago-si kol hayoim.

4. Ki yoimom volayloh tichbad ollay yodechoh neh-pach leshadi bechar-voiney ka-yitz seloh.

9. Therefore my heart rejoices, my soul exults, my very flesh dwells secure. 10. For You will not abandon my soul to the netherworld, nor permit Your pious one to see the pit of destruction. 11. You will teach me the path of life, of everlasting joy in Your presence, of eternal delights in Your right hand.

(32) 1. Of David a *maskil*. Happy is he whose offense is forgiven, whose transgression is covered over. 2. Happy is the man whom God does not consider as having sinned and in whose spirit there is no deceit. 3. When I keep silent, my bones waste away from my moaning all day long. 4. For our hand weighs heavily on me day and night. My vitality turns [as dry] as the summer drought — *selah!*

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5. Chatosi oidi-achoh va-avoini loi chisisi, omarti oideh aley fesho-ay Ladoinoy, ve-atoh noso-soh avoin chatosi seloh.
6. Al zois yispaleil kol chosid ei-lechoh le-eis metzoi, rak leshei-tef ma-yim rabim eilov loi yagiu.
7. Atoh seiser li, mitzar titzreini, ronay faleit tesoi-ve-veini seloh.
8. Askilchoh, ve-oirchoh bederech zu seileich, ee-atzoh olechoh eini.
9. Al ti-h-yu ke-sus ke-fe-red ein hovin, bemeseg vo-ressen edyoy livloim, bal ke-roiv eilechoh.
10. Rabim machoivim loroshoh, ve-haboitei-ach bAdoinoy chesed yesoive-venu.
11. Simchu vaAdoinoy, ve-gilu tzadikim, ve-harninu kol yishray leiv.

5. I acknowledge my transgression to You, and do not hide my sin. I reason [that if] I confess my offense to God, You will pardon my transgression — *selah!* 6. Because of this, every pious man will pray to You at an opportune time, that the rushing mighty waters just not overtake him. 7. You are my shelter. You protect me from adversity, surround me with songs of salvation —*selah!* 8. Let me teach you and enlighten you in which way to go. Let me counsel you in what I have seen: 9. Do not be like a horse, like a senseless mule, whose mouth must be restrained by bit and bridle lest it come close to you. 10. Many are the sorrows of the Wicked, but he who trusts in God will be enveloped in lovingkindness. 11. Rejoice in God and exult, O you righteous ones; sing out for joy all you upright!

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41 (Maskil)

1. Lamnatzei-ach mizmoir leDovid.
2. Ashrey maskil el dol, be-yoim roh-oh, yemaletaihu Adoinoy.
3. Adoinoy yishmereihu vi-cha-yeihu, ve-ushar bo-oretz, ve-al titeneihu be-nefesh oyevov.
4. Adoinoy yisodenu al eres devoy, kol mishkovoi hofachtoh vecholyoi.
5. Ani omarti Adoinoy choneini, refoh-oh nafshi ki chotosi loch.
6. Oiyevay yoimru rah li, mosai yomus ve-ovad shmoi.
7. Ve-im boh lir-ois, shov yedabeir, liboi yikbotz oven loi, yaitzei lachutz yedabeir.

(41) 1. For the conductor. A psalm of David 2. Happy is he who is thoughtful of the impoverished; may God save him on the day of evil. 3. May God protect him and sustain him; may he be considered happy in the land. Do not subject him to the will of his enemies. 4. May God support him on his sickbed; turn him over in his bed, all throughout his illness. 5. I say "O God, have mercy on me. Heal my soul, for I have sinned against You". 6. My enemies speak evil of me: "When will he die and his name perish?" 7. If one should come to visit, he speaks insincerely. His heart stockpiles iniquity to itself, [then] he goes outside and says it.

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8. Yachad olay yislachashu kol soin-oi, olay yachshevu roh-oh li.
9. Devar beliya-al yotzuk boi, va-asher shochav loi yoisif lokum.
10. Gam ish sheloimi asher botachti voi oicheil lachmi, higdil olay okeiv.
11. Ve-atoh Adoinoy choneini va-hakimeini, va-ashalmoh lo-hem.
12. Bezois yodati ki chofatztoh bi, ki loi yori-a oyevi oloy.
13. Va-ani be-sumi tomachtoh bi, vatatziveini lefonechoh le-oilom.
14. Boruch Adoinoy Eloihei Yisro-ail mei-ho-oilom ve-ad ho-oilom, omein ve-omein.

8. All those who hate me whisper together against me as they devise my harm: 9. "Something pernicious has settled in him and now that he lies ill, he'll never again get up!" 10. Even my ally in whom I trusted, who ate my bread, has trampled me. 11. But You, O God have mercy on me and raise me up — so that I will repay them (with good for the bad). 12. With this I'll know that you are pleased with me, for my enemy will not shout joyfully over me. 13. And as for me, because of my blamelessness You will support me and stand me erect before You forever. 14. Blessed is God, the God of Israel, from time immemorial to eternity — Amen, and Amen.

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42 (Shir)

1. Lamnatzei-ach maskil, livnai Koirach.
2. Ke-a-yol taaroig al afikay moyim, kain nafshi saaroig eilechoh Eloihim.
3. Tzome-oh nafshi lailoihim, le-Ail choi, mosay ovoi ve-eiro-eh pnei Eloyhim.
4. Ho-ye-soh li dim-osi lechem yoimom voloyloh, be-emoir eilay kol ha-yoim, a-yei Eloihechoh.
5. Eileh ezkeroh, ve-eshpechoh olay nafshi, ki e-evoir basoch, edadeim ad beis Eloihim, bekoil rinoch vesoidoh, homoin choigeig.
6. Ma tishtoicha-chi nafshi va-tehemi oloy, hoichili lai-loihim, ki oid oidenu yeshu-ois ponov.

(42) 1. For the conductor. A *maskil* of the sons of Korach.

2. Like a hind (female red deer) cries longingly for wellsprings of water, so my soul cries longingly for You, O God. 3. My soul thirsts for God, the living God - O when will I come and appear before God? 4. My tears have been my bread day and night. All day long I am taunted with, "Where is your God?" 5. These things I remember and pour out my soul from within me: how I passed by with the crowd, strode leisurely with them to the House of God, with the joyous song and thanksgiving of the festive throng. 6. Why are you downcast, my soul, and why do you moan within me? Hope in God, for I will yet praise Him for the salvations of His countenance.

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7. Elo-hai olay nafshi sishtoichoch, al kein ezkoirchoh mei-eretz yardein vecher-moinim, mei-har mitz-or.
8. Tehoim el tehoim koirei lekoil tzinoirechoh, kol mishbo-rechoh ve-ga-lechoh olay o-voru.
9. Yoimom yetzaveh Adoinoy chasdoi, uvalayloh shiroi imi, te-filoh le-Ail chayoi.
10. Oimroh le-Ail sa-li, lomoh shechachtoni, lomoh koideir eileich belachatz oyeiv.
11. Beretzach be-atzmoisay cheirefuni tzoireroy, be-omrom eilay kol ha-yoim a-yei Eloihechoh.
12. Ma tishtoi-chachi nafshi umah te-hemi oloy, hoichili leilohim ki oid oidenu, yeshu-ois ponai.

7. O my God, my soul is downcast within me when I reminisce about You from the land of Jordan and the Hermon [peaks], and from Mount Mitzar. 8. Deep calls to deep at the roar of Your channels; all Your breakers and waves have swept over me. 9. By day God ordains his lovingkindness, and in the night His song is with me — a prayer to the God of my life! 10. I say to God, my Rock: Why have you forgotten me? Why must I walk about gloomily, oppressed by the enemy? 11. Murderously, to my very bones, my tormentors disgrace me. All day long they taunt me with, “Where is Your God?” 12. Why are you downcast, my soul, and why do you moan within me? Hope in God, for I will yet praise Him for the salvations [which light up] my face, [and because He is] my God.

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59 (Nitzu-ach)

1. Lamnatzei-ach al tashchais, leDovid nichtom, bishloi-ach Sho-ul, va-yishmeru es habayis la-hamiso.
2. Hatzi-leini mei-oyevay, Eloihoy, mimiskoimemai te-sagveini.
3. Hatzileini mi-poi-alai oven, umei-anshei domim hoishi-eini.
4. Ki hinai orvu lenafshi, yoguru olay azim, loi fishi, veloi chatosi Adoinoy.
5. Beli ovoid, yerutzun ve-yikoi-nonu, uroh likrosi, ureih.
6. Ve-atoh Adoinoy Eloihim Tzevo-ois, Eloihai Yisro-ail, hokitzoh lifkoid kol hagoiyim, al tochoin kol boigdei oven seloh.

(59) **1.** For the conductor. A plea not to be destroyed. A *michtam* of David, when Saul sent [men] who kept watch on the house in order to kill him. **2.** Rescue me from my enemies, O God. Raise me above my assailants. **3.** Rescue me from the iniquitous and save me from men of bloodshed. **4.** For see, they lie in wait for my soul; brazen men gather against me, for no offense or wrongdoing of mine, O God. **5.** Without sin [on my part] they run and ready themselves. O rouse for my sake and see! **6.** O God, Lord of Hosts, God of Israel — wake Yourself to punish all the nations! Show no mercy for any of the iniquitous traitors — *selah!*

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7. Yoshuvu lo-erev, ye-hemu cha-kolev, visoivevu ir.
8. Hinai yabi-un befihem charovois besifsoi-seihem, ki mi shoimei-ah.
9. Ve-atoh Adoinoy tischak lomoi, til-ag lechol goiyim.
10. Uzoi, eilechoh eshmoiroh, ki Eloihim misgabi.
11. Eloihei chasdi, yekade-meini, Eloihim yar-eini veshoireroi.
12. Al ta-hargeim pen yish-kechu ami, hani-aimoi vecheil-choh, vehoiri-deimoi, mogleinu Adoinoy.
13. Chatas pimoi, dvar sefoseimoi ve-yi-lochdu vi-ge-oinom, umei-oloh umikachash yesapeiru.

7. They return each evening growling like dogs and roaming the city. 8. See, they spew [hatred] with their mouths. Swords are on their lips, for [they say], “Who hears?” 9. But you, O God, laugh at them. You scoff at all the nations. 10. His might makes me watch for You, for [You], God, are my bastion. 11. The God who shows me lovingkindness anticipates my [need]. God lets me see [the downfall of] my watchful foes. 12. Do not kill them, lest my people forget. Use Your power to turn them into wanderers; impoverish them, O God, our shield. 13. The sin of their mouths is the word of their lips. They will be trapped by their pride; and [the people] will talk of their curse and deceit.

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14. Ka-ley vecheimoh, ka-ley, ve-eineimoi, ve-yaid-u ki Eloihim moisheil beyaakoiv le-afsey ho-oretz seloh.

15. Ve-yoshuvu le-erev, yehemu cha-kolev visoivevu ir.

16. Heimoh yeni-un le-echoil, im loi yisbe-u va-yolinu.

17. Va-ani oshir uzechoh va-aranein laboiker chasdechoh, ki ho-yisoh misgov li umonois; be-yoim tzar li.

18. Uzi; eilechoh azameiroh, ki Eloihim misgabi Eloihay chasdi.

14. Consume them in Your wrath bit by bit, until they are no more. Thus, it will be known to the ends of the earth that God rules over Jacob — *selah!* **15.** Again they return each evening growling like dogs and roaming the city. **16.** They wander about in search of food; not satiated, they lie down to sleep. **17.** But as for me, I will sing of Your might. I will sing joyously each morning of Your lovingkindness, for You have been my bastion and a refuge in my time of trouble. **18.** O my Mighty one, to You I sing praise. For God is my bastion, the God Who shows me loving kindness.

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77 (Niggun)

1. Lamnatzei-ach al yedusun le-osof mizmoir.
2. Koili el Eloihim, ve-etz-okoh, koili el Eloihim, ve-ha-azin ailoy.
3. Be-yoim tzorosi Adoinoy doroshti, yodi layloh nigroh, veloy sofug, mai-anoh hinocheim nafshi.
4. Ezkeroh Eloi-him, ve-ehemo-yoh, osichoh ve-sis-ateif ruchi seloh.
5. Ochaztoh shimurois einoy, nif-amti veloi adabair.
6. Chishavti yomim mi-kedem, shnois oilomim.
7. Ezkeroh neginosi balayloh, im livovi osichoh, va-yechapeis ruchi.
8. Ha-le-oilomim yiznach Adoinoy, veloi yoisif lirtzois oid.

(77) 1. For the Conductor, on the *jeduthun*, Of Asaph a psalm. 2. [I raise] my voice to God and cry out. [I raise] my voice to God That He might listen to me. 3. On the day of my trouble I seek God. At night my wound oozes and has no relief. My soul refuses to be comforted. 4. When I remember God, I moan. When I speak [of Him], my spirit faints — *selah!* 5. You hold fast my eyelids. I am distraught and unable to speak. 6. I ponder the days of old, the years of long ago. 7. During the night I recall my song. I commune with my heart and my spirit searches: 8. Will God cast off forever and never again show favor?

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9. Heh-ofeis lonetzach chasdoi, gomar oimer ledoir vodoir.
10. Hashochach chanois Ail, im kofatz be-af rachamov seloh.
11. Vo-oimar chaloisi hi, shnois yemin elyoin.
12. Ezkoir ma-aleh-ley Yoh, ki ezkeroh mi-kedem pil-echoh.
13. Ve-ho-gisi vechol po-olechoh, uva-aliloi-sechoh osichoh.
14. Eloihim, ba-koidesh darkechoh, mi Ail godoil kailoihim.
15. Atoh ho-Ail oisei feleh, hoidaatoh voh-amim uzechoh.

9. Has His lovingkindness ceased for all eternity? Has He sealed the decision for all generations? 10. Has God forgotten how to be merciful? Has He in anger clamped shut his compassion? — *selah!* 11. But then I say, “It is to make me shudder that the right hand of the most high changes”. 12. When I recall the acts of God, I remember Your wonders of old. 13. I also meditate on all Your works and speak of Your acts. 14. O God, Your way is one of holiness. What god is as great as God? 15. You are the God Who does wonders. You make known Your might among the peoples.

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16. Go-altoh bizroi-ah amechoh, benay yaakoiv ve-yoiseif seloh.
17. Roh-uchoh ma-yim Eloihim, roh-uchoh ma-yim yochilu, af yirgezu sehoimois.
18. Zoirmu ma-yim ovois, koil nosnu shechokim, af cha-tzotzechoh yis-halochu.
19. Koil ra-amchoh bagalgal, hei-iru verokim teiveil, rogzoh vatir-ash ho-oretz.
20. Ba-yom darkechoh, ushvil-choh bema-yim rabim, ve-ikvoi-sechoh loi noido-u.
21. Nochisoh chatzoin amechoh, be-yad Moisheh Ve-aharoin.

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16. With strength You redeemed Your people, the children of Jacob and Joseph — *selah!*
 17. The waters saw You, O God, the waters saw You and Shuddered. Even the deep trembled.
 18. The clouds streamed water; the skies sounded forth; even Your arrows flew about.
 19. The rumble of Your thunder was [heard] in the sphere, and lightning lit up the world. The earth trembled and quaked.
 20. Your path was through the sea and Your trail, through the mighty waters. Your footsteps could not be discovered.
 21. You led Your people like a flock, by the hand of Moses and Aaron.

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90 (Tefilah)

1. Te-filoh leMoisheh, ish ho-Eloihim, Adoinoy mo-oim atoh ho-yisoh lonu bedoir vodoir.
2. Be-terem horim yulodu, va-te-choileil erez veseiveil, umei-oilom ad oilom atoh Ail.
3. Tosheiv enoish ad dakoh, vatoimer, shuvu venay odom.
4. Ki elef shonim be-einechoh ke-yoim esmoil ki yaavoir, ve-ashmuroh valoyloh.
5. Zeramtom sheinoh yi-heh-yu, baboiker ke-chotzir yachaloif.
6. Baboiker yotzitz, vecholof, lo-erev yemoileil ve-yoveish.
7. Ki cholinu ve-apechoh, uvachamos-choh nivholnu.

(90) 1. A prayer of Moses, the man of God: O Lord, You have been our shelter in every generation. 2. Before the mountains were born and [before] You fashioned the earth and the inhabited world — from time immemorial to eternity, You are God. 3. You turn a man back until he is crushed. Then You say, “Mortals, repent!” 4. Once past, a thousand years are in Your eyes like a day gone by and like a watch in the night. 5. You make them stream by like a dream; in the morning, they disappear like young grass. 6. [Or if] in the morning it sprouts and flourishes, then by evening it withers away and dries up. 7. For we are consumed by Your anger and thrown into terror by Your wrath.

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8. Shatoh avoinoi-seinu le-negdechoh, alumeinu li-meoir ponechoh.

9. Ki chol yomeinu ponu ve-evrosechoh, kilinu shoneynu chemoi hegeh.

10. Yemey shnoiseynu, vo-hem shiv-im shonoh, ve-im bigvurois shmoinim shonoh, verohbom, omol voven, ki goz chish, vano-ufoh.

11. Mi yoidei-ah, oiz apechoh, uche-yir-oschoh evro-sechoh.

12. Limnois yomeinu kein hoidah, venovi levav chochmoh.

13. Shuvoh Adoinoy, ad mosoy, vehi-nocheim al avodechoh.

14. Sabeinu vaboi-ker, chasdechoh, une-ranenoh, venismechoh, bechol yomeinu.

8. You have set our sins before You, [the sins of] our youth in the light of Your countenance. **9.** For all our days pass away in Your fury. We waste our years like an utterance. **10.** The days of our lives are seventy years, or with strength, eighty years — their pride but toil and deception. For they swiftly pass by, and we are off. **11.** Who knows the intensity of Your anger? Your fury matches Your awesomeness. **12.** So teach us how to count our days, that we may attain a heart of wisdom. **13.** Turn back, O God! How much longer? Relent concerning your servants. **14.** Satisfy us in the morning with Your lovingkindness and we will sing and rejoice all our days.

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15. Samcheinu kimois inisonu, shenois roh-inu roh-oh.

16. Yairo-eh el avodechoh fo-olechoh, vahador-choh al benaihem.

17. Vihi noi-am Adoinoy Eloiheinu oleinu, umaasei yodeinu, koinenoh oleinu, umaasei yodeinu koinenei-hu.

105 (Hoido-oh)

1. Hoidu ladinoy kiru vishmoy, hoidi-u vo-amim aliloisov.

2. Shiru loi; zamru loi, sichu bichol nifle-oisov.

3. His-hallelu besheim kodshoi, yismach leiv mevakshei Adoinoy.

4. Dirshu Adoinoy ve-uzoi, bakshu fonov tomid.

15. Give us to rejoice for as long as You afflicted us, for the years we encountered misfortune. **16.** May Your work be revealed to Your servants and Your splendor be upon their children. **17.** May the pleasantness of the Lord, our God, be upon us. Let the work of our hands be established for us; the work of our hands, let it be established.

(105) **1.** Give thanks to God. Call upon His Name; make known His deeds among the peoples. **2.** Sing to Him, play before Him, tell off all His wonders. **3.** Glory in His holy Name. Let the hearts of those who seek God rejoice. **4.** Seek out God and His might, seek His countenance always.

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5. Zichru nif-le-oisov asher osoh, moifsov umish-petei fiv.
6. Zerah Avrohom, avdoi, benay Yaakoiv, bechirov.
7. Hu Adoinoy Eloiheinu, bechol ho-oretz mish-potov.
8. Zochar le-oilom berisoi, dovor tzivoh; le-elef doir.
9. Asher koras es Avrohom, ush-vu-osoil leYischok.
10. Va-yamidehoh leYaakoiv lechoik, leYisro-ail bris oilom.
11. Leimoir, lechoh etein es erez keno-an, chevel nachalashem.
12. Bihi-yoisom mesey mispor, kim-at, vegorim boh.

5. Remember the wonders He has wrought, His marvels and the judgements He has pronounced. 6. O seed of Abraham, His servant, O children of Jacob, His chosen ones. 7. He is God our Lord. His judgements are [carried out] all over the earth. 8. He has forever remembered His covenant, the word He commanded for a thousand generations. 9. that He contracted with Abraham, [vowed in] His oath to Isaac and. 10. established as a statue for Jacob, for Israel, as an eternal covenant. 11. saying: "To you I will give the land of Canaan as the lot of your inheritance." 12. When they were yet few in number, hardly dwelling there.

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13. Va-yis-halchu migoy el goy, mimamlochoh el am acheir.
14. Loi hini-ach odom le-oshkom, va-yoichach aleihem melochim.
15. Al tig-u vi-meshichoi, ve-linevi-ay al torei-u.
16. Va-yikroh ro-ov al ho-oretz, kol matei lechem shovor.
17. Sholach lifnei-hem ish, le-eved nimkar Yoiseif.
18. Eenu vakevel ragloi, barzel bo-oh nafshoi.
19. Ad ais boi dvoroi, imras Adoinoy tze-rofos-hu.
20. Sholach melech va-yatirei-hu, moisheil amim, va-yefat-cheihu.
21. Somoi odoin leveisoi, umoishail bechol kinyonoi.

13. but going from nation to nation, from one kingdom to another people. 14. He allowed no man to oppress them and rebuked kings on their account: 15. "Don't dare touch My anointed ones! Don't dare harm My prophets!" 16. He called for a famine upon the land, broke every staff of bread. 17. He sent a man ahead of them; Joseph was sold into slavery. 18. They afflicted his feet in fetters. His soul was put into irons. 19. Until it was time for [God's] word to come to pass. [then] God's pronouncement purified him. 20. The king sent and had him released, the ruler of peoples had him set free. 21. He appointed him master over his household and overseer of all his possessions,

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- 22.** Le-soir sorov, benafshoi, uzkeinov, yechakeim.
23. Va-yovoi Yisro-ail mitzro-yim, veYaakoiv gor be-eretz chom.
24. Va-yefer es amoi me-oid, va-ya-tzimeihu mitzorov.
25. Hofach libom lisnoi amoi, lehisnakail bavodov.
26. Sholach Moisheh avdoi, Aharoin asher bochar boi.
27. Somu vom, divrey oisoisov, umoifsim be-eretz chom.
28. Sholach choishech, va-yachshich, veloi moru es dvoroi.
29. Hofach es meimeihem ledom, va-yomes es degosom.

22. to confine his ministers at will and teach his elders wisdom.
23. Thus Israel came to Egypt and Jacob sojourned in the land of Ham. **24.** [God] multiplied His people greatly and made them mightier than their tormentors.**25.** He turned their heart to hate His people, to scheme against His servants. **26.** He sent His servant Moses and Aaron, whom He had chosen. **27.** They brought upon them the decrees of His signs, and [His] wonders against the land of Ham. **28.** He sent darkness and made it dark; they did not rebel against His decree. **29.** He turned their water into blood and killed their fish.

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- 30.** Shoratz artzom tzefarde-im, bechadrey malchei-hem.
31. Omar, va-yovoy oroiv, kinim, bechol ge-vulom.
32. Nosan gishmeihem borod, eish le-hovois be-artzom.
33. Va-yach, gafnom useh-ainosom, va-yeshabeir eitz gevulom.
34. Omar va-yovoy arbeh, ve-yelek, ve-ein mispor.
35. Va-yoichal kol eisev be-artzom, va-yoichal pri admosom.
36. Va-yach kol bechoir be-artzom, reishis lechol oinom.
37. Va-yoitzai-aim bechesef vezo-hov, ve-ain bishvotov koi-shail.

30. Their land teemed with frogs, [even] in their royal chambers. **31.** He spoke, and swarms of wild animals came and lice throughout their borders. **32.** He gave them hail for rain, flaming fire in their land. **33.** It struck their grapevine and their fig tree and smashed the trees in their borders. **34.** He spoke and *arbeh* (species of locust) came, *yelek* (species of locust) without number. **35.** They consumed all the grass in their land and ate up the fruit of their soil. **36.** He struck down every firstborn in their land, the first fruit of their virility. **37.** Then he took [Israel] out with silver and gold and there was none impoverished among His tribes.

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- 38.** Somach mitzra-yim betzeisom, ki nofal pachdom aleihem.
- 39.** Poras onon, lemosoch, ve-eish, le-ho-ir loyloh.
- 40.** Sho-al, va-yovei slov, velechem shoma-yim, yasbi-aim.
- 41.** Posach tzur, va-yozuvu mo-yim, holchu batzi-yois nohor.
- 42.** Ki zochar es dvar kodshoi, es Avrohom avdoi.
- 43.** Va-yoitzi amoi vesosoin, berinoh es bechirov.
- 44.** Va-yitain lo-hem artzois goyim, va-amal le-umim yiroshu.
- 45.** Ba-avur yishmeru chukov, vesoiroisov yintzoiru, hallelu-Yoh.

38. Egypt rejoiced when they departed, for fear of [Israel] had fallen upon them. **39.** He spread out a cloud for a screen and fire to illuminate the night. **40.**[Israel] requested and He brought quail and satisfied them with bread of heaven. **41.** He opened a rock and waters flowed; they traveled through the parched land [like] rivers. **42.** For He remembered His sacred promise to His servant Abraham, **43.** and brought His people out with jubilation, His chosen ones with joyous song. **44.** He gave them the lands of the nations and they inherited the labor of the peoples, **45.** on condition that they keep His statues and observe His teachings. *Hallelu-Yoh!*

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137 (Mizmor)

1. Al na-harois bovel shom yoshavnu, gam bochinu bezochreinu es tzi-yoin.
2. Al arovim besoichoh, tolinu kinoi-roiseinu.
3. Ki shom shih-eilunu shoiveinu divrei shir, vesoiloleinu simchoh, shiru lonu mishir tzi-yoin.
4. Aich noshir es shir Adoinoy, al admas neichor.
5. Im eshkocheich Yerusholo-yim, tishkach yemini.
6. Tidbak leshoini lechiki, im loi eizkereichi, im loi ah-eh-leh es Yirushola-yim, al roish simchosi.
7. Zechoir Adoinoy livnay edoim, ais yoim Yerusholo-yim, ho-oimrim, oru oru, ad ha-yesoid boh.

(137) **1.** By the rivers of Babylon, there we sat down and also wept, as we remembered Zion. **2.** On the willows in her midst we hung up our lyres. **3.** For our captors asked us there for words of song and our ridiculers, for amusement: "Sing us one of the songs of Zion!" **4.** Oh how can we sing the song of God on the soil of a foreign [nation]? **5.** If I forget you, O Jerusalem, let my right hand forget [its skill]. **6.** Let my tongue cleave to my palate if I do not remember you, if I do not put Jerusalem above my foremost joy. **7.** Remember the day Jerusalem [was destroyed], O God, [and take revenge] against the Edomites, who said, "Raze it! Raze it to its very foundations!"

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8. Bas bovel hashedudoh, ashrei sheh-yeshalem loch, es gemuleich shegomalt lonu.
9. Ashrey she-yoichaiz venipaitz es oiloh-la-yich el hasolah.

150 (Hallelu-Yoh)

1. Hallelu-Yoh halelu Ail bekodshoi, halleluhu birkiy-ah uzoi.
2. Halleluhu vigvuroisov, halleluhu keroiv gudloi.
3. Halleluhu bisaikah shoifor, halleluhu benaivel vechinoir.
4. Halleluhu besoif umochoil, halleluhu beminim ve-ugov.
5. Halleluhu vetziltzelei shomah, halleluhu betziltzelei sru-oh.
6. Koil haneshomoh te-halail Yoh, hallelu-Yoh.

8. O plundered daughter of Babylon, praised be he who repays you in kind for what you have done to us. 9. Praised be he who grabs your infants and dashes them against the rock!

(150) 1. *Hallelu-Yoh!* Praise God in His holy place. Praise Him in the firmament of His might. 2. Praise Him for His mighty acts. Praise Him as befits His abundant greatness. 3. Praise him with the blast of the ram's horn. Praise Him with *nevel* and *kinor*. 4. Praise Him with timbrel and dance. Praise Him with *minim* and *ugav*. 5. Praise Him with resounding cymbals. Praise Him with crashing cymbals. 6. Let every soul praise God. *Hallelu-Yoh!*

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❧ Short Prayer ❧

This prayer we found in our files, it is short and powerful:

Master of the World, Effector of effectors, and the Causer of all the causes, You are above and higher than all and there is nothing higher than You, for no thought can grasp You at all and silence is befitting praise for You (Psalms 65:2) and [You] are loftier than all blessing and praise. You, I turn to, You, I beseech (You) to bore a tunnel in a hidden (/established) way from You, by way of all the worlds until my evolution in the place where I stand, in accordance with what is apparent to You, Knower of the hidden and in this way and path shine upon me Your light, to return me in truly complete repentance before You, as is Your true desire and as is the desire of the choice of creation: that I should not think in my thoughts any foreign thought or any thought or confusion which is against Your Will; just, to bind to pure, pristine and holy thoughts of Your service, in truth, with perception of You and Your Torah. “Incline my

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heart to Your testimony (Psalms 119:36)” and give me a pure heart to serve You truly. And from the depth of the ocean take me out to great light, extremely quickly and soon, the salvation of God in the blink of the eye, to bask in the light of life all the days I am on the face of the earth. And I should merit to renew my youth, the days that passed in darkness, to return them to holiness and my departure from the world should be as my entry – without sin. And I should merit to see the pleasantness of God and visit His chamber (which) entirely resonates glory: Amen, Netzach (eternally/ victorious), Selah, Vo-ed (forever).

Na Nach Nachma Nachman MayUman