Rebbe Nachman's "Tikun HaKlali"

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TIKUN HAKLALI
THE TEN PSALMS

[Click here for the Preface to the Tikun HaKlali]

[It is recommended to say the following before reciting the Ten Psalms: "In saying these ten Psalms, I am ready to bind myself to the true Tzaddikim (righteous saints) in our generation, and to all of the true Tzaddikim who dwell in the dust, the holy ones who are in the earth - and particularly to our holy teacher, Tzaddik, foundation of the world, a flowing stream, source of wisdom, NAchal Novaah, Mekor CHAchmah (NACHMAN), Rebbi Nachman, the son of Faige, who revealed this Tikun for Tikun HaBrit, may his merit protect us and all the Nation of Israel, Amen.]

Before saying Tehillim, one says:

Ü°ÛÕ¼ à°è·à¼°à¸Ô Ü·ÙÔ¹Õ¸Ô à¸è´Ùâ¸Ô Ü°æÕ¼è Ù´éÁ°âµàÕ¼:

à°ç·Ó¼°Þ¸Ô ä¸à¸ÙÕ Ñ¼°êÕ¹Ó¸Ô Ñ¼´Ö°Þ´èÕ¹ê à¸è´Ùâ· ÜÕ¹:

Û¼´Ù ÐµÜ Ò¼¸ÓÕ¹Ü Ù°Ô¹Õ¸Ô Õ¼Þ¶Ü¶Ú° Ò¼¸ÓÕ¹Ü â·Ü Û¼¸Ü Ð±Ü¹Ô´ÙÝ:

[And say this: "Behold, I summon my mouth to thank, and to laud, and to praise My Creator, for the sake of the unity of the Holy One Blessed Be He and His Shechinah (Divine Presence), in reverence and in love, through the agency of the Recondite One, in the name of all the Jewish People:]

Psalms Chapter 16

Ð Þ´Û°ê¼¸Ý Ü°Ó¸Õ´Ó: éÁ¸Þ°èµà´Ù ÐµÜ, Û¼´Ù-×¸á´Ùê´Ù Ñ¸Ú°.

1 Michtam of David. Keep me, O G-d; for I have taken refuge in Thee.

Ñ Ð¸Þ·è°ê¼° Ü·ÙÔÕ¸Ô, Ð²Ó¹à¸Ù Ð¸ê¼¸Ô; ØÕ¹Ñ¸ê´Ù, Ñ¼·Ü-â¸Ü¶ÙÚ¸.

2 I have said unto the L-RD: 'Thou art my L-RD; I have no good but in Thee';

Ò Ü´ç°ÓÕ¹éÁ´ÙÝ, Ð²éÁ¶è-Ñ¼¸Ð¸è¶å ÔµÞ¼¸Ô; Õ°Ð·Ó¼´ÙèµÙ, Û¼¸Ü-×¶ä°æ´Ù-Ñ¸Ý.

3 As for the holy that are in the earth, they are the excellent in whom is all my delight.

Ó Ù´è°Ñ¼Õ¼ â·æ¼°ÑÕ¹ê¸Ý, Ð·×µè Þ¸Ô¸èÕ¼:

Ñ¼·Ü-Ð·á¼´ÙÚ° à´á°Û¼µÙÔ¶Ý Þ´Ó¼¸Ý; Õ¼Ñ·Ü-Ð¶é¼Â¸Ð Ð¶ê-éÁ°ÞÕ¹ê¸Ý, â·Ü-éÂ°ä¸ê¸Ù.

4 Let the idols of them be multiplied that make suit unto another;

their drink-offerings of blood will I not offer, nor take their names upon my lips.

Ô Ù°ÔÕ¸Ô, Þ°à¸ê-×¶Ü°ç´Ù Õ°ÛÕ¹á´Ù-- Ð·ê¼¸Ô, ê¼Õ¹Þ´ÙÚ° Ò¼Õ¹è¸Ü´Ù.

5 O L-RD, the portion of mine inheritance and of my cup, Thou maintainest my lot.

Õ ×²Ñ¸Ü´ÙÝ à¸ä°ÜÕ¼-Ü´Ù, Ñ¼·à¼°â´Þ´ÙÝ; Ð·ã-à·×²Ü¸ê, éÁ¸ä°è¸Ô â¸Ü¸Ù.

6 The lines are fallen unto me in pleasant places; yea, I have a goodly heritage.

Ö Ð²Ñ¸èµÚ°--Ð¶ê-Ù°ÔÕ¸Ô, Ð²éÁ¶è Ù°â¸æ¸à´Ù; Ð·ã-ÜµÙÜÕ¹ê, Ù´á¼°èÕ¼à´Ù Û´Ü°ÙÕ¹ê¸Ù.

7 I will bless the L-RD, who hath given me counsel; yea, in the night seasons my reins instruct me.

× éÁ´Õ¼´Ùê´Ù Ù°ÔÕ¸Ô Ü°à¶Ò°Ó¼´Ù ê¸Þ´ÙÓ: Û¼´Ù Þ´ÙÞ´Ùà´Ù, Ñ¼·Ü-Ð¶Þ¼Õ¹Ø.

8 I have set the L-RD always before me; surely He is at my right hand, I shall not be moved.

Ø Ü¸Ûµß, éÂ¸Þ·× Ü´Ñ¼´Ù--Õ·Ù¼¸Ò¶Ü Û¼°ÑÕ¹Ó´Ù; Ð·ã-Ñ¼°éÂ¸è´Ù, Ù´éÁ°Û¼¹ß Ü¸Ñ¶Ø·×.

9 Therefore my heart is glad, and my glory rejoiceth; my flesh also dwelleth in safety;

Ù Û¼´Ù, Ü¹Ð-ê·â²Ö¹Ñ à·ä°éÁ´Ù Ü´éÁ°ÐÕ¹Ü; Ü¹Ð-ê´ê¼µß ×²á´ÙÓ°Ú¸, Ü´è°ÐÕ¹ê éÁ¸×·ê.

10 For Thou wilt not abandon my soul to the nether-world; neither wilt Thou suffer Thy G-dly one to see the pit.

ÙÐ ê¼Õ¹Ó´Ùâµà´Ù, Ð¹è·× ×·Ù¼´ÙÝ:

éÂ¹Ñ·â éÂ°Þ¸×Õ¹ê, Ð¶ê-ä¼¸à¶ÙÚ¸; à°â´ÞÕ¹ê Ñ¼´ÙÞ´Ùà°Ú¸ à¶æ·×.

11 Thou makest me to know the path of life;

in Thy presence is fulness of joy, in Thy right hand bliss for evermore.

Psalms Chapter 32

Ð Ü°Ó¸Õ´Ó, Þ·éÂ°Û¼´ÙÜ: Ð·éÁ°èµÙ à°éÂÕ¼Ù-ä¼¶éÁ·â; Û¼°áÕ¼Ù ×²Ø¸Ð¸Ô.

1 [A Psalm] of David. Maschil. Happy is he whose transgression is forgiven, whose sin is pardoned.

Ñ Ð·éÁ°èµÙ Ð¸Ó¸Ý--Ü¹Ð Ù·×°éÁ¹Ñ Ù°ÔÕ¸Ô ÜÕ¹ â¸Õ‍¹ß; Õ°ÐµÙß Ñ¼°èÕ¼×Õ¹ è°Þ´Ù¼¸Ô.

2 Happy is the man unto whom the L-RD counteth not iniquity, and in whose spirit there is no guile.

Ò Û¼´Ù-Ô¶×±è·éÁ°ê¼´Ù, Ñ¼¸ÜÕ¼ â²æ¸Þ¸Ù-- Ñ¼°éÁ·Ð²Ò¸ê´Ù, Û¼¸Ü-Ô·Ù¼Õ¹Ý.

3 When I kept silence, my bones wore away through my groaning all the day long.

Ó Û¼´Ù, ÙÕ¹Þ¸Ý Õ¸Ü·Ù°Ü¸Ô-- ê¼´Û°Ñ¼·Ó â¸Ü·Ù, Ù¸Ó¶Ú¸:

à¶Ô°ä¼·Ú° Ü°éÁ·Ó¼´Ù-- Ñ¼°×·è°Ñ¹àµÙ ç·Ù´å á¶Ü¸Ô.

4 For day and night Thy hand was heavy upon me;

my sap was turned as in the droughts of summer. Selah

Ô ×·Ø¼¸Ðê´Ù ÐÕ¹Ó´Ùâ²Ú¸, Õ·â²Õ‍¹à´Ù Ü¹Ð-Û´á¼´Ùê´Ù--

Ð¸Þ·è°ê¼´Ù, ÐÕ¹Ó¶Ô â²ÜµÙ ä°éÁ¸â·Ù Ü·ÙÔÕ¸Ô;

Õ°Ð·ê¼¸Ô à¸éÂ¸Ðê¸ â²Õ‍¹ß ×·Ø¼¸Ðê´Ù á¶Ü¸Ô.

5 I acknowledged my sin unto Thee, and mine iniquity have I not hid;

I said: 'I will make confession concerning my transgressions unto the L-RD'--

and Thou, Thou forgavest the iniquity of my sin. Selah

Õ â·Ü-Ö¹Ðê, Ù´ê°ä¼·Ü¼µÜ Û¼¸Ü-×¸á´ÙÓ ÐµÜ¶ÙÚ¸-- Ü°âµê Þ°æ¹Ð:

è·ç, Ü°éÁµØ¶ã Þ·Ù´Ý è·Ñ¼´ÙÝ-- ÐµÜ¸ÙÕ, Ü¹Ð Ù·Ò¼´ÙâÕ¼.

6 For this let every one that is G-dly pray unto Thee in a time when Thou mayest be found;

surely, when the great waters overflow, they will not reach unto him.

Ö Ð·ê¼¸Ô, áµê¶è Ü´Ù-- Þ´æ¼·è ê¼´æ¼°èµà´Ù:

è¸à¼µÙ ä·Ü¼µØ; ê¼°áÕ¹Ñ°Ñµà´Ù á¶Ü¸Ô.

7 Thou art my hiding-place; Thou wilt preserve me from the adversary;

with songs of deliverance Thou wilt compass me about. Selah

× Ð·éÂ°Û¼´ÙÜ°Ú¸, Õ°ÐÕ¹è°Ú¸--Ñ¼°Ó¶è¶Ú°-ÖÕ¼ êµÜµÚ°; Ð´Ùâ²æ¸Ô â¸Ü¶ÙÚ¸ âµÙà´Ù.

8 'I will instruct thee and teach thee in the way which thou shalt go; I will give counsel, Mine eye being upon thee.'

Ø Ð·Ü-ê¼´Ô°ÙÕ¼, Û¼°áÕ¼á Û¼°ä¶è¶Ó-- ÐµÙß Ô¸Ñ´Ùß:

Ñ¼°Þ¶ê¶Ò-Õ¸è¶á¶ß â¶Ó°ÙÕ¹ Ü´Ñ°ÜÕ¹Ý; Ñ¼·Ü, ç°è¹Ñ ÐµÜ¶ÙÚ¸.

9 Be ye not as the horse, or as the mule, which have no understanding;

whose mouth must be held in with bit and bridle, that they come not near unto thee.

Ù è·Ñ¼´ÙÝ Þ·Û°ÐÕ¹Ñ´ÙÝ, Ü¸è¸éÁ¸â: Õ°Ô·Ñ¼Õ¹Øµ×· Ñ¼·ÙÔÕ¸Ô--×¶á¶Ó, Ù°áÕ¹Ñ°Ñ¶à¼Õ¼.

10 Many are the sorrows of the wicked; but he that trusteth in the L-RD, mercy compasseth him about.

ÙÐ éÂ´Þ°×Õ¼ Ñ·ÙÔÕ¸Ô Õ°Ò´ÙÜÕ¼, æ·Ó¼´Ùç´ÙÝ; Õ°Ô·è°à´ÙàÕ¼, Û¼¸Ü-Ù´éÁ°èµÙ-ÜµÑ.

11 Be glad in the L-RD, and rejoice, ye righteous; and shout for joy, all ye that are upright in heart.

Psalms Chapter 41

Ð Ü·Þ°à·æ¼µ×·, Þ´Ö°ÞÕ¹è Ü°Ó¸Õ´Ó.

1 For the Leader. A Psalm of David.

Ñ Ð·éÁ°èµÙ, Þ·éÂ°Û¼´ÙÜ Ð¶Ü-Ó¼¸Ü; Ñ¼°ÙÕ¹Ý è¸â¸Ô, Ù°Þ·Ü¼°ØµÔÕ¼ Ù°ÔÕ¸Ô.

2 Happy is he that considereth the poor; the L-RD will deliver him in the day of evil.

Ò Ù°ÔÕ¸Ô, Ù´éÁ°Þ°èµÔÕ¼ Õ´Ù×·Ù¼µÔÕ¼--ÙÐéè (Õ°Ð»é¼Á·è) Ñ¼¸Ð¸è¶å; Õ°Ð·Ü-ê¼´ê¼°àµÔÕ¼, Ñ¼°à¶ä¶éÁ Ð¹Ù°Ñ¸

3 The L-RD preserve him, and keep him alive, let him be called happy in the land; and deliver not Thou him unto the greed of his enemies.

Ó Ù°ÔÕ¸Ô--Ù´á°â¸Ó¶à¼Õ¼, â·Ü-â¶è¶éÂ Ó¼°Õ¸Ù; Û¼¸Ü-Þ´éÁ°Û¼¸ÑÕ¹, Ô¸ä·Û°ê¼¸ Ñ°×¸Ü°ÙÕ¹.

4 The L-RD support him upon the bed of illness; mayest Thou turn all his lying down in his sickness.

Ô Ð²à´Ù-Ð¸Þ·è°ê¼´Ù, Ù°ÔÕ¸Ô ×¸à¼µà´Ù; è°ä¸Ð¸Ô à·ä°éÁ´Ù, Û¼´Ù-×¸Ø¸Ðê´Ù Ü¸Ú°.

5 As for me, I said: 'O L-RD, be gracious unto me; heal my soul; for I have sinned against Thee.'

Õ ÐÕ¹Ù°Ñ·Ù--Ù¹ÐÞ°èÕ¼ è·â Ü´Ù; Þ¸ê·Ù Ù¸ÞÕ¼ê, Õ°Ð¸Ñ·Ó éÁ°ÞÕ¹.

6 Mine enemies speak evil of me: 'When shall he die, and his name perish?'

Ö Õ°Ð´Ý-Ñ¼¸Ð Ü´è°ÐÕ¹ê, éÁ¸Õ°Ð Ù°Ó·Ñ¼µè--Ü´Ñ¼Õ¹, Ù´ç°Ñ¼¸å-Ð¸Õ¶ß ÜÕ¹; ÙµæµÐ Ü·×Õ¼å Ù°Ó·Ñ¼µè.

7 And if one come to see me, he speaketh falsehood; his heart gathereth iniquity to itself; when he goeth abroad, he speaketh of it.

× Ù·×·Ó--â¸Ü·Ù Ù´ê°Ü·×²éÁÕ¼, Û¼¸Ü-éÂ¹à°Ð¸Ù; â¸Ü·Ù--Ù·×°éÁ°ÑÕ¼ è¸â¸Ô Ü´Ù.

8 All that hate me whisper together against me, against me do they devise my hurt:

Ø Ó¼°Ñ·è-Ñ¼°Ü´Ù¼·â·Ü, Ù¸æÕ¼ç Ñ¼Õ¹; Õ·Ð²éÁ¶è éÁ¸Û·Ñ, Ü¹Ð-ÙÕ¹á´Ùã Ü¸çÕ¼Ý.

9 'An evil thing cleaveth fast unto him; and now that he lieth, he shall rise up no more.'

Ù Ò¼·Ý-Ð´ÙéÁ éÁ°ÜÕ¹Þ´Ù, Ð²éÁ¶è-Ñ¼¸Ø·×°ê¼´Ù ÑÕ¹-- ÐÕ¹ÛµÜ Ü·×°Þ´Ù;

Ô´Ò°Ó¼´ÙÜ â¸Ü·Ù â¸çµÑ.

10 Yea, mine own familiar friend, in whom I trusted, who did eat of my bread,

hath lifted up his heel against me.

ÙÐ Õ°Ð·ê¼¸Ô Ù°ÔÕ¸Ô, ×¸à¼µà´Ù Õ·Ô²ç´ÙÞµà´Ù; Õ·Ð²éÁ·Ü¼°Þ¸Ô Ü¸Ô¶Ý.

11 But Thou, O L-RD, be gracious unto me, and raise me up, that I may requite them.

ÙÑ Ñ¼°Ö¹Ðê Ù¸Ó·â°ê¼´Ù, Û¼´Ù-×¸ä·æ°ê¼¸ Ñ¼´Ù: Û¼´Ù Ü¹Ð-Ù¸è´Ùâ· Ð¹Ù°Ñ´Ù â¸Ü¸Ù.

12 By this I know that Thou delightest in me, that mine enemy doth not triumph over me.

ÙÒ Õ·Ð²à´Ù--Ñ¼°ê»Þ¼´Ù, ê¼¸Þ·Û°ê¼¸ Ñ¼´Ù; Õ·ê¼·æ¼´ÙÑµà´Ù Ü°ä¸à¶ÙÚ¸ Ü°âÕ¹Ü¸Ý.

13 And as for me, Thou upholdest me because of mine integrity, and settest me before Thy face for ever.

ÙÓ Ñ¼¸èÕ¼Ú° Ù°ÔÕ¸Ô, Ð±Ü¹ÔµÙ Ù´éÂ°è¸ÐµÜ--ÞµÔ¸âÕ¹Ü¸Ý, Õ°â·Ó Ô¸âÕ¹Ü¸Ý: Ð¸Þµß Õ°Ð¸Þµß.

14 Blessed be the L-RD, the G-d of Israel, from everlasting and to everlasting. Amen, and Amen.

Psalms Chapter 42

Ð Ü·Þ°à·æ¼µ×·, Þ·éÂ°Û¼´ÙÜ Ü´Ñ°àµÙ-ç¹è·×.
1 For the Leader; Maschil of the sons of Korah.

Ñ Û¼°Ð·Ù¼¸Ü, ê¼·â²è¹Ò â·Ü-Ð²ä´ÙçµÙ-Þ¸Ù´Ý-- Û¼µß à·ä°éÁ´Ù ê·â²è¹Ò ÐµÜ¶ÙÚ¸ Ð±Ü¹Ô´ÙÝ.
2 As the hart panteth after the water brooks, so panteth my soul after Thee, O G-d.

Ò æ¸Þ°Ð¸Ô à·ä°éÁ´Ù, ÜµÐÜ¹Ô´ÙÝ-- Ü°ÐµÜ ×¸Ù:

Þ¸ê·Ù Ð¸ÑÕ¹Ð; Õ°Ðµè¸Ð¶Ô, ä¼°àµÙ Ð±Ü¹Ô´ÙÝ.
3 My soul thirsteth for G-d, for the living G-d:

'When shall I come and appear before G-d?'

Ó Ô¸Ù°ê¸Ô-Ü¼´Ù Ó´Þ°â¸ê´Ù Ü¶×¶Ý, ÙÕ¹Þ¸Ý Õ¸Ü¸Ù°Ü¸Ô;

Ñ¼¶Ð±Þ¹è ÐµÜ·Ù Û¼¸Ü-Ô·Ù¼Õ¹Ý, Ð·Ù¼µÔ Ð±Ü¹Ô¶ÙÚ¸.
4 My tears have been my food day and night,

while they say unto me all the day: 'Where is thy G-d?'

Ô ÐµÜ¼¶Ô Ð¶Ö°Û¼°è¸Ô, Õ°Ð¶éÁ°ä¼°Û¸Ô â¸Ü·Ù à·ä°éÁ´Ù--

Û¼´Ù Ð¶â±Ñ¹è Ñ¼·á¼¸Ú°, Ð¶Ó¼·Ó¼µÝ â·Ó-Ñ¼µÙê Ð±Ü¹Ô´ÙÝ:

Ñ¼°çÕ¹Ü-è´à¼¸Ô Õ°êÕ¹Ó¸Ô; Ô¸ÞÕ¹ß ×Õ¹ÒµÒ.
5 These things I remember, and pour out my soul within me,

how I passed on with the throng, and led them to the house of G-d,

with the voice of joy and praise, a multitude keeping holyday.

Õ Þ·Ô-ê¼´éÁ°ê¼Õ¹×²×´Ù, à·ä°éÁ´Ù-- Õ·ê¼¶Ô±Þ´Ù â¸Ü¸Ù:

ÔÕ¹×´Ü´Ù ÜµÐÜ¹Ô´ÙÝ, Û¼´Ù-âÕ¹Ó ÐÕ¹Ó¶à¼Õ¼-- Ù°éÁÕ¼âÕ¹ê ä¼¸à¸ÙÕ.
6 Why art thou cast down, O my soul? and why moanest thou within me?

Hope thou in G-d; for I shall yet praise Him for the salvation of His countenance.

Ö Ð±Ü¹Ô·Ù-- â¸Ü·Ù, à·ä°éÁ´Ù ê´éÁ°ê¼Õ¹×¸×:

â·Ü-Û¼µß--Ð¶Ö°Û¼¸è°Ú¸, ÞµÐ¶è¶å Ù·è°Ó¼µß; Õ°×¶è°ÞÕ¹à´ÙÝ, ÞµÔ·è Þ´æ°â¸è.
7 O my G-d, my soul is cast down within me;

therefore do I remember Thee from the land of Jordan, and the Hermons, from the hill Mizar.

× ê¼°ÔÕ¹Ý-Ð¶Ü-ê¼°ÔÕ¹Ý çÕ¹èµÐ, Ü°çÕ¹Ü æ´à¼Õ¹è¶ÙÚ¸;

Û¼¸Ü-Þ´éÁ°Ñ¼¸è¶ÙÚ¸ Õ°Ò·Ü¼¶ÙÚ¸, â¸Ü·Ù â¸Ñ¸èÕ¼.
8 Deep calleth unto deep at the voice of Thy cataracts;

all Thy waves and Thy billows are gone over me.

Ø ÙÕ¹Þ¸Ý, Ù°æ·Õ¼¶Ô Ù°ÔÕ¸Ô ×·á°Ó¼Õ¹, Õ¼Ñ·Ü¼·Ù°Ü¸Ô, éÁ´Ùè¹Ô â´Þ¼´Ù--

ê¼°ä´Ü¼¸Ô, Ü°ÐµÜ ×·Ù¼¸Ù.
9 By day the L-RD will command His lovingkindness, and in the night His song shall be with me,

even a prayer unto the G-d of my life.

Ù ÐÕ¹Þ°è¸Ô, Ü°ÐµÜ á·Ü°â´Ù-- Ü¸Þ¸Ô éÁ°Û·×°ê¼¸à´Ù:

Ü¸Þ¼¸Ô-ç¹Óµè ÐµÜµÚ°-- Ñ¼°Ü·×·å ÐÕ¹ÙµÑ.
10 I will say unto G-d my Rock: 'Why hast Thou forgotten me?

Why go I mourning under the oppression of the enemy?'

ÙÐ Ñ¼°è¶æ·×, Ñ¼°â·æ°ÞÕ¹ê·Ù-- ×µè°äÕ¼à´Ù æÕ¹è°è¸Ù;

Ñ¼°Ð¸Þ°è¸Ý ÐµÜ·Ù Û¼¸Ü-Ô·Ù¼Õ¹Ý, Ð·Ù¼µÔ Ð±Ü¹Ô¶ÙÚ¸.
11 As with a crushing in my bones, mine adversaries taunt me;

while they say unto me all the day: 'Where is thy G-d?'

ÙÑ Þ·Ô-ê¼´éÁ°ê¼Õ¹×²×´Ù, à·ä°éÁ´Ù-- Õ¼Þ·Ô-ê¼¶Ô±Þ´Ù â¸Ü¸Ù:

ÔÕ¹×´ÙÜ´Ù ÜµÐÜ¹Ô´ÙÝ, Û¼´Ù-âÕ¹Ó ÐÕ¹Ó¶à¼Õ¼-- Ù°éÁÕ¼â¹ê ä¼¸à·Ù, ÕµÐÜ¹Ô¸Ù.
12 Why art thou cast down, O my soul? and why moanest thou within me?

Hope thou in G-d; for I shall yet praise Him, the salvation of my countenance, and my G-d.

Psalms Chapter 59

Ð Ü·Þ°à·æ¼µ×· Ð·Ü-ê¼·éÁ°×µê, Ü°Ó¸Õ´Ó Þ´Û°ê¼¸Ý: Ñ¼´éÁ°Ü¹×· éÁ¸ÐÕ¼Ü;
Õ·Ù¼´éÁ°Þ°èÕ¼ Ð¶ê-Ô·Ñ¼·Ù´ê, Ü·Ô²Þ´ÙêÕ¹.

1 For the Leader; Al-tashheth. [A Psalm] of David; Michtam; when Saul sent,
and they watched the house to kill him.

Ñ Ô·æ¼´ÙÜµà´Ù ÞµÐ¹Ù°Ñ·Ù Ð±Ü¹Ô¸Ù; Þ´Þ¼´ê°çÕ¹Þ°Þ·Ù ê¼°éÂ·Ò¼°Ñµà´Ù.

2 Deliver me from mine enemies, O my G-d; set me on high from them that rise up against me.

Ò Ô·æ¼´ÙÜµà´Ù, Þ´ä¼¹â²ÜµÙ Ð¸Õ¶ß; Õ¼ÞµÐ·à°éÁµÙ Ó¸Þ´ÙÝ, ÔÕ¹éÁ´Ùâµà´Ù.

3 Deliver me from the workers of iniquity, and save me from the men of blood.

Ó Û¼´Ù Ô´à¼µÔ Ð¸è°ÑÕ¼, Ü°à·ä°éÁ´Ù-- Ù¸ÒÕ¼èÕ¼ â¸Ü·Ù â·Ö¼´ÙÝ;
Ü¹Ð-ä´éÁ°â´Ù Õ°Ü¹Ð-×·Ø¼¸Ðê´Ù Ù°ÔÕ¸Ô.

4 For, lo, they lie in wait for my soul; the impudent gather themselves together against me;
not for my transgression, nor for my sin, O L-RD.

Ô Ñ¼°Ü´Ù-â¸Õ‍¹ß, Ù°è»æÕ¼ß Õ°Ù´Û¼Õ¹à¸àÕ¼; âÕ¼è¸Ô Ü´ç°è¸Ðê´Ù Õ¼è°ÐµÔ.

5 Without my fault, they run and prepare themselves; awake Thou to help me, and behold.

Õ Õ°Ð·ê¼¸Ô Ù°ÔÕ¸Ô-Ð±Ü¹Ô´ÙÝ æ°Ñ¸ÐÕ¹ê, Ð±Ü¹ÔµÙ Ù´éÂ°è¸ÐµÜ-- Ô¸ç´Ùæ¸Ô, Ü´ä°ç¹Ó Û¼¸Ü-Ô·Ò¼Õ¹Ù´Ý; Ð·Ü-ê¼¸×¹ß Û¼¸Ü-Ñ¼¹Ò°ÓµÙ Ð¸Õ¶ß á¶Ü¸Ô.

6 Thou therefore, O L-RD G-d of hosts, the G-d of Israel, arouse Thyself to punish all the nations;
show no mercy to any iniquitous traitors. Selah

Ö Ù¸éÁÕ¼ÑÕ¼ Ü¸â¶è¶Ñ, Ù¶Ô±ÞÕ¼ Û·Û¼¸Ü¶Ñ; Õ´ÙáÕ¹Ñ°ÑÕ¼ â´Ùè.

7 They return at evening, they howl like a dog, and go round about the city.

× Ô´à¼µÔ, Ù·Ñ¼´ÙâÕ¼ß Ñ¼°ä´ÙÔ¶Ý--×²è¸ÑÕ¹ê, Ñ¼°éÂ´ä°êÕ¹êµÙÔ¶Ý: Û¼´Ù-Þ´Ù éÁ¹Þµâ·.

8 Behold, they belch out with their mouth; swords are in their lips: 'For who doth hear?'

Ø Õ°Ð·ê¼¸Ô Ù°ÔÕ¸Ô, ê¼´éÂ°×·ç-Ü¸ÞÕ¹; ê¼´Ü°â·Ò, Ü°Û¸Ü-Ò¼Õ¹Ù´Ý.

9 But Thou, O L-RD, shalt laugh at them; Thou shalt have all the nations in derision.

Ù â»Ö¼Õ¹, ÐµÜ¶ÙÚ¸ Ð¶éÁ°Þ¹è¸Ô: Û¼´Ù-Ð±Ü¹Ô´ÙÝ, Þ´éÂ°Ò¼·Ñ¼´Ù.

10 Because of his strength, I will wait for Thee; for G-d is my high tower.

ÙÐ Ð±Ü¹ÔµÙ ×áÓÕ (×·á°Ó¼´Ù) Ù°ç·Ó¼°Þµà´Ù; Ð±Ü¹Ô´ÙÝ, Ù·è°Ðµà´Ù Ñ°éÁ¹è°è¸Ù.

11 The G-d of my mercy will come to meet me; G-d will let me gaze upon mine adversaries.

ÙÑ Ð·Ü-ê¼·Ô·è°ÒµÝ, ä¼¶ß Ù´éÁ°Û¼°×Õ¼ â·Þ¼´Ù--Ô²à´ÙâµÞÕ¹ Ñ°×µÙÜ°Ú¸, Õ°ÔÕ¹è´ÙÓµÞÕ¹: Þ¸Ò´à¼µàÕ¼ Ð²Ó¹à¸Ù.

12 Slay them not, lest my people forget, make them wander to and fro by Thy power, and bring them down, O L-rd our shield.

ÙÒ ×·Ø¼·Ðê-ä¼´ÙÞÕ¹, Ó¼°Ñ·è-éÂ°ä¸êµÙÞÕ¹:

Õ°Ù´Ü¼¸Û°ÓÕ¼ Ñ´Ò°ÐÕ¹à¸Ý; Õ¼ÞµÐ¸Ü¸Ô Õ¼Þ´Û¼·×·éÁ Ù°á·ä¼µèÕ¼.

13 For the sin of their mouth, and the words of their lips,

let them even be taken in their pride, and for cursing and lying which they speak.

ÙÓ Û¼·Ü¼µÔ Ñ°×µÞ¸Ô, Û¼·Ü¼µÔ Õ°ÐµÙàµÞÕ¹:

Õ°ÙµÓ°âÕ¼--Û¼´Ù-Ð±Ü¹Ô´ÙÝ, Þ¹éÁµÜ Ñ¼°Ù·â²ç¹Ñ; Ü°Ð·ä°áµÙ Ô¸Ð¸è¶å á¶Ü¸Ô.

14 Consume them in wrath, consume them, that they be no more;

and let them know that G-d ruleth in Jacob, unto the ends of the earth. Selah

ØÕ Õ°Ù¸éÁ»ÑÕ¼ Ü¸â¶è¶Ñ, Ù¶Ô±ÞÕ¼ Û·Û¼¸Ü¶Ñ; Õ´ÙáÕ¹Ñ°ÑÕ¼ â´Ùè.

15 And they return at evening, they howl like a dog, and go round about the city;

ØÖ ÔµÞ¼¸Ô, ÙàÕâÕß (Ù°à´ÙâÕ¼ß) Ü¶Ð±Û¹Ü-- Ð´Ý-Ü¹Ð Ù´éÂ°Ñ¼°âÕ¼, Õ·Ù¼¸Ü´ÙàÕ¼.

16 They wander up and down to devour, and tarry all night if they have not their fill.

ÙÖ Õ·Ð²à´Ù, Ð¸éÁ´Ùè â»Ö¼¶Ú¸-- Õ·Ð²è·à¼µß Ü·Ñ¼¹ç¶è, ×·á°Ó¼¶Ú¸:
Û¼´Ù-Ô¸Ù´Ùê¸ Þ´éÂ°Ò¼¸Ñ Ü´Ù; Õ¼Þ¸àÕ¹á, Ñ¼°ÙÕ¹Ý æ·è-Ü´Ù.

17 But as for me, I will sing of Thy strength; yea, I will sing aloud of Thy mercy in the morning;
for Thou hast been my high tower, and a refuge in the day of my distress.

Ù× â»Ö¼´Ù, ÐµÜ¶ÙÚ¸ Ð²Ö·Þ¼è¸Ô: Û¼´Ù-Ð±Ü¹Ô´ÙÝ Þ´éÂ°Ò¼·Ñ¼´Ù, Ð±Ü¹ÔµÙ ×·á°Ó¼´Ù.

18 O my strength, unto Thee will I sing praises; for G-d is my high tower, the G-d of my mercy.

Psalms Chapter 77

Ð Ü·Þ°à·æ¼µ×· â·Ü-ÙÓÙêÕß (Ù°ÓÕ¼êÕ¼ß); Ü°Ð¸á¸ã Þ´Ö°ÞÕ¹è.

1 For the Leader; for Jeduthun. A Psalm of Asaph.

Ñ çÕ¹Ü´Ù Ð¶Ü-Ð±Ü¹Ô´ÙÝ Õ°Ð¶æ°â¸ç¸Ô; çÕ¹Ü´Ù Ð¶Ü-Ð±Ü¹Ô´ÙÝ, Õ°Ô·Ð²Ö´ÙÞ ÐµÜ¸Ù.

2 I will lift up my voice unto G-d, and cry; I will lift up my voice unto G-d, that He may give ear unto me.

Ò Ñ¼°ÙÕ¹Ý æ¸è¸ê´Ù, Ð²Ó¹à¸Ù Ó¼¸è¸éÁ°ê¼´Ù:

Ù¸Ó´Ù, Ü·Ù°Ü¸Ô à´Ò¼°è¸Ô--Õ°Ü¹Ð ê¸äÕ¼Ò; ÞµÐ²à¸Ô Ô´à¼¸×µÝ à·ä°éÁ´Ù.

3 In the day of my trouble I seek the L-rd;

with my hand uplifted, [mine eye] streameth in the night without ceasing; my soul refuseth to be comforted.

Ó Ð¶Ö°Û¼°è¸Ô Ð±Ü¹Ô´ÙÝ Õ°Ð¶Ô±Þ¸Ù¸Ô; Ð¸éÂ´Ù×¸Ô, Õ°ê´ê°â·Ø¼µã èÕ¼×´Ù á¶Ü¸Ô.

4 When I think thereon, O G-d, I must moan; when I muse thereon, my spirit fainteth. Selah

Ô Ð¸×·Ö°ê¼¸, éÁ°Þ»èÕ¹ê âµÙà¸Ù; à´ä°â·Þ°ê¼´Ù, Õ°Ü¹Ð Ð²Ó·Ñ¼µè.

5 Thou holdest fast the lids of mine eyes; I am troubled, and cannot speak.

Õ ×´é¼Á·Ñ°ê¼´Ù Ù¸Þ´ÙÝ Þ´ç¼¶Ó¶Ý-- éÁ°àÕ¹ê, âÕ¹Ü¸Þ´ÙÝ.

6 I have pondered the days of old, the years of ancient times.

Ö Ð¶Ö°Û¼°è¸Ô à°Ò´Ùà¸ê´Ù, Ñ¼·Ü¼¸Ù°Ü¸Ô: â´Ý-Ü°Ñ¸Ñ´Ù Ð¸éÂ´Ù×¸Ô; Õ·Ù°×·ä¼µéÂ èÕ¼×´Ù.

7 In the night I will call to remembrance my song; I will commune with mine own heart; and my spirit maketh diligent search:

× Ô·Ü°âÕ¹Ü¸Þ´ÙÝ, Ù´Ö°à·× Ð²Ó¹à¸Ù; Õ°Ü¹Ð-Ù¹á´Ùã Ü´è°æÕ¹ê âÕ¹Ó.

8 'Will the L-rd cast off for ever? And will He be favourable no more?

Ø Ô¶Ð¸äµá Ü¸à¶æ·× ×·á°Ó¼Õ¹; Ò¼¸Þ·è Ð¹Þ¶è, Ü°Ó¹è Õ¸Ó¹è.

9 Is His mercy clean gone for ever? Is His promise come to an end for evermore?

Ù Ô²éÁ¸Û·× ×·à¼Õ¹ê ÐµÜ; Ð´Ý-ç¸ä·å Ñ¼°Ð·ã, è·×²Þ¸ÙÕ á¶Ü¸Ô.

10 Hath G-d forgotten to be gracious? Hath He in anger shut up his compassions?' Selah

ÙÐ Õ¸Ð¹Þ·è, ×·Ü¼Õ¹ê´Ù Ô´ÙÐ-- éÁ°àÕ¹ê, Ù°Þ´ÙÕß â¶Ü°ÙÕ¹ß.

11 And I say: 'This is my weakness, that the right hand of the Most High could change.

ÙÑ ÐÖÛÙè (Ð¶Ö°Û¼Õ¹è) Þ·â·Ü°ÜµÙ-Ù¸Ô¼: Û¼´Ù-Ð¶Ö°Û¼°è¸Ô Þ´ç¼¶Ó¶Ý ä¼´Ü°Ð¶Ú¸.

12 I will make mention of the deeds of the L-RD; yea, I will remember Thy wonders of old.

ÙÒ Õ°Ô¸Ò´Ùê´Ù Ñ°Û¸Ü-ä¼¸â³Ü¶Ú¸; Õ¼Ñ·â²Ü´ÙÜÕ¹ê¶ÙÚ¸ Ð¸éÂ´Ù×¸Ô.

13 I will meditate also upon all Thy work, and muse on Thy doings.'

ÙÓ Ð±Ü¹Ô´ÙÝ, Ñ¼·ç¼¹Ó¶éÁ Ó¼·è°Û¼¶Ú¸; Þ´Ù-ÐµÜ Ò¼¸ÓÕ¹Ü, Û¼µÐÜ¹Ô´ÙÝ.

14 O G-d, Thy way is in holiness; who is a great G-d like unto G-d?

ØÕ Ð·ê¼¸Ô Ô¸ÐµÜ, â¹éÂµÔ ä¶Ü¶Ð; ÔÕ¹Ó·â°ê¼¸ Ñ¸â·Þ¼´ÙÝ â»Ö¼¶Ú¸.

15 Thou art the G-d that doest wonders; Thou hast made known Thy strength among the peoples.

ØÖ Ò¼¸Ð·Ü°ê¼¸ Ñ¼´Ö°èÕ¹â· â·Þ¼¶Ú¸; Ñ¼°àµÙ-Ù·â²ç¹Ñ Õ°ÙÕ¹áµã á¶Ü¸Ô.

16 Thou hast with Thine arm redeemed Thy people, the sons of Jacob and Joseph. Selah

ÙÖ è¸ÐÕ¼Ú¸ Þ¼·Ù´Ý, Ð±Ü¹Ô´ÙÝ--è¸ÐÕ¼Ú¸ Þ¼·Ù´Ý Ù¸×´ÙÜÕ¼; Ð·ã, Ù´è°Ò¼°ÖÕ¼ ê°Ô¹ÞÕ¹ê.

17 The waters saw Thee, O G-d; the waters saw Thee, they were in pain; the depths also trembled.

Ù× Ö¹è°ÞÕ¼ Þ·Ù´Ý, â¸ÑÕ¹ê--çÕ¹Ü, à¸ê°àÕ¼ éÁ°×¸ç´ÙÝ; Ð·ã-×²æ¸æ¶ÙÚ¸, Ù´ê°Ô·Ü¼¸ÛÕ¼.

18 The clouds flooded forth waters; the skies sent out a sound; Thine arrows also went abroad.

ÙØ çÕ¹Ü è·â·Þ°Ú¸, Ñ¼·Ò¼·Ü°Ò¼·Ü--ÔµÐ´ÙèÕ¼ Ñ°è¸ç´ÙÝ ê¼µÑµÜ; è¸Ò°Ö¸Ô Õ·ê¼´è°â·éÁ Ô¸Ð¸è¶å.

19 The voice of Thy thunder was in the whirlwind; the lightnings lighted up the world; the earth trembled and shook.

Û Ñ¼·Ù¼¸Ý Ó¼·è°Û¼¶Ú¸--ÕéÑÙÜÙÚ (Õ¼éÁ°Ñ´ÙÜ°Ú¸), Ñ¼°Þ·Ù´Ý è·Ñ¼´ÙÝ; Õ°â´ç¼°ÑÕ¹ê¶ÙÚ¸, Ü¹Ð à¹Ó¸âÕ¼.

20 Thy way was in the sea, and Thy path in the great waters, and Thy footsteps were not known.

ÛÐ à¸×´Ùê¸ Û·æ¼¹Ðß â·Þ¼¶Ú¸-- Ñ¼°Ù·Ó-Þ¹éÁ¶Ô Õ°Ð·Ô²è¹ß.

21 Thou didst lead Thy people like a flock, by the hand of Moses and Aaron.

Psalms Chapter 90

Ð ê¼°ä´Ü¼¸Ô, Ü°Þ¹éÁ¶Ô Ð´ÙéÁ-Ô¸Ð±Ü¹Ô´ÙÝ:

Ð²Ó¹à¸Ù--Þ¸âÕ¹ß Ð·ê¼¸Ô, Ô¸Ù´Ùê¸ Ü¼¸àÕ¼; Ñ¼°Ó¹è Õ¸Ó¹è.

1 A Prayer of Moses the man of G-d.

L-rd, Thou hast been our dwelling-place in all generations.

Ñ Ñ¼°Ø¶è¶Ý, Ô¸è´ÙÝ Ù»Ü¼¸ÓÕ¼-- Õ·ê¼°×Õ¹ÜµÜ Ð¶è¶å Õ°êµÑµÜ;

Õ¼ÞµâÕ¹Ü¸Ý â·Ó-âÕ¹Ü¸Ý, Ð·ê¼¸Ô ÐµÜ.

2 Before the mountains were brought forth, or ever Thou hadst formed the earth and the world,

even from everlasting to everlasting, Thou art G-d.

Ò ê¼¸éÁµÑ Ð±àÕ¹éÁ, â·Ó-Ó¼·Û¼¸Ð; Õ·ê¼¹ÐÞ¶è, éÁÕ¼ÑÕ¼ Ñ°àµÙ-Ð¸Ó¸Ý.

3 Thou turnest man to contrition; and sayest: 'Return, ye children of men.'

Ó Û¼´Ù Ð¶Ü¶ã éÁ¸à´ÙÝ, Ñ¼°âµÙà¶ÙÚ¸-- Û¼°ÙÕ¹Ý Ð¶ê°ÞÕ¹Ü, Û¼´Ù Ù·â²Ñ¹è;

Õ°Ð·éÁ°ÞÕ¼è¸Ô Ñ·Ü¼¸Ù°Ü¸Ô.

4 For a thousand years in Thy sight are but as yesterday when it is past,

and as a watch in the night.

Ô Ö°è·Þ°ê¼¸Ý, éÁµà¸Ô Ù´Ô°ÙÕ¼; Ñ¼·Ñ¼¹ç¶è, Û¼¶×¸æ´Ùè Ù·×²Ü¹ã.

5 Thou carriest them away as with a flood; they are as a sleep; in the morning they are like grass which groweth up.

Õ Ñ¼·Ñ¼¹ç¶è, Ù¸æ´Ùå Õ°×¸Ü¸ã; Ü¸â¶è¶Ñ, Ù°ÞÕ¹ÜµÜ Õ°Ù¸ÑµéÁ.

6 In the morning it flourisheth, and groweth up; in the evening it is cut down, and withereth.

Ö Û¼´Ù-Û¸Ü´ÙàÕ¼ Ñ°Ð·ä¼¶Ú¸; Õ¼Ñ·×²Þ¸ê°Ú¸ à´Ñ°Ô¸Ü°àÕ¼.

7 For we are consumed in Thine anger, and by Thy wrath are we hurried away.

× éê (éÁ·ê¼¸Ô) â²Õ‍¹à¹êµÙàÕ¼ Ü°à¶Ò°Ó¼¶Ú¸; â²Ü»ÞµàÕ¼, Ü´Þ°ÐÕ¹è ä¼¸à¶ÙÚ¸.

8 Thou hast set our iniquities before Thee, our secret sins in the light of Thy countenance.

Ø Û¼´Ù Û¸Ü-Ù¸ÞµÙàÕ¼, ä¼¸àÕ¼ Ñ°â¶Ñ°è¸ê¶Ú¸; Û¼´Ü¼´ÙàÕ¼ éÁ¸àµÙàÕ¼ Û°ÞÕ¹-Ô¶Ò¶Ô.

9 For all our days are passed away in Thy wrath; we bring our years to an end as a tale that is told.

Ù Ù°ÞµÙ-éÁ°àÕ¹êµÙàÕ¼ Ñ¸Ô¶Ý éÁ´Ñ°â´ÙÝ éÁ¸à¸Ô, Õ°Ð´Ý Ñ¼´Ò°ÑÕ¼è¹ê éÁ°ÞÕ¹à´ÙÝ éÁ¸à¸Ô--
Õ°è¸Ô°Ñ¼¸Ý, â¸Þ¸Ü Õ¸Ð¸Õ¶ß:
Û¼´Ù-Ò¸Ö ×´ÙéÁ, Õ·à¼¸â»ä¸Ô.

10 The days of our years are threescore years and ten, or even by reason of strength fourscore years;
yet is their pride but travail and vanity;
for it is speedily gone, and we fly away.

ÙÐ Þ´Ù-ÙÕ¹Óµâ·, â¹Ö Ð·ä¼¶Ú¸; Õ¼Û°Ù´è°Ð¸ê°Ú¸, â¶Ñ°è¸ê¶Ú¸.

11 Who knoweth the power of Thine anger, and Thy wrath according to the fear that is due unto Thee?

ÙÑ Ü´Þ°àÕ¹ê Ù¸ÞµÙàÕ¼, Û¼µß ÔÕ¹Ó·â; Õ°à¸Ñ´Ð, Ü°Ñ·Ñ ×¸Û°Þ¸Ô.

12 So teach us to number our days, that we may get us a heart of wisdom.

ÙÒ éÁÕ¼Ñ¸Ô Ù°ÔÕ¸Ô, â·Ó-Þ¸ê¸Ù; Õ°Ô´à¼¸×µÝ, â·Ü-â²Ñ¸Ó¶ÙÚ¸.

13 Return, O L-RD; how long? And let it repent Thee concerning Thy servants.

ÙÓ éÂ·Ñ¼°âµàÕ¼ Ñ·Ñ¼¹ç¶è ×·á°Ó¼¶Ú¸; Õ¼à°è·à¼°à¸Ô Õ°à´éÂ°Þ°×¸Ô, Ñ¼°Û¸Ü-Ù¸ÞµÙàÕ¼.

14 O satisfy us in the morning with Thy mercy; that we may rejoice and be glad all our days.

ØÕ éÂ·Þ¼°×µàÕ¼, Û¼´ÙÞÕ¹ê â´à¼´Ùê¸àÕ¼: éÁ°àÕ¹ê, è¸Ð´ÙàÕ¼ è¸â¸Ô.

15 Make us glad according to the days wherein Thou hast afflicted us, according to the years wherein we have seen evil.

ØÖ Ùµè¸Ð¶Ô Ð¶Ü-â²Ñ¸Ó¶ÙÚ¸ ä¸â³Ü¶Ú¸; Õ·Ô²Ó¸è°Ú¸, â·Ü-Ñ¼°àµÙÔ¶Ý.

16 Let Thy work appear unto Thy servants, and Thy glory upon their children.

ÙÖ Õ´ÙÔ´Ù, à¹â·Ý Ð²Ó¹à¸Ù Ð±Ü¹ÔµÙàÕ¼-- â¸ÜµÙàÕ¼:

Õ¼Þ·â²éÂµÔ Ù¸ÓµÙàÕ¼, Û¼Õ¹à°à¸Ô â¸ÜµÙàÕ¼; Õ¼Þ·â²éÂµÔ Ù¸ÓµÙàÕ¼, Û¼Õ¹à°àµÔÕ¼.

17 And let the graciousness of the L-rd our G-d be upon us;

establish Thou also upon us the work of our hands; yea, the work of our hands establish Thou it.

Psalms Chapter 105

Ð ÔÕ¹ÓÕ¼ Ü·ÙÔÕ¸Ô, ç´è°ÐÕ¼ Ñ´éÁ°ÞÕ¹; ÔÕ¹Ó´ÙâÕ¼ Ñ¸â·Þ¼´ÙÝ, â²Ü´ÙÜÕ¹ê¸ÙÕ.

1 O give thanks unto the L-RD, call upon His name; make known His doings among the peoples.

Ñ éÁ´ÙèÕ¼-ÜÕ¹, Ö·Þ¼°èÕ¼-ÜÕ¹; éÂ´Ù×Õ¼, Ñ¼°Û¸Ü-à´ä°Ü°ÐÕ¹ê¸ÙÕ.

2 Sing unto Him, sing praises unto Him; speak ye of all His marvellous works.

Ò Ô´ê°Ô·Ü°ÜÕ¼, Ñ¼°éÁµÝ ç¸Ó°éÁÕ¹; Ù´éÂ°Þ·×, ÜµÑ Þ°Ñ·ç°éÁµÙ Ù°ÔÕ¸Ô.

3 Glory ye in His holy name; let the heart of them rejoice that seek the L-RD.

Ó Ó¼´è°éÁÕ¼ Ù°ÔÕ¸Ô Õ°â»Ö¼Õ¹; Ñ¼·ç¼°éÁÕ¼ ä¸à¸ÙÕ ê¼¸Þ´ÙÓ.

4 Seek ye the L-RD and His strength; seek His face continually.

Ô Ö´Û°èÕ¼--à´ä°Ü°ÐÕ¹ê¸ÙÕ Ð²éÁ¶è-â¸éÂ¸Ô; Þ¹ä°ê¸ÙÕ, Õ¼Þ´éÁ°ä¼°ØµÙ-ä´ÙÕ.

5 Remember His marvellous works that He hath done, His wonders, and the judgments of His mouth;

Õ Ö¶è·â, Ð·Ñ°è¸Ô¸Ý â·Ñ°Ó¼Õ¹: Ñ¼°àµÙ Ù·â²ç¹Ñ Ñ¼°×´Ùè¸ÙÕ.

6 O ye seed of Abraham His servant, ye children of Jacob, His chosen ones.

Ö ÔÕ¼Ð, Ù°ÔÕ¸Ô Ð±Ü¹ÔµÙàÕ¼; Ñ¼°Û¸Ü-Ô¸Ð¸è¶å, Þ´éÁ°ä¼¸Ø¸ÙÕ.

7 He is the L-RD our G-d; His judgments are in all the earth.

× Ö¸Û·è Ü°âÕ¹Ü¸Ý Ñ¼°è´ÙêÕ¹; Ó¼¸Ñ¸è æ´Õ¼¸Ô, Ü°Ð¶Ü¶ã Ó¼Õ¹è.

8 He hath remembered His covenant for ever, the word which He commanded to a thousand generations;

Ø Ð²éÁ¶è Û¼¸è·ê, Ð¶ê-Ð·Ñ°è¸Ô¸Ý; Õ¼éÁ°ÑÕ¼â¸êÕ¹ Ü°Ù´éÂ°×¸ç.

9 [The covenant] which He made with Abraham, and His oath unto Isaac;

Ù Õ·Ù¼·â²Þ´ÙÓ¶Ô¸ Ü°Ù·â²ç¹Ñ Ü°×¹ç; Ü°Ù´éÂ°è¸ÐµÜ, Ñ¼°è´Ùê âÕ¹Ü¸Ý.

10 And He established it unto Jacob for a statute, to Israel for an everlasting covenant;

ÙÐ ÜµÐÞ¹è--Ü°Ú¸, Ð¶ê¼µß Ð¶ê-Ð¶è¶å-Û¼°à¸â·ß: ×¶Ñ¶Ü, à·×²Ü·ê°Û¶Ý.

11 Saying: 'Unto thee will I give the land of Canaan, the lot of your inheritance.'

ÙÑ Ñ¼´Ô°ÙÕ¹ê¸Ý, Þ°êµÙ Þ´á°ä¼¸è; Û¼´Þ°â·Ø, Õ°Ò¸è´ÙÝ Ñ¼¸Ô¼.

12 When they were but a few men in number. Yea, very few, and sojourners in it,

ÙÒ Õ·Ù¼´ê°Ô·Ü¼°ÛÕ¼, Þ´Ò¼Õ¹Ù Ð¶Ü-Ò¼Õ¹Ù; Þ´Þ¼·Þ°Ü¸Û¸Ô, Ð¶Ü-â·Ý Ð·×µè.

13 And when they went about from nation to nation, from one kingdom to another people,

ÙÓ Ü¹Ð-Ô´à¼´Ù×· Ð¸Ó¸Ý Ü°â¸éÁ°ç¸Ý; Õ·Ù¼Õ¹Û·× â²ÜµÙÔ¶Ý Þ°Ü¸Û´ÙÝ.

14 He suffered no man to do them wrong, yea, for their sake He reproved kings:

ØÕ Ð·Ü-ê¼´Ò¼°âÕ¼ Ñ´Þ°éÁ´Ù×¸Ù; Õ°Ü´à°Ñ´ÙÐ·Ù, Ð·Ü-ê¼¸èµâÕ¼.

15 'Touch not Mine anointed ones, and do My prophets no harm.'

ØÖ Õ·Ù¼´ç°è¸Ð è¸â¸Ñ, â·Ü-Ô¸Ð¸è¶å; Û¼¸Ü-Þ·Ø¼µÔ-Ü¶×¶Ý éÁ¸Ñ¸è.

16 And He called a famine upon the land; He broke the whole staff of bread.

ÙÖ éÁ¸Ü·× Ü´ä°àµÙÔ¶Ý Ð´ÙéÁ; Ü°â¶Ñ¶Ó, à´Þ°Û¼·è ÙÕ¹áµã.

17 He sent a man before them; Joseph was sold for a servant;

Ù× â´à¼Õ¼ Ñ·Û¼¶Ñ¶Ü èÒÜÙÕ (è·Ò°ÜÕ¹); Ñ¼·è°Ö¶Ü, Ñ¼¸Ð¸Ô à·ä°éÁÕ¹.

18 His feet they hurt with fetters, his person was laid in iron;

ÙØ â·Ó-âµê Ñ¼¹Ð-Ó°Ñ¸èÕ¹-- Ð´Þ°è·ê Ù°ÔÕ¸Ô æ°è¸ä¸ê°ÔÕ¼.

19 Until the time that his word came to pass, the word of the L-RD tested him.

Û éÁ¸Ü·× Þ¶Ü¶Ú°, Õ·Ù·ê¼´ÙèµÔÕ¼; Þ¹éÁµÜ â·Þ¼´ÙÝ, Õ·Ù°ä·ê¼°×µÔÕ¼.

20 The king sent and loosed him; even the ruler of the peoples, and set him free.

ÛÐ éÂ¸ÞÕ¹ Ð¸ÓÕ¹ß Ü°ÑµÙêÕ¹; Õ¼Þ¹éÁµÜ, Ñ¼°Û¸Ü-ç´à°Ù¸àÕ¹.

21 He made him L-rd of his house, and ruler of all his possessions;

ÛÑ Ü¶Ð°á¹è éÂ¸è¸ÙÕ Ñ¼°à·ä°éÁÕ¹; Õ¼Ö°çµà¸ÙÕ Ù°×·Û¼µÝ.

22 To bind his princes at his pleasure, and teach his elders wisdom.

ÛÒ Õ·Ù¼¸Ñ¹Ð Ù´éÂ°è¸ÐµÜ Þ´æ°è¸Ù´Ý; Õ°Ù·â²ç¹Ñ, Ò¼¸è Ñ¼°Ð¶è¶å-×¸Ý.

23 Israel also came into Egypt; and Jacob sojourned in the land of Ham.

ÛÓ Õ·Ù¼¶ä¶è Ð¶ê-â·Þ¼Õ¹ Þ°Ð¹Ó; Õ·Ù¼·â²æ´ÞµÔÕ¼, Þ´æ¼¸è¸ÙÕ.

24 And He increased His people greatly, and made them too mighty for their adversaries.

ÛÔ Ô¸ä·Ú° Ü´Ñ¼¸Ý, Ü´éÂ°à¹Ð â·Þ¼Õ¹; Ü°Ô´ê°à·Û¼µÜ, Ñ¼·â²Ñ¸Ó¸ÙÕ.

25 He turned their heart to hate His people, to deal craftily with His servants.

ÛÕ éÁ¸Ü·×, Þ¹éÁ¶Ô â·Ñ°Ó¼Õ¹; Ð·Ô²è¹ß, Ð²éÁ¶è Ñ¼¸×·è-Ñ¼Õ¹.

26 He sent Moses His servant, and Aaron whom He had chosen.

ÛÖ éÂ¸ÞÕ¼-Ñ¸Ý, Ó¼´Ñ°èµÙ Ð¹êÕ¹ê¸ÙÕ; Õ¼Þ¹ä°ê´ÙÝ, Ñ¼°Ð¶è¶å ×¸Ý.

27 They wrought among them His manifold signs, and wonders in the land of Ham.

Û× éÁ¸Ü·× ×¹éÁ¶Ú°, Õ·Ù¼·×°éÁ´Ú°; Õ°Ü¹Ð-Þ¸èÕ¼, Ð¶ê-ÓÑèÙÕ (Ó¼°Ñ¸èÕ¹).

28 He sent darkness, and it was dark; and they rebelled not against His word.

ÛØ Ô¸ä·Ú° Ð¶ê-ÞµÙÞµÙÔ¶Ý Ü°Ó¸Ý; Õ·Ù¼¸Þ¶ê, Ð¶ê-Ó¼°Ò¸ê¸Ý.

29 He turned their waters into blood, and slew their fish.

Ü éÁ¸è·å Ð·è°æ¸Ý æ°ä·è°Ó¼°â´ÙÝ; Ñ¼°×·Ó°èµÙ, Þ·Ü°ÛµÙÔ¶Ý.

30 Their land swarmed with frogs, in the chambers of their kings.

ÜÐ Ð¸Þ·è, Õ·Ù¼¸Ñ¹Ð â¸è¹Ñ; Û¼´à¼´ÙÝ, Ñ¼°Û¸Ü-Ò¼°ÑÕ¼Ü¸Ý.

31 He spoke, and there came swarms of flies, and gnats in all their borders.

ÜÑ à¸ê·ß Ò¼´éÁ°ÞµÙÔ¶Ý Ñ¼¸è¸Ó; ÐµéÁ Ü¶Ô¸ÑÕ¹ê Ñ¼°Ð·è°æ¸Ý.

32 He gave them hail for rain, and flaming fire in their land.

ÜÒ Õ·Ù¼·Ú° Ò¼·ä°à¸Ý, Õ¼ê°Ðµà¸ê¸Ý; Õ·Ù°éÁ·Ñ¼µè, âµå Ò¼°ÑÕ¼Ü¸Ý.

33 He smote their vines also and their fig-trees; and broke the trees of their borders.

ÜÓ Ð¸Þ·è, Õ·Ù¼¸Ñ¹Ð Ð·è°Ñ¼¶Ô; Õ°Ù¶Ü¶ç, Õ°ÐµÙß Þ´á°ä¼¸è.

34 He spoke, and the locust came, and the canker-worm without number,

ÜÔ Õ·Ù¼¹ÐÛ·Ü Û¼¸Ü-âµéÂ¶Ñ Ñ¼°Ð·è°æ¸Ý; Õ·Ù¼¹ÐÛ·Ü, ä¼°è´Ù Ð·Ó°Þ¸ê¸Ý.

35 And did eat up every herb in their land, and did eat up the fruit of their ground.

ÜÕ Õ·Ù¼·Ú° Û¼¸Ü-Ñ¼°ÛÕ¹è Ñ¼°Ð·è°æ¸Ý; èµÐéÁ´Ùê, Ü°Û¸Ü-ÐÕ¹à¸Ý.

36 He smote also all the first-born in their land, the first-fruits of all their strength.

ÜÖ Õ·Ù¼Õ¹æ´ÙÐµÝ, Ñ¼°Û¶á¶ã Õ°Ö¸Ô¸Ñ; Õ°ÐµÙß Ñ¼´éÁ°Ñ¸Ø¸ÙÕ Û¼Õ¹éÁµÜ.

37 And He brought them forth with silver and gold; and there was none that stumbled among His tribes.

Ü× éÂ¸Þ·× Þ´æ°è·Ù´Ý Ñ¼°æµÐê¸Ý: Û¼´Ù-à¸ä·Ü ä¼·×°Ó¼¸Ý â²ÜµÙÔ¶Ý.

38 Egypt was glad when they departed; for the fear of them had fallen upon them.

ÜØ ä¼¸è·éÂ â¸à¸ß Ü°Þ¸á¸Ú°; Õ°ÐµéÁ, Ü°Ô¸Ð´Ùè Ü¸Ù°Ü¸Ô.

39 He spread a cloud for a screen; and fire to give light in the night.

Þ éÁ¸Ð·Ü, Õ·Ù¼¸ÑµÐ éÂ°Ü¸Õ; Õ°Ü¶×¶Ý éÁ¸Þ·Ù´Ý, Ù·éÂ°Ñ¼´ÙâµÝ.

40 They asked, and He brought quails, and gave them in plenty the bread of heaven.

ÞÐ ä¼¸ê·× æÕ¼è, Õ·Ù¼¸ÖÕ¼ÑÕ¼ Þ¸Ù´Ý; Ô¸Ü°ÛÕ¼, Ñ¼·æ¼´Ù¼Õ¹ê à¸Ô¸è.

41 He opened the rock, and waters gushed out; they ran, a river in the dry places.

ÞÑ Û¼´Ù-Ö¸Û·è, Ð¶ê-Ó¼°Ñ·è ç¸Ó°éÁÕ¹; Ð¶ê-Ð·Ñ°è¸Ô¸Ý â·Ñ°Ó¼Õ¹.

42 For He remembered His holy word unto Abraham His servant;

ÞÒ Õ·Ù¼Õ¹æ´Ð â·Þ¼Õ¹ Ñ°éÂ¸éÂÕ¹ß; Ñ¼°è´à¼¸Ô, Ð¶ê-Ñ¼°×´Ùè¸ÙÕ.

43 And He brought forth His people with joy, His chosen ones with singing.

ÞÓ Õ·Ù¼´ê¼µß Ü¸Ô¶Ý, Ð·è°æÕ¹ê Ò¼Õ¹Ù´Ý; Õ·â²Þ·Ü Ü°Ð»Þ¼´ÙÝ Ù´Ùè¸éÁÕ¼.

44 And He gave them the lands of the nations, and they took the labour of the peoples in possession;

ÞÔ Ñ¼·â²ÑÕ¼è, Ù´éÁ°Þ°èÕ¼ ×»ç¼¸ÙÕ-- Õ°êÕ¹è¹ê¸ÙÕ Ù´à°æ¹èÕ¼;

Ô·Ü°ÜÕ¼-Ù¸Ô¼.

45 That they might keep His statutes, and observe His laws.

Halleluyah.

Psalms Chapter 137

Ð â·Ü à·Ô²èÕ¹ê, Ñ¼¸Ñ¶Ü--éÁ¸Ý Ù¸éÁ·Ñ°àÕ¼, Ò¼·Ý-Ñ¼¸Û´ÙàÕ¼: Ñ¼°Ö¸Û°èµàÕ¼, Ð¶ê-æ´Ù¼Õ¹ß.

1 By the rivers of Babylon, there we sat down, yea, we wept, when we remembered Zion.

Ñ â·Ü-â²è¸Ñ´ÙÝ Ñ¼°êÕ¹Û¸Ô¼-- ê¼¸Ü´ÙàÕ¼, Û¼´à¼¹èÕ¹êµÙàÕ¼.

2 Upon the willows in the midst thereof we hanged up our harps.

Ò Û¼´Ù éÁ¸Ý éÁ°ÐµÜÕ¼àÕ¼ éÁÕ¹ÑµÙàÕ¼, Ó¼´Ñ°èµÙ-éÁ´Ùè-- Õ°êÕ¹Ü¸ÜµÙàÕ¼ éÂ´Þ°×¸Ô:

éÁ´ÙèÕ¼ Ü¸àÕ¼, Þ´é¼Á´Ùè æ´Ù¼Õ¹ß.

3 For there they that led us captive asked of us words of song, and our tormentors asked of us mirth:

'Sing us one of the songs of Zion.'

Ó ÐµÙÚ°--à¸éÁ´Ùè Ð¶ê-éÁ´Ùè-Ù°ÔÕ¸Ô: â·Ü, Ð·Ó°Þ·ê àµÛ¸è.

4 How shall we sing the L-RD'S song in a foreign land?

Ô Ð´Ý-Ð¶éÁ°Û¼¸×µÚ° Ù°èÕ¼éÁ¸Ü¸´Ý-- ê¼´éÁ°Û¼·× Ù°Þ´Ùà´Ù.

5 If I forget thee, O Jerusalem, let my right hand forget her cunning.

Õ ê¼´Ó°Ñ¼·ç-Ü°éÁÕ¹à´Ù, Ü°×´Û¼´Ù-- Ð´Ý-Ü¹Ð Ð¶Ö°Û¼°èµÛ´Ù:

Ð´Ý-Ü¹Ð Ð·â²Ü¶Ô, Ð¶ê-Ù°èÕ¼éÁ¸Ü·´Ý-- â·Ü, è¹ÐéÁ éÂ´Þ°×¸ê´Ù.

6 Let my tongue cleave to the roof of my mouth, if I remember thee not;

if I set not Jerusalem above my chiefest joy.

Ö Ö°Û¹è Ù°ÔÕ¸Ô, Ü´Ñ°àµÙ Ð±ÓÕ¹Ý-- Ðµê, ÙÕ¹Ý Ù°èÕ¼éÁ¸Ü¸´Ý:

Ô¸Ð¹Þ°è´ÙÝ, â¸èÕ¼ â¸èÕ¼-- â·Ó, Ô·Ù°áÕ¹Ó Ñ¼¸Ô¼.

7 Remember, O L-RD, against the children of Edom the day of Jerusalem;

who said: 'Raze it, raze it, even to the foundation thereof.'

× Ñ¼·ê-Ñ¼¸Ñ¶Ü, Ô·é¼Á°ÓÕ¼Ó¸Ô:

Ð·éÁ°èµÙ éÁ¶Ù°éÁ·Ü¼¶Ý-Ü¸Ú°-- Ð¶ê-Ò¼°ÞÕ¼ÜµÚ°, éÁ¶Ò¼¸Þ·Ü°ê¼° Ü¸àÕ¼.

8 O daughter of Babylon, that art to be destroyed;

happy shall he be, that repayeth thee as thou hast served us.

Ø Ð·éÁ°èµÙ, éÁ¶Ù¼¹Ð×µÖ Õ°à´ä¼µå Ð¶ê-â¹Ü¸Ü·Ù´Ú°-- Ð¶Ü-Ô·á¼¸Ü·â.

9 Happy shall he be, that taketh and dasheth thy little ones against the rock.

Psalms Chapter 150

Ð Ô·Ü°ÜÕ¼-Ù¸Ô¼:

Ô·Ü°ÜÕ¼-ÐµÜ Ñ¼°ç¸Ó°éÁÕ¹; Ô·Ü°ÜÕ¼ÔÕ¼, Ñ¼´è°ç´Ùâ· â»Ö¼Õ¹.

1 Halleluyah.

Praise G-d in His sanctuary; praise Him in the firmament of His power.

Ñ Ô·Ü°ÜÕ¼ÔÕ¼ Ñ´Ò°ÑÕ¼è¹ê¸ÙÕ; Ô·Ü°ÜÕ¼ÔÕ¼, Û¼°è¹Ñ Ò¼»Ó°ÜÕ¹.

2 Praise Him for His mighty acts; praise Him according to His abundant greatness.

Ò Ô·Ü°ÜÕ¼ÔÕ¼, Ñ¼°êµç·â éÁÕ¹ä¸è; Ô·Ü°ÜÕ¼ÔÕ¼, Ñ¼°àµÑ¶Ü Õ°Û´à¼Õ¹è.

3 Praise Him with the blast of the horn; praise Him with the psaltery and harp.

Ó Ô·Ü°ÜÕ¼ÔÕ¼, Ñ¼°ê¹ã Õ¼Þ¸×Õ¹Ü; Ô·Ü°ÜÕ¼ÔÕ¼, Ñ¼°Þ´à¼´ÙÝ Õ°â»Ò¸Ñ.

4 Praise Him with the timbrel and dance; praise Him with stringed instruments and the pipe.

Ô Ô·Ü°ÜÕ¼ÔÕ¼ Ñ°æ´Ü°æ°ÜµÙ-éÁ¸Þ·â; Ô·Ü°ÜÕ¼ÔÕ¼, Ñ¼°æ´Ü°æ°ÜµÙ ê°èÕ¼â¸Ô.

5 Praise Him with the loud-sounding cymbals; praise Him with the clanging cymbals.

Õ Û¼¹Ü Ô·à¼°éÁ¸Þ¸Ô, ê¼°Ô·Ü¼µÜ Ù¸Ô¼: Ô·Ü°ÜÕ¼-Ù¸Ô¼.

6 Let everything that hath breath praise the L-RD. Halleluyah.

]After reciting Psalms, it is customary to say this:

Þ´Ù Ù´ê¼µß Þ´æ¼´Ù¼Õ¹ß Ù°éÁÕ¼â·ê Ù´éÂ°è¸ÐµÜ Ñ¼°éÁÕ¼Ñ Ù°Ô¹Õ¸Ô éÁ°ÑÕ¼ê â·Þ¼Õ¹ Ù¸ÒµÜ Ù·â²ç¹Ñ Ù´éÂ°Þ·× Ù´éÂ

Õ¼ê°éÁÕ¼â·ê æ·Ó¼´Ùç´ÙÝ ÞµÙ°Ô¹Õ¸Ô Þ¸âÕ¼Ö¼¸Ý Ñ¼°âµê æ¸è¸Ô:

Õ·Ù¼·â°Ö°èµÝ Ù°Ô¹Õ¸Ô Õ·Ù°ä·Ü¼°ØµÝ Ù°ä·Ü¼°ØµÝ Þµè°éÁ¸â´ÙÝ Õ°ÙÕ¹éÁ´ÙâµÝ Û¼´Ù ×¸áÕ¼ ÑÕ¹:

[Translation of Psalms from the Masoretic Text and the Jewish Publication Society 1917 version, http://www.mechon-mamre.org/p/pt/pt0.htm]

"Vidui" - Prayer

[After reciting the Tehillim of the Tikun HaKlali, it is very beneficial to say this prayer, composed by Rabbi Nachman's foremost student, Rabbi Natan:]

"I will sing to the L-rd as long as I live, I will: I will sing praise to my G-d while I live. Let the outpouring of my words be sweet; I will rejoice in the L-rd" (Tehillim, 104:33).

"Praise the L-rd with a lyre; make melody to him with the harp of ten strings" (Tehillim, 33:2).

"I will sing a new song to Thee O G-d; upon a harp of ten strings I will sing praises to Thee" (Tehillim, 144:9).

"For Thou, L-rd, hast made me glad through Thy work; I will triumph in the works of Thy hands (Tehillim, 92:4)

Master of the World, L-rd over everything, Creator of all the souls, Master of all things, Who chooses songs and music, help me and favor me with Your abundant compassion and with Your infinite loving kindness, that I merit to stir, to reveal, and to declare all of the ten types of melodies of which the Book of Tehillim (Psalms) is composed, which are: Ashrei, Bracha, Maskil, Shir, Nitzuach, Neegun, Tefillah, Hoda'ah, , Mizmor, Halleluyah.

In the merit of these songs and their verses, and in the merit of their words and their letters, vowels, and marks of pronunciation, and in the merit of the Divine Names spelled out by them, from the letters at the beginning of the words and the letters at the end of their words, and in the merit of King David, peace be upon him, along with the other ten Tzaddikim (righteous saints) who contributed to the Book of Tehillim (and in the merit of the Tzaddik, the foundation of the world, "the flowing stream, source of wisdom," our Torah master, Rebbe Nachman, the son of Faige, may his merit protect us, who revealed and ordained that we recite these ten chapters of Tehillim which have the special ability to rectify damages to the holy Covenant (Tikun HaBrit), and in the merit of all of the Tzaddikim and the true saintly Hasidim, grant me Your forgiveness that I may merit through Your abundant compassion to release all of the drops of seminal seed that were emitted from me in vain, whether unintentionally or willfully, whether under coercion (of the evil inclination) or through me own desire (if an emission of seed occurred that night, he should add: especially the drops that issued from me this night, via a wet dream, which came about because of my many sins), may I merit, through Your abundant graciousness and mercy, and through Your infinite power, to release all of the drops from the kelipot (husks of impurity) and from the Sitra Achra (realm of evil) from every place where they fell and were scattered and cast away. Let not the outcast be cast away from You. Overcome, shatter, destroy, uproot, annihilate, and cancel out of existence, all of the kelipot, and all of the evil spirits, and demons, and evil agents that were created and brought into existence and formed from the life force contained in the drops that issued from me in vain; and take away their vitality, and extract from them

and plunder their holy life force and all of the holy sparks that they swallowed.

Master of the world, living and everlasting G-d, the life of all the living, full of compassion, Who always judges the world in merit, Who desires to perform kindness and is magnanimous in benevolence, my Father, my Father, my savior and redeemer, I know, Hashem, I know, that I am myself am the guilty one, the sinner, even regarding the accidental emissions, for I did not guard my thoughts at all, and I fantasized during the day until I came to pollute myself at night. In doing so, I damaged what I damaged, and caused what I caused, and destroyed what I destroyed. Oy, Oy, Oy, mercy on my soul, mercy on my soul, for I have brought evil upon myself. What can I say? What can I speak? How can I justify my deeds? What can I say? What can I speak? How can I justify my deeds? G-d discovered my sin. Behold, I stand terribly guilty before You, filled with embarrassment and shame, covered with filth and dirt, filled with abominable evils. There are no words in the world that would enable me express my pitiful condition, for it is bitter and evil, and it has penetrated my soul. My Father in heaven, my life is very bitter, very bitter indeed, to the point where I don't know how I can continue to exist due to the bitterness of my soul, which extends to the farthest reaches of heaven. I despise my life - why should I suffer such an existence, a life more bitter than death? I have drunk the cup of poison, O my soul.

Master of the world, You alone know the multitude and the magnitude of the terrible and vast blemishes that I caused throughout all of the worlds through this wrongdoing. Now, how can I correct all this, and how will a servant like me rectify all that I have destroyed? Nonetheless, I know, and I believe with perfect faith, that there is no reason in the world for despair, and that I still have hope, and that I have not yet lost my hope in the L-rd, for the L-rd's loving kindness has no limit, and His compassion is without end. Therefore, I have come before You, L-rd, my G-d and the G-d of my Forefathers, the G-d of Avraham, the G-d of Yitzhak, the G-d of Yaakov, G-d of all of the true Tzaddikim and Hasidim, G-d of all Israel, G-d of the early Sages and G-d of the later Sages, to beg that You have compassion on me and cause me to walk in Your statutes and to observe Your laws. Bend my inclination to be subservient to You. Rebuke and cast away the evil inclination from me, from now and for evermore. From this time forth, guard over me and rescue me from all evil fantasies and evil thoughts, and from seeing forbidden things, and from blemishing my speech. And rescue me from this time forth from all types of blemishes to the Brit, whether through thought, or speech, or deed. Be constantly with me, guard over me and rescue me from all kinds of spilling semen in vain, whether by day or by night, from this time forth and forever more.

Our Father, King, living and everlasting G-d, powerful redeemer, I spread out my hands before You. Rescue me. Rescue me. Save me. Save me. Rescue those who are handed over for death. Save a persecuted and guilty one such as me. Save me from going down to the depths. Give me hope in that I may not be lost, Heaven forbid, "For what is the worth of my life if I descend to destruction. Will the dust praise Thee and declare Thy truth?" My eyes are raised to the heavens. L-rd, there are those who oppress me. Stand by me in steadfastness. "Be a surety for Thy servant for good; let not the arrogant oppress me." For I have no strength at all, only through the words of my mouth. Only on Your endless kindness I depend, on Your great compassion, on Your true mercy, on your unlimited pardon, and on the strength and merit of the Tzaddikim who safeguarded the Brit in the upmost wholeness, of which there is no greater perfection, on them I place my support, in their merit, and on their strength, I will trust and hope, for You will not abandon my soul to the grave, you will not allow Your saintly ones to face destruction.

Please, Hashem, save me! Please, Hashem, redeem me! See my wretched state, drowning in the depths of the sea. "Deep calls to deep at the noise of Your channels; all of Thy waves and billows have swept over me." My enemies have trapped me, they have encaged me like a bird, without justification. They have cast my life into a pit. They have cast lots over me. Waters have washed over my head. I said to myself, I am cut off. I call out Your Name, O L-rd, from the deepest fathoms of the pit. From the deepest fathoms of the pit I call out Your Name.

Master of the world! Master of the world! Full of compassion, full of gratuitous kindness, graciousness, and mercy. Full of goodness and goodwill. We accepted it upon ourselves to always call upon You, and here I am, doing what I promised. Here I am, calling out to You from my lowly place, from a place of shame. I call out to You from the depths, Hashem, from the deepest abyss. "Out of my distress I called upon the L-rd; the L-rd answered me with liberation." Because of our

many sins we have descended to the place that we have fallen, and especially now at the time of the Footsteps of Mashiach, we have fallen to the lowest of lowly places, where the people of Israel never fell to before, as is written, "She fell beyond all measure; there is no one to comfort her" (Eicha, 1:9).

Nonetheless, we have not fallen into despair, Heaven forbid, not to the slightest extent, for You have already promised us to deliver us from the depths of the sea, as is written, "G-d said I will bring them back from Bashan, I will bring them back from the depths of the sea." And it is also written, "And yet for all that, when they are in the land of their enemies, I will not cast them away, and I will not abhor them, to destroy them utterly, and to break My Covenant with them, for I am the L-rd their G-d" (Vayikra,26:44).

Master of the world, open Your mouth to a mute person like me, and send me eloquent words from Your holy habitation in heaven, in a way that I can conquer You, to win Your pardon and favor, that you accept, in Your great mercy and abundant loving kindness, these ten chapters of Psalms that I recited before You, as if King David himself had said them, peace be unto him.

And even though I do not know how to say them in the proper spirit with all of their many and awesome intentions (kavanot) at all, may it be Thy will, L-rd, my G-d and the G-d of my Fathers, that the simple recital of them in my mouth will be important before You, as if I achieved and intended all of the secrets and kavanot contained in them. May my words find favor before You, Master of All Creation.

Behold, I cast my burden upon You, and I bind myself to all of the true Tzaddikim of our generation and to all the true Tzaddikim who reside in the dust, to the holy ones in the earth (and especially to the Tzaddik, foundation of the world, a stream flowing from the source of wisdom, "Nachal Novaah Makor Chachmah," our teacher, Rebbe Nachman, the son of Faige, may his merit shield over us, Amen).

Relying on their knowledge and their understanding of the way they should be said (kavanot), I have recited these ten Psalms. In their merit and their power, I shall merit to awaken and to activate all of the ten different melodies of which the Book of Tehillim (Book of Psalms) is composed, which are: Shir Pashut, Kaful, Mishulash, Mirubah, which are contained in Your special great and Holy Name. In the merit and power of the following Divine Names: "El" and "Elohim" in their full written form (like this:) Alef, Lamed, Alef, Lamed, Hai, Yud, Mem, which have a numerical value (Gematria) of 485, the same numerical value as the word "Tehillim," (Psalms). Through the power of these two words, may I merit to extract all of the drops of wasted seed from the belly of the kelipah that swallowed them up, the numerical value of whose name with its letters also adds up to 485, this kelipah being the unholy counterforce of the holy Book of Tehillim. Through the power of these ten Psalms, may You awaken these two Holy Names, "El Elohim," and eradicate, shatter, vanquish, uproot, annihilate, and nullify out of existence this kelipah that swallowed up these drops of wasted seed, and compel it to vomit out all of the holy drops of seed from its belly and innards, and blot out its name and memory from the world, and thus actualize this verse, ""×ÙÜ ÑÜâ ÕÙçÙÐàÕ ÝÑØàÕ ÙÕèÙéàÕ ÐÜ "He has swallowed down riches, and he shall vomit the them out of his belly (Iyov, 20:15). Slaughter all of the kelipot that were created through these holy drops of seed, and release and seize away from them the holy life force, and all of the sparks of holiness that they engulfed on account of this sin. Release all of these drops and sparks of holiness, and restore and gather them together in a renewed holiness. May we merit to accept upon ourselves constantly the yoke of the Kingship of Heaven with love, and to be worthy to fill our lives with Torah and prayer and good deeds, in truth and with a perfect heart, in a manner that will enable us to create holy vessels and bodies for all of the naked disembodied souls that came into existence due to our many sins and due to the damage caused by the my spilling seed in vain.

Master of the world, mighty in strength, abundance in power, do what You must in Your unlimited compassion so that we will merit to rectify the blemish to the Brit (Covenant), which is a blemish to the drops of seed which originate in the brain,

in whatever we damaged unintentionally, or voluntarily, or against our will, or willfully - over everything pardon and forgive me, G-d of forgiveness, gracious and abundant in pardoning. May we merit to completely rectify in our lifetime all of the blemishes that we caused, in the merit of the holy Tzaddikim who dwell in the earth,

(When this vidui is said at the gravesite of Rebbe Nachman, say: and in the merit of the Tzaddik that rests here, the Tzaddik, foundation of the world, a stream flowing from the source of wisdom, "Nachal Novaah Makor Chachmah." To get here, I travelled a long a difficult journey in order to prostrate on the grave of this true and holy Tzaddik, who promised during his holy life to always stand in our behalf whenever we come to his holy grave and give some coins to charity and recite these ten Psalms. Behold, I have done this - now do Your part.)

Pardon me and forgive me, and grant me atonement over all of the sins, transgressions, and willful wrongdoings that I committed before You with my 248 limbs and 365 sinews, whether they be wrongdoings in thought, speech, actions, in the five senses, or the other faculties of the body, especially what I transgressed against You by damaging the Brit, which encompasses all of the Torah. I have committed evil in Your eyes from the days of my youth until today. For everything, pardon, forgive, grant atonement, Master of compassion, and repair all of the damage which I have done to the Divine Names of which Your great Name is composed. "Wash me thoroughly from my iniquity and cleanse me from my sin...Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow. Make me to hear joy and gladness, that the bones which Thou has broken may rejoice. Hide Thy face from my sins, and blot out all of my iniquities" (Tehillim, 51). Blot out my wrongdoings for Your sake, as it says, "I, it is I who blots out Your wrongdoings for My sake. I shall not remember your sins" (Yishayahu, 43:25).

Shower Your mercy upon me and come to my aid at all times, in the merit and strength of the true Tzaddikim. Always guard over me and deliver me. Grant me the strength to overcome my evil inclination and to break and shatter my lust, and I will not repeat the damage that I did in the past, and I will no longer perform the same evil in Your eyes, nor return to my foolish ways. If I acted iniquitously, I will not continue, for You have already promised us, in Your true compassion, that even over this sin, prayer and fervent supplication can rescue a person from the evil inclination and its band of agents. (By the holy graveside of Rebbe Nachman, a person should say this: Especially at this holy place, help me in the merit of the righteous Jews that are buried here.) Have mercy on me, and bestow upon me strength and valor from the source of Your strength, that I be worthy to always overcome and conquer my evil inclination, to the extent that I merit, in Your compassion, to expel and remove it from within me, and obliterate it from my life completely, from now and for evermore. For my life has been spent in sorrow, and my years in sighing. My strength has waned because of my sin, my bones have withered, so much so that I no longer have the strength to suffer.

Have mercy on me, My Father, He who hears prayer, have pity on me, He who hears screams, who hears sighs and groans. Have pity, have pity! Deliver me! Deliver me! Save! Save! Don't let my blood fall to the ground before You. Don't cast my soul to destruction. Save me, G-d, from death, O G-d of my salvation. Let my tongue sing of Your righteousness. Have pity on me in the abundance of Your mercy, in the abundance of Your loving kindness. May Your graciousness be stirred to pity such a lowly, persecuted, and filth-ridden soul as I, one so lacking in wisdom and counsel, for our eyes are turned to You alone. We gaze to You alone in hope, to the heavens. Please, help! Please, save! Have pity on me and deliver me, that I may return to You in perfect repentance, in truth and with a perfect heart. May I merit to always be the way You, in Your goodness, want me to be, from this time for evermore. In accordance with Your kindness, grant me life, and I will guard the testimony of Your mouth. "Create in me a pure heart, O G-d, and renew a steadfast spirit within me" (Tehillim, 51:12).

Therefore, may it be Thy will before You, L-rd our G-d and G-d of our Fathers, L-rd of joy and happiness, before Who there is absolutely no depression at all, as is written, "Praise and beauty are before Him, strength and joy are in His place" (Tehillim, 96:6). Help me, in the sake of Your unlimited compassion, that I merit being happy all the time. Thou who grants joy to the miserable, infuse my tired, pathetic, and painfully wretched spirit with happiness, for my spirit thirsts and hungers for You terribly. Take away my sighing and groaning, and grant Your servant joy, for I lift my soul to You, Hashem. "Thou shall make known to me the path of life; in Thy presence is wholeness and joy; at Thy right hand are

pleasures for evermore" (Tehillim, 16:11). "Restore to me the joy of salvation, and uphold me with a willing spirit" (Tehillim, 51:14). Fill me up with Your goodness, gladden my soul with your salvation, purify my heart to serve You in truth. "Wake up, my glory, awake, the harp and the lyre; I will awake the dawn (Tehillim, 57:9).

May we be worthy of all the ten kind of holy songs, which can nullify and rectify blemishes to the Brit, as it says:

Bracha:

"I bless the L-rd who gives me counsel; my reins also admonish me in the night seasons; I have set the L-rd always before me; surely He is at my right hand, I shall not be moved" (Tehillim, 16:7).

Ashrei:

"Of David, a song to give wisdom: Happy is he whose transgression is forgiven, whose sin is covered" (Tehillim, 32:1).

Maskil:

"Houses and riches are the inheritance of fathers; but a prudent wife is from the L-rd" (Mishle, 19:14).

Shir:

"The L-rd will command His steadfast love in the day time, and in the night His song shall be with me, a prayer to the G-d of my life" (Tehillim, 42:9).

Nitzuach:

"To the Chief Musician, do not destroy, an aphorism of David; when Shaul sent and they watched the house to kill him" (Tehillim, 59:1).

Nigun:

"I call to remembrance my song in the night; I meditate with my heart, and my spirit makes diligent search" (Tehillim, 77:7).

Tefillah:

"Can that which is unsavory be eaten without salt? Or is there any taste in the white of an egg?" (Iyov, 6:6).

Hodu:

"Lest you give your vigor to others, and your years to the cruel one" (Proverbs, 5:9).

Mizmor:

"Where is G-d, my Maker, who gives songs in the night?" (Iyov, 35:10).

Halleluyah:

"Grace is deceitful and beauty is vain, but a woman who fears the L-rd, she shall be praised." (Mishle, 31:30).

And it is written: "Halleluyah! Praise G-d in His sanctuary; praise Him in the firmament of His power. Praise him for His might acts; praise Him according to His exceeding greatness. Praise Him with the sound of the shofar; praise Him with the harp and the lyre. Praise Him with the timbrel and dance; praise him with the stringed instruments and the flute. Praise Him upon sounding cymbals; praise Him upon loud crashing cymbals. Let everything that has breath praise the L-rd. Halleluyah!" (Tehillim, 150).

Master of the world! Sound the great shofar of our salvation, and raise up the banner to gather our exiled ones, and draw near our scattered ones from amongst the nations, and our distant ones gather from the far reaches of the earth, and gather our outcasts together to our Land from the four corners of the earth; and establish for us the verse, as is written, "And the L-rd thy G-d will return thy captivity, and have compassion upon thee, and will return and gather thee from all of the nations, amongst whom the L-rd Your G-d has scattered thee. If thy outcasts be at the upmost parts of heaven, from

there will the L-rd thy G-d gather thee, and from there will he fetch thee; and the L-rd thy G-d will bring thee into the Land which thy fathers possessed, and thou shall possess it; and He will do thee good, and multiply thee more than thy fathers" (Devarim, 30:3-5). And it is said, "The L-rd G-d who gathers the outcasts of Israel, declares, I shall further gather even others to those whom I have already gathered" (Yishayahu, 56:8). And it is said, "The L-rd builds Jerusalem, He gathers in the outcasts of Israel" (Tehillim, 147:2).

Hurry to bring about our Redemption, and bring us our righteous Mashiach, and rebuild our holy and splendid Temple, and bring us to Your city, Zion, in joy and to Jerusalem, place of Your holy Sanctuary in eternal happiness, as it is written, "And the ransomed of the L-rd shall return and come to Zion with songs and everlasting joy upon their heads. They shall obtain find merriment and gladness, and sadness and sighing shall cease" (Yishayahu, 35:10). And it is written, "For you shall go out in joy, and be led forth in peace. The mountains and the hills shall break forth before you in singing, and all the trees of the field shall clap their hands" (Yishayahu, 5:12). As it is said, "For the L-rd shall comfort Zion, He will comfort all of her ruins; he will make her deserts like Eden and her wildernesses like a garden of the L-rd. Merriment and gladness shall be found in her, thanksgiving and the voice of song." (Yishayahu, 51:3). "Be happy in the L-rd and may Tzaddikim rejoice, and may all the upright in heart take up song" (Tehillim, 32:11). "Light is sown for the Tzaddik and joy for the upright in heart. Rejoice in the L-rd, O you righteous, and give thanks to His holy Name" (Tehillim, 97:11). Amen, netzach, selah, forever.

The following prayer by Rabbi Natan

is short in length, but great in quality

Master of the world, exalted above all the exalted, and cause of all causes, You are supreme, exalted above everything. There is nothing more exalted than You. There is no thought that can conceptualize You in any manner.

Silence before You is Your praise, for You transcend all blessing and praise. It is You whom I seek, You whom I petition, that You break open a pathway leading from You, a path that transverses all the worlds until it descends, stage after stage, to my level, to the place where I am standing, as it is revealed to You, who knows all hidden mysteries. Through this path, shine Your light upon me to bring me back in perfect repentance before You, in truth, in accord with Your true will, in accord with the will of Your chosen creations, that I not contemplate in my thoughts any foreign idea, nor any thought or confusion that is against Thy will.

Rather, let me cleave to pure, clean, and holy thoughts in Your true service, under Your Providence, and in following after Your Torah. Draw my heart to Your commandments, and give me a pure heart to serve You in truth. From the depths of the sea draw me forth to a great light, swiftly and readily. The salvation of the L-rd is as fast as the blink of the eye to illumine me with the light of life, all the days that I live on the face of the earth.

May I merit to renew the days of my youth, the days that passed in darkness, to bring them back to holiness; and may my departure from the world be like my coming into it - without sin. And may I merit to gaze on the pleasantness of Hashem and to visit in His holy chamber, where everything proclaims, "Kavod - Honor." Amen, nezach, selah, forever.