

תקון למקרה-לילה, חס ושלום, לומר עשרה קפיטל

The Ten Psalms

THE TEACHING

For an impurity that can happen at night (מקרה-לילה), Heaven forbid, Rebbe Nachman gives a תקון: to say ten chapters of Tehillim (תהלים) on that same day, as he first taught in Part I, Torah 205.

The ten chapters correspond to the ten kinds of song (עשרה מיני נגינה) of the book of Tehillim, אשרי, ברכה, and the rest. They are the opposite of the קלפה and of the flaw (פגם), so they have the power to cancel it.

MAIN POINTS

- He shows each kind of song hinted in a verse, many of them about the night. ברכה: אשרי "אברך את ה' אשר יעצני אף לילות" (תהלים טז:), "I bless Hashem who counseled me, even at night." (תהלים לב:א) "אשרי נשוי פשע כסוי חטאה".
- (תהלים עז:ז) "אזכרה נגינתי בלילה": נגון "at night His song is with me." (תהלים מב:ט) "בלילה שירה עמי": שיר. "הנותן זמירות בלילה": מזמור (from Iyov).
- Others hint at the home: משכיל, "ומהי אשה משכלת" (משלי יט:יד); and Halleluyah, "אשה יראת ה' היא תתהלל" (משלי לא:ל).
- The ten chapters to say on that day: 16, 32, 41, 42, 59, 77, 90, 105, 137 and 150, from "מכתם לדוד" to "הללו ק-ל בקדשו". Today they are known as the Tikkun HaKlali (תקון הכללי).
- The promise: whoever merits to say them on that day need not fear any more at all, for it is surely repaired.
- In the merit of this repair Mashiach will come to gather our scattered ones: "בונה ירושלים ה' נדחי ישראל יכנס" (תהלים קמז:ב), "Hashem builds Yerushalayim; He gathers the outcasts of Israel."

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Song is stronger than the flaw. Say the ten chapters with the heart, and then don't stay afraid. Each תקון brings the redemption closer.

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