



Tikkun HaKlali - The General Remedy

Prayer before reciting Tehillim:

Tehillim 95:1 *Lechu neranna laY-H-V-H naria letzur yishenu*

O come, let us sing to HaShem; let us shout for joy to the Rock of our salvation.

2 *Nekadma fanav betoda bizmirot naria lo*

Let us come before His presence with thanksgiving, let us shout for joy to Him with psalms.

3 *Ki Kel gadol Y-H-V-H umelech gadol al-kol-Elokim*

For HaShem is a great G-d, and a great King above all gods.

Hareini mizamen et pi lehodot ulehalel ulshabeach et bora-i, le shem yichud kudsha brich hu ushcintei, bdchilu urchimu, al yadai ha hu tamir venehalam, bshem kol Yisrael.

Hareni mekasher atzmi b'amirat ha'asara mizmorim elu l'chol hatzaddikim ha'amitim sh'b'dorenu ul'chol haTzaddikim ha'amitim shochnei afar kedoshim asher ba'aretz heyma ub'frat l'Rabbenu Hakadosh Nachal Novea Mekor Chochma, Rabbenu Nachman ben Feige, Na Nach Nachma Nachman Me'uman, zechuto yagen alenu v'all kol Yisrael, Amein.

Tikkun HaKlali

Tehillim 16, 32, 41, 42, 59, 77, 90, 105, 137 and 150 with Interlinear Hebrew Transliteration and English Translation

Tehillim 16:1 *Michtam leDavid shamreni el ki chasiti vach*

A [song of] Michtam by David: Protect me O G-d, for I have sought refuge in You.

2 *Amart laY-H-V-H Ad-nai atah tovati bal aleicha*

You have said to HaShem, My Master are You. Your benefit to me is not Your obligation.

3 *Likdoshim asher ba'aretz hemah ve'adirei bal cheftzi vam*

[But rather] for the sake of the holy ones who in the earth are [interred] and for the mighty [that] all my desires [are fulfilled] because of them.

4 *Yirbu atzvotam acher maharu bal asich niskeihem midam uval esa et shemotam al sefatai*

Multiply will their sorrows - [those who after] other [gods] rush; I will not pour their libations of blood; and I will not carry their names upon my lips.

5 *Y-H-V-H menat chelki vechosi atah tomich gorali*

HaShem is my allotted portion and my share; You guide my destiny.

6 *Chavalim naflu li banimim af nachalat shafrah alai*

Allocations have fallen to me in pleasant places, even the inheritance is beautiful to me.

7 *avarech et Y-H-V-H asher ye'atzani af leilot yisruni chilyotai*

I will bless HaShem Who has advised me, also in the nights I am counseled by my intellect.

8 *Shiviti Y-H-V-H lenegdi tamid ki mimini bal emot*

I have set HaShem before me always; because He is at my right hand I shall not falter.

9 *Lachen samach libi vayagel kevodi af besari yishkon lavetach*

For this reason rejoice does my heart and elated is my soul; also my flesh rests in confidence.

10 *Ki lo ta'azov nafshi lishol lo titen chasidcha lirot shachat*

Because You will not abandon my soul to the grave, You will not allow Your devout one to witness destruction.

11 *Todi'eni orach chayim shova semachot et paneicha ne'imot biminecha netzach*
You will make known to me the path of life, the fullness of joys in Your Presence, the delights that are in Your right hand for eternity.

Tehillim 32:1 *LeDavid maskil: Ashrei nesui pasha kesui chata'ah*
By David, a maskil: Praiseworthy is one who is forgiven [his] transgression, whose sin is covered over.

2 *Ashrei adam lo yachshov Y-H-V-H lo avon ve'ein berucho remiyah*
Praiseworthy is the man [whom] HaShem does not ascribe iniquity to him, and there is not deceit in his spirit.

3 *Ki hecherashti balu atzamai vasha'agati kal hayom*
When I was silent, deteriorate did my bones because of my anguished roar all day long.

4 *Ki yomam valaylah tichbad alai yadecha nehpath leshadi becharvonei kayitz selah*
For day and night heavily upon me was Your hand; transformed was my freshness [as] by the searing heat of summer, selah.

5 *Chatati odiacha va'aoni lo chisiti amarti odeh alei fasha'ai laY-H-V-H ve'atah nasata a'on chata'ti selah*
My sin I make known to You, my iniquity I do not hide. I said, I will confess for my transgressions to HaShem, and You have [always] forgiven the iniquity of my sin, Selah.

6 *Al zot yitpalel kol chasid eleicha le'et metzo rach leshetef mayim rabim elav lo yagi'u*
For this he should pray every - devout one - to You at a time when [misfortune] befalls: that the flooding, mighty waters not reach him.

7 *Atah seter li mitzar titzreni ranei falet tesov'veni selah*
You are a shelter for; from distress You preserve me, with glad song of rescue You envelop me, Selah!

8 *Askilcha ve'orcha bederech zu telech i'atzah aleicha eini*
I will educate you and enlighten you in which path to go; I will advise you [with what] my eye [has seen].

9 *El tihyu kesus kefered ein havin bemeteg varesen edyo livlom bal kerov eleicha*
Be not like a horse, like a mule, uncomprehending; with bit and bridle when it is adorned to restrain it, so that it not approach you.

10 *Rabim machovim larasha vehabote'ach baY-H-V-H chesed yesov'venu*
Many are the agonies of the wicked, but as for one who trusts in HaShem, kindness surrounds him.

11 *Simchu vaY-H-V-H vegilu tzadikim veharninu kol yishrei lev*

Be gladd in HaShem and rejoice, O righteous. Cry out in joy, all upright of heart.

Tehillim 41:1 *Lamnatzeach mizmor leDavid:*

For the conductor, a psalm by David:

2 *Ashrei maskil el dal beyom ra'ah yemaltehu Y-H-V-H*

Praiseworthy is he who contemplates the needy, on the day of evil HaShem will liberate him.

3 *Y-H-V-H yishmerehu vichayehu ve'ushar ba'aretz ve'al titnehu benefesh oyvav*

HaShem will preserve him and restore him to life, and he will be happy on earth, and You will not give him over to the desire of his foes.

4 *Y-H-V-H yisadenu al eres devai kol mishkavo hafachta vechalyo*

HaShem will fortify him on the bed of misery, [even when] all his restfulness You have upset by his illness.

5 *Ani amarti Y-H-V-H chaneni refa'ah nafshi ki chatati lach*

As for me [when I was sick], I said, O HaShem, show me favor! Heal my soul for I have sinned against You!

6 *Oyvai yomru ra li matai yamut ve'avad shemo*

My foes speak evil of me, "*When will he die and his name perish?*"

7 *Ve'im ba lirot shav yedaber libo yikbatz aven lo yetze lachutz yedaber*

And if one comes to visit, insincerely does he speak, his heart gathers evil for himself; upon going out he speaks [it].

8 *Yachad alai yitlachashu kal shonai alai yachshevu ra'ah li*

Together against me whisper all my enemies, against me they plot my harm [saying],

9 *Devar beliya'al yatzuk bo va'asher shachav lo yosif lakum*

"The result of his lawlessness is poured over him; and now that he lies ill, no more will he rise!"

10 *Gam ish shelomi asher batachti vo ochel lachmi higidil alai akev*

Even my ally whom I trusted in, who ate my bread, has raised against me his heel [to trample me].

11 *Ve'atah Y-H-V-H chaneni vahakimeni va'ashalmah lahem*

But as for You, HaShem, show me favor and stand me up, then I shall repay them.

12 *Bezot yadati ki chafatzta bi ki lo yari'a oyavi alai*

By this I shall know that You desire me; that [You] will not let my foe shout gleefully over me.

13 *Va'ani betumi tamachta bi vatatziveni lefaneicha le'olam*

And I, because of my integrity You have supported me, and You have stood me erect before You forever.

14 *Baruch Y-H-V-H, El-hei Yisra'el mehaolam ve'ad haolam amen ve'amen*

Blessed is HaShem, the G-d of Yisra'el from all times past to all times to come, Amen and Amen!

Tehillim 42:1 *Lamnatzeach maskil livnei Korach*

For the conductor, a maskil by the sons of Korach.

2 *Ke'ayal ta'a'rog al afikei mayim ken nafshi ta'a'rog eleicha El-him*

As the deer longs for brooks of water, so my soul longs for You, O G-d.

3 *Tzamah nafshi lEl-him le'El chai matai avo ve'era'eh penei El-him*

My soul thirsts for G-d, for the living G-d: When shall I come and appear before G-d?

4 *Haitah lo dimati lechem yomam valailah be'emor elai kol hayom ayeh Eloheicha*

The were for me - my tears - sustenance day and night, when [my foes] say to me all day long, "Where is your G-d?"

5 *Eleh ezkrah ve'eshpecha alai nafshi ki e'evor basach edadem ad beit El-him bekol rinah vetodah hamon chogeg*

These do I recall and pour out for my plight my soul: how I passed with the throng, proceeding with them up to the Temple of G-d with song of joy and thanksgiving, [with] a multitude that celebrates.

6 *Mah tishtochachi nafshi vatehemi alai hochili lEl-him ki od odenu yeshu'ot panav*

Why are you downcast, my soul, and [why are you] disturbed on my account? Hope to G-d! For yet shall I thank him for the salvations of His countenance.

7 *El-hai alai nafshi tishtochach al ken ezkarcha me'ere'tz Yarden veChermonim mehar Mitzar*

O my G-d, for my plight my soul is downcast, because I remember You from the land of Yarden and Mount Chermon's peaks, from mount Mitzar.

8 *Tehom el tehom kore lekol tzinoreicha kal mishbareicha vegaleicha alai avaru*

Watery deep to watery deep calls out to the roar of Your water channels, all Your breakers and Your waves have swept over me.

9 *Yomam yetzave Y-H-V-H chasdo uvalailah shiroh imi tefilah le'el chayai*

In the day HaShem will command His loving-kindness; even by night His resting place is with me - a prayer to the G-d of my life!

10 *Omrah le'El sali lamah shechachtani lamah koder elech belachatz oyev*

I will say to G-d, my Rock, "Why have you forgotten me? Why in gloom must I walk under the oppression of the foe?"

11 *Beretzach be'atzmotai cherfuni tzorrai be'amram elai kol hayom ayeh El-heicha*

With a murderous dagger in my bones have taunted me, my tormentors, when they say to me all day long, "Where is your G-d?"

12 *Mah tishtoachachi nafshi umah tehemu alai hochili l'El-him ki od odenu yeshu'ot panai v'Elohai*

Why are you downcast, my soul, and why are you disturbed on my account? Hope to G-d! For yet shall I thank Him for the salvations of my countenance and because He is my G-d.

Tehillim 59:1 *Lamnatze'ach al tashchet leDavid michtam; Bishlo'ach sha'ul vayishmeru et habayit lahamito*

For the conductor [a plea] to be spared from destruction, by David, a michtam; when Saul dispatched [men], and they guarded the house to kill him.

2 *Hatzileni meoyvai El-hai mimitkommai tesagveni*

Rescue me from my foes, O my G-d; over those who rise against me raise me high.

3 *Hatzileni mipo'alei aven ume'anshei damim hoshieni*

Rescue me from doers of evil; and from men who are bloodthirsty save me.

4 *Ki hineh arvu lenafshi yaguru alai azim lo fishi velo chatati Y-H-V-H*

For behold, they lie in ambush for my soul, gather around me do brazen ones - not for my transgression and not for my sin, O Hashem!

5 *Beli avon yerutzun veyikonanu urah likrati ure'eh*

Without iniquity, they run and prepare [to attack]. Awaken [Yourself] toward me and see.

6 *Ve'atah Y-H-V-H El-him Tzeva'ot El-hei Yisra'el hakitzah lifkod kol hagoyim al tachon kol bogdei aven selah*

And You, HaShem, G-d, Master of Legions, G-d of Yisra'el, arouse Yourself to remember all the nations; do not show favor to any faithless men of evil, Selah.

7 *Yashuvu la'erev yehemu chakalev visov'vu ir*

They return toward evening, they howl like the dog, and they go round about the city.

8 *Hineh yabi'un befihem charavot besiftoteihem ki mi shome'a*

Behold, they spew forth with their mouths, swords are in their lips; for [they say], "Who listens?"

9 *Ve'atah Y-H-V-H tischak lamo tilag lechol goyim*

But You, HaShem - You will laugh at them, You will mock all nations.

10 *Uzo eleicha eshmorah ki El-him misgabi*

[In the face of] his power, do I wait; for G-d is my stronghold.

11 *El-hei chasdi yekadmeni El-him yareni veshor'rai*

The G-d of my kindness will anticipate me; G-d will show me [what will befall] my watchful foes.

12 *Al tahargem pen yishkchu ami hani'emo vechelcha vehoridemo Maginenu Ad-nai*

Do not slay them, lest my people forget; make them wander by Your might and cast them down, O our Shield, O L-rd.

13 *Chatat pimo devar sefateimo veyilachdu vigonam ume'alah umikachash yesaperu*

Because of the sin of their mouth, the word of their lips. May they be ensnared by their own arrogance, and because of the curse and falshood that they recount.

14 *Kaleh vechemah kaleh ve'einemo veyedu ki El-him moshel beYa'akov le'afsei ha'aretz selah*

Destroy in wrath, destroy until they are no more! And then [men] shall know that G-d rules in Ya'akov to the ends of the earth, Selah.

15 *Veyashuvu la'erev yehemu chakalev visov'vu ir*

May they return toward evening, and howl like the dog, going around the city.

16 *Hemah yenivun le'echol im lo yisb-u vayalinu*

They will wander about to eat, without being sated they will sleep.

17 *Va'ani ashir uzecha va'aranen laboker chasdecha ki hayita misgav li umanos beyom tzar li*

But I will sing of Your might, and sing joyously toward morning of Your kindness; for You have been a stronghold to me, and a refuge in the day of my distress.

18 *Uzi eleicha azamerah ki El-him misgabi El-hei chasdi*

My Strength, to You shall I sing; for G-d is my stronghold, the G-d of my kindness.

Tehillim 77:1 *Lamnatze'ach al yedutun le'asaf mizmor*

For the conductor, on Yedutun, by Asaf, a psalm.

2 *Koli el El-him ve'etzakah koli el El-him vaha'azin elai*

My voice is to G-d when I cry out; My voice is to G-d, that He give ear to me.

3 *Beyom tzarati Ad-nai darashti yadi lailah nigrah velo tafug me'anah hinachem nafshi*

On the day of my distress, the L-rd I sought. My wound through the night oozes and does not cease; refuses to be comforted does my soul.

4 *Ezkrah El-him ve'ehemayah asicha vetitatef ruchi selah*

I remember G-d and I moan; I speak and faint does my spirit, Selah.

5 *Achazta shmurot einai nifamti velo adaber*

You held fast my eyelids; I was agitated and could not speak.

6 *Chishavti yamim mikedem shenot olamim*

[Then] I pondered days of old, years of ancient times.

7 *Ezkrah neginati balailah im levavi asicha vayechapes ruchi*

I recall my [Temple] music in the night; in my heart I meditate, and search does my spirit.

8 *Halolamim yiznach Ad-nai velo yosif lirtzot od*

It is for eternity that reject me does the L-rd, nevermore to be appeased again?

9 *Hae'afes lanetzach chasdo gamar omer ledor vador*

Is it ended forever - His kindness? Has He sealed the decree for all generations?

10 *Hashachach chanot el im kafatz be'af rachamav selah*

Has He forgotten graciousness has G-d? Has He shut off in anger His mercy? Selah.

11 *Vaomar chaloti hi shenot yemin El-yon*

And I said, "To make me infirm it is - this change of the right hand of the Most High One"

12 *Ezkoir ma'alei Y-h ki ezkerah mikedem pilecha*

I recall the works of G-d, when I remember from antiquity Your wonders.

13 *Vehagiti vechol pa'olecha uva'aliloteikha asicha*

I shall meditate upon all Your deeds and about Your works I shall speak.

14 *El-him bakodesh darkecha mi el gadol k'El-him*

O G-d, in sanctity is Your way, what power is as great as G-d?

15 *Atah haE-l oseh fele hoda'ta va'amim uzecha*

You are the G-d Who works wonders, You manifested among the nations Your might.

16 *Ga'alta bizro'a amecha benei Ya'akov veYosef selah*

You redeemed with Your powerful arm Your people, the sons of Ya'akov and Yosef, Selah.

17 *Raucha mayim El-him raucha mayim yachilu af yirgezu tehomot*

Beheld You, did the waters O G-d, behld you did the waters and they were terrified; even tremble did the depths.

18 *Zormu mayim avot kol natnu shechakim af chatzatzeicha yithalachu*

Water Streamed from the clouds, sound was issued from the heavens, even Your arrows [of lightning] went forth.

19 *Kol ra'amcha bagalgal he'iru verakim tevel ragzah vatirash ha'aretz*

The rumble of Your thunder was in the rolling wind; illuminate the world did lightning bolts, the earth trembled and roared.

20 *Bayam darkecha ushevilcha bemayim rabim ve'ikvoteicha lo noda'u*

In the sea was Your way, and Your path went through the mighty waters; and Your footsteps were not known.

21 *Nachita chatzon amecha beyad Moshe ve'Aharon*

You led like a flock Your people, by the hand of Moshe and Aharon.

Tehillim 90:1 *Tefilah leMoshe ish haEl-him Ad-nai ma'on atah hayita lanu bedor vador*

A prayer by Moshe, the man of G-d: O L-rd an abode You have been for us in generation after generation.

2 *Beterem harim yuladu vateholel eretz vetevel ume'olam ad olam atah El*

Before the mountains were born and You had [not yet] fashioned the earth and the inhabited land, and from the remotest past and to the most distant future, You are G-d.

3 *Tashev enosh ad daka vatomer shuvu venei adam*

You reduce man to pulp and You say, "Repent, O sons of man."

4 *Ki elef shanim be'eineicha keyom etmol ki ya'avor ve'ashmurah valailah*

For [even] a thousand years in Your eyes are like yesterday, that passes, and like a watch in the night.

5 *Zeramtam shenah yihyu baboker kechatzir yachalof*

You flood them away, sleeplike they become; by morning they are like grass that withers.

6 *Baboker yatzitz vechalaf la'erev yemolel veyavesh*

In the morning it blossoms and is rejuvenated; by evening it is cut down and brittle.

7 *Ki chalinu ve'apecha uvachamatcha nivhalnu*

For we are consumed by Your anger; and by Your wrath we are confounded.

8 *Shatah avonoteinu lenegdecha alumenu limor paneicha*

You have set our iniquities before Yourself, our immaturity before the light of Your countenance.

9 *Ki chol yameinu panu ve'evratecha kilinu shaneinu chemo hegeh*

For all our days passed by because Your fury, we consumed our years like a [fleeting] thought.

10 *Yemei shenoteinu bahem shivim shanah ve'im bigvurot shemonim shanah verahbam amal va'aven ki gaz chish vana'ufah*

The days of our years among them are seventy years, and if with might, eighty years; their proudest success is but toil and pain, for it is cut off swiftly and we fly away.

11 *Mi yode'a oz apecha ucheviratcha evratecha*

Who knows the power of Your anger? As You are feared, so is Your fury.

12 *Limnot yameinu ken hoda venavi levav chachma*

To count our days, so teach us, then we shall acquire a heart of wisdom.

13 *Shuvah Y-H-V-H ad matai vehinachem al avadeicha*

Return, HaShem, until when? Relent concerning Your servants.

14 *Saba'enu vaboker chasdecha unerannah venismecha bechol yameinu*

Satisfy us in the morning with Your kindness, then we shall sing out and rejoice throughout our days.

15 *Samchenu kimot initanu shenot ra'inu ra'ah*

Gladden us according to the days You afflicted us, the years [when] we saw evil.

16 *Yera'eh el avadeicha fa'olecha vahadarcha al beneihem*

May Your deeds be visible be to Your servants, and Your majesty upon their children.

17 *Vihi no'am Ad-nai El-heinu aleinu uma'aseh yadeinu konnah aleinu uma'aseh yadeinu konnehu*

May the pleasantness of the L-rd, our G-d, be upon us; the work of our hands, establish for us; the work of our hands, establish it.

Tehillim 105:1 *Hodu laY-H-V-H kiru bishmo hodi'u va'amim alilotav*

Give thanks to HaShem, declare His Name, make known among the peoples His actions.

2 *Shiru lo zamru lo sichu bechol nifle'otav*

Sing to Him, make music to Him, speak of all His wonders.

3 *Hithallu beshem kadsho yismach lev mevakshei Y-H-V-H*

Glory in the Name of His Holiness, glad will be the heart of those who seek HaShem.

4 *Dirshu Y-H-V-H ve'uzo bakshu fanav tamid*

Search out HaShem and His might, seek His Presence always.

5 *Zichru nifle'otav asher asah moftav umishpetei fiv*

Remember His wonders that He performed, His marvels and the judgments of His mouth.

6 *Zera Avraham avdo benei Ya'akov bechirav*

O seed of Avraham, His servant; O children of Ya'akov, His chosen ones,

7 *Hu Y-H-V-H El-heinu bekol ha'aretz mishpatav*

He is HaShem, our G-d; overall the earth are His judgments.

8 *Zachar le'olam berito davar tzivah le'elef dor*

He remembered forever His covenant - the Word He commanded for a thousand generations

9 *asher karat et Avraham ushevu'ato leYischak*

- that He made with Avraham and His vow to Yitzchak.

10 *Vaya'amideha leYa'akov lechok leYisra'el berit olam*

Then He established it for Ya'akov as a statute, for Yisrael as a covenant everlasting,

11 *Lemor lecha eten et eretz Kena'an chevel nachalatchem*

saying, To you I shall give the land of Kana'an, the lot of your inheritance.

12 *Bihyotam metei mispar kimat vegarim bah*

When they were but few in number, hardly dwelling there;

13 *Vayithalchu migoi el goi mimamlacha el am acher*

and they wandered from nation to nation, from one kingdom to another people

14 *Lo hiniach adam le'ashkam vayochach aleihem melachim*

- He did not allow any man to rob them, and He rebuked kings for their sake:

15 *Al tigu vimshichai velinvi'ai al tare'u*

Dare not touch My anointed ones, and to My prophets do no harm.

16 *Vayikra ra'av al ha'aretz kol mateh lechem shavar*

He declared a famine upon the land, every staff of bread He broke.

17 *Shalach lifneihem ish le'eved nimkar Yosef*

He sent before them a man, as a slave, Yosef was sold.

18 *Inu vakevel raglo barzel ba'ah nafsho*

They afflicted with fetters his leg; into irons came his soul.

19 *Ad et bo devaro imrat Y-H-V-H tzerafathu*

Until the time that fulfilled was His word, the decree of HaShem had purified him.

20 *Shalach melech vayatirehu moshel amim vayefatchehu*

He sent a king who released him, a ruler of peoples who freed him.

21 *Samo adon leveito umoshel bechol kinyano*

He appointed him master of his palace, and ruler of all his wealth.

22 *Lesor sarav benafsho uzekenav yechakem*

To imprison his princes at his whim, and his elders to make wise.

23 *Vayavo Yisra'el Mitzrayim veYa'akov gar be'erezt Cham*

Thus came Yisra'el to Mitzrayim and Ya'akov sojourned in the land of Cham.

24 *Vayefer et amo meod vaya'atzimehu mitzarav*

And fruitful He made His people exceedingly, and made it mightier than its oppressors.

25 *Hafach libam lisno amo lehitnakel ba'avadav*

He turned their hearts to hate His people, to plot against His servants.

26 *Shalach Moshe avdo Aharon asher bachar bo*

He sent Moshe, His servant, Aharon whom He had chosen.

27 *Samu vam divrei ototav umoftim ve'erezt Cham*

The placed among them the words of His signs, and marvels in the land of Cham.

28 *Shalach cheshech vayachshich velo maru et devaro*

He sent darkness and made it dark, and they did not defy His word.

29 *Hafach et meimeihem ledam vayamet et degatam*

He turned their waters into blood, and He killed their fish.

- 30** *Sharatz artzam tzefardim bechadrei malchehem*
Their land swarmed with frogs, in the chambers of their kings.
- 31** *Amar vayavo arov kinim bechol gevulam*
He Spoke and hordes of beasts came, and lice throughout their borders.
- 32** *Natan gishmeihem barad esh lehavot be'artzam*
He made their rains into hail, fires flaming in their land.
- 33** *Vayach gafnam ute'enatam vaishaber etz gevulam*
It struck their vine and fig tree, and it broke the tree of their territory.
- 34** *Amar vayavo arbeh veyelek ve'ein mispar*
He spoke and the locust came, and grasshoppers without number.
- 35** *Vayochal kol esev be'artzam vayochal peri admatam*
And it consumed all grass in their land, and consumed the fruit of their soil.
- 36** *Vayach kol bechor be'artzam reshit lechol onam*
Then He smote every firstborn in their land, the first of all their strength.
- 37** *Vayotziem bechesev vezahav ve'ein bishvatav koshel*
And He took them out with silver and gold; and there was none among His tribes one who stumbled.
- 38** *Samach mitzrayim betzetam ki nafal pachdam aleihem*
Glad was Egypt at their departure, for their fear had fallen upon them.
- 39** *Paras anan lemasach ve'esh leha'ir lailah*
He spread out a cloud for shelter and a fire to illuminate the night.
- 40** *Sha'al vayave selav velechem shamayim yasbiem*
[Yisra'el] Asked and He brought quail, and sated them with bread from heaven.
- 41** *Patach tzur vayazuvu mayim halchu batziyot nahar*
He opened a rock and waters gushed and ran through dry places like a river.
- 42** *Ki zachar et devar kadsho et Avraham avdo*
For He remembered His holy promise, to Avraham, His servant.
- 43** *Vayotzi amo vesashon berinah et bechirav*
[So] He brought out His people with joy, His chosen ones with joyous song.
- 44** *Vayiten lahem artzot goyim va'amal le'umim yirashu*
And He gave them the lands of nations, and the toil of regimes they inherited.

45 *Ba'avur yishmeru chukav vetorotav yintzoru haleluyah*

SI that they might safeguard His statutes, and observe His teachings. Halleluyah!

Tehillim 137:1 *Al naharot Bavel sham yashavnu gam bachinu bezachrenu et Tziyon*

By the rivers of Babylon, there we sat, and also we wept, when we remembered Tziyon.

2 *Al aravim betocha talinu kinoroteinu*

On the willows within it, we hung our harps.

3 *Ki sham she'elunu shoveinu divrei shir vetolaleinu simcha shiru lanu mishir tziyon.*

For there our captors request from us words of song, [playing] with our lyres joyous music. Sing for us from the songs of Tziyon!

4 *Ech nashir et shir Y-H-V-H Al admat nechar*

How can we sing the song of HaShem upon the soil of an alien [god]?

5 *Im eshkachech Yerushalyim tishkach yemini*

If I forget you, O Yerushalayim, [then] let my right hand forget [its skill].

6 *Tidbak leshoni lechiki im lo ezkerechi im lo a'aleh et Yerushalyim al rosh simchati*

Let my tongue adhere to my palate, if I fail to remember you, if I fail to elevate Yerushalayim above the foremost of my joys.

7 *Zechor Y-H-V-H livnei Edom et yom Yerushalayim ha'omrim aru aru ad hayasod bah*

Remember, HaShem, [to repay] the offspring of Edom the day of Yerushalayim; [to repay] those who say, "Destroy, Destroy! to the very foundation of it."

8 *Bat Bavel hashedudah ashrei sheishalem lach et gemulech shegamalte lanu*

O daughter of Babylon, set for devastation; praiseworthy is the one who repays you your recompense for how you treated us.

9 *Ashrei Sheyochez venipetz et olalayich el hasala'*

Praiseworthy will be us, the one who will clutch and dash your infants against the rock.

Tehillim 150:1 *Halleluyah! Halelu E-L bekadsho haleluhu birki'a uzo*

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

2 *Haleluhu bigvurotav halluhu kerov gudlo*

Praise Him for His mighty acts; praise Him according to the abundance of His greatness.

3 *Halluhu beteka' shofar halluhu benevel nechinor*

Praise Him with the blast of the shofar; praise Him with lyre and harp.

4 *Halluhu vetof umachol halluhu beminim ve'ugav*

Praise Him with drum and dance; praise Him with organ and flute.

5 *Haleluhu vetziltzelei shama' halluhu betziltzelei teru'ah*

Praise Him with cymbals clanging; praise Him with trumpets resounding.

6 *Kol hanshamah tehael Y-h Halleluyah*

Let all souls praise G-d, Halleluyah!

Questions?

Contact us here: office@tikunolami.com