

Tikkun Haklali?...

Posted by zvi - 04 Apr 2013 23:49

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I've been having an ongoing (perfectly friendly) argument with a friend of mine for some time now about saying tikkun haklali. He thinks if you say it you're pretty much guaranteed to stop being mz'l, but I'm somewhat sceptical. However, I keep falling again and again, while he's been clean for quite a while. Still, at the same time, it seems quite strange. How can saying 10 perakim of tehillim, however powerful they may be, help someone to stop? Obviously, tehillim helps, but why those 10? What's in tikkun haklali? Any thoughts?

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Re: Tikkun Haklali?...

Posted by Machshovo Tova - 08 Apr 2013 23:10

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BTW, R' Nachman also says that the best tikkun for such sins is to refrain from doing it again. So if a person was wasting three hours staring at a screen between 2-5 in the morning, he should try sleeping through the night instead. I think that's a tikkun worth trying.

MT

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Re: Tikkun Haklali?...

Posted by reallygettingthere - 08 Apr 2013 23:30

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[Machshovo Tova wrote:](#)

BTW, R' Nachman also says that the best tikkun for such sins is to refrain from doing it again. So if a person was wasting three hours staring at a screen between 2-5 in the morning, he should try sleeping through the night instead. I think that's a tikkun worth trying.

MT

In this situation, Ambian<sup>tm</sup> would be a better choice than tikkun klali.

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Re: Tikkun Haklali?...

Posted by afreshstart39 - 23 Apr 2013 11:36

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I was at the Kever of rabbi Akiva once, and a Breslov guy walks up to the little bimah there, he looks at me and says "if you say tikun klali, its like a BOOM!!!" And so I looked into it and it has helped me a lot, but its not a fix,

I found that every time I prayed to Hashem, He helped me, but not in doing the work for me. He would set things up for me so that I would be forced to put in the work.

For example, the day before my wife caught me I was walking to shul and I started to yell at Hashem, I said "DO SOMETHING! DO SOMETHING NOW! IT'S IN YOUR HANDS TO FIX ME! But he didn't fix me, he set up a situation where my wife would find out what I was doing, because of a stupid mistake (in hindsight not so stupid) I would never make in covering my tracks.

It was a miracle my wife caught me, but I still have to do all the work.

Tikun klali works to set us up to do what we need to do when we could have missed it, we can NEVER get out of doing the work to recover, that would defeat the whole purpose, it would hurt us in the end,

Does Hashem really want to hurt us?!

Obviously everyone has different paths and ways to recovery, this is how I felt prayer worked for me

Also sometimes I feel like I want to just say all of tehillim, but I can't because I don't have the time, so I say these 10 because r' Nachman said that these 10 incorporate the inner essence of the whole tehillim, so for those times we want to just jump into Hashem's arms, we can, even though we only have 6-10 minutes to do so

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Re: Tikkun Haklali?...

Posted by Blind Beggar - 23 Apr 2013 14:47

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[help613 wrote:](#)

I find that once you recite the psalms, or even go to the mikva after having either a accidental or a intentional ejaculation helps to avoid further intentional falling, since from my personal experience it makes you feel stronger, purer and closer to H' which before falling next time makes you think twice !!

For anyone who does not have the booklet, these are the psalms,

16, 32, 41, 42, 59, 77, 90, 105, 137, and 150

I find the same thing: going to the mikva and saying tikun klali make me feel clean and pure and I don't want to lose that feeling. And since I *am* clean and pure it *is* easier to stay clean.

You don't need to be an addict to use this site.

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Re: Tikkun Haklali?...

Posted by ???? ???? - 23 Apr 2013 17:49

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i can only tell you that if this person is clean for a while with just tikun haklali - most probably he is not adicted.

for me it won't work. just like it didn't work in the past 20 years

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