

tikkun haklali

Posted by strugglingandstrivngBT - 28 Apr 2010 01:59

Anyone have anything to say about it? for those unfamiliar it's a group of tehillim (16,32,40,41,59,77,90,105,137,150) that was organized by Rebbe Nachman of Breslov. It's supposed to be good for issues of our nature, and I've used it before going to sleep when I'm worried about dreams with pretty good success. While I've seen that it seems to help avoid problems, I dont like reciting it because it feels weird using tehillim for powers.

anyone have any opinion?

ps B"H 2 rough days without incident!

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Re: tikkun haklali

Posted by commando612 - 28 Apr 2010 18:35

Good question. How about looking at it from another perspective: We're not saying it directly for its powers, but to concentrate on the themes in these specific tehillim. This will change our attitude or mood, and hopefully the root cause of whatever it is that's causing us to go the wrong way, whether when awake or in dreamland (or for when we're both awake and in dreamland at).

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Re: tikkun haklali

Posted by strugglingandstrivngBT - 28 Apr 2010 19:23

ok so let me elaborate. theres a general question of opinion on the Tikkun Haklali...

in regard to the other part...My experience has shown that when I recite the tehillim in Hebrew, I dont have wdreams. granted I dont have them many nights, but on the nights I recite them I never do, and I usually only recite them if I'm worried about it (ie a lot of built up desire). Problem is my Hebrew isnt good enough to understand what I'm reading, and the time I tried to read in English it didnt work. So I feel that I'm hasvshalom almost idolizing the tehillim, if that makes sense. Part of me wants to do an experiment where I dont read it on a day I feel I should and see what happens, but then I'll either have my beliefs crushed about the Holiness of tehillim or hasvshalom have an emission...

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Re: tikkun haklali

Posted by commando612 - 29 Apr 2010 02:10

That's a tough question. I remember reading somewhere that saying "Krias Shma al Hamitta" - the Shma and some prayers (which consists mostly of a collection of Tehillim) before going to bed will usually prevent emissions (maybe only if they're said with concentration? - I don't remember). So I'd guess it's okay to say also the tikkun haklali for this purpose.

The Mishna or Gemora in the end of Sanhedrin speaks about a severe prohibition about whispering verses to heal a wound (and there I think the commentaries argue about whether or not it's just a trick to make people think it's healing), but saying Tehillim before going to sleep doesn't sound like that category, in my humble opinion. Anyone disagree ?

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Re: tikkun haklali

Posted by the.guard - 01 May 2010 19:17

It's not idolizing... It's a segulah. It may not always work ... maybe you weren't sincere, or maybe Hashem just wants to test you. We can never let such things challenge our Emunah in either direction. It's a holy thing, and if you feel it brings you closer to G-d, go for it!

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