

Tikkun HaKlali תְּקוּן הַכִּלְלִי

The Complete Remedy - Rebbe Nachman of Breslov

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1. Etz Khayim Hee
2. HaShem Ekhad
3. Shamraynee
4. Simkhu Va'Adoshem
5. Ashray Maskeel
6. Va'anee B'tumee
7. Barukh HaShem
8. Tsamah Nafshee
9. T'home-el-t'home
10. Yomam
11. Elokay Khasdee
12. Uzee Elekha
13. Kolee
14. Kee Elef Shanim
15. B'terem Harim
16. Hu Adoshem
17. Shiru Lo
18. Al Naharote Bavel
19. Shiru Lanu
20. Halleluka (Mizrahi)
21. Halleluka

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Psalm 16:1, 5

Psalm 32:11

Psalm 41:2

Psalm 41: 13, 14

Psalm 41:14

Psalm 42: 3, 5

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Psalm 90; 2

Psalm 105:7, 8

Psalm 105: 2, 3, 5

Psalm 137; 1, 2, 4

Psalm 137: 3, 5

Psalm 150: 1-6

Psalm 150: 1-6

עַץ חַיִּים הִיא

ה' אֶחָד

שְׁמֵרְנִי

שְׁמַחוּ ב־ה'

אֲשֶׁרֵי מִשְׁכָּבִיל

וְאָנֹכִי בְּתַמִּי

כְּרוּךְ ה'

צְמָאָה נַפְשִׁי

תְּהוֹם-אֶל-תְּהוֹם

יוֹמָם

אֱלֹהֵי חֶסֶדִי

עֲזֵי אֱלֹהֵי

קוֹלִי

כִּי אֶלֶף שָׁנִים

בְּטָרֶם הָרִים

הוּא ה' אֱלֹהֵינוּ

שִׁירוֹ-לוֹ

עַל-נְהַרֹת בְּבֶל

שִׁירוֹ לָנוּ

הַלְלוּקָה

הַלְלוּקָה

We are created in the image of G-d. As such, our reason for existence is to reflect G-d's Light. Creation begins with G-d; void, emptiness, a thought, a breath, chaos changing to form. As we have been created, so we create. Creativity springs forth from within us as G-d works through us.

G-d is pleased with us when we reflect back The Light.

ספר תהילים *Sefer Tehillim* (The Book of Psalms) is a collection of 150 songs and meditations reflecting a stirring of the heart and an emotional outpouring of the soul. It is a well of creative expression that is available to everyone. ספר תהילים *Sefer Tehillim* represents a complete musical system of which we know very little. Talmudic sages have taught that the original Hebrew text of the Psalms contains profound hidden wisdom. Rebbe Nachman of Breslov ז"ל (1772-1810) taught that there are ten psalms, when recited as a whole, will bring about a complete spiritual healing. He called these ten the תיקון הכללי "Tikkun HaKlali" (The Complete Remedy).

The Ten Psalms comprising the תיקון הכללי "Tikkun HaKlali" are:

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

The תיקון הכללי "Tikkun HaKlali" crossed my path many times over the years, but I paid little attention. I, like so many others, was "asleep". In 1995, in the midst of a personal life change, it found me again, yet only for a moment. It is now 2004 and the תיקון הכללי "Tikkun HaKlali" has at long last become central in my life.

I am awake and listening.

This CD was a long time in coming. It is a work that was born of חסד - khessed/lovingkindness. There are so many people to whom I would like to express my heartfelt thanks: First and foremost to G-d for the constant nudges and whacks, and for always standing in my way! To Aaron, Greg, and Chris, whose sincere devotion to this project has been nothing less than awesome; to Inbal and Eran, my loving and patient children; to Aaron's children, Rowan and Lorian; to my Dad, who always supports the artist in me; to Barbara, my boss and friend, for her kindness and understanding; to Karen Satz for her enthusiasm, support and encouragement; to the Tobi Family, and to Zo Tobi for the healing hand (www.zotobi.com); to Chana, B.F. & W.O.W, for everlasting wisdom and friendship; to Rav Avraham Greenbaum, author of *"The Wings of the Sun"* (*Breslov Research Institute, Jerusalem*) who gave me the first words of encouragement to go forward with this work; to Rav Shalom Brodt for a thumbs up; to the Breslover Institute (www.breslov.org) whose אין סוף *ein sof* devotion to Reb Nachman has enlightened me and all those who seek to know; and to all who listen to this work with open ears and loving hearts. Please take these songs as your own and let them do their work for, and through you.

יוֹמָם יִצְוֶה ה' חֶסֶד, וּבַלַּיְלָה שִׁירָה עַמִּי, תִּפְלָה לְקַל חַיִּי

Psalm 42: 9

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Shamraynee Psalm 16:1,5 שְׁמַרְנֵי

1. Watch over me, L-rd, for I seek refuge in You.
 5. The L-rd is my Portion, which is mine by right, my Cup. You nurture my destiny.

Sham-ray-nee... sham-ray-nee Kel Kee kha-see-tee vakh } X2
 HaShem... m'nat khel-kee v'ko-see A-tah... to-meeekh go-ra-lee

שְׁמַרְנֵי קֵל כִּי-חֲסִיתִי בְךָ:
 ה' מִנְת-חֶלְקִי וְכוֹסִי, אֶתָּה תוֹמִיךָ גּוֹרְלִי

Simkhu Va'Adoshem Psalm 32:11 שְׂמַחוּ ב-ה' *Rejoice in Adoshem! Exult, righteous ones! Shout for joy, all who are upright in heart!*

Sim-khu va'Ado-shem v'gilu tsadee-kim - V'har-nee-nu kol – kol yish-ray lev

שְׂמַחוּ ב-ה' וְגִילוּ צַדִּיקִים, וְהִרְנִינוּ כָּל-יִשְׂרָאֵל

Ashray Maskeel Psalm 41:2 אֲשֶׁרִי מִשְׁכִּיל *Happy is one who attends to the needy; on an evil day, Adoshem will rescue her.*

Ash-ray mas-keel – ash-ray mas-keel - ash-ray mas-keel el-dal } x4
 B'yom ra'ah y'mal-tay-hu – y'mal-tay-hu HaShem

אֲשֶׁרִי מִשְׁכִּיל אֶל-דָּל, בְּיוֹם רָעָה יִמְלִטְהוּ ה'

Va'anee B'tumee Psalm 41: 13, 14 וְאֲנִי, בְּתַמִּי

13. You will support me because of my integrity, You will let me abide in Your presence forever.
 14. Blessed is Adonai, God of Israel, from eternity to eternity – Amen and Amen!

Va'a-nee b'too-mee ta-makh-ta bee, ta-makh-ta bee
 Va'tatsee-vay-nee lifa-neh-kha, lifa-neh-kha l'o-lam
 Ba-rukh HaShem Elokay Yisra-el may-ha-o-lam v'-ad ha-o-lam
 A-men v'a-men] x4

וְאֲנִי, בְּתַמִּי, תְּמַכֶּת בִּי, וְתַצִּיבֵנִי לְפָנֶיךָ לְעוֹלָם:
 בְּרוּךְ ה' אֱלֹהֵי יִשְׂרָאֵל מִהָעוֹלָם וְעַד הָעוֹלָם, אָמֵן וְאָמֵן

Barukh HaShem Psalm 41:14 בְּרוּךְ ה'*Blessed is Adonai, God of Israel, from eternity to eternity – Amen and Amen!*Ba-rukhh AdoShem Elo-kay Yisra-el, may – ha-o-lam v'-ad ha-o-lam }x4
A-men v'a-men }x4

בְּרוּךְ ה' אֱלֹהֵי יִשְׂרָאֵל מִהָעוֹלָם וְעַד הָעוֹלָם, אָמֵן וְאָמֵן

Tsamah Nafshee Psalm 42: 3, 5 צְמָאָה נַפְשִׁי

3. *My soul thirsts for G-d, for the living El / Almighty; O, when will I come to appear before G-d?*
 5. *This I remember, and pour out my soul within me – how I used to walk with the crowd, moving with them, festive throng, up to the House of G-d, with joyous shouts of praise to G-d a multitude celebrating the festival!*

Tsa-mah, tsa-mah, tsa-mah naf-shee L'Elo-kim, l'Kel khai }x4
Ay-leh ez'k'-rah v'esh-p'-khah a-lai naf-shee
Kee eh-eh-vor ba-sakh Eh-dah-dem ad-bayt Elo-kim
B'kol ree-nah v'to-dah ha-mone kho-geg }x2צְמָאָה נַפְשִׁי לְאֱלֹהִים לִקְלוֹתִי;
אֵלֶּה אֶזְכְּרָה וְאֶשְׁפָּכָה עָלַי נַפְשִׁי כִּי אֶעְבֵּר בַּסֶּדֶךְ,
אֲדַדְדֵם עַד-בֵּית אֱלֹהִים בְּקוֹל-רִנָּה וְתוֹדָה, הַמּוֹן חוּגֵג**T'home-el-t'home Psalm 42: 8 תְּהוֹם-אֵל-תְּהוֹם***Deep cries out to deep, the sounds of the opened slices of heaven' all Your breakers and Your billows have swept over me.*T'home el t'home, ko-ray l'kol, tsee-no-re-hkha } X2
Kol-mish-ba-re-kha, v'ga-le-kha, v'ga-le-kha a-lai, A-lai a-vah-ru
T'home el t'home ...

תְּהוֹם-אֵל-תְּהוֹם קוֹרָא לְקוֹל צְנוּרִיָּה, כָּל מִשְׁבְּרֵיהָ וְגַלְיָה עָלַי עֲבָרוּ

Yomam Psalm 42: 9 יוֹמָם*By day, Adonai will command His Khessed / Loving-kindness, and at night, His resting place will be with me; This is my prayer to the Almighty, God of my life.*Yomam, Y'tsavay, Y'tsavay HaShem khas-do } X4
U-va'lai-lah, Shi-ro i-mee, T'filah L'Kel khah-yai } X2

יוֹמָם יִצְוֶה ה' חֲסֵדוֹ, וּבַלַּיְלָה שִׁירָה עִמִּי, תִּפְלָה לְאֵל חַיִּי

Elokay Khasdee Psalm 59:11 אֱלֹקֵי חֶסֶדִי*G-d, my Khesed / Faithful One, You will go before me; G-d will let me gaze upon watchful foes.*

Elo - kay khas-dee y'kad-may-nee } x4
 Elo-kim ya-ray-nee v'sho-ri-rai

אֱלֹקֵי חֶסֶדִי יִקְדָּמְנִי, אֱלֹקִים יִרְאֵנִי בְּשַׂרְרִי

Uzee Elekha Azamera Psalm 59:18 עֲזֵי אֵלֶיךָ אֲזַמְרָה*My Strength – to You I will sing praises, for G-d is my Tower of Strength, G-d of my Khesed / Lovingkindness.*

U-zee eh- le-kha a-za-may-ra; kee Elo-kim mis-ga-bee } x4
 Elo-kay khas-dee, Elo-kay khas-dee,
 Elo-kay.. khas-dee

עֲזֵי אֵלֶיךָ אֲזַמְרָה, כִּי-אֱלֹקִים מִשְׁגָּבִי אֱלֹקֵי חֶסֶדִי

Kolee Psalm 77: 2 קוֹלִי*I lift my voice to G-d and cry out; I lift my voice to G-d and He turns His ears to hear.*

Ko-lee, ko-lee, ko-lee, Ko-lee... ko-lee,
 El Elo-kim, El Elo-kim v'etz-a-kah
 Ko-lee el Elo-kim v'ha'a'zeen eh-lai]x2

קוֹלִי אֶל-אֱלֹקִים וְאֶצְעָקָה, קוֹלִי אֶל-אֱלֹקִים וְהֶאֱזִין אֵלַי

B'terem Harim Yuladu Psalm 90; 2 בְּטֶרֶם הָרִים יִלְדוּ*Before the mountains were born. Before you set forth the earth and the inhabited world.
From world to world You are HaShem*

B'te-rem ha-rim yu-la-du, va-t'kho-lel e-retz v'te-vel] x2
 U-meh-o-lam ad o-lam a-tah kel] x4

בְּטֶרֶם הָרִים יִלְדוּ, וְתַחֲלֹל אֶרֶץ וְתִבֵּל, וּמֵעוֹלָם עַד-עוֹלָם, אַתָּה קַל

Kee Elef Shanin Psalm 90: 4, 12 כִּי אֶלֶף שָׁנִים*4. For a thousand years are in Your eyes like yesterday, which has just passed, like a watch in the night.
12. To count every day – teach us, so we will acquire a heart of wisdom.*

Kee e-lef sha-nim b'ay-ne-kha, K'yom et-mole kee ya'a'vor } X4
 V'a-shmoor-ah va'lai-lah, v'a-shmoo-rah va'lai ... - lah } x2
 Lim-note ya-may-nu kayn ho-dah, v'na-vee l'avav khokh-mah

כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כִּיּוֹם אֶתְמוּל כִּי יַעֲבֹר, וְאַשְׁמוּרָה בְּלִילָה:
 לְמִנּוֹת יְמִינוּ כֵּן הוֹדַע, וְנִבֵּיא לִבְבַּ חֲכָמָה

שירי-לו Shiru Lo Psalm 105: 2,3,5

2. *Sing to Him, compose songs, play instruments for Him; Tell all about His wondrous acts!*
3. *Take pride in His Holy Name; the heart of those who seek Him rejoices!*
5. *Remember the wonders He has performed, His miracles, and the laws from His mouth.*

Shiru lo, Zam-ru lo, See-khu b'khol nif-lo-tav } x2 Oo Oo – ahhh....
 Hit - ha'l' - lu, Hit-ha'l'lu, Hit-ha'l'lu b'shem kad'sho } x2 Oo – ah..... Oo – ah....
 Zikh-ru nif-lo-tav a-shayr a-sah }x2
 Ooooo.... Ooooo.....

שִׁירֵי-לוֹ זָמְרוּ לוֹ שִׁיחוּ בְּכֹל נִפְלְאוֹתָיו:
 הִתְהַלְלוּ בְּשֵׁם קְדֹשׁוֹ,
 זְכְרוּ נִפְלְאוֹתָיו, אֲשֶׁר עָשָׂה

הוא ה' אלקינו Hu Adoshem Elo kaynu Psalm 105:7,8

7. *He is Adonai, our G-d; the whole earth is governed by His laws.*
8. *He remembered His eternal covenant, the word which He commanded to a thousand generations.*

Hu AdoShem Elo-kay-nu, B'khol ha-a-retz mish-pa-tav } X4
 Za-khar – l'o-lam bree-to, da-var tsee-vah l'e-lef dor
 Da-var tsee-vah l'e-lef dor, L'e-lef dor

הוא ה' אֱלֹהֵינוּ, בְּכֹל-הָאָרֶץ מִשְׁפָּטָיו:
 זָכַר לְעוֹלָם בְּרִיתוֹ, דָּבָר צְוָה, לְאֶלֶף דּוֹר

על-נהרות בבל Al Naharote Bavel Psalm 137; 1,2,4

1. *By the rivers of Babylon, there we sat and we wept as we remembered Zion.*
2. *Upon the willows on its banks we hung up our harps.*
4. *But how shall we sing the song of our L-rd on foreign soil?*

Al na-ha-rote Ba-vel, al na-ha-rote Ba-vel, al na-ha-rote Ba-vel
 Sham ya-shav-nu, sham ya-shav-nu sham ya-shav-nu gam ba-khee-nu
 B'zakh-ray-nu, b'zakh-ray-nu, b'zakh-ray-nu, b'zakh-ray-nu et Tsion
 Al a-ra-vim, al a-ra-vim, al ara-vim b'to-kha
 Ta-lee-nu, ta-lee-nu, ta-lee-nu keenoro-tay-nu
 Ekh na-shir, ekh na-shir et shir HaShem
 Ekh na-shir et shir HaShem al ad-mat neh-khar. Oh.....
 Al na-ha-rote Ba-vel, al na-harote Ba-vel, al na-ha-rote Ba-vel...

עַל-נְהַרוֹת בְּבֶל שָׁם יִשְׁבְּנוּ, גַּם-בְּכִינוּ בְּזָכְרֵנוּ אֶת-צִיּוֹן:
 עַל עָרְבִים בְּתוֹכָהּ תְּלִינוּ כְּנִוְרֹתֵינוּ:
 אִיךְ נִשְׁיֵר אֶת-שִׁיר-ה', עַל אֲדַמַּת נֶכַר

שִׁירוֹ לָנוּ Psalm 137: 3,5 שִׁירוֹ לָנוּ

3. *Sing to us from the songs of Zion!*
 5. *If I ever forget you, Jerusalem, may my right hand forget its cunning.*

Shiru la-nu, shiru la-nu, shiru la-nu me-shir Tsi – on! } X4
 Im esh-ka-khekh Y'ru-sha-lah-yim, -- tish-kakh y'mee-nee } X2
 Sing to us, sing to us, Sing to us the songs of Zion
 Sing to us, sing to us, Sing to us Zion!
 If I forget You Jerusalem, May my right hand forget her cunning } x2

שִׁירוֹ לָנוּ מִשִּׁיר צִיּוֹן:
 אִם-אֶשְׁכַּחךָ יְרוּשָׁלַיִם תִּשְׁכַּח יְמִינִי

הַלְלוּקָה Psalm 150: 1-6 הַלְלוּקָה

1. *Halleluka / Praise G-d! Praise G-d in His Sanctuary; Praise Him in the vast expanse of Heaven!*
 2. *Praise Him for mighty deeds; Praise Him according to His abundant greatness!*
 3. *Praise Him with the blowing of the shofar; Praise Him with the lyre and the harp!*
 4. *Praise Him with drum and dance; Praise Him with string instruments and flute!*
 5. *Priase Him with resounding cymbals!*
 6. *Let every breath of life praise G-d! Halleluka / Praise G-d!*

Ha-le-lu-ka, ha-le-lu Kel b'kod-sho, Ha-le-lu-hu bir-kee'ah u-zo
 Ha-le-lu-hu - v'gvu-ro-tav, Ha-le-lu-hu k'rove gud-lo
 Ha-le-lu-hu b'tay-ka sho-far, Ha-le-lu-hu b'ne-vel v'khee-nor
 Ha-le-lu-hu b'tof u-ma-khol, Ha-le-lu-hu b'mee-nim v'u-gav
 Ha-le-lu-hu b'tsil-ts'-lay sha-mah, Ha-le-lu-hu b'tsil-ts'-lay tru-ah
 Ha-le-lu-ka, ha-le-lu Kel b'kod-sho, Ha-le-lu-hu bir-kee'ah u-zo
 Ha-le-lu-hu - v'gvu-ro-tav, Ha-le-lu-hu k'rove gud-lo
 Kol hahn-sha-mah t'halel Kah } x4
 Ha-le-lu-ka! }x4

הַלְלוּקָה, הַלְלוּ-קָל, בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְּרָקִיעַ עֲזוֹ:
 הַלְלוּהוּ בְּגְבוּרָתוֹ, הַלְלוּהוּ כְּרֹב גְּדֻלוֹ:
 הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר הַלְלוּהוּ בְּנִבְל וּכְנֹר:
 הַלְלוּהוּ בְּתֹף וּמְחֹל הַלְלוּהוּ בְּמִנִּים וְעָגָב:
 הַלְלוּהוּ בְּצִלְצִלֵי-שָׁמַע, הַלְלוּהוּ בְּצִלְצִלֵי תְרוּעָה:
 כָּל הַנְּשָׁמָה, תְּהַלֵּל קָה, הַלְלוּקָה

עץ חיים היא Tree of Life

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*She is the Tree of Life. With branches and roots sturdy and strong.
Specks of glistening gold. Fragrant incense.
All the colors of the rainbow. To heavens rise. To heavens high.
Sparkling radiant eyes. Glorious glowing eyes.
She is the Tree of Life!*

Etz, Etz khayim hee – Etz, etz khayim hee } x2
Anfay-hah, shor-shay – hah.... } x2
Etz, Etz khayim hee – Etz, etz khayim hee } x2
Khel-kee-kay zahav.... Leh-voh-nah... mig-vah-nay ha-keh-shet
Mit-noh-seh-sim..... Mit-noh-tseh-tsim....
Ay-nie-yim zo-ha-rot.... Ay-nay-hah zo-ha-rot....
Etz, Etz khayim hee – Etz, etz khayim hee } x2

עץ חיים היא; ענפיה, שורשיה...
חלקיקי-זהב, לבונה, מגוני הקשת,
מתנוססים, מתנוצצים...
עניים זוהרות, עיניה זוהרות
עץ חיים היא

ה' אחד HaShem Ekhad

c 2001 Rahel (Ann Rachel Silverman-Limor)

Hear o Israel! The L-rd, our G-d is One!

HaShem, HaShem – HaShem Ekhad, HaShem Ekhad } x4
Shma Yisrael! HaShem Ekhad } x2

ה' אחד, שמע ישראל ה' אחד

Musicians

Rahel
Vocal, Guitar, Egg Shaker, Guiro

Aaron Tyne
Oud, Sitar, Doumbek

Greg Reinauer
Fretless Bass

Recorded "Live" at the Cat's Room
Brookline, New Hampshire, USA
Recording Engineer: Chris DelRossi
September/October 2003

Contact & Booking Info

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rahel@rahelmusic.com

More music by Rahel (Ann Rachel)

Available at www.cdbaby.com

Time Passes By: www.cdbaby.com/annrachel

Kit & Caboodle: www.cdbaby.com/kitcab

Your Child Needs Music; 70 Songs & Rhymes for Children:

www.cdbaby.com/annrachel2

Your Child Needs Music; 66 Songs & Rhymes for Children in Hebrew: www.cdbaby.com/annrachel3

Shabbat at Betenu: www.betenu.org

Tofa'ah – The Sound of Joyous Song: www.tofaah.com

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