

What should be recited

- 1. Try to start at 11:00pm so you can finish around 12:30am (Chatzot) midnight. If not possible, you can read all night and if that is not possible, then read throughout the day**
- 2. First we read Tikun Haklali. Chapters: 16, 32, 41, 42, 59, 77, 90, 105, 137, 150**
- 3. Read Tehilim 90 through 150**
- 4. Read from the book of Devarim (Deuteronomy) Chapters 31, 32, 33**
- 5. From chapter 119 in Tehilim, read the letters of your name and mothers name plus the letters of the word ה,ע,ג,ש,י (which means salvation). How do we do that? in chapter 119 we can find 8 verses for each letter in the alfabet, find the letters of your name and you will read 8 verses of each letter. For example if your name is David, you will read 8 verses of the letter ד (Dalet) then 8 verses of the letter ו (vav) and then 8 verses of the letter ו (Dalet). When read the word ה,ע,ג,ש,י you read 8 verse of the letter י (yud) and then 8 verses of the letter ש (shin) and so forth**
- 6. For the ones who need to find their other half - read from the book of Bamidbar (Numbers) Chapter 7**
- 7. For the ones who need Parnasa (livelihood) - read from the book of Shemot (Exodus) Chapter 16**
- 8. Once you're done, we recite Shirat Hayam (the Song of the Sea - Shemot ((Exodus)) 15:1-19) which can also be found in our prayer book in Shacharit**
- 9. Once done all that, say a prayer from your heart!**

Chag Sameach!!

May all our prayers be heard and accepted by Hashem!

Wishing you all the best

Rabbi Alon Anava

The entire Atzmut team