

HaRav Menachem Edri, Shlit"u

The head of Yeshivat Ben Ish Chai and Menachem Tziyon Institutions
and Gemachs (Charity centers for the needy of Israel)

Tikkunei haNefesh / Rectifications of the Soul



www.menachemtziyon.org

59 Abarbanel Street, Bnei Brak Israel

17186194614 / WhatsApp +972-58-703-3705

**Praised be the Creator of all
worlds!**

The

Immense

Rectifications of the Soul

(Repairing spiritual damage that was incurred through transgressions)

composed by the Ben Ish Chai
haKadosh who was inspired by
our teacher HaAr"i HaKadosh,
where all is based on the

teachings of the Rashb"i
HaKadosh,
from the hidden light, the Zohar
HaKadosh, ז"ע'א.

And these are the words of the Ben Ish Chai haKadosh in his
pure book of Benayahu ben Yehoyada haKadosh (ח"א דף א' א
ע"א):

"It is known that there is no righteous person in the Land who
will do good and will not sin as well, in this reincarnation or
other reincarnations. Rectifications must be done for the sins in
order to raise up the nitzotzei hakedusha [sparks of holiness]
that have fallen by him or by others that are connected to the
roots of his soul, etc.

And here, given the fact that our rabbi HaAr"i, of blessed

memory, compiled a set of rectifications for iniquities that make a number of fasts according to the tikkun covering each sin.

In this generation, infirmity has descended on the world, and not every person has the good fortune of observing a number of fasts, as per what was established by our rabbi HaAr"i.

Behold, we've found and seen that the brilliant rabbi the famed genius, the sage, our rabbi Yosef Chaim, a righteous and saintly person of blessed memory, a rabbi from Babylon, in his book Lashon Chakhamim, Part I, made a suitable arrangement for rectifications of the sins, to relieve the person who did not store enough energy to fast all the number of fasts, namely he should fast one day and all the rest of the fasts he can discharge by giving tzedakah [donations]" - as

we will explain later, with G-d's help, according to the halachic and practical rulings of the poskim [Torah Law authority rabbis].

Many ask: Rabbi!!!

Why is there a delay in finding my soulmate?

Why are there problems with parnasah (livelihood)?

Why don't I have kids? And it's taking already many years?

Why do I have problems at home, G-d forbid?

Why do I have health problems, and I'm misfortunate – my Mazal is closed?

Really and truly, it is brought in the book of Prophet Yeshayahu (ch.49, line 17):

” those who destroy you and those who lay you waste shall go forth from you.”

And so, says the Gemara in Masechet Shabbat (daf 55):” ... there is no suffering without iniquity.” And Hashem “is just with all that has come upon us, for You have dealt truly and we have dealt wickedly” (Nechemia ch.9, line 33).

Ben Ish Chai haKadosh explains that there are severe transgressions that a man or a woman stumble over: the severe transgressions of Niddah [a woman who has experienced uterine bleeding and has not completed process which culminates with immersing in a mikveh; Eshet Ish [adultery/forbidden relations with a married woman]; Zera leVatala [wasting seed]; as well as forbidden relations with a gentile woman/man; or a married woman who betrayed her husband with another man; or a woman that had an abortion,

or a man that financed the abortion; or anyone who had anything to cause murder - according to Heavens this is considered a total murder.

Also, homosexuality, רח"ל;

Or whoever gazed at makom erva, nakedness of a woman;

Or the severe transgression of anger;

And the transgression of oaths and promises.

And one must know, explains the Ben Ish Chai haKadosh, that in the upper worlds there are Seven Rivers of Malchut [Kingdom] (which parallel the sefirot chesed, gevurah, tiferet, netzach, hod, yesod, malchut) that are the channels of prosperity to the man in this world to receive all types of good influences from above: soulmate, livelihood, health, offspring, finding favor, peace at home, great success in life.

And if, G-d forbid, one had stumbled over the transgression of the Niddah [forbidden relations with a woman who did not immerse in the waters of mikveh (even one's own wife)/or a woman who was with a man without having immersed into mikveh], or of the Eshet Ish [forbidden relations with a married woman], or of the Zera leVatala [wasting seed], or a woman causing man to waste seed [this includes a woman who used to dress immodestly-she also needs to do a tikkun for Zera leVatala], or of the forbidden relations with a gentile woman/man, or of the abortion and murder.

May Hashem safeguard and save us from these iniquities, since these destroyed the channels of abundance, and damaged and marred the Seven Rivers of the Malchut. By doing so, a great damage has been caused here in this lower world.

Therefore, there are hurdles that prevent one finding a soulmate, or having kids, health issues, livelihood issues, etc.

For the sins mentioned above one is liable to the penalty of karet [excision], far from us, for which he must come back in another gilgul [reincarnation], and his soul wonders from one bad state to a worse state, and does not find any rest for many, many years, רח"ל.

And all this to one who did not do a tikkun-rectification in the form of

KOL- TZOM-MAMON

[1. KOL- voice/prayer [callout of a soul!]
—2. TZOM-fasting-abstaining from food or drink
—3. MAMON – money/giving to charity].

Nevertheless, says the Ben Ish Chai, that whoever will do these tikkunim [rectifications] will surely be saved from gilgul [being reincarnated], and from kaf hakela [a type of spiritual sling-shot that pings the soul from one end of the universe and then back

again, never giving it a moment to stay in the same place and catch its breath], as well as much more painful suffering, bar-minan [far from us].

And there is a need to emphasize that by just doing TESHUVA [repentance] without any TIKKUN [rectification] which includes

KOL- TZOM-MAMON [voice/prayer-fasting-money]
[1. KOL- voice/prayer [callout of a soul!]
—2. TZOM-fasting-abstaining from food or drink
—3. MAMON – money/giving to charity] – is not enough to atone for the sins that are liable with KARET [excision from the nation (premature death) **בר מין**]. The letters of the word **כרת** KARET [excision] also spell the word **כתר** KETER [crown]. There are thirty-six prohibitions for which the punishment is excision. These responsibilities are like crowns that we wear as children of the King of the Universe. These crowns obligate us to act aristocratically and regally, according to the laws prescribed in the Torah. Fulfilling mitzvot connects us to the King, the Creator of the world.

If a prince refuses to don the crown that carries with it so many obligations, he is cutting himself off from his father and the monarchy.

When a Jew refuses to fulfill the mitzvot that constitute the royal crown, he turns the **כתר** KETER [crown] into **כרת** KARET

[excision]. By doing so, he cuts himself off from his Jewish heritage.

Therefore, all the following violations: cohabiting with non-Jewish woman/man, or with Niddah [a woman who had a uterine bleeding and who did not immerse in mikveh pool (where a woman is purified spiritually before reuniting with her husband (Vaikra ch.15, lines 24-27), Eshet Ish [adultery/married woman];

desecrating shabbat – all these require a tikkun [rectification]:

KOL- TZOM-MAMON [voice/prayer-fasting-money]

[1. KOL- voice/prayer [callout of a soul!]-2. TZOM-fasting-abstaining from food or drink-3. MAMON – money/giving to charity] by which the RESHIMO [residue] of the sin gets uprooted as well!!!

And it should be noted that all the Gedolei HaMekubalim [Great Kabbalists] would not move one step without these tikkunim [rectifications] of the Ben Ish Chai:

HaBaba Sali haKadosh, HaRav Yitzchak Kaduri, **זצוק"ל**, as well as Maran Ovadyah Yosef haKadosh (in the book Abir HaRoyim **אביר החיים**). All of them were instructing those who asked regarding a tikkun [rectification]-- to do the tikkunim [rectifications] in the book of "LASHON CHAKHAMIM"

composed by the saintly and the righteous BEN ISH CHAI HaKadosh, tzaddik yesod olam the [foundation of the world, who upholds G-d's covenant with the earth and procures sustenance for the living beings upon it].

And therefore, every man and every woman - is obligated to do a tikkun [rectification] according to the sin.

And this must be specified: that even if 20 and 30 years have passed from that sin, and today you have returned to the roots, and you keep shabbat, you put on tefillin, learn Torah day and night.

Even more so, the one that fell to the above-mentioned sins is obligated to do a tikkun [rectification].

The books that are needed for the tikkun are : the book called **לשון חכמים** LASHON HACHAMIM and the book called **קריאי מועד** KRIEI MOED.

The tikkun consists of a TAANIT [fasting one full day], learning of Idra Rabba [Great Gathering-a section of the Zohar where Rabi Shimon Bar Yochai gathers nine of his students to reveal Kabbalistic mysteries he had refrained from teaching until then], learning the section Idra Zuta [Lesser Gathering - that took place on the day Rabi Shimon Bar Yochai passed away], TaNaCH [Torah/Five Books of Moshe Rabenu -

Neviim/Prophets-Ketuvim/Chronicles], TaRyaG Mitzvot [613 Commandments], Six orders of the Mishnah [codification of Jewish oral laws]. In addition to fasting one day and learning, there's a pidyon tzedakah [redeeming the rest of the fasts by giving tzedakah [donation] in return for each day of the same tikkun he is occupied with multiplied by 18 shekels which is how much a poor person eats per day.

For example, with the transgression of the Niddah, one must fast 82 days, but since one does not have so much energy to fast so many consecutive days, therefore he fasts one day (like Yom Kippur - night and day) and the rest of the days he substitutes with tzedakah [donation] . This means we multiply the $82 * 18 = 1476$ for the transgression of the Niddah
For the transgression of the Zera LeVatala: there are 84 fasts, so $84 * 18 = 1512$

For the transgression with the non-Jewish man/woman: there are 216 fasts, so $216 * 18 = 3888$.

And in the same manner, for the transgression with a married woman: there are 325 fasts, so $325 * 18 = 5850$.

And certainly, one may divide up the sum of the pidyon tzedakah [donation] into smaller mounts, each one according to his status and his ability.

Whoever wants to do the tikkun properly, be it a man or a woman, should know that the yetzer hara [evil inclination]

turns worlds upside down in order to prevent one from doing the tikkun [rectification], and instills within man all sorts of weaknesses. He then finds himself doubting his abilities on how he will endure a fast, and how he will come up with such an amount of money. Not now..., some other time, whenever I'll be stronger and more financially stable. All this is Satan's doing, **ה' ישמור**, that wants to bring down the neshama [soul] to misery, to a grave, and to send it to arduous and bitter reincarnations for many -many years, as is described in the introduction of the book Shaar haGilgulim by Rabenu haAri haKadosh.

I must say in all sincerity before G-d of Heavens that all who turned to me, and we did the tikkun with him, witnessed miracles and wonders as the Gates of Heaven opened for them within a fairly short time frame: with a relationship, with having kids, with parnasah (livelihood), with health, etc. Wonder of wonders! There are no words to describe the amount of salvations people witness with their own eyes. It's incredible! Also, the money that one allots for the tikkunim, G-d will be return to him twofold.

And this has been tried and tested by hundreds of people who did the tikkunim through me. All of them saw miracles and wonders.

We should also not forget how much money a man spends on averot [iniquities] without giving it a moment's thought. And now, when he reaches kedushah [holiness], or an opportunity to do a mitzvah [good deed] in order to get saved from the kaf hakelah [being thrown by a sling], and from difficult reincarnations by fixing his spirit and soul in this amazing way.

And I have seen wonders and miracles, infinite number of incidents and stories by people that did the tikkunim [rectifications] how they merited salvation in their businesses, in making a living, in their relationships, etc.

A 38-year-old young lady who was blessed with everything including beauty, charm, and intelligence, bli ayin hara [may no evil eye have the power of inflicting her any harm] - had difficulty in finding her zivug [soulmate] and parnasah [sustenance]. She did a tikkun for the transgression with a non-Jewish man that she was with in the past, **ה' ירחם**. One month later, she met her husband and was blessed with livelihood, etc. It's astounding how affective this is, and how it corrects the soul.

A Jewish man who failed to adultery with a married woman called me, telling me how his life is stuck, and I explained to him all that was to it. And we did the tikkun of Eshet Ish [adultery]. A month and a half later he called crying tears of joy that things

opened up for him in zugiut [relationship] and thank G-d he got cured from a certain illness, **ב"מ**.

And so, with many women that did the tikkun for abortions - the gates of Heaven opened for them in a wonderful ways (nevertheless this is not the place to elaborate on this).

And there is no need for conventional evidence. Whoever still did not do the tikkunim needed to correct his soul and spirit - senses all the barriers and all the obstacles in life, and his soul mourns over him.

And that is brought by Zohar haKadosh in the book of Shemot (**דף ג'**):

“There are three who drive away the Shechinah [Divine Presence] from the world i.e. that their mazal is closed with iron locks and walls reaching Heaven.

And these are: one who cohabits with a non-Jewish woman, one who wastes seed, one who has intimate relations with a niddah [woman who is not in state of ritual purity], and further on one who commits abortion, and adultery; and the same goes to a woman who failed in causing wasting seed, cohabiting with a non-Jew, niddah, and so forth.

If one does not rectify, he does not find any rest in this world and not in the next world, **ה' ישמור ויציל** .

“But He is merciful, He expiates iniquity and does not destroy; many times, He takes back His wrath and does not arouse all His anger” (Tehilim ch.78, line 38).

May we merit rectifying our nefesh [lower soul/spirit – a life force that activates a human nervous system transforming it into a living physiologically functioning moving-talking-behaving body and is based in the liver] ruach [middle soul that is acquired by a Jew by elevating one’s character and exercising self-control over such mundane pleasures as excessive food, money, etc. -is based in the heart] neshama [higher soul which is only accessible to those who study Torah and demonstrate even higher levels of self-control and holiness and is based in the brain] in this gilgul [reincarnation] and may G-d save us from all suffering of all worlds this world and the next.

Whoever is interested in doing a specific tikkun may contact us

at +17186194614 / +972-58-7033705 WhatsApp or

Email us at Ravmenachemedri@gmail.com

We will get back to you as soon as possible. And you will certainly receive from us the books Lashon Chachamim, Kriei Moed as a gift delivered to your home, as well as a personal guidance in all matters of the tikkun from the beginning to the end, **בעזרת**, with G-ds help.

**With G-d's help we will hereby present some of the tikkunim
[rectifications/corrections]:**

This applies to both men and women.

Whoever is aware that he/she had erred is obligated to hurry up and fix what he/she can to the best of his ability.

Tikkun for the transgression with Niddah [ritually impure woman]

Tikkun for the transgression of Eshet Ish [adultery with a married woman]

Tikkun for the transgression with a non-Jewish man/woman

Tikkun for the transgression of Zera leVatala [wasting seed]

Tikkun for the transgression for adulterous woman who betrayed her husband

Tikkun for the transgression for homosexuality

Tikkun for the transgression of causing abortion or murder
 Tikkun for the transgression gazing at nakedness
 Tikkun for the transgression of watching immodest videos
 Tikkun for one not to be blind in the next world, **רח"ל**
 Tikkun for one who hugged and kissed a woman forbidden to him
 Tikkun for one who got angry and broke vessels in his anger
 Tikkun for the transgression on promises and vows
 Tikkun for the nocturnal emission, **ב"מ**
 Tikkun for one who sinned in dishonoring a father/mother
 ("And one who strikes his father, or his mother shall surely be put to death...And one who curses his father, or his mother shall surely be put to death." [Shemot ch. 21, lines 15, 17] **ב"מ**)
 Tikkun for the transgression of nibbul peh [fornication of the mouth/obscene speech and curses]
 Tikkun for the one who ate non-kosher meat (forbidden foods)
 Tikkun for one who fed others forbidden foods
 Tikkun for a deceased who does not find rest in the upper worlds
 Tikkun for one who had illicit relations with his mother, or his sister, **ב"מ**
 Tikkun for the deceased that is suffering after his death, telling of this in a dream to his relatives
 Tikkun for a widowed woman who wants to get married to another man

Tikkun for the deceased that did not put on tefillin in his lifetime
 Tikkun for a deceased that came in a dream and told of his being reincarnated as an inanimate object
 Tikkun for a deceased woman that violated shabbat in her lifetime [this tikkun is also applicable to the living that had violated shabbat in the past]
 Tikkun for a man/woman that had died and came in a dream to tell of their having no rest after their death
 Tikkun for Zera bar Kaiyama to merit having children
 Tikkun for a woman who has gone mad
 Tikkun for sick and confused
 Tikkun for one who committed suicide
 Tikkun for one who is a victim of witchcraft
 Tikkun for a dying man enduring prolonged suffering
 Tikkun for someone that is liable one of the four types of death penalties by bet din [rabbinical court]
 Tikkun for one who killed his son accidentally
 Tikkun for one who caused a Torah Scroll to fall
 Tikkun for a woman who had miscarriage mapelet nefalim
 Tikkun for one who's in jail
 Tikkun for one whose little children die
 Tikkun haNefesh for the healing of the body and soul
 Tikkun for one who used to cause others to sin
 Tikkun for the transgression of robbery and ribbit (charging interest), **ה' ירחם**

May the merit of the Ben Ish Chai haKadosh protect us and all our descendants forever and ever.

Glorified and sanctified be G-d's great Name in all throughout all the worlds.

Amen. May this be His will.

And may we all merit to reach complete teshuva and thereby.

And a redeemer shall come to Tzion with Divine compassion, we will do, and we will succeed forever.○Amen.

HaRav Menachem Edri, Shlit"n



officiating a Chuppah and Kiddushin [Marriage] Ceremony

[Translator's note: A highly skilled, energetic, experienced, and certified MOHEL with extensive Halachic, Talmudic and Mystical Torah knowledge. Beyond that he is an astounding, kind, gracious, and a warm individual, with an incredible and unconditional love for each and every Jew.]



THIS PAMPHLET IS DEDICATED LEILUI NISHMAT [FOR THE ELEVATION OF THE SOUL] OF MY FATHER, MY TEACHER GAVRIEL BEN RACHEL, ל"ו, ת.נ.צ.ב.ה AND LEILUI NISHMAT [FOR THE ELEVATION OF THE SOUL] OF MAASIYAH BEN CHAVA, ל"ו, ת.נ.צ.ב.ה .

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