

List of Segulot/Uses for 150 Chapters of Tehillim/Psalms

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| 1 -- for a woman who miscarries (or tends to miscarry a pregnancy) | 37 -- for a drunkard |
| 2 -- for a storm at sea | 38 -- if one has given you bad advice |
| 3 -- for shoulder pain and head pain | 39 -- for one who is fasting |
| 4 -- good for every need | 40 -- to be rescued from an evil spirit/dark mood |
| 5 -- for an evil spirit/mood | 41 -- if you have been fired from your employment |
| 6 -- for eye illness | 42 -- to build the Beit Hamikdash |
| 7 -- to make your haters go away | 43 -- to build the Beit Hamikdash |
| 8 -- to find favor (<i>limtzo chen</i>) | 44 -- to be saved from the hand of an enemy |
| 9 -- for a sick child | 45 -- for one who has an evil wife (presumably, one could say this for an evil husband too) |
| 10 -- for anyone who has haters | 46 -- if a person hates his wife (ditto) |
| 11 -- to get rid of enemies | 47 -- for repentance (<i>teshuvah</i>) |
| 12 -- to prevent weakness | 48 -- so that one's haters will be afraid of him |
| 13 -- to be saved from a strange death | 49 -- for a <i>kedachat</i> (a type of fever, malaria) |
| 14 -- for fear (paranoia?) | 50 -- to be saved from bandits |
| 15 -- to slay a demon | 51 -- for one who is defiled with <i>znut</i> |
| 16 -- to make known (<i>l'farsem</i>) a thief | 52 -- to prevent one from speaking <i>lashon hara</i> |
| 17 -- to say out on the road | 53 -- to frighten your haters |
| 18 -- to be rescued from kings | 54 -- to take revenge on your enemies |
| 19 -- for wisdom | 55 -- for all evil |
| 20 -- good for judgement (<i>din</i>) | 56 -- to one who is imprisoned in chains (presumably, this includes handcuffs, etc.) |
| 21 -- for one who is going before a ruler | 57 -- for success |
| 22 -- for every kind of trouble (<i>tzaar</i>) | 58 -- for a bad dog |
| 23 -- to ask a question via a dream (<i>she'alat chalom</i>) | 59 -- for the evil inclination (<i>l'yetzer hara</i>) |
| 24 -- to be rescued from a flood of water | 60 -- for one who is going to war |
| 25 -- for every thing | 61 -- if you fear to sit at home |
| 26 -- for trouble and danger | 62 -- to be said after Mincha and after Maariv |
| 27 -- for wild/dangerous animals | 63 -- to succeed in trade, merchandise |
| 28 -- for prayer | 64 -- to cross a river |
| 29 -- for an evil spirit/dark mood | 65 -- if you want something from another person |
| 30 -- for every bad thing | 66 -- for whoever has a "mood," a <i>ruach</i> (like a depression or a particularly black mood) |
| 31 -- for an evil eye (<i>ayin hara</i>) | 67 -- for a chronic <i>kedachat</i> (fever) |
| 32 -- to request mercy/compassion (<i>rachamim</i>) | 68 -- for a bad spirit/dark mood (<i>ruach ra</i>) |
| 33 -- for a woman whose children have died, may Hashem have mercy | 69 -- for one who is covetous and lecherous |
| 34 -- to go on one's way (i.e. a journey, traveling) | 70 -- for war |
| 35 -- if adversaries have risen up against you | |
| 36 -- to annihilate the evil ones | |

- 71 -- to find favor (*limtzo chen*)
- 72 -- to find favor & loving-kindness (*limtzo chen v'chessed*)
- 73 -- to be saved from fear
- 74 -- if you have haters
- 75 -- to humble one's pride
- 76 -- to be saved from fire and water
- 77 -- so as not to fall in a day of trouble
- 78 -- to find favor & loving-kindness (*chen v'chessed*) in the eyes of the government/authorities/rulership
- 79 -- to subjugate one's haters
- 80 -- to prevent one from idolatry/occult worship/heresy
- 81 -- also to prevent one from idolatry/occult worship/heresy
- 82 -- to succeed in your mission/errand
- 83 -- for war
- 84 -- for one whose body has become thin from illness
- 85 -- to appease/satisfy a friend
- 86 -- to be saved from a bad spirit (*ruach ra*)
- 87 -- good for providing salvation to the city
- 88 -- also good for providing salvation to the city
- 89 -- for one who is losing his limbs (i.e., leprosy, amputation, gangrene, frostbite)
- 90 -- for a lion
- 91 -- for a bad spirit/dark mood (*ruach ra*)
- 92 -- to see great miracles
- 93 -- to be victorious against one who is suing
- 94 -- if your haters are persecuting you
- 95 -- to prevent one's fellow citizens from leading one astray
- 96 -- to gladden one's family members
- 97 -- also to gladden one's family members
- 98 -- to place peace between one person and another
- 99 -- to be genuinely pious (*chasid*)
- 100 -- to be victorious over one's enemies
- 101 -- for a bad spirit/dark mood (*ruach ra*)
- 102 -- for a barren woman
- 103 -- also for a barren woman
- 104 -- to distance one who causes harm
- 105 -- for a fourth *kedachat*
- 106 -- for a third *kedachat*
- 107 -- for a chronic *kedachat*
- 108 -- for success
- 109 -- if your haters have been oppressing you
- 110 -- for your haters to make peace with you
- 111 -- to increase the amount of people who love you (i.e., to multiply friends)
- 112 -- to increase your strength
- 113 -- for heresy
- 114 -- for one who is *zavin* and *mezavin*
- 115 -- to debate/argue with heretics
- 116 -- so as not to die a strange death
- 117 -- for one who has been slandered baselessly (i.e. unfounded accusations, etc)
- 118 -- to give an answer to an *apikorus* (a heretic, a skeptic)
- 119:1-8 (*alef*) -- if you want to be the emissary of a particular mitzvah
- 119:9-16 (*bet*) -- for forgetfulness
- 119:17-24 (*gimmel*) -- for the right eye
- 119:25-32 (*dalet*) -- for the left eye
- 119:33-40 (*hei*) -- to be protected from sin
- 119:41-48 (*vav*) -- to intimidate a ruler
- 119:49-56 (*zayin*) -- for the spleen
- 119:57-64 (*chet*) -- for the upper stomach
- 119:65-72 (*tet*) -- for the right and left kidneys
- 119:73-80 (*yud*) -- for people to view you favorably, be nice to you (*l'chasda*)
- 119:81-88 (*kaf*) -- for the right nostril
- 119:89-96 (*lamed*) -- to sweeten or nullify negative judgement
- 119:97-104 (*mem*) -- for the right hand
- 119:105-112 (*nun*) -- for traveling, a journey, going out on a road
- 119:113-120 (*samech*) -- to request one's needs
- 119:121-128 (*ayin*) -- for the left hand
- 119:129-137 (*pei*) -- for the left nostril
- 119:137-144 (*tzadei*) -- to destroy one's haters
- 119:145-152 (*kuf*) -- for the left leg/foot

119:153-160 (*reish*) -- for the right ear
119:161-168 (*shin*) -- for the head
119:169-176 (*taf*) -- for the left ear
120 -- to make peace
121 -- to go out alone at night
122 -- for a slave who ran away
123 -- to travel by ship
124 -- to travel by ship
125 -- for enemies
126 -- for a woman whose children have died
127 -- for a newborn
128 -- for a pregnant lady
129 -- for something connect to a mitzvah
130 -- if one wants to travel by ship
131 -- for one who is prideful
132 -- to break a vow
133 -- to cultivate love from those whom you
love (*l'kiyum ahavat ahuvim*)
134 -- to say before learning
135 -- for one who has thoughts of
idolatry/occult worship
136 -- to admit to intentional, calculated sins
137 -- to remove hatred
138 -- to remove pride/arrogance
139 -- to place love between a man and his wife
140 -- for hatred that is between a man and his
wife (the Hebrew wording seems to imply that
this is more for a couple in which the hatred is
coming specifically from the husband toward
his wife -- *bein ish l'ishto* -- rather than mutual
hatred or hatred coming from the wife)
141 -- for heart pain
142 -- for illness/suffering/pain in one's
thighs/calves
143 -- for illness/suffering/pain in one's arm
144 -- for a broken hand/arm
145 -- for fear
146 -- for being struck with a sword (or with any
sharp instrument, I'd guess)
147 -- for a snake bite
148 -- for a fire
149 -- to prevent a fire from spreading

150 -- to praise the Holy One Blessed be He for
everything He does and has done