

Hayom Yom: 1 Elul, The 2nd day of Rosh Chodesh

כְּשֶׁהָיָה הַצֶּמַח צֶדֶק בֶּן תֵּשַׁע שָׁנִים אָמַר לוֹ רִבְנוּ הַזְקֵן: קִבַּלְתִּי מִמּוֹרֵי (הַרְבַּ הַמַּגִּיד) שֶׁקִּבַּל מִמּוֹרוֹ (הַבַּעַל שָׁם טוֹב) בְּשֵׁם מוֹרוֹ הַיְדוּעַ, אֲשֶׁר מִיּוֹם שְׁנֵי דְרָאשׁ חֹדֶשׁ אֱלוּל עַד יוֹם הַכְּפוּרִים, יֹאמְרוּ בְּכָל יוֹם וְיוֹם בְּמִשְׁךְ הַיּוֹם שְׁלֹשָׁה קַאֲפִיטְלָאךְ תְּהִלִּים, וּבְיוֹם הַכְּפוּרִים שְׁלֹשִׁים וְשָׁשָׁה קַאֲפִיטְלָאךְ: ט' קוֹדֵם כָּל נְדָרֵי, ט' קוֹדֵם הַשָּׁנָה, ט' אַחַר מוֹסָף, ט' אַחַר נְעִילָה. וּמִי שֶׁלֹּא הִתְחִיל בְּיוֹם ב' דְרָאשׁ חֹדֶשׁ יִתְחִיל בְּאוֹתוֹ יוֹם שֶׁהוּא עוֹמֵד בּוֹ, וְאֵת אֲשֶׁר הִחְסִיר יִשְׁלִים.

When the Tzemach Tzedek was nine years old, the Alter Rebbe told him: “I received a directive from my mentor (the Maggid of Mezritch) who received it from his mentor (the Baal Shem Tov) who received it from [Achiyah HaShiloni], who is known to have been his mentor,¹ that in the course of each day from the second day of Rosh Chodesh Elul until Yom Kippur, one should recite three chapters of Tehillim.² On Yom Kippur, one should recite 36 chapters: nine before Kol Nidrei, nine before going to sleep, nine after the Mussaf service, and nine after the Neilah service.

If one did not begin [this program] on the second day of Rosh Chodesh [Elul], he should begin on the day [he remembered, according to the schedule for that day, and later] should make good the readings that he missed.³
