Translated from 'Oshiv L'Ish' by R' Yitzchok Leser Shlita.

You do wonderful things, but you need "tzimtzum" (limitation)

בעזרת השם יתברך, **Friday Parshas Vayishlach, 12 Kislev 5785**

שָׁלוֹם רָב אֶל ... תִּחְיֶה.

I certainly received your letter, and I was very pained to hear that you're not feeling so well, and even though boruch Hashem all the tests you did came out normal, nevertheless sometimes you feel very weak to the point of fainting, and this greatly interferes with all your life duties, and you're at a loss for what to do.

In my opinion, your problem is that you want to do endless good things without limit or end, and you want to be a good wife and a good mother and a good morah and a good volunteer etc. etc., and you have precious kisufin and retzonos up to Shomayim, but this is without boundary and Tzimtzum, and this isn't healthy. Certainly one needs great and strong Retzonos, but at the same time one also needs boundary - Tzimtzum, and it's assur to break the boundary, exactly as the Rebbe z"l says (Likutei Moharan 2, 72) that even in coming close to Hashem there is a great Yetzer hara of "pen yehersu" to ascend to Hashem, that a person shouldn't stumble in Ribui Ohr - Overwhelming light without boundaries, which afterwards causes shviras hakeilim -He collapses and crashes chas v'shalom.

Therefore you need to be Metzamtzem - limit yourself somewhat, and engage in all your matters with measure and limitation. Nothing will happen if you didn't succeed in instilling all your "brenn" [fire] and Hislahavus into the students or into the activities you do for your family or Tzedakah and chesed organizations. The main thing is that you need to guard your health, so that you'll have complete strength to do everything that you **must** do. Adding things is certainly beautiful and very wonderful but they aren't necessary and it's forbidden to do them at the expense of your health.

Therefore start taking a different approach to all life's duties, and say to yourself: "I will do what's necessary and the minimum required of me and I will be happy and joyful with every detail that I Zoche to do" and don't feel anything beyond this at all, and don't be sad if you didn't succeed in doing everything to perfection, because the main thing is that you should be healthy and strong.

Regarding your question about addressing the Tzaddik, whether one needs to address in plural form (to you [plural], you are) or in third person (the Tzaddik, to the Tzaddik), there isn't a big practical difference in this, the main thing is that one writes and speaks and relates in a respectful way, and you can express yourself however you want, and as you did in your letter, where you used both ways together, and therefore whatever you think is completely fine, the main thing is to intend in a respectful way l'shem Shomayim.

Wishing you robust health and blessing and success and a Shabbos shalom u'mevorach