

# Beware of Burnout!

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Inspiration is such a precious thing, and I'm always seeking those teachings, people and situations that can help fire me up in my service of G-d. But I also have to acknowledge that sometimes my fervor can trip me up.

That's also a kind of *yetzer hara*, to get so swept away by my passion for Divine service that I lose sight of the balance that I need in my life, in my emotions, in my relationships.

I want to be on fire...without getting burned.

*Beloved G-d,  
Please help me to seek and discover the inspiration  
that I really do need,  
and to know my own limits so that I can act with passion  
without causing harm to myself or anyone else.*

*Please help me to live in balance,  
so that I'll be able to serve You with a constant flame  
without burning out.*

*(Based on Likutey Moharan I:72)*