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RABBI MENACHEM M. SCHNEERSON

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מנחם מענדל שניאורסאהן
ליובאוויטש

770 איסטערן פארקוויי
ברוקלין, נ.י.

By the Grace of G-d
21st of Kislev, 5733
Brooklyn, N.Y.

Mrs. [REDACTED]

London, N.W.2.

Blessing and Greeting:

I am in receipt of your letters of Nov. 17th, and may G-d grant the fulfilment of your heart's desire for good.

As for the matter of feeling depressed, etc., as you write, surely you know that one of the basic tenets of our faith and our Torah - called Toras Emes, the Law of Truth - is to have complete trust (Bitochon) in G-d, Whose benevolent Providence extends to each and everyone individually. It is necessary to reflect on this frequently, for then one can see that, being under G-d's benevolent care, there is no room for anxiety, or worry. This is why the Torah is called Toras Chayim, the Law of Life, for it is the Jew's guide in life and way of life.

And although in certain situations it is necessary to consult a doctor and follow ~~and~~ his instructions, because the Torah expects a Jew to do everything necessary in the natural order of things, it is at the same time necessary to have complete Bitochon in G-d and exclude all anxiety.

It would be well to have your Mezuzos checked to make sure they are kosher and properly affixed. Also, you no doubt know of, and observe, the good custom of putting aside a coin for Tzedcko before lighting the candles - bli neder.

May G-d grant that you should have good news to report.

Wishing you a bright and happy
Chanukah,
With blessing.

M. Schneerson