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Hayom Yom: 12 Shvat

הַשֵּׂכֶל וְהַהִּתְפַּעֲלוּת שְׁנֵי עוֹלָמוֹת הֵם: עוֹלָם קַר וּמְיוּשָׁב, וְעוֹלָם רוֹתֵח וּמְבוֹהָל. וְזֹאת הִיא עֲבוֹדַת הָאָדָם לְחַבְּרָם לִהְיוֹת לַאֲחָדִים. וְאָז הַבֶּהָלָה נֶהְפֶּכֶת לִשְׁאִיפָה, וְהַשֵּׂכֶל – לְמוֹרֶה דֶרֶךְ בְּחַיִּים שֶׁל עֲבוֹדָה וּפוֹעַל.

Intellect and emotional enthusiasm are two distinct realms: one is cool and settled, the other is seething and frenetic. Man's task is to fuse these two realms into one. At that point, the frenetic energy is transformed into aspiration,1 and the intellect becomes a guide for a life of Divine service2 and action.3