

“Emotions are important. **They are to be controlled, channeled and used in service** like all aspects of our lives. Just as we use and elevate all aspects of the real and the practical, we use and elevate the realm of emotion. **To be sure, emotion is sanctified only to the extent that it is controlled,** like everything else in our power, but **it can and must be sanctified.**”

✧ R' Akiva Tatz