The RYS Daily 6/12/07 Mussar Doctrine XI

From the footnote on page 23 of The Mussar Movement, Volume 1, Part 2, page 23.

15. It is interesting to note that R. Israel would test himself by the same criterion. He was sitting with a number of Torah scholars deeply engrossed in conversation. They saw him making notations on pieces of paper without paving any attention to what he was writing, then looking at the papers and tearing them up. To the astonishment of all present, R. Israel explained that he wanted to determine, by these non-premeditated notations, what hidden forces lay beneath the threshold of his own consciousness, thereby to discover his own essential nature (as told by R. Yerucham Halevi Levovitz).

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