



THE UNITED JEWISH CONGREGATION OF HONG KONG SHABBAT SHALOM

14 – 15 October, 2005

12 Tishrei, 5766

Parashat Haazinu
(Deuteronomy 32:1–52)

Rabbi Michael Schwartz
Cantorial Soloist Julie Howard

D'var Torah by Rabbi Michael Schwartz

Self-Examination: Cheshbon ha-Nefesh

“Each evening before he went to sleep it was the custom of Rabbi Levi Yitzchak to take a *Cheshbon ha-Nefesh* — that is, to examine his thoughts and deeds for that day. If he found a blemish in them, he would say to himself, ‘Levi Yitzchak will not do that again.’

Then he would chide himself, ‘Levi Yitzchak, you said that same thing yesterday.’

Then he would reply, ‘Yesterday Levi Yitzchak did not speak the truth. Today he speaks the truth.’

There is no final conquest of self. The ego is too elusive, subtle, and deceiving. It is an eternal struggle demanding eternal vigilance.”

Chatima tova –

May you all be sealed for good in the New Year,

Rabbi Michael
9 Tishrei 5766

12th October, 2005