Eitz Chayim Hee: A Torah Commentary for Environmental Learning and Action

Hebrew/English Source Sheet

Torah Portion of Vayeshev

“Shepherd Consciousness”

by Fivel Yedidya Glaser

with contributions from Rabbi Chanan Morrison

The sources are presented in the order they are mentioned in the essay.

Genesis 37:2
These are the generations of Jacob: when Joseph was seventeen years old, being a shepherd, he was with his brothers with the flocks, and he was a lad, [and was] with the sons of Bilhah and with the sons of Zilpah, his father's wives; and Joseph brought evil tales about them to their father.

Genesis 47:3
And Pharaoh said to his brothers, "What is your occupation?" And they said to Pharaoh, "Your servants are shepherds, both we and our forefathers."
Likutei Moharan 2:25

*Hitbodedut* is the most exalted spiritual practice. This means to set aside for oneself at least an hour or more to seclude oneself (in personal prayer) in a room or field…

(translation by gideon aronovich)

Unless otherwise noted, all English translations are from Judaica Press, available online at www.chabad.org