

*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.

**בראשית פרק לז:**

אֵלֶּה תִּלְדוֹת יַעֲקֹב, יוֹסֵף בֶּן-שִׁבְע־עֶשְׂרֵה שָׁנָה הָיָה רָעָה אֶת-אֶחָיו בְּצֹאן  
וְהוּא נָעַר אֶת-בְּנֵי בְלָהָה וְאֶת-בְּנֵי זִלְפָּה, נָשִׁי אָבִיו; וַיָּבֵא יוֹסֵף אֶת-דִּבְתָּם  
רָעָה, אֶל-אָבִיהֶם.

**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.

**בראשית פרק מז פסוק ג**

וַיֹּאמֶר פַּרְעֹה אֶל אֶחָיו מָה מַעֲשִׂיכֶם וַיֹּאמְרוּ אֵל פַּרְעֹה רָעָה צֹאן עֲבָדֶיךָ גַּם  
אֲנַחְנוּ גַּם אֲבוֹתֵינוּ:

**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."

ליקוטי מוהרן ב: כה

ההתבודדות הוא מעלה עליונה וגדולה מן הכל. דהינו לקבוע לו על כל פנים שעה או יותר להתבודד לבדו באיזה חדר או בשדה...

**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](http://www.chabad.org)**