



GrayIsGreen

Who are we?

Gray Is Green is an online gathering of older adult Americans aspiring to create a green legacy for the future. As environmentally conscious elders, we respond to a generational call: to co-create a future of economic justice, ecological sustainability and social justice.

We hold next generations of humans in mind and consider the future of ecosystems and other species. We are alert to the historic challenges facing our planet. And we are aware of the question arising from descendants generations hence:

What did you do, when you knew?

What do we do?

We aspire to embrace our eldership, living beyond consumerism and ageism. **Our Curriculum for Gray-Green Living** offers a variety of ways to join—and re-engage with—this elder movement.

We offer a periodic newsletter, a speaker's bureau, online resources, a [Facebook page](#) for relevant updates. In partnership with congenial organizations, we serve as a central clearinghouse of ideas and communications for older adults interested in greening their lives, learning about sustainability, advocating for sound public policy, being creative stewards or grandparents, emerging as elders, and mentoring young people.

*We invite **you** to get involved!*

www.grayisgreen.org

Pathways to Gratitude

Reverence for Air

Hinduism

Air connects and affects everything: in the atmosphere gases surround and protect Earth; in weather airflows interact with other elements; in breath animals and plants exchange oxygen and carbon dioxide. Space is the most subtle of the five. Space is absolute fullness as openness, brightness, expansiveness and the fullness of blooming capacity

Buddhism

The air element has the characteristic of distending. Its function is to cause motion. The element of wind plays its specific role in the strengthening of the body so that it does not collapse, and assumes different postures; it is a condition for the stretching and bending of the limbs. Air is one way of thinking about the physical universe, one way to understand physical phenomena: elements are experienced in a moment and then immediately fall away or change.

Judaism

Air holds a special place in the universe, as it is the element that touches closest to God. In the Jewish tradition, air is embodied in the world *ruach*, which means wind, breath, and spirit. *Ruach* is the aspect of God that holds divine creativity. Some branches of Judaism even refer to God in prayers as “wind/breath/spirit of the universe” instead of the traditional “king of the universe”. One prayer states,

“The breath of all life praises your Name” because the sound of God’s name “YHWH”, pronounced with no vowels, is the sound of breath and wind.

Christianity

Earth’s atmosphere—the air—is a buffer against destruction. Humans have always breathed it in and out—it is the backdrop of our existence. Christianity [inherits from Judaism the understanding of *ruach*](#), the breath, the mind, the gift of life from God. Without *ruach*, life departs. We *also* notice when the air’s movement changes from stillness to breeze—or from breeze to tornado, hurricane, or typhoon. Such changes trigger awareness that something momentous is about to occur. Just so, Christianity has long understood wind to symbolize the Holy Spirit. At Pentecost, [the Spirit descends on Jesus’ followers as a violent wind](#) signaling the unimaginable and enormous shift about to occur in the Jesus community. Truth is, the air is *ever-present* and always *moving*—as is the Spirit of God, ever granting and sustaining life, and always offering transformation.

Islam

Air signifies God’s omnipotence and grace. God breathes air into clay [to create life](#). “I have come to you, with a Sign from your Lord, in that I make for you out of clay, as it were, the figure of a bird, and breathe into it, and it becomes a bird by Allah’s leave” (3:49).