



# 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](http://www.grayisgreen.org)

## Pathways To Gratitude Hinduism

*"Let there be peace in the heavens, the Earth, the atmosphere, the water, the herbs, the vegetation, among the divine beings and in Brahman, the absolute reality. Let everything be at peace and in peace. Only then will we find peace."*

—Atharva Veda

Adapted from: <http://www.hinduismtoday.com/modules/smartsection/item.php?itemid=5161>

### Three Grand Concepts from the Hindu tradition

We should have Reverence for all things and for all living beings: all is part of God, all is considered Divine, and all is to be treated with respect, compassion, and love.

Since everyone and everything is an emanation of the Divine, the Hindu perspective can help us embrace and see our planet as one great village that we all live in. This is similar to the Gaia Theory, in which the Earth is seen as a giant, self-regulating organism seeking to create optimal conditions for life.

Since we are all sacred and we are all children of Mother Earth, we seek to enhance the common good by balancing our individual needs with those of the extended family of life—to follow the dharma. The Hindu tradition describes dharma as our sacred sense of duty to create the best possible conditions of life for ourselves and for everyone else.

### Karma

The concept of Karma ties together these three grand concepts. An understanding of karma helps us to understand that our current condition is the combined product

of past actions—in this life and in previous incarnations—along with actions that we take today. In this way, we are constantly creating our future, in the months, years, decades and even lifetimes to come.

Clearly, our actions influence our family and community, today and into the future. In the law of karma, by which the effects of our deeds return to us, lies a deep repository of ecological thought and practice.

Dr. Pankaj Jain, in his *Huffington Post* article "[10 Hindu Environmental Teachings](#)" writes that:

Moral behavior creates good karma, and our behavior toward the environment has karmic consequences. Because we have free choice, even though we may have harmed the environment in the past, we can choose to protect the environment in the future, replacing environmentally destructive karmic patterns with good ones.

Seeing God in all life gives rise to the foundational ethic of Hindu thought: the virtue of ahimsa; nonviolence in thought, word and deed; not harming the presence of God in all life. *Ahimsa* means that we protect and never violate the inherent integrity of being that exists in every being.

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## Pathways To Gratitude: Hinduism

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### Five Elements

In Hindu cosmology and in the Hindu conception of ecology, five great elements are central. space, air, fire, water, and earth. All of these elements are interdependent, yet each has its own characteristics. The elements of our ecology are considered inherently sacred in many religious and spiritual traditions.

### Reverence for the Cow

The cow is symbolic of the Earth itself: she is a great nourisher, considered generosity incarnate.

She is a sacred symbol of dignity, strength, endurance, maternity and selfless service. The cow's life-giving gifts, especially milk and ghee, are essential in Hindu worship and culture.

The bull provides labor where mechanized agriculture is not the norm: fields are plowed, grains and vegetables are grown, by traditional organic method.

Veneration of the cow instills the virtues of gentleness, receptivity and connectedness with nature.

Protection of the cow is important both ethically and practically, giving rise to the practice of vegetarianism.

GreenFaith presents a summary of [Hindu teachings and statements on the environment](#).

The Forum on Religion and Ecology presents more detail on [Hinduism, Jainism and Ecology](#)



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