

# Care-Giving Inside Out: An Integrated System



## Care of the House of Your Home: Your World

### People Side –

- Present Moment Awareness
- Giving to Community
- Your Outer Purpose
- Service to Others
- Fidelity

### Creatures and Elements –

- Nature
- Environmental Issues

## Care of the House of Your Body: Your Home

Your “monastery”

- Simplicity
- Respect
- Maintenance
- Spaces for prayer, sleep, study, nourishment
- Present-Moment Awareness

## Care of the House of Your Soul: Your Body

- Exercise / Movement
- Nutrition
- Rest (Sabbath, sleep, naps)
- Hygiene
- Clothing for protection
- Medical care
- Present-Moment Awareness

## Care of Your Soul

- Prayer (Daily Office; lectio; meditation)
- Worship / Mass
- Study
- Nature
- Guidance
- Receiving from Community
- Celebrations
- Present-Moment Awareness / Awakening

**HOLY  
SPIRIT**