

# **Guarding the Soul**

## **(Care of the Soul)**

**askeo (Greek):**

**...to take care of something**

**ascetic:**

**...one who cares for something**

**ascesis:**

**...a pattern or discipline of caring for something**

**ascetic life:**

**...training or discipline undertaken to practice a certain way of life (that one cares about)**

**...caring for, being a steward of:**

- **Thoughts**
- **Words**
- **Body, mind and spirit**
- **Actions**
- **Neighbor**
- **The earth**