



JEAN WATSON  
November, 2022  
REGIS COLLEGE

关心

HUMANITIES PROGRAM

Cosmology of Caritas

CARING SCIENCE

*Holding up the Other side of  
Rainbow ...*

CARING  
关: PASSAGE  
TO THE  
心: HEART

*And SOUL*



OPENING HEART-  
CENTERING  
MEDITATION  
APPRECIATING  
SELF/ EACH OTHER

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Watson Caring  
Science Institute



*Tumultuous times in our world... call for/  
Invite/Require a new/old unitary worldview; an evolving  
consciousness about converging ideas - nursing/health-  
well-being/healthcare/illness/suffering/life/death- beyond  
The sacred circle of life and all our relations –  
Self/Other/Mother Earth/Universe*



**Humanities/ Art/Artistry of Humanity**

**Needed to hold up the other side of Medical Science**

**Leads to an evolved Model of Science:**

**Caring Science and Unitary Thinking**

# POST -COVID

## UNITARY QUANTUM WORLD VIEW

### ONE WORLD/ONE HUMANITY



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# Overview

## Watson Transpersonal Caring Theory

### Unitary Caring Science as Sacred Science

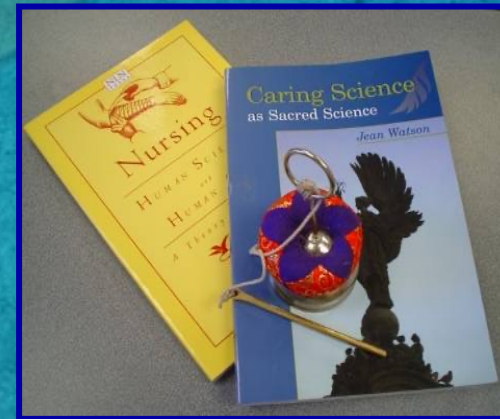
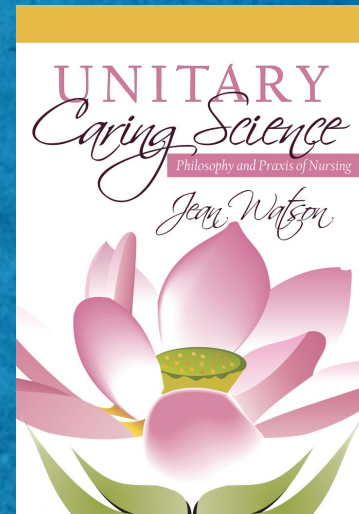
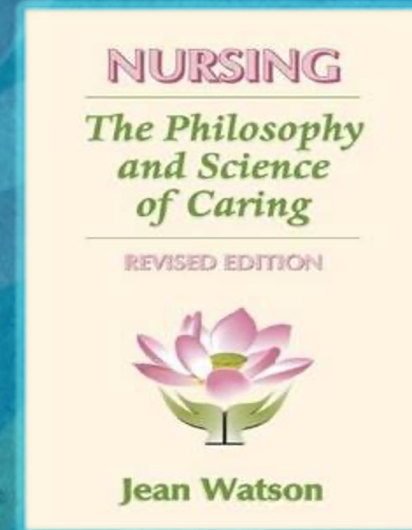
Unitary Caring as Ethical-Moral – Philosophical  
Values-Guided- Disciplinary Foundation  
(Veritas)

Caring Core Language: 10 Caritas Processes –  
Love-Heart-Centered Caring/Compassion

Transpersonal– The Caritas Field Caring  
Moment

Caring as Consciousness –Energy -  
Intentionality – Heart-Centered Human  
Presence

Energetic Caring-Healing Modalities –  
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*ancient/contemporary*





# *CARITAS* – TIMELESS VALUES

- **Caritas – Latin Word:**
- **Infinity Energy of LOVE**
- to cherish, to appreciate, to give special attention, kind, compassionate attention-intention- connotes very fine: is precious-timeless.



# Why is Caring Science - Sacred Science

We work with Life Force of Self/Other

We work with Meaning/Subjectivity/ Intersubjectivity

We Dwell in Mystery

Sacred Circle Life/Death and Beyond

We Touch Heart and Soul of Humans and  
Humanity

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We sustain Human Dignity -  
Uphold Timeless, Eternal Values





## Unitary Caring Science/Caritas

...honors universals of human dignity/uniqueness of each human – present to human caring for self/other

From Social Justice to Moral Justice

*Psychiatric emergence of identify = ...emergence of human spirit*

Caring Science - Embracing and Transcending  
Gender, Equity, Justice issues based on Declaration of  
Human Rights as Global Covenant



# 1<sup>st</sup> Principle of Caring Science:

Ethic of **BELONGING**  
Before separate **BEING**

Sacred Circle Life/Death

*'We all Belong –to Infinite Field  
Universal Cosmic LOVE'*

*(Allow for Infinite Evolution of  
Consciousness Or Totalize  
Humanity)*

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10

12<sup>th</sup> Century Art Hildegard of Bingen

## 2nd Principle Caring Science

# Ethics of FACE – Consciousness of Belonging contained in Face of Other



*“Only way to sustain our  
humanity at this point in  
human history “*

Levinas



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# *Micro practice*– ETHICS of FACE

## From Case To *Face*

*EVERY Person in world needs to be SEEN –Heard/Know they Matter*

*Totality versus Infinity*

*The only way we can sustain our humanity at this point in human history is: Through the ‘Ethics of Face’... “when look into face of other, it mirrors the mystery & infinity of human soul and reflects back our own soul...”...*

*...face our own humanity as we face the humanity of other;*

*‘It is through the Face to Face connection...we ‘see’ the other;*

# 3rd Principle: Unitary Caring Science:

*Ethics of HAND*



## *Ethics of Hands*



*WE hold another another person's Life in our hands...*

*“a sovereign expression of life as given to us, before and beyond ego; with expressions of trust, love, honesty, forgiveness, gratitude-beyond feelings that are negative expressions of life.. “*

Logstrup

New Meaning to

JEANWATSONCOPYRIGHT2022 **Caritas and Transpersonal Caring Moments**

# 10 Caritas Processes®

Sacred Activism

UNIVERSALS  
HUMAN CARING

Informed by Ethics of Infinite  
Field of LOVE

*Belonging/Face/Hands*  
Caring Sacred Science

Source of Ontological Caritas  
Literacy & Praxis

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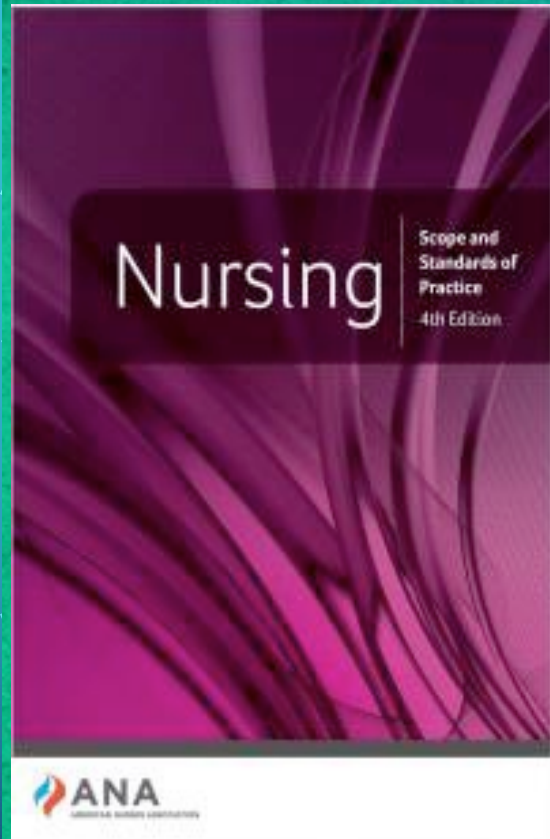
*Dr. Jean Watson's Human Caring Theory:  
Ten Caritas Processes™* ©jeanwatson 1979, 2008, 2011

1. **Sustaining Humanistic-altruistic Values by Practice of loving-kindness, compassion & equanimity with self/other.**
2. **Being Authentically present, enabling faith/hope/belief system; honoring subjective inner, life-world of self/other.**
3. **Being sensitive to self and others by cultivating own spiritual practices; beyond ego-self to transpersonal presence.**
4. **Developing and sustaining loving, trusting-caring relationships.**
5. **Allowing for expression of positive and negative feelings - authentically listening to another person's story.**
6. **Creatively problem-solving-'solution-seeking' through caring process; full use of self and artistry of caring-healing practices via use of all ways of Knowing/Being/Doing/Becoming.**
7. **Engaging in Transpersonal teaching and learning within context of caring relationship; staying within other's frame of reference-shift toward coaching model for expanded health/wellness.**
8. **Creating a healing environment at all levels; subtle environment for energetic authentic caring presence.**
9. **Reverentially assisting with basic needs as sacred acts, touching mindbodyspirit of spirit of other; sustaining human dignity.**
10. **Opening to spiritual, mystery, unknowns-Allowing for miracles.**

*WatsonCaringScience.org*



# DISCIPLINE- SPECIFIC NURSING Revised Definition of Nursing (2022)



Nursing integrates the ***art and science of caring*** and focuses on the protection, promotion, and optimization of health and ***human functioning***; prevention of illness and injury; ***facilitation of healing***; and alleviation of suffering through ***compassionate presence***. Nursing is the diagnosis and treatment of human responses and advocacy in the care of individuals, families, groups, communities, and populations ***in recognition of the connection of all humanity***.

*The shape of our words, and forms of knowledge, can form or deform souls by the nature of our knowledge” – Parker Palmer*

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16





# **Caritas and Caring Science:**

**Grounded in: Love of Humanity;  
Cosmology/ Relational- Unitary Worldview;  
Connectedness - Oneness of ALL;  
Infinite Field of Universal Love – Energy Field of Life –  
Nature’s Source for Healing;  
Universal Tasks of Humanity – Human Health – Suffering  
Illness – Healing Experiences**

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17



Caritas Leadership  
Program™



# Transpersonal Caring Moment

**An existential, energetic spirit-to-spirit field;  
a turning point; A call to higher/deeper  
consciousness, intentionality; An authentic  
choice of Being; Requires Centering-Presence –  
Authenticity; Search for meaning;  
New level of relational connecting  
- potentiating healing and wholeness.**

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*Caring Moments* - Practice of Theory of Transpersonal Human Caring/Caritas- become a form of ‘sacred activism’ in world in crisis of sustaining humanity.

*‘We Never know how we are touching the life of another person...and they in turn are touching us...’jw*

# Epistemology as Ethic



Aware of words and knowledge forms;

Words carry energy – can expand, inspire or contract the human spirit and creativity; higher vibration words –caring, compassion, kindness, love, healing – versus dense lower vibration e.g. ‘diagnosis’

Caring science helps you critique what counts as knowledge?

*‘The shape of our words, and forms of knowledge, can form or deform souls by the nature of our knowledge’ – Parker Palmer*

# Caritas Consciousness Field

## Unitary Caring Science Energetic Model\* (\*Smith, 1999;

Watson & Smith, 2002)

Caritas Ways of BEING

Transpersonal Caring –Healing Moment

Manifesting Intention

Appreciating Pattern

Attuning to Dynamic Flow

Experiencing the Infinite- mystery miracles

Inviting Creative Emergence (Smith, 1999)

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*EMBRACING...*

*CARITAS PROCESS 1:*

HUMANISTIC – ALTRUISTIC VALUES – PRACTICE  
OF LOVING-KINDNESS AND EQUANIMITY  
WITH SELF AND OTHER



*INSPIRING...*

**CARITAS PROCESS 2: ENABLING FAITH AND HOPE,  
HOPE,  
BEING PRESENT AUTHENTICALLY**



*Amor a Todas Horas* Simon Silva

# TRUSTING ...CARITAS PROCESS 3: SENSITIVITY TO SELF - OTHERS, ONGOING SPIRITUAL DEVELOPMENT





# NURTURING...CARITAS PROCESS 4: DEVELOPING AUTHENTIC TRUSTING CARING RELATIONSHIPS



***FORGIVING...*** CARITAS PROCESS 5:  
ALLOWING EXPRESSION OF POSITIVE-  
NEGATIVE FEELINGS:  
LISTENING TO ANOTHER'S STORY



*DEEPENING...* CARITAS PROCESS 6:  
CREATIVE PROBLEM-SOLVING CARING – SOLUTION  
SEEKING PROCESS



Angel Turner Dyke  
[www.neworleans-paintings.com](http://www.neworleans-paintings.com)

**BALANCING...CARITAS PROCESS 7:**  
**RELATIONAL TEACHING**  
**LEARNING / INNER SUBJECTIVE MEANING- COACHING**



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*CO-CREATING...* **CARITAS PROCESS 8:**  
CREATING HEALING ENVIRONMENTS - BEING /  
BECOMING THE CARITAS FIELD

Heart-Centered Loving Kindness Changes Whole Environmental Field:  
Subtle Environment/Consciousness



# *MINISTERING...*CARITAS PROCESS 9: ASSISTANCE WITH BASIC NEEDS WITH DIGNITY— SACRED ACTS

## **Embodied Spirit:**

Touching

Mindbodyspirit,

Not Just

Body Physical



*OPENING...* **CARITAS PROCESS 10:**  
OPEN TO EXISTENTIAL - SPIRITUAL UNKNOWNS:  
ALLOW FOR MYSTERY & MIRACLES.  
*SACRED CIRCLE- LIFE/DEATH*



## CARITAS AS SACRED ACTIVISM:

“Sacred Activism: a transforming force of Caritas/Compassion in action, with fusion of deep philosophical –spiritual awareness, courage, love and passion, with wise radical moral action in the world... an essential force for preserving and healing the Planet and all its inhabitants. “

JWatson – adapted from A. Harvey, 2018





# SUMMARY

Invitation to shift from  
Institutional –conforming *Practice* to  
*Caring Science/Caritas Praxis*; from *Doing* to *Being*  
From Competencies to Literacy

Guided by Values, Philosophical Ethical language –  
Ontological of Relations /vs Separation





# Essence of Watson's Unitary Caring Science

- ❖ Brings **LOVE** back into Healthcare and Science
- ❖ Provides **Language of Universals of Human Caring Phenomena**
- ❖ Introduces **Transpersonal - Metaphysical –Sacred**
- ❖ Integrates **Humanities/ Arts and Healing Arts**
  - ❖ Provides **Full Circle Knowledge:**
    - ❖ **Theory- Praxis/Research Measurements**
- ❖ (eg. **National WCSI – Press Ganey Caritas Research**)



## **Caritas:**

**It is when we include caring and love in our science, we discover our caring-healing professions and disciplines are much more than a detached scientific endeavour, but a life-giving and life-receiving endeavour for humanity.**

**Jean Watson**



RETURN TO *LIGHT* OF OUR HUMANITY & Sacred  
connection to Sprit/Source