

St. Catherine University

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Graduate Nurses Experience the Sacred During Transcendental Meditation[®] (TM[®])

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Abstract

Title: Graduate Nurses Experience the Sacred During Transcendental Meditation ® (TM®)

Background: This qualitative pilot study enhances understanding of what it is like for MAN and DNP students to practice the Transcendental Meditation (TM) technique while juggling various school, work, family roles and stressors.

Purpose: The purpose of this research was to enhance understanding of the meaning of lived experiences of graduate students who practice the TM technique.

Research question: What is the meaning of the lived experience for graduate nursing students practicing the TM technique as viewed through the lens of Perkins' (2004) perspective of emerging consciousness as found in Unitary Caring Science (Watson, 2012)

Methodology: Giorgi's (2003, 2009) descriptive phenomenological method was used to examine journal entries kept by 6 graduate nursing students for 4 months following the introduction of transcendental meditation.

Analysis-Synthesis: Giorgi's phenomenological analysis-synthesis of the journal descriptions were viewed through the nursing lens of emerging consciousness found in Unitary Caring Science (Perkins, 2004; Watson, 2012). Giorgi's method involves a 5-step process of analyzing the data descriptions which may appear linear, but is more of a cyclical flowing process: 1. Dwelling with the descriptions; 2. Determining *meaning units* from participants' words; 3. Elevating participants' words to a higher level of discourse, to the language of nursing science in creating *focal meanings*; 4.

Amalgamating focal meanings to become *situated structural descriptions* (SSDs) for each participant; and 5. Removing specific information from each SSD and joining the essences together to synthesize the meaning of the lived experience (*general structural description*) for all participants.

Findings: When practicing this simple technique of Transcendental Meditation™, students found themselves authentically present and balanced, with feelings of bliss, peacefulness, and inner integrity foremost, which potentiated the experience of sacred space amidst daily stressors whilst care, compassion, grace, gratitude, and appreciation resided within.

References:

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