

**St. Catherine University**

---

**From the Selected Works of Joyce B. Perkins PhD, MS, MA, RN, AHN-BC, CHTP, RMP-T, ACE-GFI**

---

Summer June, 2018

# Embracing Caritas Literacy- Caritas Processes and Consciousness of the Expert Nurse in Unitary Human Caring Science .pdf

Joyce B Perkins, PhD



Available at: <https://works.bepress.com/joyce-perkins/18/>



# ST. CATHERINE UNIVERSITY

## EMBRACING CARITAS LITERACY: CARITAS PROCESSES AND CONSCIOUSNESS OF THE EXPERT NURSE IN UNITARY HUMAN~CARING SCIENCE



Watson Caring  
Science Institute

*Postdoctoral Scholar*

Joyce B. Perkins PhD, RN, MS, MA, AHN-BC, CHTP, RMP-T

International Association of Human Caring

May 30 - June 1<sup>st</sup>, 2018



- Reflect on and enhance understanding of “Caritas Literacy”
- Illuminate focus of attention and intention from *Caritas Processes®* to *Caritas Lights on Virtues*
- Expand understanding of “consciousness” from cognitive to conscious heart/mind/body/soul processes within the Unitary/Transformative paradigm of Nursing
- Articulate the qualities/abilities of the “expert nurse” as a “virtuoso” of nursing practice
- Claim the conscious /sacred heart/soul of the “Unitary Human Being” as the co creator of health, healing and well-being on all levels in mutual process with Source energy.



- Rogers, Martha (1970, 1992) **Science of Unitary Human Beings**(SUHB)
  - **Key features:** Energy field, pattern (manifests resonance, helicy, integrality), pandimensions, Unitary Human Being (human field), Environment (environmental field integral with human field)
  - Students:
    - **Newman**, M. (1991, 1994) *Health as Expanding Consciousness* (Three paradigms of nursing science)
    - **Parse**, R. (1995). *Illuminations-The human becoming theory in practice and research*
    - **Barrette**, E. (1986) Helicy, “human field motion and power”, *Leadership and Power as Knowing Participation in Change*
    - **Philips**, J. (2017) A theory of “*Pandimensional Awareness-Integral Presence*”
    - **Cowling**, R.(2017) A Unitary-Transformative Nursing Science: From Angst to Appreciation (An appreciation of wholeness)
    - **Philips**, J. (2010)The Universality of Rogers’ Science of Unitary Human Beings (implications of a sacred alive universe)
    - **Malinski**, V. (2002) Developing a nursing perspective on spirituality and healing
    - **Reeder**, F. (1984) Nursing research, holism, and philosophies of science: Points of congruence between Husserl and M. E. Rogers
    - **Smith**, M. (2015) Theory of Unitary Caring.
- Watson, Jean (1979-2018) *Transpersonal Caring Science*, merges with *Science of Unitary Human Beings* to become *Unitary Caring Science*, and now called **Unitary Human~Caring Science**...with a focus on the transformation of consciousness within the nurse to the highest level of human function.



# Unitary Human~Caring Science

(A Way of Unfolding/Embracing the Whole)

## ➤ An “ethic of belonging”

- the belief and perennial wisdom of a universal humanity
- that our human experiences are shared with all of humanity across the globe.
- that human and planet are united across time and space.

Watson, J. (2005b) Caring Science: Belonging before being as ethical cosmology. *Nursing science quarterly*. 18(4). 304-305.

## ➤ Grounded in a moral—ethical, unitary ontological praxis

- that promotes and sustains human dignity, caring –healing and health for all.
- seeks to sustain human caring-healing and love, through compassionate service to humankind. (Watson, 1979, 1999, 1985, 2005, 2008, 2012).

- **Quantitative** (*Lens* provides focus)
- **Qualitative** (*Prism* provides range and depth)
- **Quantum** (Holographic field is the flux between what is and creative possibility)

## **Consciousness**

- resides in/bridges all three aspects of the whole (unitary)
- is the ground of Being (still point), Doing(wave), and creation (particle) itself.
- Start to see the three paradigms of nursing (Newman, Sime, Cocoran-Perry, 199X):
  - Unitary/Transformative (still point/unitary whole)
  - Interactive/Integrative (wave)
  - Particulate/Determinate (particle)

# Expertise of the Unitary Human Being

## ➤ **Benner's Description of the Expert Nurse**

- Intuitive grasp of clinical situations
- Performance fluid, flexible, and highly-proficient

## ➤ **Smith's Constitutive Meanings of the Concept of Caring from the perspective of Science of Unitary Human Beings**

### **Unitary Caring**

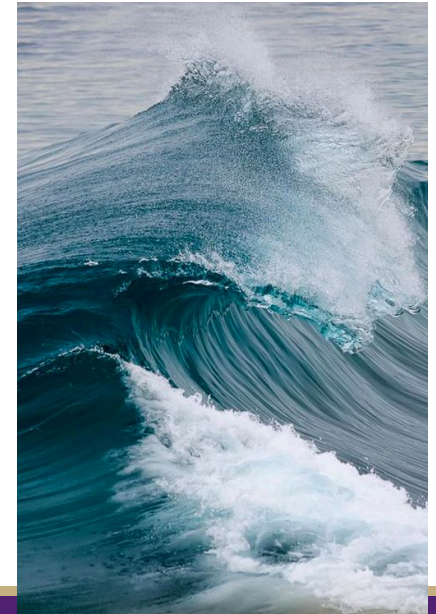
- Manifesting intentions
- Appreciating pattern
- Attuning to dynamic flow
- Experiencing the infinite
- Inviting creative emergence





## Emergent Properties/Qualities of the Unitary Human Being

- Intellectual and emotional intelligence increased
- Enhanced resilience to stress and anxiety
- Loving kindness prevailed
- Presence, authenticity, integrity, and caring facilitated appreciation of “the good, the true, and the beautiful in relationships
- Enhanced Intuition, imagination, creativity
- Growth, evolution within self





## Unitary Human~Caring Science: Expanded Paradigms of Newman, Sime, Corcoran-Perry, (1991) in **Light of Consciousness (Heart/Mind/Body/Soul)**



- **Paradigm I: Ordinary consciousness**
  - Particulate/Determinate (P/D)
  - Deals with the physical, concrete **objective** information. i.e. medical model,
  - **quantitative** perspective
- **Paradigm II: Ordinary consciousness, sub-conscious (synchronistic)**
  - Interactive/Integrative (I/I)
  - Deals with emotion and social, cultural conditions interacting. Adds a **subjective**, subtle level of information dealing with “meaning”.
  - **Qualitative** perspective
- **Paradigm III: Ordinary consciousness, sub-conscious and super consciousness (cosmic, quantum, caritas consciousness; (hyper synchronistic)**
  - Unitary/Transformative (U/T)
  - Energy field (*wave pattern of coherence, resonance, harmonic*) and nonlocal time and space
  - **Quantum** field emerges out of the **virtual** domain of **Pure Awareness (Absolute, No-thing)**.

➤ Paradigm I (P/D)

- Ordinary consciousness
- Linear rational thought, mechanics
- Steps 1+2 +3 (metaphor: addition or subtraction)

➤ Paradigm II (I/I)

- Subconscious
- Emotion, beliefs
- Increased power (Metaphor: multiplication ( $A \times B = C$ ))
- Synchronistic events

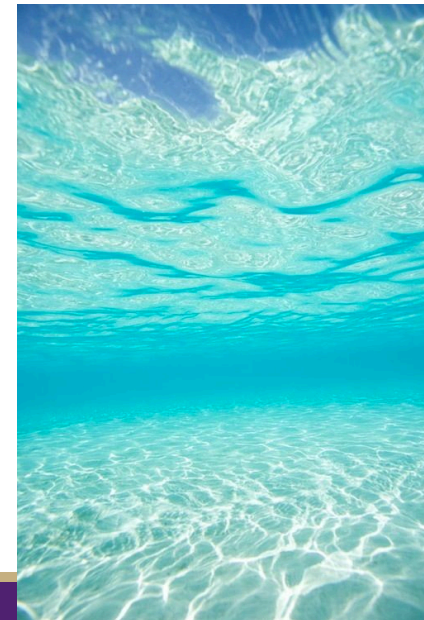
➤ Paradigm III (U/T)

- Super consciousness (quantum, cosmic, universal, pure awareness)
- Quantum leap (Metaphor: exponential (ABC))
- Hyper synchronistic (Information distributed through out instantly)
- Intuitive knowing



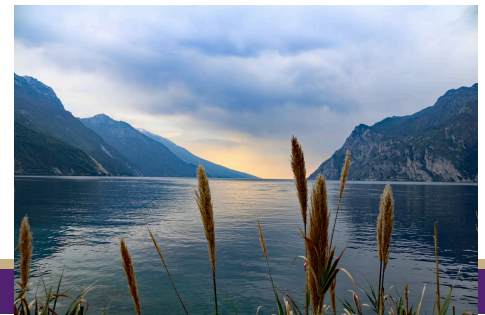
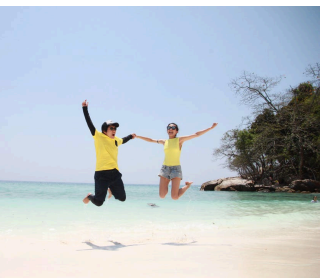
- **1. Focused Attention techniques. (Particulate/Determinate)**
  - Concentration
  - EEG in the beta-2 (20-30 Hz) and gamma (30-50 Hz) frequency bands
  - associated with voluntary sustained control of attention to keep it focused on the object of meditation (candle, breath)
- **2. Open Monitoring techniques. (Interactive/Integrative)**
  - mindfulness-based
  - dispassionate non-evaluative monitoring of ongoing experience
  - frontal theta (5-8 Hz) EEG, and occipital gamma (30-50 Hz) EEG
- **3. Automatic Self-Transcending techniques. (Unitary/Transformative)**
  - reduced mental activity and relaxation
  - *effortless transcending of the meditation process itself*
  - alpha-1 (7-9 Hz) EEG
  - automatically lead to the experience of “consciousness itself”, the screen of awareness without any objects of awareness, a low-stress state called *transcendental, pure consciousness, pure awareness.*

- Ocean waves on surface of ocean (concentrative meditation)
  - Chaotic and choppy
  - Might look at a single wave (particle), rather than the (whole) ocean
- Dive beneath surface (mindfulness meditation)
  - See bubbles of activity
  - Dynamic motion (thoughts, emotions, push-pull waves of force)
- Deep dive (Transcendental meditation)
  - Stillness of the depth
  - Absolute Pure Consciousness
    - Warmth, LOVE pervades
    - Actual physical experience
      - Stabilization of coherent frequency
      - Resets energyspirit



## What's **LOVE/COMPASSION** got to do with it?

- Raises frequency pattern within the energy/spirit complex high enough to enter transcendent states of bliss that shift physical reality (via coherence/resonance patterns)...shift chemistry, physics and flow dynamics.
  - Metaphysics and cosmology: Allow for the embrace of traditional indigenous health and healing practices and beliefs along side allopathic medicine.
  - Aligns with the new science of quantum potentials, complexity, and creative emergence.
- Values/consciousness shapes our reality.



- Evolution of Watson's work from “**Carative Factors**” (1979), to “**Caritas Processes (CPs)**” (1985, 2002, 2008, 2012), and now to “**Caritas Lights on Virtue/Virtuosity**” (Perkins, NSQ, 2017 submitted)
- Single word descriptors of CPs- describe the nurse's evolving/developing/maturing consciousness as Caritas Lights on Virtue/Virtuosity (CLV).
- The shift to “virtuosity” (the expert nurse) is reflected in *Unitary Human Caring Science* (UHCS) within the unitary/transformative paradigm. (Newman et al., 1991, 2008)





- **Virtuosity** (Perkins, 2017, submitted) develops in nursing practice within the unitary/transformational paradigm as caritas literacy unfolds. (Lee, Palmieri, & Watson, 2017)
  - Definition of virtuosity relates to the evolution of the caritas processes to “caritas lights on virtue” (Perkins, submitted 2018 NSQ).
  - Virtue relates to the values of the nurse....thus we each are unique is how we ultimately play within the field of consciousness (heart/mind/body/soul).
  
- **Caritas Literacy**... *“includes an evolved and continually evolving emotional heart intelligence, consciousness and intentionality and level of sensitivity and efficacy, followed by a lifelong process and journey of self growth and self awareness. This level of evolved Being/Ontological presence is now ethically required for any professional engaged in caring-healing.”*  
(Watson, 2008, pp.23-24)

- Ontological Caring literacy: “unitary caring science praxis to help affirm and sustain humanity, caring, and wholeness in our daily work and world”. (Cowling, Smith, & Watson, 2008, p. E41)

...being literate in ways that relate to critical reflection: the capacity to deepen and critique, ethical, and humane social views and policies; and affecting an understanding of what it means to be human.

- “*The ‘ontologically literate Caritas human,’... is the one who is morally informed, with the capacity, beyond task-conscious learning and basic survival living toward an evolved heart-centered loving unitary consciousness and purposive learning and living to help affirm and sustain humanity, caring, and wholeness*”. (Cowling et al. 2008, p. E41)



**Caritas Processes as Guiding Lights on Virtue/Virtuosity Developed  
in the Expert Nurse within the “Virtual/Quantum Field” of UHCS.  
PURE WARENESS in Compassionate Action**

- **#1 Embrace:** Practice loving kindness and equanimity.
- **#2 Inspire:** Encourage hope, belief, spirit.
- **#3 Trust:** Cultivate spiritual practices toward transpersonal presence.
- **#4 Nurture:** Sustain human caring relationships.
- **#5 Forgive:** Allow expression of feelings, authentically listen.
- **#6 Deepen:** Use all ways of knowing, practice art and science.
- **#7 Balance:** Authentic teaching-learning, caring coaching
- **#8 Co-create:** Co-create healing environment on all levels.
- **#9 Minister:** Respectfully assist with basic needs as sacred acts.
- **#10 Open:** Attend to spiritual, mysterious, unknown; allow for miracles.

## Loving kindness

- The **Caritas Light on Virtue, #1, Embrace**: Sustaining humanistic-altruistic values by practice of loving-kindness, compassion and equanimity with self/others (Watson, 2002/8).
- **Unitary Process**
- *In inner stillness, the nurse experiences ...a calling forth of centeredness, grounding/connection to the Great Spirit/Higher Self/God/Cosmic core of the natural world.*  
(Perkins, 2018, submitted)

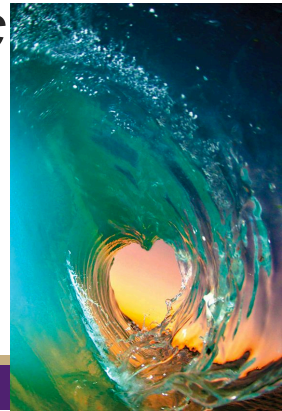


## Intuition, imagination and creativity

- The **Caritas Light on Virtue, #2, Inspire**, being authentically present, enabling faith/hope/belief system; honoring subjective inner, life-world of self/others. (Watson, 2002/8).

- **Unitary Process**

- *In inner stillness, the nurse experiences ...authentic presence/attunement.* (Perkins, 2018, submitted)



## Leadership, intellectual and emotional intelligence increased

- The **Caritas Light on Virtue, #3, Trust**, involves being sensitive to self and others by cultivating one's own spiritual practices; beyond ego-self to transpersonal presence (Watson, 2002/8).

- **Unitary Process**



- *In inner stillness, the nurse experiences ... peace/God/No-thing/Source/All/love/synchronicity.* (Perkins, 2018, submitted)



## Growth, evolution within self.

- The **Caritas Light on Virtue, #4, Nurture**: Developing and sustaining loving, trusting-caring relationships.
  - **Unitary Process**
- *In inner stillness, the nurse experiences ...warmth/energy/heart resonance. (Perkins, 2018, submitted)*



- The **Caritas Light on Virtue, #5 Forgive** allowing for expression of positive and negative feelings – authentically listening to another person's story (Watson, 2002, 2008).
- **Unitary Process**
- *In inner stillness, the nurse experiences ... discernment/non-judgmental witness.*



## Resilience to stress and anxiety

- The **Caritas Light on Virtue, #6, Deepen**, 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 (Watson, 2002/8).

- **Unitary Process**

- *In inner stillness, the nurse experiences ... the innate, intuitive Self.* (Perkins, 2018, submitted)

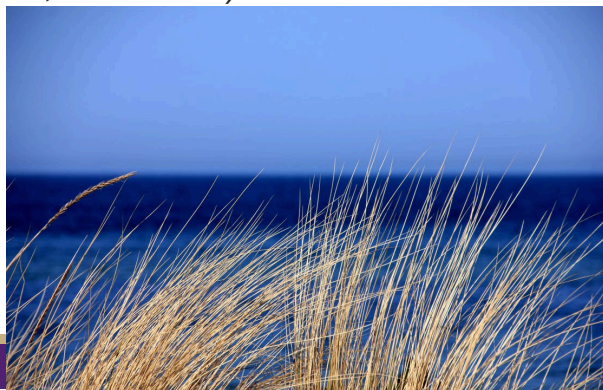


- The **Caritas Light on Virtue, #7 Balance.** Engage in transpersonal teaching and learning within context of caring relationship.
- **Unitary Process**
- *In inner stillness, the nurse experiences ... divine inspiration, peace.*



## Intuition, imagination and creativity (con't)

- The **Caritas Light on Virtue, #8, Co-create**: Cocreating a healing environment at all levels; subtle environment for energetic authentic caring presence (Watson, 2002/8).
- **Unitary Process**
- *In inner stillness, the nurse experiences ...emergence/rebirth/awakening to potentials/pattern recognition* (Perkins, 2018, submitted)





## Presence, authenticity, integrity, and caring facilitated appreciation

- The **Caritas Light of Virtue, #10, Open**, opening to spiritual, mystery, unknowns-allowing for miracles.
  - **Unitary Process**
- *In inner stillness, the nurse experiences  
...Source/God/All/No-thing/Void/Plenum.* (Perkins, 2018, submitted)





# Presence: Re-membering Wholeness and the Co-Creation of Joyful Moments



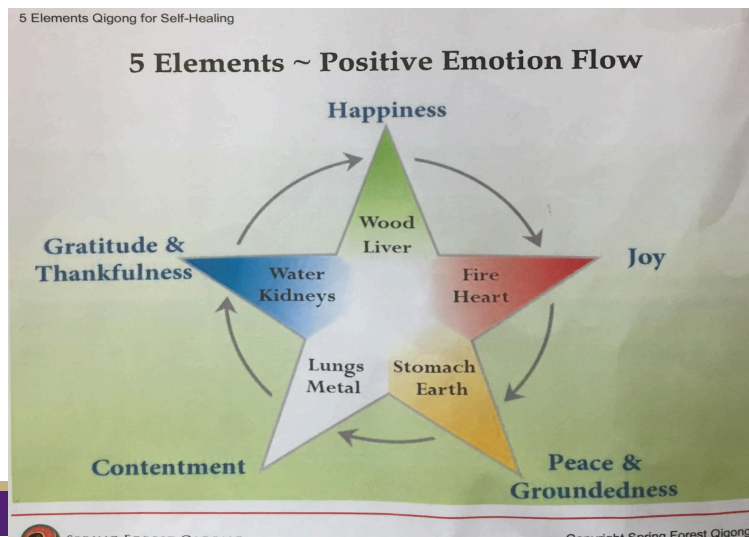
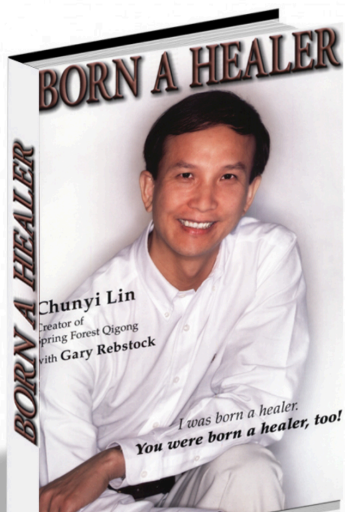
## Social Impact of Caritas Literacy

- The social impact of a caring consciousness built within individuals is shared resonantly within the collective consciousness of the whole.
- Reflections of ***Unitary Caritas Consciousness*** teachings in our multicultural partners in healing.
  - Traditional Chinese Medicine
  - Ayurveda



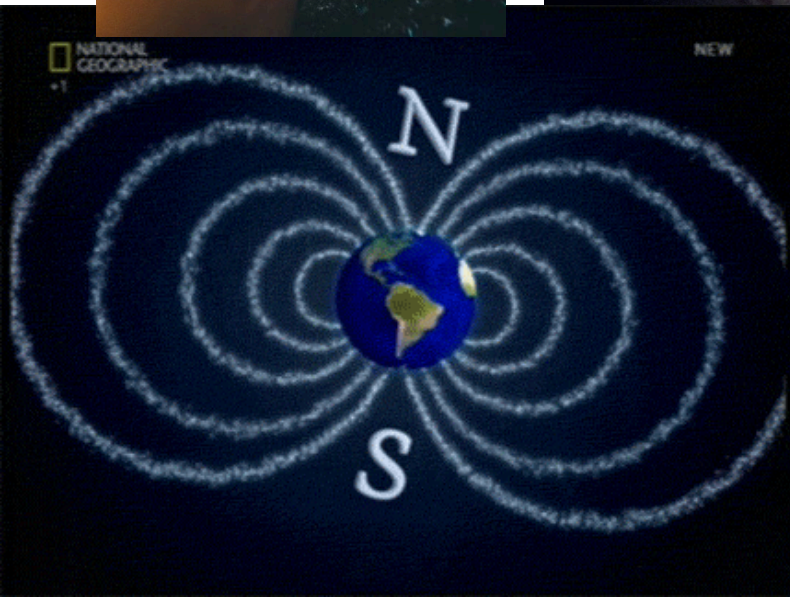
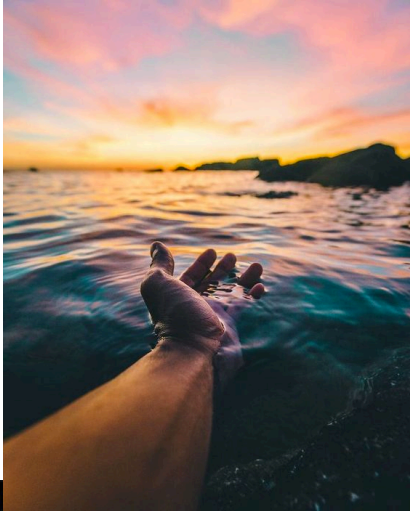
### ➤ Patterns of the Masters (Master Chunyi Lin, Spring Forest Qigong, Web Teleconference, May 20, 2018).... Steps to “Master Qi”.

- Choose your Master....[frequency pattern] (i.e. Christ, Mother Mary, Buddha, Quan Yin, living or ascended, etc.)
- Feel Heart to Heart relationship
- Merge Body (frequency pattern)
- Merge Emotion
- Merge Heart/soul/spirit
- Merge self into the Universe (i.e. Higher Self, Cosmic Consciousness)





***CONSCIOUSNESS GUIDES ENERGETIC  
FOUNDATIONS OF CARING AND HEALING***

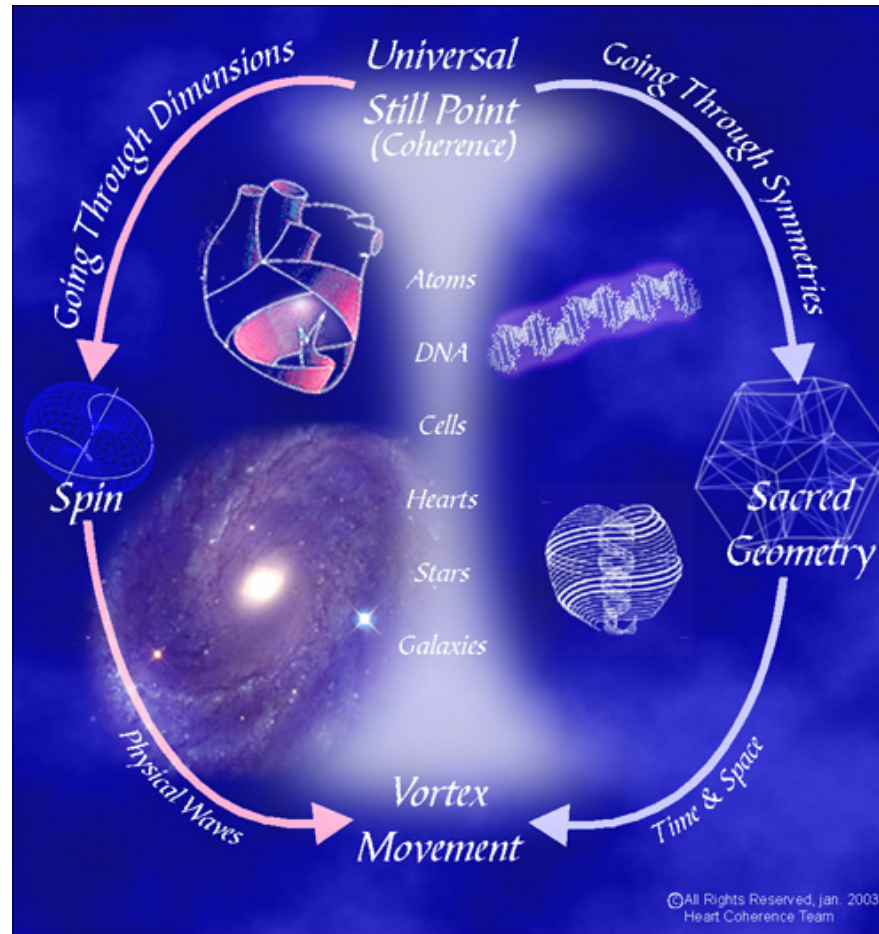


- Consciousness is the ground of being and doing
- Consciousness moves energy/life force
- **Consciousness is both local and nonlocal, bridging paradigms**
- **Practicing meditation at the level of transcendence builds coherence in wave patterns such that power builds exponentially toward greater order/transformation**
- A cue or signal at the tipping point creates a quantum collapse of wave function to a new pattern of possibility in the moment....
- **We can train nurses to function from a higher level of order and creative emergence by including meditation and other holistic or contemplative practices in their education.**





**UHCS portrays “wholeness”, oneness with the Creator or  
Universal field from which all originates**





### COM---PASSION

#### Human Attention and Intention

Focuses primal energy

Orders/patterns chaos

Encourages synchronicity

Transformations conditions

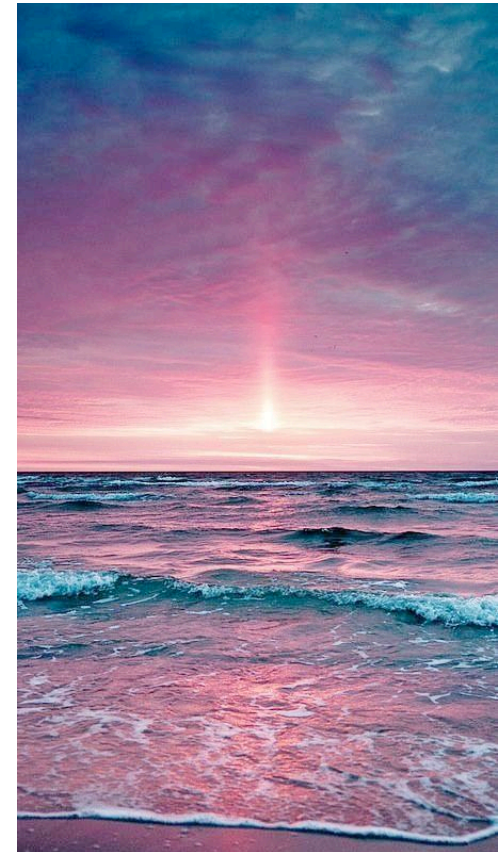
Facilitates healing

Expands perception and intuition

Inspires creativity and joy

&

**Can be Taught/Learned**



- Barrett, E. (1986). The principle of helicy: The relationship of human field motion and power. In VV.M. Malinski, *Explorations on Martha Rogers' Science of unitary human beings*. Norwalk, CT.: Appleton-Century-Crofts. pp.173-188
- Benner, P. (1982). From novice to expert. *American Journal of Nursing*, 82(3), 402-407.
- Cowling, R. (2017). A unitary-transformative nursing science: From angst to appreciation. *Nursing Science Quarterly*. 30(4) 312-316
- Lee, S., Palmieri, P., and Watson, J. (2017). *Global Advances in Human Caring Literacy*. New York, N. Y.: Springer Publishing.
- Malinski, V. (2002). Developing a nursing perspective on spirituality and healing. *Nursing Science Quarterly*. 15 (4) 281- 287.
- Newman, M., Sime, A., & Corcoran-Perry, S. (1991). The focus of the discipline of nursing. *Advances in Nursing Science*, 14(1) 1-6.
- Newman, M. A. (1994). *Health as expanding consciousness* (2nd ed.). New York, NY: National League of Nursing Press.
- Newman, M., Smith, M., Pharris, M., & Jones, D. (2008). The focus of the discipline revisited. *Advances in Nursing Science*. 31(1), E16-E27.
- Perkins, J. B. (2018, submitted). The sacred self as the essence of nursing: Watson's ten Caritas Processes ® revisited through the lens of unitary caring science. *Nursing Science Quarterly*.
- Perkins, J. B. & Aquino-Russell, C. (2017, in press). Graduate nurses experience the sacred during Transcendental Meditation ®, *International Journal of Human Caring*.
- Phillips, J. (2010). The universality of Rogers' Science of unitary human beings. *Nursing Science Quarterly*, 23(1) 55-59.
- Phillips, J. (2017). New Rogerian Theoretical Thinking About Unitary Science. *Nursing Science Quarterly*. Vol. 30(3) 223–226
- Reeder, Francelyn (1984). Nursing research, holism, and philosophies of science: Points of congruence between Husserl and M. E. Rogers. New York University, ProQuest Dissertations Publishing 8421466.
- Rogers, M. (1992). Nursing science and the space age. *Nursing Science Quarterly*, 5 (1) pp. 27-34.
- Smith, M. (2015). Marlaine Smith's Theory of Unitary Caring. In Smith, M. & Parker, M., *Nursing Theories and Nursing Practice*. pp. 509-519.
- Watson, J. (2012). *Human caring science: A theory of nursing* (2<sup>nd</sup> ed.). Sudbury, MA: Jones & Bartlett Learning.
- Watson, J. & Smith, M. (2001). Caring science and the science of unitary human beings: A trans-theoretical discourse for nursing knowledge development. *Journal of Advanced Nursing* 37(5), 452 – 461.



Thank You!

