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Practicing transcendence in meditation speeds nurses' evolutionary development: Shining the light of consciousness through the lens of Unitary Human Caring Science

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Abstract

Unitary Human Caring Science (UHCS) based on the Science of Unitary Human Beings and caritas-veritas consciousness provides a lens for viewing lived experiences of doctoral nursing students practicing Transcendental Meditation ®. Caritas-Veritas, through the light of UHCS articulates virtues/values explicating expanding consciousness in nursing praxis. Science and spirit converge, illuminating emerging consciousness of authentic presence found in Caritas-Veritas praxis. To embody and embrace veritas, nurses act with honor, and commitment, in service to humankind. The values of goodness, truth, and beauty are evident in the energetic human-universe, as the whole of unitary reality is expressed as the cosmic quantum field.

Key words: Science of Unitary Human Beings, Nursing, Transcendental Meditation ®, Consciousness, Unitary Human Caring Science, Caritas Processes ®, Caritas-Veritas Literacy®

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Phenomenological research (Giorgi, 2009) of expert doctoral level nursing students practicing Transcendental Meditation ® (TM) for four months (Perkins & Aquino-Russell, 2017), revealed the potential for shining light on virtues/values (Perkins, in press), expertise in nursing practice (Benner, 1984), and the development of the conscious heart in “the infinite universal cosmic field of LOVE” (Watson, 2018, p. 166). Via the pattern and direct experience of regular transcendence in meditation, qualities and values described as examples of caritas, cosmic, transcendent, expanded, unitary, or quantum consciousness developed (Chopra & Tanzi, 2012; Newman, 2000; Travis & Pearson, 2000; Travis, & Shear, 2010; Watson, 2018).

Descriptions of the direct experience of participants' felt frequency/vibrational shifts at all levels of consciousness within the energetic field revealed the Science of Unitary Human Beings (SUHB) articulated in its most refined pattern (Rogers, 1970, 1992). Most importantly, self-reports of intellectual and emotional intelligence were enhanced, resilience to stress and anxiety occurred, with benevolence arising (Perkins & Aquino-Russell, 2017). Presence, authenticity, integrity, and caring facilitated appreciation of “the good, the true, and the beautiful” (McIntosh, 2015, p. 53) in relationships, as well as health, healing, and wellbeing in participants.

This paper explicates unfolding dynamics in the nurse and articulates the implications of self-transcendence (Reed, 2013) and pattern appreciation (Cowling, 2017) of universal cosmic design for the discipline of nursing. Intuition, imagination, creativity, and the evolution of the Caritas Processes ® (CPs) into Caritas-Veritas (CV) (Watson, 2018) are known as caritas presence in nursing. Here, a nurse who lives Caritas-Veritas in true/authentic caritas presence, is one who carries the light of expanded consciousness (Caritas-Veritas Light on Virtues) (CVLV)

expressing virtues and values of spiritual/light energy (Perkins, in press). These nurses embody homeodynamics (Rogers, 1992), holistic (Dossey & Keegan, 2016; ANA & AHNA, 2019), holographic relationships in the holomovement (Bohm & Peat, 2000, p. 180) of the unitary quantum field. Illuminated virtues include trust, balance, forgive[ness], embrace/love, minister, nurture, deepen, open, inspire/be, and co-create (Watson, 2018). Other unique qualities within each nurse, encompass the attributes of caring, which in turn become modes of being (Roach, 2002, as cited in Smith, Turkel, & Wolf, 2013) in lived experience. Virtues when lived as modes of being become values and powerful choices of consciousness, which involve the heart and mind as one, in creating reality. As a violinist is a virtuoso at the peak of performance, nurses live their virtues/values becoming virtuosos in praxis with skill, technique, expertise, and intelligence, lived through human experience and actions (Perkins, in press). Barrett's (2020) articulation of power demonstrated as self-empowerment, accompanies the synchronous realization of resonance to Source.

Theoretical Perspectives Illuminated

Watson's (2018) CPs and their evolutionary form as CVLV were chosen to help explicate the evolution of human perception and awareness in the nurse as seen through the lens of UHCS (Perkins, 2019; in press), a theoretical perspective evolving from the confluence of multiple nursing theories. UHCS initially emerged from historical nursing perspectives (Rogers, 1970, 1992; Newman, 2000; Newman, Sime, & Corcoran-Perry, 1991; Newman, Smith, Pharris, & Jones, 2008; Watson & Smith, 2002). The SUHB (Rogers, 1970, 1992), paved the way for understanding the language of energy field, pattern, open systems, mutual process, pan dimensionality, unitary human being (human field), environment (environmental field), and principles of homeodynamics (resonancy, heliacy, and integrality). Newman et al. (1991) and Newman's (2000) work on expanded consciousness, opened the door for the further

development of human-environment as unitary consciousness, thereby expanding the understanding of health and disease as a unitary whole process (Newman, 2000), within which consciousness reigns like a pan dimensional hologram of Source energy (Perkins, in press). Watson and Smith (2002) merged Caring Science (CS) with the SUHB (Rogers, 1970, 1992) forming Unitary Caring Science (UCS) to help shape the complex dynamics of consciousness with the understanding that caring was the essence of nursing within a unitary human-environment. Consciousness bridges local and non-local time-space and thus, is able to influence the flux between what is and what may be, a creative possibility in any situation. In UHCS, consciousness is known as an energetic dynamic, which human beings have the power to influence and modulate according to their focus of attention and intention (Perkins, in press). In UHCS, CVLV consciousness of the higher Self, or Soul-self, that which resonates with Source, lights or illuminates the quantum-caritas field such that a wholeness of being, an innate quality, unfolds as oneness in action. Heart-centered knowing unfolds intuitive insight. Intuition (Ruth-Sahd, 2003) takes its place in the consciousness (heart-mind-being) of the expert nurse as oneness with Source and facilitates human caring (Watson, 2018) and healing in all domains of reality. The sense of sacredness pervades as actions and behaviors emerge from the Soul level of Self as One with all creation (Perkins, 2003; in press).

The shift in thinking and feeling from one way or mode of being to another, is facilitated by moving awareness/attention or focus of consciousness from concept (cognition), to process (as lived experience), to the “quantum leap” toward the ultimate reality of the virtual domain innate to all creation. It is here where science and spirit merge as a confluence of creative possibilities, called forth by a nurse’s consciousness (heart-mind-being). That is, in being able to choose to imagine, seed, or metaphorically “download” into physical reality, what is deemed necessary for one’s next steps. This experience is then perceived in the conceptual and practical

reality of the natural world and the domain of the practicing nurse. Transcendence implies this ability to consciously move between these realms of reality, which exist within the context of every moment. The sacred is called forth in each particular caring moment with another, as mutually attended, appreciated, and directly “felt” by person and nurse.

In UHCS, this fluidity of being, in any situation, is learned via practice in modulating consciousness (including thought, feeling, and being realms) such that a vital frequency, i.e., *love* modulates, spirals, potentiates, and eventually explicates coherence of a benevolent nature that resonates with a higher Source. This brings forth the nurse’s experience of resonance, a synchronous happening to some situation, which generates insight, or intuition that is surprising in nature, and often carries the experiences of bliss, joy, ease, and effortless spontaneity that shapes action as praxis. This experience of being present at the level of soul coherence to Source, any time, in any space, is lived as authentic/caritas-veritas presence. This presence is the gift of a transcendent caring moment (Watson, 2018) that human beings are able to embrace in the larger context of health and healing, as it is called forth. It is a remembering of who one really is in one’s innate essence.

In summary, Rogers’ (1970, 1992) SUHB, with attention on energy fields, pattern, pan dimensionality, and open systems, initiated an evolution of awareness/consciousness. Newman, et al.’s (1991; 2008) paradigms along with Watson’s (2018) CPs ® evolved to CV (Watson, 2018) in UCS, and then refined in UHCS (Perkins, in press) as CVLV, reveal how to shape care, compassion, harmonic coherence, in resonant synchrony in everyday life and nursing praxis. The implications of self-transcendence (Reed, 2013; Perkins & Aquino-Russell, 2017) for nursing education and practice, speed nurses’ evolutionary journey towards expertise and being virtuosos in praxis. Such shifts within the inner perceptual dynamics of the conscious heart-filled nurse can be learned and taught. Contemplative and mindfulness practices have been found to enhance

nurses' and nursing students' ways of being and well-being (Cunniff, Dols Finn, Pearson, & Perkins, 2019; Van der Riet, Levitt-Jones, & Aquino-Russell, 2018). One way to shape that lived experience is with the practice of Transcendental Meditation® (TM). When engaged in learning TM with a certified TM teacher, during their doctoral program, participants found their meditations increasingly effective (Perkins & Aquino-Russell, 2017).

The Meaning of the Experience of Practicing TM ®

This phenomenological research uncovered seven essences, which are the meaning of the experience of doctoral level nursing students practicing TM while engaging in their teaching-learning journey and working as nurses. See Table 1. Participants' words will be viewed through the lens of UHCS and the CVLVs, with the appreciation that their words are holographic in nature and are not isolated to single qualities, but include pan dimensional meanings of sounds, feelings, and contexts similar to sacred language (i.e., literal, metaphorical, quantum) as described by Douglas-Klotz (1990). When CPs mature to CV and then into CVLV, developed in nursing praxis (i.e., theory and reflection in action), the expert nurse lives Caritas-Veritas presence and experiences transpersonal consciousness (Watson, 2018). The CVLV are described in each explication as indicators of the direct experience of the unfolding of each nurse's consciousness. The unfolding dynamics of consciousness related to leadership, resilience, loving kindness, growth, presence, and intuition will be articulated through the participants' described lived experiences.

Leadership beyond intellectual and emotional intelligence was enhanced through CVLV 3-Trust

Caritas process 3-Trust of the transpersonal self involves "Sensitivity to self/others; cultivat[ing] one's own spiritual practices-beyond ego to transpersonal presence. In UCS CV [trust is] Inner self/self-love; higher self/source experiencing divine love; spirit; touching infinite

cosmic love...” (Watson, 2018, p. 139). In CVLV 3-Trust involves the development of this ability to trust one’s innate intuitive sense of the sacred at the core of one’s being, to be sensitive to situations and people. Trust influences one’s leadership style. For example, transformational leaders (Porter-O’Grady & Mallock, 2018) have more confidence and trust in their ability to navigate environmental influences while still holding an inner trust that references something larger than their own personal egoic knowing at work in any nursing situation (Perkins, in press). With the practice of TM, research participants described their experiences of trusting their intuition, and appreciating that TM provided this opportunity for them. This inner sense of the heart-filled consciousness within the experience of the dynamic gestalt of life reflects confidence, faith, belief, hope, conviction, reliance, independence, and responsibility.

One nurse participant’s words demonstrate CVLV 3-Trust by articulating the experience of trust in leadership situations through enhanced intellectual and emotional intelligence (Porter-O’Grady & Mallack, 2018), as well as trust in the universal cosmic field.

Aaron (pseudonym) wrote- People are starting to notice how calm I am all the time. People are actually saying this to me...at work... at school and at home. I find myself having the “upper hand” in many interactions due to an ability to stay calm and really keep my wits in stressful situations. We had a code at work the other day and the resident physician who responded asked for an ACLS book to look up steps. While she was looking for the book, I took over the code. I made the right decisions and without second-guessing myself. I made the right choices and the patient did survive. Now that I have started this TM journey, I cannot imagine going back to the “old” me. ... Lately my mind seems to work more efficiently and more quickly. I can find words quickly in conversation. I can express myself better. ... When I meditate, I think I can actually feel these new connections. It is as if my brain is turned on like an engine ... my experience

kinesthetically confirms this occurrence. ...Lately, I have noticed a shift in the way I feel during meditation. ...it is easy to see when you are in the “zone” and when you are not.

...I feel even more relaxed after spending these longer periods in the “zone”.

Participants creatively trusted their abilities to call forth expanded consciousness within their work environments. They were able to locate quiet spaces to practice TM on breaks. This quiet time expanded the possibility of reflexivity during their nursing praxis. With regular TM practice, the participants found themselves to be less tired and more energized while at work. As well, they described their approach to and with others as being more positive and attentive. They trusted themselves even during chaotic work-life situations, which were perceived as being more peaceful than had occurred in the past (Perkins & Aquino-Russell, 2017).

Resilience to stress and anxiety was enhanced through CVLV 7-Balance and 5-

Forgive[ness]

Caritas process 7-Balance involves “Engaging in transpersonal teaching-learning caring relationships and subjective meaning. In UCS CV [balance is] appreciating pattern; inner listening/learning; wisdom” (Watson, 2018, p. 140). In CVLV 7-Balance refers to being able to focus one’s attention and intention, calling forth the greatest good in any nursing situation. Being able to modulate one’s mind and emotions such that clarity of one’s conscious heart allows one to see the pattern within the whole and choose actions from a centered, present, mutual caring moment with another. Nurses dwelling within the CVLV dynamic, act as a magnetic “attractor pattern” (Eoyang, 2009, p. 89), within a caring moment (Watson, 2018), as they shape the development of a healing environment in any circumstance. In CVLV 7-Balance, the inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life reflects peace, equilibrium, poise, stability, and steadiness. A participant’s words that demonstrate CVLV 7-Balance with resilience to stress and anxiety include:

Chandler wrote-After I am done meditating, I feel very light. It is almost like I have cleaned my mind out of clutter. I am finding that starting my day with meditation eases me into my busy work schedule. When things start to get tense at work, I now imagine myself back at my morning meditation to recall the feeling. ...I feel a great sense of accomplishment with this semester and all the challenges of multiple ... assignments. I have not stressed over the last minute additions as I might have in the past. I realize that as students we need to be flexible with what is expected of us. I wonder if I would feel different had I not had the experience of meditation. I acknowledge initial frustration with additional assignments but do not dwell on it. I think that may be the difference. Acknowledgement, acceptance, and then move on. It is like my mind is no longer on autopilot and I am able to calm my thoughts.

Participants found that stress was diminished and balance occurred with a state of peace, serenity, and calm relaxation following the learning and practice of TM. They described feeling light, ethereal joy, and happiness replacing tension. Paradoxically, they felt calm and energized at the same time. Sleep became better and deeper, and they described enhanced acceptance of previously challenging life situations (Perkins & Aquino-Russell, 2017).

Caritas process 5-Forgive[ness] involves “Allow[ing] for expression of positive and negative feelings; authentically listen[ing] to another person’s story. In UCS CV forgiveness “is nonjudgmental acceptance; holding sacred space; attuning to dynamic flow; grace” (Watson, 2018, p. 139). In CVLV 5-Forgiveness is defined as “a conscious, deliberate decision to release feelings of resentment or vengeance...forgiveness brings the forgiver peace of mind ...it empowers, enabling ... heal[ing], and mov[ing] on...” (Berkeley.edu, 2018, np). Via forgiveness, the inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life reflects the ability to absolve, release, liberate, practice non-judgmental witnessing, revitalize

and ground within the stillness of the higher Soul-self. One participant's words that demonstrate CVLV 5-Forgiveness include resilience to stress and anxiety, discernment, and non-judgmental witnessing:

Aaron wrote-Other changes I have noticed are a higher level of engagement in conversations. It seems easier to stay focused while speaking to my spouse, kids, co-workers, and patients. ... I feel less stressed, more focused and really engaged in life. ... Had a very stressful situation... at work! I completely disagreed with the charge nurse's decision to assign me 2 very sick patients at the same time. She asked me to speak with her in the supply room privately. During this conversation, I listened to what she had to say and respectfully disagreed with her. ... I could sense how stressed she was and how it continued to escalate. I was able to stay extremely calm and get my point across without feeling the need to raise my voice. This is incredible! Before TM, I would have gone into the conversation like a "bull in a china shop"! ...I found a "better way" to navigate this situation. I believe it is because of the calm I feel after TM. I get into my "peaceful groove" and want to stay there! I chose not to be "fired up" because I did not want to. It just was not worth it!

Forgiveness includes discernment, non-judgmental witnessing, and grounding higher consciousness within. Participants described a liberation from old patterns and habits of thinking (Perkins & Aquino-Russell, 2017). Their mode of being shifted to an inner empowerment revealing the presence of Source energy along with enlivened tolerance and zero judgment of self/others in non-polarized contexts.

Loving-kindness was enhanced through CVLV 1-Embrace/Love and 9-Minister

Caritas process 1-Embrace/love involves “Cultivating the practice of loving-kindness, and equanimity toward self and others as foundational to CV moral value consciousness. In UCS CV 1 embrace/love “invites transcendence; transpersonal, allowing for consciousness evolution; [and being] open to touching infinity of cosmic-divine love” (Watson, 2018, p. 138). In CVLV 1-Embrace/love means resonating with the essential essence of the vital life force in the quantum field that sustains and enriches human life and facilitates human-environmental flourishing. To embrace is the act of establishing benevolence and love within self, family, and community (Perkins, in press), resonating with the inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life. This reflects the ability to calmly express kind-heartedness, while modulating self, and exuding poise. A nurse may transcend daily stress by calling forth centeredness within self, grounding to the energies of the natural environment, and resonating with Source. Nurse participant’s examples from the research study that demonstrate CVLV 1-Embrace/love through loving kindness include:

Brice wrote-The words to articulate my incredible [foreign country] journey have spewed from my lips with such ease and fluidity; there has been such a profound connection with everything and expressing the meaningfulness of my many interactions and sheer sake of just being is a reverent flow of purposefulness. This, I attribute to meditation.

CVLV 1-Embrace/love reflects the universal essential values that are timeless and eternal. Grounding us in the principles reflected via the truths of perennial wisdom, i.e., grace, beauty, truth, goodness, hope, reverence, dignity, and integrity. These spirit-filled dimensions unite a humanitarian way with a scientific praxis in the sacred action of a nurse with a CVLV Consciousness.

Caritas process 9-Minister involves “Reverentially assisting with basic needs as sacred acts; sustaining human dignity. In UCS CV minister is “sacred service; manifesting intentions; immanent-transcendent; body-spirit are one” (Watson, 2018, p. 140). In CVLV 9-Minister is the ability of the nurse to serve or attend to basic daily needs while carrying an attitude of reverence for life and honoring the dignity of each human being allowing for meaningful moments of the highest order (Perkins, in press). Via the ability to minister, the nurse’s inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life, reflects the ability to attend, support, serve, respect, honor, and be in relationship for “the good, the true and the beautiful” to manifest (McIntosh, 2015, p. 53). A nurse, able to facilitate a sense of the sacred within self, works from an experience of confluence with the whole. One participant’s words demonstrated CVLV 9-Minister with loving kindness:

Dylan wrote-Busy day at work, and able to transcend easier this morning. ... Chaos at work did not upset my focus as usual and easier to focus and remain positive, even with a very anxious patient and family.

While ministering to others participants described the feeling of being centered and calm, with loving kindness, equanimity, and patience that filled each moment of sustainable nurse authentic presence.

Growth, evolution within self was enhanced through CVLV 4-Nurture

Caritas process 4-Nurture is “Develop[ing] and sustain[ing] loving, trusting-caring relationships. In UCS CV nurture is “vibrating [with] heart-centered unitary connections; spirit-to-spirit heart connection; attuning to dynamic flow” (Watson, 2018, p. 139). In CVLV 4-Nurture is the ability to be in relationships that involve dwelling with, attending to, caring for, nourishing, sustaining, and protecting self and others (Perkins, in press). Via the ability to nurture, the nurse’s inner sense of a heart-filled consciousness within the experience of the

dynamic gestalt of life reflects the ability to cultivate, cherish, support, encourage, appreciate, and value relationships from a place of inner warmth and energetic heart resonance. To be in synchrony with another potentiates ease rather than dis-ease, and facilitates healing. Participants' words demonstrating CVLV 4-Nurture through growth and evolution within and for self include:

Chandler wrote-I am so happy to have meditation as a way for me to practice self-care. ... Meditating has helped me maintain a sense of inner peace and focus. I seem to spend less time worrying about what all needs to be done and more time on action and getting things accomplished. In reflection, I cannot remember having any difficulty sleeping at night as I have had in the past.

Aaron wrote-... I instantly noticed a profound sense of peace the first time I meditated. I carry this sense of peace with me long after the meditation. Along with it comes a sense of clarity ...I find this feeling so attractive it seems imperative to meditate. My body wants this state of peace and clarity.

In relation to CVLV 4-Nurture, participants wrote of how things have changed since commencing regular TM practice. They revealed feeling less self-conscious of what others thought about them, being more comfortable with who they are, more accepting of self, and being less anxious about fitting in. They described liking the way they were feeling, which was more consistently feeling good about self and having more confidence (Perkins & Aquino-Russell, 2017).

Presence, authenticity, integrity, caring and enhanced appreciation through CVLV 6-Deepen and 10-Open

Caritas process 6-Deepen is "Creative use of self and all ways of knowing; artistry of Caritas nursing. In UCS CV "[deepen is] allowing for creative emergence; "reading" the Caritas

field; becoming the Caritas field; trusting intuition” (Watson, 2018, p. 139). In CVLV 6-Deepen entails enlivening one’s practice to dwell with unfolding moments, while awakening one’s consciousness to all potentials (Perkins, in press). Via the ability to deepen, the nurse’s inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life reflects the ability to resonate, synchronize, harmonize, intuit, or clarify creatively according to the needs of the moment. Nurse participants’ words that demonstrate CVLV 6-Deepen to intuit the wisdom of higher Self include:

Chandler wrote-I am starting to crave my daily meditations ... I find it strange that I feel calm and energized at the same time ... It feels like a fog in my brain has been lifted and I am able to gain more in depth meaning. I have also found that meditating before I work on my papers has made me more productive ... I believe TM assisted me in being more focused and able to synthesize our readings on a deeper level. ... This is a practice I will continue.

Brice wrote-I had a beautiful epiphany...While I found that I was approaching issues with much more calm, reserve, and thoughtfulness, I didn't quite realize the usefulness of it in my studying, reading, or in managing my time consciously ... I loved the practice of it in the stillness that is brought to my life. Then I went to [a foreign country]! Having that stillness and calm, the quietness and peacefulness was like a portal into Being one with the nature and elements surrounding me. ... I could feel the richness of the earth, the mindfulness of the people and the purposefulness of the wildlife, insects, and other living things. I awoke my first morning to the glory of God-lifting the sun in its beauty of the many hues of pinks, oranges, yellows, lavenders, and reds--just for me, as he conducted the orchestra filled with all things of living essence to greet me with their songs of awakening to the dawn of a new day and another opportunity to be. Because I have

meditation in my life, I'm beginning to know what BEING whole with all around is and appreciate the wonder of it all. ... [So that] meditation could open my spirit for passage into just being.

In CVLV 6-Deepen participants wrote about enlivening their practice in dwelling with unfolding moments. A heightened sense of appreciation enhanced their present moments such that life was filled with a sense of grace, a synchronistic unfolding of events that seem magical in the ease with which they flowed. They seemed to be assisted by a universal embrace or vital life force that reveals a grand design or master plan which could not have been rationally or logically assumed. With deepening, they became co-creators of multidimensional potentials, bringing forth an explication of the natural evolution of human-universe consciousness. A transformational form of cosmic consciousness, lifting human awareness from one level of order and information to the next, a holographic, spherical experience of the whole of All creation.

CP 10-Open refers to being “Open to spiritual, existential, mysterious; allow[ing] for miracles. In UCS CV [being open is] experiencing the infinite; transpersonal, pan-dimensional; transcendent; esoteric; ecstatic; distant healing; belonging” (Watson, 2018, p. 140). In CVLV 10-Open is the ability to be open to possibility, allowing for surprises and miracles of healing that are beyond linear rational thought processes and actions. Via the ability to be open to the mystery of life, the nurse’s inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life reflects the ability to be sensitive to, serene and comfortable with the known and unknown, courageous, and available for surprises. In CVLV 10-Open, the infinite makes itself known within the finite world of form. This grand design is a higher order than ordinary consciousness. A participant’s words that demonstrate CVLV 10-Open as well as presence, authenticity, integrity, caring, and appreciation include:

Brice wrote-I was impressed by my ability to realize that I had a tangible experience that I was able to articulate. I arose from the meditation feeling peaceful, calm, and serene, with an ethereal joy unlike the excitable joy that I felt going into it. The experience afforded me a calm like nothing I've ever felt before in intention; a calm that with subtlety made my presence different ... meditation is such a renewal to my spirit! I feel so whole and receptive to the presence of all. ... Reaching within myself, to get to the core of my being, enables me to understand the essence of that which is around me. To perceive it as a whole and me a part of that whole. Through meditation I appreciate all that is surrounding me so much more, with a passion and emotion that I can feel through every fiber of my being.

In CVLV 10-Open participants described being open to possibility, allowing for surprises and miracles of healing beyond linear rational thought processes and actions. Opening to the larger design of the evolving cosmos reflects an ability to resonate to a higher order than previously known in one's worldview or paradigm of function in daily life. It takes one to expanded horizons of meaning and deepens one's values and conceptual frameworks to those of innate knowing and deep wisdom that reflect soul and Source as being one-and-the-same.

Intuition, imagination, and creativity was enhanced through CVLV 2-In-spire/Be and 8-Co-create

CP 2-Inspire means "Being authentically present; enabling faith-hope/belief; honoring the subjective life-world of self/other" (Watson, 2018, p. 138). In UCS CV inspire is "appreciating pattern; authentic sacred presence" (Watson, 2018, p. 139). In CVLV 2-In-spire/Be means that the nurse feels inspired from a place of authentic presence and has an ability to attune to the human-universe in any situation (Perkins, in press). The nurse consciously calls forth the highest good in any nursing situation and works from an ideal or place of *calling* rather than

from an attitude of doing a task or job. Via the ability to in-spire/Be, the nurse's inner sense of a heart-filled consciousness within the experience of the dynamic gestalt of life reflects the ability to motivate, enthuse, attune, clarify, intuit, imagine, and share creativity. A participant's words that demonstrate CVLV 2-In-spire/Be as well as intuition, imagination, creativity, authentic presence, and attunement include:

Brice wrote-Meditating as I passed over the ocean was thoroughly exhilarating! The sense of knowing my spirit in such a vast openness was beyond comprehension! It was an emotional experience and an awakening to the potential depth of my life. I felt so comforted, secure, and so grounded as I flew 30,000 feet plus above land. ...I finally get it! ...meditation ... [is] about how I understand things. My own thoughts seem so much more profound than what I would ordinarily think them to be. Messages are so apparent now that have otherwise been confounded; they are now infused with meanings and making connections to life, living, being, and how I am to be in this world.

CVLV 2-In-spire/Be means that the nurse feels inspired from a place of authentic presence and has an ability to attune to the human-universe in any situation. Participants' words revealed a rising/elevating/lifting, a sense of expansion within. An ability to refresh or revitalize self and situations that opens and expands possibilities for action.

CP 8-Cocreate means "Creat[ing] a healing environment at all levels; subtle environment. In UCS CV cocreate is "appreciating pattern; re-patterning; radiating energetic heart presence; "being" the Caritas field" (Watson, 2018, p. 140). In CVLV 8 Cocreate reflects the ability to co create via a consciousness that is awake to the potential of any situation. The potential involves pattern recognition (Rogers, 1970, 1992) of subtle as well as gross influence of phenomena. Solutions emerge from surrounding conditions and are implemented in mutual process and agreement with others. Via the ability to cocreate, the nurse's inner sense of a heart-filled

consciousness within the experience of the dynamic gestalt of life reflects the ability to awaken, meld, synchronize, invent, generate, potentiate, and in-form solutions to present moment concerns. A participant's words that demonstrate CVLV 8-Cocreate is

Brice wrote-...a re-encounter of a very stressful day ... One that had me at my wits end!

Yet through today's presentation of it, I remained eerily calm and creative towards a safe process for all. ... The calm that I sustained was an unusual presence given the intensity of the offending situation, yet I stayed present and reposeful.

In relation to their emergence, rebirth, awakening to pattern and potentials, all participants described their intent and commitment to practicing TM lifelong. They described TM as being a part of daily living, similar to eating and sleeping.

CVLV 8-Co-create reflects the ability to co-create via a consciousness that is awake to the potential of any situation. This heightened creative quality infused with intuition and imagination expresses as an emergence, rebirth, and awakening to pattern and potential. The nurse's inner sense of a heart-filled consciousness makes choices that call forth the highest good in any situation honoring the values of perennial wisdom traditions. The good, the true, and the beautiful (McIntosh, 2015, p. 53) emerge.

In summary, through the presentation of nurse participants' descriptions, Watson's (2018) CPs were elevated to CVLV (Perkins, in press) reflecting the direct experience of the unitary/transformational paradigm (Newman, et al., 1991) of nursing as well as Rogers' (1970) SUHB. Implications of the meaning of the lived experience for doctoral level nursing students follow.

Shining the light of “consciousness” on doctoral level student nurses practicing TM through the lens of UHCS CVLV

We have described the unfolding dynamics of consciousness within the lived experiences of nurses practicing TM. The implications of moving beyond ordinary consciousness to expanded realms of transcendence, or resonance to one’s Soul-self, allows for coherence to Source. This brings a shift in felt experiences and physical, behavioral, mental, emotional, cognitive and spiritual dynamics. The shift was translated via the CPs evolved to the CVLV (Perkins, in press), with embedded language and understanding of UCS (Watson & Smith, 2002; Smith, 2015) and now, UHCS (Perkins, in press) describing the lived experience within each nurse. We considered particularly the nature of the unitary human being as described by Rogers (1970, 1992). We move beyond unitary caring dynamics as articulated by Smith (2015), to the hue-man’s (Perkins, in press) lived vital wholeness of being. This work shifts the definition of theoretical structure from UCS to UHCS (Perkins, in press) as it emphasizes and refines the pan dimensionality of the unitary hue-mans’ lived experiences and integral nature of being.

Human consciousness has the capacity to bridge all three paradigms as articulated by Newman et al. (1991; 2008). As such, the focus of attention and intention of the nurse with heart-felt conscious choice towards calling forth the highest good in any nursing situation brings coherence to energetic, electromagnetic, quantum, or caritas fields and lifts life experience into the realm of the sacred. Sacred is defined here as that which allows embedding or braiding of vibrational frequency patterns in non-destructive ways such that love/care/compassion potentiates/empowers the human field and magnifies resonance to the Source energy of all creation. This process allows the infinite to download into the finite form of human consciousness.

Transcendental Meditation is one way to access the unified field. Lived experiences may range from the concrete physical to the virtual and direct experience of the infinite, in finite form. Intuition, imagination, or innate processes of creativity, that bring synchrony and resonance to human endeavors, along with the evolution of the CPs into CVLV become powerful tools of a conscious heart/mind in creating or unfolding a unitary reality. Virtuosity is lived through human experience and action as human habitual patterns are transformed to expanded and enhanced levels of function and being. Practice involves a conscious choice (intention and attention) to participate in the creation of situations that embody well-being and “human-[universe] flourishing” (National League of Nursing, 2010, p. 10). Such levels of coherence to universal cosmic patterns reveal holographic order. Patterns of love and the elevated emotions of care, compassion, appreciation, and gratitude bring more ease, joy, peace, benevolence, and even bliss into the living of life (Perkins, in press). Practice ultimately shape-shifts any complication of life to the level of a transcendent pattern, which enters into physical reality as being good, true, and beautiful. The expert nurse demonstrates such coherence and in practice calls forth in mutual process with others the highest order of reality that can be imagined in the plan of care for that moment in time-space.

Conclusion

The path to virtuosity may now be traversed in an expedited manner. This paper has articulated those expanded patterns referred to in earlier works of the referenced wisdom keepers in nursing (i.e., Barrett, 2020; Benner, 1984; Dossey, 2008; Newman, 2008; Reed, 2013; Roach, 2002; Rogers, 1992; Smith, 2015; Watson, 2018). Nursing is now gathering the means, methods (i.e., Transcendental Meditation), and conscious understanding for honoring the CVLV as inspirational virtues/values. TM expedites nurses’ evolutionary development in ways that reveal

the true healing nature of enlightened beings, who choose to live from the heart and share the love at the Source of all creation in everyday nursing praxis.

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Table 1. Meaning of the Experience of Doctoral Level Nursing Students Practicing TM while Engaging in Their Teaching-Learning Journey and working as Nurses.

1. There is a revealing of the direct experience of qualities within resembling the mysterious perennial wisdom expressions of the sacred and divine.
2. This experience is not necessarily religious but has a spiritual or soul quality of deep respect for life.
3. The life force itself is embodied and noticed as revitalization of the unitary oneness of self, humanity, and the environment as a whole.
4. Within this inspired and creative experience of unitary oneness, patterns merge and meld such that a confluence of singularities becomes a universal, pure awareness; a synchronistic cosmic consciousness flows both locally and non-locally out of time and space, causality, and limitation of any kind.
5. Experiences of holographic thought processes, intuitive whole body responses, kinesthetic perception and awareness, with enhanced qualities of receptivity, flexibility, patience, and trust. Each were guided by love, and an inner discernment.
6. This transformation was a learned quality of coherence and resonance to the creative Source, an experience of effortless commitment to flow synchronistically with the larger dynamics of the universe and cosmos.
7. When practicing this simple technique of Transcendental Meditation ®, students found themselves authentically present and balanced. Feelings of bliss, peacefulness, and inner integrity potentiated the experience of sacred space amidst daily stressors, whilst care, compassion, grace, gratitude, and appreciation resided within. (Perkins & Aquino-Russell, 2017, p. 165).