10 Caritas Processes® of Watson’s Unitary Caring Science (Watson, 2008, 2018)

1. **Embrace (Loving-Kindness)**
   Sustaining humanistic-altruistic values by practice of loving-kindness, compassion and equanimity with self/others.

2. **Inspire (Faith-Hope)**
   Being authentically present, enabling faith/hope/belief system; honoring subjective inner, life-world of self/others.

3. **Trust (Transpersonal)**
   Being sensitive to self and others by cultivating own spiritual practices; beyond ego-self to transpersonal presence.

4. **Nurture (Relationship)**
   Developing and sustaining loving, trusting-caring relationships.

5. **Forgive (All)**
   Allowing for expression of positive and negative feelings - authentically listening to another person's story.

6. **Deepen (Creative Self)**
   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. **Balance (Learning)**
   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. **Co-create (Caritas Field)**
   Creating a healing environment at all levels; subtle environment for energetic authentic caring presence.

9. **Minister (Humanity)**
   Reverentially assisting with basic needs as sacred acts, touching mindbodyspirit of other; sustaining human dignity.

10. **Open (Infinity)**
    Opening to spiritual, mystery, unknowns-allowing for miracles.
