

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.

Watson, J. (2008). *Nursing: The Philosophy and Science of Caring* (Rev. ed.). University Press of Colorado.

Watson, J. (2018). *Unitary Caring Science: The Philosophy and Practice of Nursing*. University Press of Colorado.