

Introduction to the Caring Moment

(Compiled by A. Lynne Wagner for MRCSC Spring Program, April 8, 2025)

Caring is All About LOVE for self and humanity: “What we hold in our hearts matters.”
(Watson)

“With a deeper, more meaningful awareness of life/death, healing and wholeness...nurses are challenged from within and without to respond to a higher/deeper dimension of caring and healing that draws upon the richest sources of their own humanity...love being the greatest...” (Watson, 2008, p. 229)

Caring for Self and attending to your well-being are essential for caring for others.

“Caring for Self” as a deep belief and value verses making a list for “self-care tasks”: Healing-caring for others starts with caring for self. Do you feel worthy of taking time and prioritizing caring for self throughout your day? How do you keep your body-mind-spirit whole and renewed daily? What short micropractices of healing pauses do you engage in?

Caring Science as Humanistic-Moral/Ethical-Connectedness is founded on Humanistic Philosophical Foundation:

- ❖ **Ethic of ‘Belonging’:** Infinite Field of LOVE – Human to human Connectedness; sustaining wholeness of our humanity – Grace & Human Dignity (Levinas)
- ❖ **Ethic of ‘Face’—facing our own and other’s humanity:** “When we look into the face of another human being, we look into the mystery and infinity of the human soul; in looking into the mystery and infinity of another’s soul, it mirrors back our own infinite soul.” (Levinas)
- ❖ **Ethic of Hands:** “We literally hold another person’s Life in our hands and we are the source for sustaining our own and other’s humanity.” (Logstrup)
- ❖ **Connectedness of All—Relational / Unitary Worldview**
- ❖ **Ethic of Heart: “What we hold in our hearts matter.” (Watson)**

Watson’s Caritas Processes® name, give language to, and guide caring praxis and actions for self and others. www.watsoncaringscience.org

1. **Embrace:** Practice of loving-kindness, compassion, & equanimity
2. **Inspire:** Authentic presence, honoring the subjective inner life
3. **Trust:** Sensitive to self and others by cultivating spiritual practices (beyond ego to transpersonal presence)

4. **Nurture:** Loving, trusting relationships
5. **Forgive:** Allowing positive and negative feelings—deep listening to stories
6. **Deepen:** Creative problem-solving/solution-seeking, using all ways of knowing
7. **Balance:** Transpersonal teaching-learning; shared humanity
8. **Co-create:** Healing environments
9. **Minister:** Caring for mind-body-spirit—wholeness / sustaining human dignity
10. **Open:** Opening to mystery and unknowns—allowing for miracles

The Caring Moment—where theory of caring science lives:

“Maybe this one moment with this one person, is the very reason we’re here on EARTH at this time.” (Watson, 2008).

“The whole Caritas consciousness is contained within a single caring moment.” (Watson, *Caring: A Passage to Heart*, p. ii)

- ❖ A relational, transpersonal, transformative turning point for healing that results from conscious intention to be fully lovingly, compassionately present “in the moment” with another person without ego or judgement, in search for understanding, connection, and meaning.
- ❖ Holding/opening sacred space for another through inviting story, “being with”, and deep listening and openness to unknowns with caritas consciousness.
- ❖ A spirit-to-spirit / heart-to-heart connection that occurs in the moment of sharing one’s humanity, which changes both forever, potentiating self-healing and wholeness. We recognize ourself in others.... (Watson, 2008, 2018)

Spirit to spirit...connecting at heart level...

Author Brene Brown similarly describes such a connection as “the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive substance and strength from the relationship.”