



Watson Caring
Science Institute

First Things First: Caritas Nursing - Family, Love and Caring.

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Paper presented at international Society of Caring and Peace:

Family, the theme for caring and peace.

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Abstract:

First things first – Family – the source and starting point; the beginning and the end for learning, living, and experiencing Love and Caring, inner and outer Peace through the sacred circle of life/death. Family (for better or for worse) bonds parents, child/ren together from birth, for as long as they live.

This presentation will highlight an understanding the importance of Family through the philosophical, theoretical and ethical lens of Nursing as Unitary Caring Science and Caring as Sacred Science. It will include unitary philosophical/theoretical views of: The Ethic of Belonging; Infinite Universal Cosmic Love; Caring Science as Sacred Science uniting Caring, Love and Peace. It concludes with identifying some Universal Healing Tasks for Family and Humanity, contributing to Inner and Outer Peace.

Overview: 概要

Family, Love, Caring:

Family, in all its diverse meanings and versions in this postmodern era, still remains the unifying structure of civilization. (Family) Love is a form of unitive energy that brings all of life together. (Teilhard de Chardin, 1976); Love is considered today, a *subtle energy, a vital fifth force* (Pearsall, 1999), that energetically connects humans, even at a distance, through such intentional practices of Love, Caring, Prayers, Healing Thoughts, Distant Healing, Non-Local Consciousness connections and so on. (Dossey, 1993, 2004, Watson, 2006, 2018).

Family, however defined, if not grounded in Love, can be a source for pain, separation, isolation, suffering, loss and distress. Nevertheless, family with its multiple configurations is also the chalice, the container, for embodying subtle and overt love, peace, comfort, safety, honesty, 'Belonging'. It is through family living and learning that children and adults teach each other how to constructively channel raw emotions; to be- in- right relation with self/other. It is in and through family where children and adults thrive in learning to live- out, Caritas - caring-healing, loving feelings, harmonious relations with self/others/community. Family, the source, the foundation for unifying the *vital fifth force* of Love for - learning and living Cosmic universal Love, that unites inner and outer peace and skills for living.

Family - the origin of the sacred circle of Life – the origin for manifesting the 'Ethic of Belonging', as the philosophical, theoretical and scientific starting point for Nursing as Caring Science. It is through family we can understand Nursing as Unitary Caring Science - as Sacred Science, working with the souls of family members, individually and collectively. Through Caring Science, Nursing and Health professionals can understand and support Family as the cohesive, unifying source for Universal Love.

Without Family Caring and Love, individual, collective, and societal Love of humans and all living things is deformed; destroying the foundation for core unifying values, for learning to trust, to forgive, contributing to caring and peace in our world. Without attending to Family member's Caring needs as separate, but dynamically interdependently connected, we can either 'totalize' family and individual member's humanity or contribute to the evolution of Love, Healing, and Caritas for all (Levinas, 1969, Watson, 2006, Watson, 2018). Nursing is positioned to serve as a healing agent to contribute to strengthening family as a unitary caring science practice.

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First Things First: Caritas Nursing - Family, Love and Caring.

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International Society of Caring and Peace.

“Do you see me? Do you hear me? Do I matter? Do you love me?”

<https://youtu.be/OrHImiBqLVI>

In the popular Broadway Musical: “*Fiddler on the Roof*”, the husband, Tevye pleases with his wife Golde, repeatedly:

Do you Love me?

Do you Love me?

Do you Love me?

But do you Love me?

She ignores and distracts and gives multiple rationales for her life with him; washes his clothes, cooks his meals, cleans his house, etc., BUT, she is hesitant and resistant to answering him. She does not know how to say she loves him. But that is all he is asking for - to say “I love you”.

Every Human Being Needs to be Seen;

Every Human Being Needs to be Heard;

Every Human Being Needs to know they Matter;

Every Human Being Needs Love.

Golde finally does admit she loves him. As they both express their love, we witness the sense of peace and harmony within and between them.

Tevye is inspired by the fact that his daughter has ‘fallen in love’, against the customs of arranged marriage. Tevye says “LOVE, It is the new style”.

But we as nurses know Love is the **old** and **new** style for old and new reasons.

In Nursing, Love and Caring co-mingle and unify in Unitary Caring Science and the Theory of Human Caring. They are evident through the Practices of *Caritas* for individuals, family/ community/society.

Caritas Nursing

Caritas –a Latin word that unites Caring, Love, Healing and Peace.

Caritas reminds us that caring and love are to be cherished, not taken for granted. The practice of *Caritas* in Nursing is more than a job, but a life-giving/life-receiving, gift of service to humanity; to fulfill its global covenant to develop knowledge, philosophies, ethics and theory-guided practices to sustain human dignity, caring/healing/wholeness and health for all (Watson, 2008).

Caritas practices and 10 *Caritas Processes*TM of the Theory of Human Caring, transcend language, boundaries, borders, families, and cultures; they invite timeless, eternal moral values of Cosmic Universal Love back into our life and work world.

It invites us to evolve to a higher order of consciousness away from Fear - controlled by Ego, to Divine Love – emanating from our heart. (Watson & Browning, 2012. *Caring Science meets Heart Science. American Nurse today. 7(8)* [https://www.americannursetoday.com/viewpoint-caring-science-meets-heart-science-a-guide-to-authentic-caring-practice.](https://www.americannursetoday.com/viewpoint-caring-science-meets-heart-science-a-guide-to-authentic-caring-practice))

In the words of Rumi, the mystic Middle East poet of 13th century:

“Let us fall in love again.

And scatter gold dust all over the world...”

The International Society of Caring and Peace, and the ‘Family theme’ for 2019, invites us to consider what is the foundation of family? What holds family together and what separates family for each other, from community?

The crisis in modern/postmodern family in this millennium seems to lie in the lack of solid foundation of Caring and Love. Like Golde in *Fiddler on the Roof*, we have forgotten to let our family loved ones know we love them.

Somewhere along the way, even in nursing, we have forgotten to include Love in our theories, our practices, our science – even though Caring Science as Sacred Science returns us to Love. Before existence there is love; after existence, there is Love. “Love is originary..being for the other, precedes being with the other” (Watson, 2003.201).

A grounding in Caring Science, (and now Unitary Caring Science), as the disciplinary foundation for nursing, informs and inspires nurses to include Love, in our Family practices; which to date, have been largely a-theoretical, technical ad hoc care practices, lacking in a relational ethic, theory or philosophy to guide them.

This a-theoretical Family practice history has been accelerated by the dramatic shift and emphasis on “patient-centered care”.

However, in theory guided Family Nursing (Bell) and in *Caritas/Caring Science*, we know that Family *Caritas Nursing* is different from “patient-centered care” and Family *Caritas practice* points toward the ontology of Being and Belonging (Bell, 2013, Watson, 2008, Watson, 2005, 2018) and the sacred circle of life.

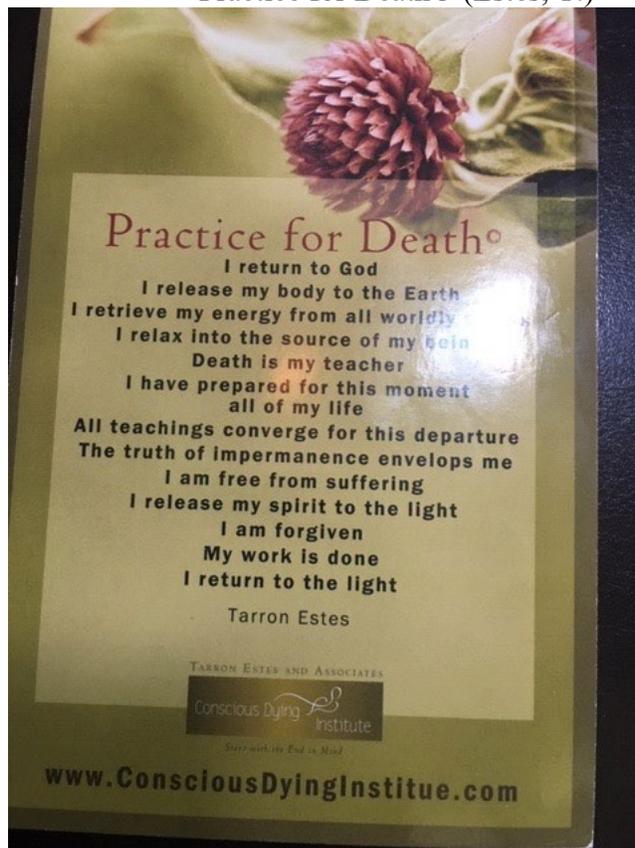
Levinas posits the ‘Ethic of Belonging’ -to universal cosmic Love - as the starting point for science. This foundational ethic underpins Unitary Caring Science against the separatist world view, which disconnects humans from the life-force energy of Universal Love. Thus, the Ethic of Belonging comes before the Ontology of Being as a higher- level abstraction of unitary consciousness.

This starting point of Belonging allows for new sacred, mystery and new possibilities/patterns to emerge from *Caritas Practices* for self/other/family/our world.

Unitary Caring Science Praxis (Watson 2018) is informed practice, informed by one’s unitary worldview, values, ethic, theory, and disciplinary knowledge. It is considered in Greek terms *eupraxis – or VERITAS* - *good, morally informed, committed, authentic being- in- relation; based on actions of goodness, truth, beauty, connectedness, opening to the infinity and mystery of cosmic Love, expanded consciousness.*

Guiding principles of Unitary Caring Science for Caring -Healing in Family Nursing include:

- Harmonizing right- relation between **Being** and **Belonging**
 - (Ethics of Belonging – Levinas, 1996, Watson, 2005, 2008, 2018)
- Relational Accountability for Caring-Healing relationship with self and each other through Caritas Processes
 - Caritas Process #1 – Loving Kindness Self and Other :
 - Caritas Process #3 – Honoring Values, Beliefs and Individual Growth :
 - Caritas Process #5 – Forgiveness –
 - Accepting Positive and Negative Feelings; - Authentically Listening/Hearing each other;
- Find Meaning in Suffering :
 - Caritas Process # 10 - Open to Mystery; Unknowns, Allowing for Miracles
 - Surrendering to Greater Wisdom; Divine order underneath suffering
- Deeper Meaning of Sacred Circle of Life-Death – Unitary Field of Oneness of All
 - Caritas Process # 2 Faith and Hope
- Deeper Meaning of Death - Preparing for Peaceful Death
 - Caritas Process #10
 - Principles of Conscious Dying – www.ConsciousDyinginstitute.com
 - <https://www.watsoncaringscience.org/events/conscious-dying-end-of-life-coach-certification/>
 - Practice for Death© (Estes, T.)



Summary:

This paper has introduced Unitary Caring Science, Universal Cosmic Love, as the philosophical-ethical foundation for Family Nursing, including:

- The Ethic of Belonging;
- Infinite Universal Cosmic Love;
- Caring Science as Sacred Science;
- Universal Healing tasks for Family, including practice for Death;

Concluding with:

Guiding Unitary Caring Science Principles that evolve from this evolutionary cosmology to Caring -Healing in Family Nursing.

This transition from conventional Family nursing systems and ‘patient-centered’ care to a new expanded scientific worldview which leads to discipline- specific, Caritas Practices for self/other/family/community/society. All combined, this shifts nursing toward a mature disciplinary foundation for its science and its theories; restoring Caring/Love as one act for mature Family Caritas Praxis.

In the words of W.H. Auden, ...remember in the end, it is Love is all that really matters....

The American Indians remind us that every day we should do an act of power and act of beauty. Be reconsidering the role and power of Love and Caritas Practices in our life, our work and our world, we are reminded of what is truly valuable; serving ourselves with the gift of our inner light and Love we offer every day in service to nursing global covenant with humanity.

Thank you for your Caring- Love as your unique contribution to Healing and Peace in our world-our Planet.