



# Caring Science

and The Intersection With  
Healing Touch

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**ABSTRACT:** This article outlines the core aspects of Caring Science, and the intersection with Healing Touch, the core energetic integrative modality of caring-healing practices. It captures the essence of ‘Transpersonal Caring Moment’, which draws upon an ethic of ‘Belonging to Source’ - the infinite field of universal Cosmic Love, the foundation for all healing.

**A**s nursing and health care practices evolve beyond medical cure and treatment of pathology at all costs, the public and professionals alike are entering a new scientific understanding of healing and health. This new era goes beyond material mind-body physical medicine and ushers in evolved energetic integrative models for healing (restoring wholeness in the midst of inner and outer fragmentation of life forces) - helping one energetically to align inner and outer ‘self for right-relation -- right-alignment’ with Source – universal Love). Such a shift is related to an evolving human consciousness which unites humanity-environment and the universe across time, space and physicality into a unitary field model of Caring Science. This evolved view is consistent with the latest thinking in integrative medicine/nursing (Watson, 2014b).

Caring Science offers an expanded ethical and philosophical foundation and a unitary worldview for

healing, which differs from Medical Science’s focus on treatment and disease centered cure and holds an ethical and scientific foundation for integrative energetic principles and practices. This integrative thinking unites indigenous practices across time with the latest scientific views of wholeness.

As Caring Science becomes more universal across cultures and traditions, it is a hopeful paradigm for nursing and health care to establish a new role in serving the global human caring – healing and health needs of the public, now and into the future.

### **Caring Science: Integrative Healing Touch (HT) Principles Converge**

What is distinctive about Caring Science and Integrative HT principles? Intentional practice of human caring is an emergent quality of unitary whole systems thinking, making new connections between the unitary energetic patterns of worldwide human caring practices and healing in our world. This relationship between human caring and healing represents a fundamental path of consciously attending to the energetic pattern of unity and the human-environmental global-universal field of oneness - connecting one to an infinite field of universal cosmic love, the source of all energy healing.

Unitary caring science is consistent with integrative energy medicine principles and what may be referred to as a quantum world, or even a quantum



cosmology. That is, we now know from science and quantum thinking that the mere act of participating in or observing a system causes that system to change its behavior. *“Some physicists have postulated that there is something special about consciousness that causes the abstract quantum potentials, described by quantum theory, to ‘collapse’ into hard physical reality observed in the everyday world”* (Vieten, 2012, p. 6). In the world of quantum physics, it is acknowledged that everything is connected with everything else and

view is one in which humans seek control certainty, and domination over all aspects of life, death, the environment, and our world. This worldview is pervasive in our Westernized world and is motivated largely by Ego and Fear. Thus, it keeps humans and nations and countries separate, insecure, easily threatened, distrustful, and disconnected from each other, from our own sense of belonging, whereby someone different from us, may be perceived as threatening and/or considered an enemy.

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there is one wholeness of all. The writings of David Bohm address this as well (1980a, 1980b, Bohm & Peat, 1987).

Caring science, as an emerging area of nursing and trans-disciplinary study, grounds this expanded, quantum worldview related to integrative principles and acknowledges a deeper ethic of “belonging” (Levinas, 1969; Watson, 2008), making it explicit that we all belong to the infinity and universal cosmic energetic (quantum) field of the whole. This core integrative principle becomes a fundamental worldview, or even more encompassing, a cosmology, as a starting point for science, integrative energetic principles, and our global society from which we cannot escape. Thus, the ethic of belonging helps us understand that a practitioner’s conscious acts of human caring and practice of Healing Touch, have an individual and global effect at the same time.

### **Worldview-Ontology**

In contrast to unitary caring science and integrative thinking, the Western separatist ontological world-

This separatist worldview of conventional Western science society, does not serve human needs and our shared humanity. In spite of major advances in health and healing and medical science, our western system of health care is dominated by outdated world views of material physical plane of existence, in contrast to a unitary oneness of all – whereby energetically everything is connected to everything else.

The shift occurring is related to an evolved consciousness for humanity.

For example: What is the highest level of consciousness? My answer is love, which allows for evolution of higher consciousness to what Teilhard de Chardin referred to as the “Omega point”—humans becoming more Godlike, connecting with the “infinite field” (de Chardin, 1959, 1964). De Chardin posited that our consciousness becomes co-extensive with the universe toward unification (de Chardin, 1964, p. 310, Watson, 2014a p.104).

Thus, the starting point for Caring Science as Infinity of Love and evolved consciousness, perhaps also can



be the ethical, philosophical starting point for HT.

That is: the 'Ethic of Belonging' begins with the belief and perennial wisdom that our human experiences and journey through life and death are shared with all of humanity - across the globe. We are all ultimately, one- world-one-heart, united with infinite energy of love, across time and space belonging to the great sea of humanity.

Watson (2014a) explored this unitary view through the writings of David Hawkins, *Power vs. Force* (2002).

*"Hawkins addressed the evolution of consciousness and notion of shared consciousness; his views are consistent with a caring science ethic of belonging and an integrative principle underlying HT. This view indicates the power of oneness of the human spirit and its relationship to the evolution of consciousness. That is, integrative principles are related to a pure consciousness in the universe, to which we all belong. This points toward options for how to access and manifest caring patterns that affect the whole. This evolution of caring is thought by Hawkins to be a higher consciousness that connects one with a universal life force, the infinite field of cosmic love. There is a connection between caring and love. In the caring science model, everything is connected energetically; thus, the person caring and offering HT is manifesting universal love, affecting the whole of humanity and contributing to the healing of humanity.*

*This unity of consciousness, an evolving consciousness framework, guides human-environmental energetic healing practices, such as Reiki and Healing Touch. These practices are based upon the subtle energy of love, as a high level of consciousness, if not the highest level of cosmic consciousness. The subtle and not-so-subtle connections between caring consciousness and energetic healing practices of love ultimately lead to connections between caring, evolved human consciousness and peace. (Watson, 2014:102)*

That is, if one is manifesting an authentically caring consciousness during HT, then one is radiating the energy of love and peace into the integrative field of the whole. As Hawkins (2002) noted, *If we really understood this basic knowledge, the world as we know it would be irrevocably changed, requiring all practices of politics, war, communications, media, economics, and medicine to transform their patterns of practice. (Watson, 2014:103)*

So, in caring science and HT, everything is connected with the infinite, universal, energetic field of cosmic love. Basic human values of loving-kindness, equanimity, compassion, forgiveness, and tolerance, all messages from wisdom and spiritual teachers across time, are embedded in the "faces" of our global community and in the human caring practices throughout the history and tradition of nursing and other health and human service professions" (Watson, 2014:103).

Within the context of Caring Science, the formal theory of human caring and transpersonal caring has evolved through the writings of Jean Watson (1979; 1985; 1988; 1999; 2008; 2011; 2012; 2014). The framework for identifying, naming and implementing a professional practice model grounded in Caring Science, adheres to ethical-philosophical and scientific professional practices, named the 10 Caritas Processes. The Caritas Processes name the phenomenon of human caring that nurses and other healing practitioners around the world, are offering to humanity; but these named daily healing practices have been unnamed, unseen and thus largely invisible – until very recently.

### **Ten Caritas Processes of Theory of Human Caring** (Watson, 2008, 2012)

The named and researched Human Caring Phenomenon guide caring-healing practitioners to validate what they are practicing in caring for patients, families and communities, for health and healing, beyond medical technical interventions. These Caritas



Processes contribute to whole person/whole system Health care.

The 10 Caritas Processes™ are as follows:

1. Sustaining Humanistic-altruistic value system by the practice of loving-kindness and equanimity with self/others.
2. Being authentically present, enabling faith/hope/belief system – honoring the inner, life-world of self/others.
3. Being Sensitive to self and others by cultivating one's own spiritual practices; beyond ego-self to transpersonal self.
4. Developing and sustaining loving, trusting-caring relationships.
5. Allowing for expression of positive and negative feelings - authentically listening to another person's story.
6. Creatively problem-solving, 'solution-seeking' through the caring process; full use of self and the artistry of caring-healing practices via use of all ways of knowing/Being/Doing/Becoming.
7. Engaging in transpersonal teaching-learning within the context of caring relationships; staying within other's frame of reference – shifting toward a coaching model for expanded health/wellness.
8. Creating a healing environment at all levels; subtle environment for an energetic authentic caring process.
9. Reverentially assisting with basic needs as sacred acts; touching mindbodyspirit of others; sustaining human dignity.
10. Opening to spiritual, mystery, and unknowns - allowing for miracles.

These Caritas processes become the guide to systematically engage in theory-guided practice, informed by the deeper philosophy, values, ethics, language and worldview of Caring Science. In this postmodern world, if we do not have our own language for caring, we do not exist and thus remain invisible to the dominant external world. Therefore, the language of

the phenomenon of human caring–healing becomes critical to nursing's advancement and future caring-healing-health practices to serve humanity. Also, in this era of evidence based practice, it is impossible to explore outcomes of caring if the phenomenon of caring is not named, documented and assessed as part of patient care standards.

## **Caring Science – Caritas Processes, A Transpersonal Caring Moment**

As Healing Touch practitioners enter into a theory guided professional practice model of Caring Science, they become more intentional and conscious of the importance of a Caring Moment. In that a Caring Moment is where the theory of human caring and the unitary worldview of caring science are lived out. It is through the Caring Moment that the 10 Caritas Processes personally/professionally come alive for each person, connecting both to the universal field.

A Caring Moment is transpersonal, meaning the moment is larger than just the two people in the moment. Transpersonal conveys the authentic energetic human to human connection in that moment, connecting with the infinity field of Love/Source and is greater than the moment and lives on in the experience of both. It also implies that the connection is not ego centered but open to creative emergence and unknowns; energetically this caring-healing moment is affecting the whole field of human consciousness. (Watson, 2012).

The Caring Moment invites authentic presence, skill, rituals and intentional preparation. The Caring Moment, within the context of Caring Science transcends time, space, and physicality. That is, the experience in the moment is larger than just two people coming together. The whole caring consciousness of the nurse is contained within a single caring moment and extends into the universe beyond that actual physical moment. That moment can be an existential, spiritual turning point for the nurse and



the patient, opening up new possibilities to connect with Source. What is experienced in a Caring Moment becomes part of the life pattern and greater life context for both participants. All we have are moments in our life; each moment informs the nature of the next moment.

Watson explored these connections within the field of nursing in her chapter on Caring Science and Integrative Nursing. (Watson, 2014:103)

Unitary, integrative Caring Science Healing Touch principles and practices are related to the higher-consciousness energetic field approaches for health and healing. These principles are associated with non-physical domains, such as attitude, intentionality, and consciousness of positive emotions and mental thoughts. They address experiences of gratitude, forgiveness, grace, caring, compassion, and love, including mindful practices of rituals, prayer, and spiritual beliefs of hope and faith.


## *The Caring Moment invites authentic presence, skill, rituals and intentional preparation.*

*These global and universal messages and values also are embedded in existing theories, contemporary science, and philosophies guiding human caring and healing for ourselves, others, and our world. For example, the writings of contemporary nursing theorists, such as Martha Rogers, Margaret Newman, Rosemary Parse, Barbara Dossey, and Jean Watson all converge around the same core ontological and epistemological integrative unitary principles. They include:*

- A Unity worldview—that is, the view that everything is connected.
- There is one energetic field of human-environment-cosmos oneness.
- Transcendent possibilities for human experiences, while acknowledging we are fully embodied; patterns and processes of relativity of time, space and physicality can be transcended.
- Unitary worldview acknowledges that, energetically, one's intentional Loving consciousness transcends time and space, and exists beyond the moment, affecting the whole field.
- Evolving consciousness—evolving toward universal cosmic consciousness of love.

Conventional medicine does not systematically incorporate non-physical methods of energetic healing. Hawkins (2002) reported that conventional medicine, associated with physical pathology and disease, resides in a lower vibrational field and does not allow for evolution of human consciousness to a higher energetic field. (Watson, 2014:103)

The next turn in caring science and caring-healing HT principles and medical science is to go beyond exclusive physicality and systematically include consciousness, intentionality, and spirituality for whole-person health, healing, caring, and peace. Integrative nursing principles thus incorporate caring for the individual, the environment and ecosystem, the community, and beyond, as a way of honoring all living things.

In summary, Caring Science and the integrative principles and energetic consciousness practices of HT invite nurses and all HT practitioners to evolve even further, and consciously mature within the unitary quantum field healing model of the future - with attention to whole person/whole system transformation toward health and well-being of humans and communities. 



More information on Caring Science, Caring Theory and Watson Caring Science Institute can be found at [www.watsoncaringscience.org](http://www.watsoncaringscience.org); more information on Integrative Nursing can be found in latest book: Kreitzer, MJ, Koithan, M. (2014) *Integrative Nursing*. NY: Oxford Univ. press.

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