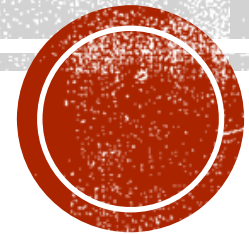


# UNIT 4

## THE 9<sup>TH</sup> AND 10<sup>TH</sup> CARITAS PROCESSES AND WATSON'S TOUCHSTONES FOR CONTINUING PRACTICE

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## Caritas 9: Reverentially assist with basic human needs

- This Caritas asks that we see our work as sacred. We help others manage predicaments related to the fact that humans are often frail and need help, love, and compassion on many levels. Acknowledging this predicament encourages healing and wisdom for self and others.
- Mindfulness perspective: Life is constant change. Each thing relies on every other thing for its very existence. If our mind is calm and clear, using the toilet can be a sacred act. To accept life is to accept birth and death, gain and loss, joy and sorrow. ... Everything 'inter-is' " (Nhat Hanh, 1990, p. 9).

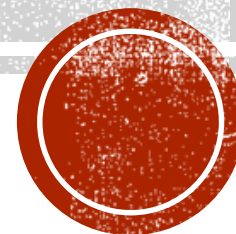


# Caritas 10: Open to mystery and miracles

- "...our rational minds and modern science do not have all the answers to life and death and all the human conditions we face; thus, we have to be open to unknowns we cannot control, even allowing for what we may consider a "miracle" to enter our life and work....the subjective world of the inner-life experiences of self and other is ...an ineffable mystery, affected by many, many factors that cannot be fully explained" (Watson, 2008, p. 191).
- Mindfulness perspective: Each life is a miracle, and all of us together are a collective miracle. This is the greatest mystery, and at the same time, the greatest reality of all. Acknowledging and living within the flow of this understanding opens up vast possibilities for developing insight, wisdom, and joy, even in the face of great challenges.



**PAPER MEDITATION**  
**FROM**  
**THICH NHAT HANH**





- There is a cloud floating in this sheet of paper.
- Without a cloud there will be no water; without water, the trees cannot grow; and without trees, you cannot make paper.
- So the cloud is in here.
- The existence of the paper is dependent on the existence of a cloud.
- Paper and cloud are so close.
- Think of other things, like sunshine. Sunshine is very important because the forest cannot grow without sunshine, and we humans cannot grow without sunshine.
- The logger needs sunshine in order to cut the tree, and the tree needs sunshine in order to be a tree. Therefore, you can see sunshine in this sheet of paper.
- And if you look more deeply, with mindfulness, with the heart of awareness, you see not only the cloud and the sunshine in it, but that everything is here; the wheat that became the bread for the logger to eat, the logger's father and mother, day and night, wind and rain, heat and cold, insects, animals, soil... everything is in this sheet of paper.
- Everything is interconnected with everything else.



# SUSTAINING CARITAS PRACTICE: CARITAS CONSCIOUSNESS TOUCHSTONES

- Touchstones: Setting Intentionality and Consciousness for Caring and Healing
  - Caring in the beginning
  - Caring in the middle
  - Caring in the end
  - Caring continuing
- Simple daily guide to support deliberate and mindful Caritas nursing practice



# CARING IN THE BEGINNING

- Begin the day with silent gratitude; set your intentions to be open to give and receive all that you are here to give and receive this day; intend to bring your full self, in the day-to-day moments of this day; cultivating a loving, caring consciousness toward yourself and all others who enter your path.





# CARING IN THE MIDDLE

- Take quiet moments to “center,” to empty out, to be still with yourself before entering any new situation; cultivate a loving-caring consciousness toward each person and each situation you encounter throughout the day; make an effort “to see” who the spirit-filled person is behind the client/colleague.
- Return to these loving-centered intentions again and again throughout the day, helping yourself to remember why you are here.
- In the middle of stressful moments, remember to breathe; ask for guidance when unsure, confused, and frightened; forgive and bless each situation.
- Let go of that which you cannot control.



# CARING IN THE END

- At the end of the day, fold these intentions into your heart; commit yourself to cultivating a loving-caring practice for yourself.
- Use whatever has presented itself to you this day as lessons to teach you to grow more deeply into your own humanity and inner wisdom.
- At the end of the day, offer gratitude for all that has entered the sacred circle of your life and work this day.
- Bless, release, and dedicate the day to a higher, deeper order of the great sacred circle of life.



# CARING CONTINUING

Create your own intentions and your own authentic practices to prepare your Caritas Consciousness; find your individual spiritual path toward cultivating caring consciousness and meaningful experiences in your life and work and the world.



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