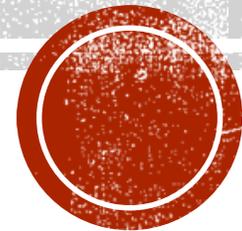


MODULE 1

Introduction to Watson, Thich Nhat Hanh, Mindfulness, and
Transpersonal Caring



WHO IS THICH NHAT HANH AND WHAT IS MINDFULNESS?

- Thich Nhat Hanh is a Vietnamese Zen master who established a contemplative community in Plum Village (France). He has toured all over the world to teach people of varied cultures and faiths about mindfulness.
- Thich Nhat Hanh is also a poet, writer, and social activist for peace and understanding.
- Thich Nhat Hanh has impacted the lives of people all over the world, in a variety of faith/spiritual traditions because mindfulness is ***not a religion. It is a practice*** that is meant to enhance awareness, clarity, understanding, peace, positive purpose, collaboration, and healing within any person, and any culture or tradition.



SPIRITUAL/CENTERING PRACTICES IN THE TRADITION OF THICH NHAT HANH

- “Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present, and at one with those around you and what you are doing...”
(Accessed from <http://www.plumvillage.org/thich-nhat-hanh.html>)
- Ideas and words about caring and compassion are guides, but they are *not* caring and compassion. True caring and compassion must be seen, touched, experienced, felt, and embodied through mindfulness.
- Mindfulness practice is meant to help unify the mind, body, heart and spirit with *what is happening right now* rather than what has been or what may be.
- Must be cultivated through conscious, deliberate, ongoing practice.
- Mindfulness supports Transpersonal Caring Moments discussed in Watson’s Caritas Practice.



In a nutshell, we are conditioned to park our bodies in the present and then engage our minds and hearts in thoughts of what has been and what will be. In doing this, we often miss what is right in front of us. Watson's Transpersonal Caring Moments dwell in the present moment, moment to moment, breath to breath, touch to touch, heartbeat to heartbeat. Mindfulness helps us to enact Transpersonal Caring Moments within Caritas practice, and in daily life.



JEAN WATSON, PHD, RN, AHN-BC, FAAN

- Distinguished Professor and Dean Emerita, University of Colorado Denver
- past President of the National League for Nursing; founding member of International Association in Human Caring and International Caritas Consortium. Founder and Director of Watson Caring Science Institute.
- Clinical nurses and academic programs throughout the world use her published works on the philosophy and theory of human caring to guide transformative models of caring and healing practices for hospitals, nurses and patients alike, in diverse settings worldwide.
- As author /co-author of over 20 books on caring, her latest books range from empirical measurements and international research on caring, to new postmodern philosophies of caring and healing, philosophy and science of caring and caring science as sacred science. Her books seek to bridge paradigms as well as point toward transformative models for the 21st century.



WATSON'S CARING SCIENCE

- Transpersonal Caring forms the foundation of Watson's work.
 - It occurs when the one caring connects with the spirit of the other through full presence in the here and now, conveying genuine concern for the inner life and personal meaning of the care-for.
 - It seeks to go beyond the self to reach for deeper connections with spirit and limitless connections with subtle healing possibilities.
 - It acknowledges broad universal consciousness and each person's immersion and role within this consciousness.



TRANSPERSONAL CARING MOMENTS ARE THE FOUNDATION OF CARING SCIENCE

- Transpersonal Caring is made up of streams of transpersonal caring moments that radiate in all directions beyond the specific moment, through space, time, spirit, and the physical plane to create endless possibilities of caring influence.
- Dropping a pebble in a pond is a good illustration of this simple yet profound phenomenon.
 - Spray and splash from the pebble causes energy to radiate in all directions.
 - Energy does not dissipate so much as it simply moves and flows in-among-though-around in ever-widening circles of increasingly subtle influence.



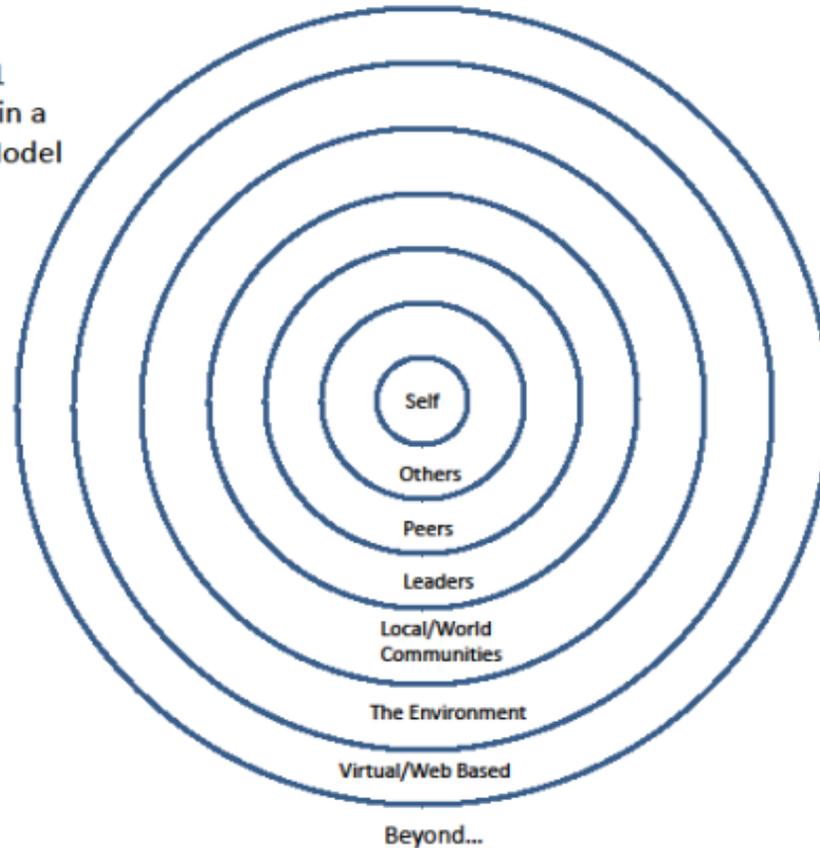
PEBBLE IN A POND MODEL

- The Pebble in a Pond model on the next slide shows layers of interaction that we all engage in every day at work.
- The self is at the center because it is the foundation upon which all other interactions rest, therefore, conscious, mindful care of the self is critical to productive and life-affirming work in the other layers.
- Mindfulness practice, simply consciously breathing through life's experiences, paying attention to what is happening in and immediately around **you** will support caring practices in the circles of work and influence around you.
- Your calm and deliberate awareness will emanate from your mindful center and affect all other layers in the circle.



LAYERS OF CARING AND MINDFUL INFLUENCE

Figure 1
Pebble in a
Pond Model



Okay—so mindfulness and awareness of transpersonal caring may be generally helpful, but what about practical application in relation to specific daily events, feelings, and situations? Here is one way to envision professional practice in a way that supports focus and clarity: Watson's Core and Trim Orange with Caritas Processes.



CORE AND TRIM ORANGE WITH CARITAS

Trim includes professional activities that change with time and specialty areas



EXPLANATION OF CORE AND TRIM ORANGE WITH CARITAS

- The model illustrates the microcosm of professional practice
- The constant **core** of practice is deliberative caring in all its forms and iterations (sections of the orange). This remains continuous over time and represents a stance, an inner resolve, from which **trim** activities originate.
- The **trim** (outer thin covering of the orange) is composed of professional knowledge, technologies, skills, and activities that change over time.
- Envision the core and trim as an orange, with the inside consumable part of the orange being the core and the peeling being the trim. Each needs the other to survive but each serves a distinct purpose.



EXPLANATION OF CORE AND TRIM ORANGE WITH CARITAS

- Each Caritas that we will talk about in this course is a section of the inside of the orange (the core).
- The core is the part that is meant to nourish the life force of the orange. It contains the seeds for future trees to grow. It ensures survival of the species (or in this case, the profession).
- The trim, or the peel of the orange has great utility as it protects the inner nourishing part of the orange. It is what is seen first, and it is how the orange is initially judged in terms of fitness to consume. And so it is with professional life—the external covering of work activities, technologies, skills, training, processes, etc. support and protect the true inner purpose of why the profession exists at all—which is caring, sustaining, and providing nourishment for our selves, clients, each other, and the community.



**In the next module, we will further explore
Watson's 10 Caritas Processes within the
context of mindfulness and Transpersonal
Caring Moments.**

