

Caring Moment as Radiating Field of Cosmic Love

I recently heard it said that when a nurse enters into a patient's room, a magnetic field of expectation is created. In this deeper, more expanded way of thinking about the power, beauty, and energy of love, a *caring moment* 10, 11 becomes an energetic vibrational field of cosmic love that radiates reciprocity and mutuality, which transcends time, space, and physicality confirming and sustaining our humanity and our connection with the Levinas' *Infinity* of the entire universe.^{4 12}

To frame these profound truths as foundational to our humanity, we can relate for new reasons to some theoretical notions of transpersonal caring: 11, 14

- Each thought and each choice we make carries spirit energy into our lives and those of others;
- Our consciousness, our intentionality, our presence, makes a difference, for better or for worse;
- Caring and love beget caring and love;
- Caring and compassionate acts of love beget healing for self and others;
- Transpersonal caring becomes transformative, liberating us to live and practice love and caring in our ordinary lives in nonordinary ways.

To enter into this new space of love, caring, hands, and heart that sustain infinity of our humanity we can consider the following practices:

- Suspending of role and status: honoring each person, their talents, gifts, and contributions as essential to the whole;
- Speaking and listening without judgment, working from heart-centered space; working toward shared meaning, common values;
- Listening with compassion and an open heart, without interrupting: listening to another's story is a healing gift of self;
- Learning to be still, to center self while welcoming silence for reflection, contemplation, and clarity;
- Recognizing that a transpersonal caring-loving practice transcends ego self and connects us human-to-human, spirit-to-spirit, where our life and work are divided no more;
- Honoring the reality that we are part of each other's journey: we are all on our own journey toward healing as part of the infinity of the human condition: when we work to heal ourselves, we contribute to healing of the whole.

Table 3. Watson's Carative Factors

1. Formation of humanistic-altruistic system of values
2. Instillation of faith-hope
3. Sensitivity to one's self and others
4. Development of helping-trust relationship
5. Promotion and acceptance of expression of positive and negative feelings
6. Scientific problem-solving methods for decision making
7. Promotion of interpersonal teaching-learning
8. Supportive, protective, and/or corrective mental, physical, sociocultural, and spiritual environment
9. Assistance with gratification of human needs
10. Allowance for existential-phenomenological forces

Table 4. Watson's Assumptions Related to Human Care Values in Nursing

- Need to become more caring and loving
- Nursing is a caring profession
- Need to treat our "self" with gentleness and dignity
- Nursing has always held a human-care and caring stance
- Caring is the essence of nursing
- Human care has received less emphasis in the care delivery system.
- Caring values of nurse and nursing have been submerged.
- Preservation and advancement of human care is a significant issue today and in the future.
- Human care can be effectively demonstrated and practiced interpersonally.
- Nursing's social, moral, and scientific contributions to humankind and society lie in its commitment to human care ideals on theory, practice, and research.