Introduction: Caritas consciousness is about caring and loving-kindness; deeper dimensions than the humanly superficial and surface experiences (Watson, 2008). It opens one to humility, vulnerability, self-awareness, and authenticity from inside out. Becoming a Caritas leader is a meaningful spiritual and transformational process (Watson, 2008).

Significance: The CCEP journey is one that requires intentional, conscientious, self-exploration and acknowledgment of the multiple dimensions of the individual traveler. As part of the CCEP, participants are encouraged to consistently practice self-discovery, self-care and spiritual enhancement through guided and self-selected activities and rituals. The intent of this process is to assist participants in finding and embracing preferred and appropriate ways to delve into their deeper subconscious in order to explore the multiple dimensions of one’s Being with self, others, and the universe (Watson, 2008).

Purpose: The purpose of this project is to offer illustrative depictions of Becoming a Caritas Leader documented through completed mandalas reflecting personal and professional growth processes and self-alignment with the CCEP.

Project Process: The mandala was chosen as most appropriate for documentation of this particular Caritas journey. A journey grounded in heart-based science and guided by, and dependent upon, mandalas, deep breathing, resilience building, and intentional heart-based living. The Caritas journey profoundly inspires subconscious and spiritual exploration and acknowledgement of the multiple aspects and dimensions of the individual (Watson 2008). It also invites one to be open-minded, to experience multiple ways of knowing, to freely accept the unknown, and opens the participant to opportunities for creativity and expression of artistic knowledge and ability. The CCEP guides participants through a personal and professional journey that begins at one’s sacred core space. Similarly, mandalas, sacred geometric symbols, originate at the center sacred, core space of a symmetrical circle (Gauding, 2005; Holitzka, 2000; Watson, 2005). Historically and currently they are used for meditative practice as well as for the manifestation of creativity, self-expression and deeper understanding of human connection to the universal (Gauding, 2005; Holitzka, 2000; Watson, 2005). Upon desire for, or need of, deep contemplative thinking, focused processing, freeing of clutter and mind space, uncolored mandalas were filled in using colored markers, colored pencils, or oil crayons.
**Project Outcomes:** The final product serves as illustrative documentation of spiritual growth, creativity, personal and professional development and understanding and application of core concepts as a result of my CCEP journey. From the spiritual perspective it serves as a reflection of the honor that I feel as having been a participant of the program (Being) as well as consideration of embracing the forthcoming title, *Caritas Leader* (Watson, 2005: Watson, 2008).

**Project Evaluation:** Evaluation of this project was accomplished through comparison and contrast of CCEP application narrative and successful accomplishment of program completion requirements including comparison to application narrative/essay, certification, and graduation presentation.

**Future Directions:** Future direction for Being a Caritas Leader is experiential and subjective and will manifest through continued mindbodyspirit self-care, actions and interactions in heart-based Caritas Consciousness, and continued knowledge transference of caring- and heart-based science and Caritas throughout Beacon Health System and beyond where appropriate (Watson, 2008).

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**References:**