SPIRITUALITY AND PROFESSIONALISM

A Mathematics Professor’s Perspective and Practice

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Reasons to Study Mathematics (reasons of the spirit)

1. Its beauty

2. Its power and efficacy as a problem solving tool.

   If you want to make the world a better place, it helps to have mathematics on your side.

3. To enable you to empower others by teaching mathematics.
Mathematics is held in high regard for good reasons:
  its beauty and
  its problem solving efficacy.

But there is a corresponding notion in our society:
that mathematics is so difficult that only an elite few will be able to master it.
Mindful Awareness can focus how we:

- Deal with suffering
- Transform trials into wisdom
- Discover our path and our purpose
- Interpret our personal connectedness to our community and our world.
Network of educators, kindergarten to university, who practice and discuss mindfulness and its practice in our profession:

www.mindfuled.org
Observe what thoughts cross your mind in 5 minutes of mindful awareness

- ...about 70,000 five-minute intervals (awake) every year.
- ...multiply the number of stressful thoughts, anxieties, self-doubts you have in a five-minute period by 70,000.... Looks like something we might want to correct!
Short periods of meditation help math students deal with stress

- Sit erect, shoulders relaxed, both feet on floor
- Focus on your breath
- Coordinate your in and out breaths with the phrases of the meditation verse:

  In/Out
  Deep/Slow
  Calm/Ease
  Smile/Release

Present moment/Wonderful moment
What does it do?

- Create a beautiful sense of calm;
- Recreate self-confidence;
- Re-establish belief in self.
Holding stress in the Light

- Students:
  - Learning blocks
  - Exams
  - So many things!

- Professors:
  - Troubled student
  - Anxious class
  - Self

Hold stress in the Light to let it be transformed.