



Inspirational and Exploratory Science Beauty and Power of Math

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From our titles we are at once confronted by the poetry in the words inspirational and beauty. These two words suggest a harmony, a sort of symmetry, the symphony that inspires the stars to birth and explode to be the source of energy creating the vast universe and setting it to motion in us and through us. I can still hear Isabel, trying to challenge us on the notion that we are stars... pieces of stars... star propelled energy...making up the landscape of humanity. Joey, in a desperate attempt to make do without electricity showed us the magic that is mathematics, how bees recognize geometric shapes convincing in his blackboard exercises that bees did take up geometry, algebra... or maybe they are just naturally endowed with math as their second nature... whatever, Joey, we are convinced that Da Vinci Code is a mathematical pattern waiting for us to unravel. From cats running away from bruised feelings to elephants burying their dead; from bees deciding on optimal efficiency of resources, bees wax et al... one thing is certain...we must see the beauty in nature and only then will we be inspired. And inspired we must be because this is the core requirement of teaching.

Here's what Patanjali offered us more than 2,000 years ago, which is the most profound statement I have ever found on the significance of our ultimate calling, to be inspired so as to inspire.

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands to every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties, and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be"

1. "When you are inspired, all your thoughts break their bonds"

If we believe that we are one with nature and that nature comes from God, then wouldn't it follow that our mind and the mind of God are synonymous? Dissonance and disharmony create the shackles of limitations, and we experience living uninspired... cut off our ultimate calling : in spirit, inspired. A teacher creates the barrier by saying "I can't do this" or worse, "these students cannot possibly learn", then the teacher squeezes the spirit out, and worse saps the student of opportunity to be in spirit, to be inspired. Every desire we have has an energy vibration component to it, the energy of our thought determines our inspiration level, so any doubt in our ability to manifest our desire is out of tune with that desire. When we say to ourselves I'll never be rich... then we won't because we have limited ourselves to the bonds of poverty.

2. "When you are inspired, your mind transcends limitations"

Just imagine what it must feel like to have absolute faith, an inner knowing that it is impossible to fail because you refuse to doubt your ability to create anything you set your mind on. So how can we not have this confidence that we cannot fail if we believe we are part of God's creation? To be inspired is to know no boundaries because we fully surrender... we transcend beyond... way beyond the anxious limitations of our fear to fail.

Transcend beyond your perceptions of your students. Inspire them to believe that they must know no limits. They must leap over the barriers the uninspired build around them. Inspire them to believe that failure does not belong in their psyche. Teach them to see the golden moments even in the worst adversities. The earth did not fail when the mud covered parts of Leyte, show them the grace in hands grasping at each other, allow them to be part of the outcry against affronts to nature, indiscriminate cutting of trees, teach them about the circle of life, from the one-celled animal to the dominance of humans, inspire them to believe that intellectual compatibility must be premised on our interconnectedness, the harmony in nature, in God's symphony called mother

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earth. Inspire your students because you live your full potential.

3. *“When you are inspired your consciousness expands in every direction”*

Now imagine yourself living in a world that has no direction. No south, east, north, west; no up or down, no past, no future. In this world, any direction is every direction. As difficult as it is to imagine, a directionless universe is the world where inspiration reigns.

When we are inspired, every direction is possible for us at every moment because our consciousness happens within our mind. Now this inner world of ours doesn't think in only one direction; rather, it allows all possibilities. Our consciousness is in the absolute state of allowing... all resistance in the form of thought is nonexistent. Yes, allowing all kinds of possibilities, accepting only what can and rejecting the notion of cannot. Inspiration then is the catalyst of endless possibilities.

By all mathematical odds, CENTEX ought to be on the extinct list by now. But extinction is not in my consciousness and failure non-existent. So CENTEX lives on... the dream lives... the poor are the better for this, and we, we are inspired by its ability to be the dream for all those who hope.

So refuse to fail, be directionless, limitless, believing that you have within you the vibrating energy of success. Cultivate this energy, propel yourself in the directionless motion of possibilities. Be a raging fire, unstoppable, eternal. If you behave this way, your students will, too, and we will have populated the Philippines and eventually our world with countless citizens in harmony with nature, one and in tandem with the rhythm of life.

4. *“When you are inspired you find yourself in a new, great and wonderful world.”*

You begin to experience fearlessness, a world so unlimited where the rhythm of life is in vibrational alignment with a world where limitations don't exist and there are no bonds. We now begin to think in terms of miracles being not only possible, but actively en route. We begin to feel the anticipation of what we need to be on its way. To be inspired is to live each day in a world without anxiety, fear, doubt and impossibility and enter a new and wonderful world, where all things are possible.

Imagine inspiring your students to live in a new, great and wonderful world of miracles. Imagine them listening to the rhythmic beat of their hearts, and understanding that with this rhythm comes the chanting of the entire body powered by the mind with an urgent call that everything is possible. Imagine what implications of such a mindset would create in this country.

5. *“When you are inspired, dormant forces, faculties and talents become alive”*

This is a sacred truth. It tells us that when we move into the inspired world, we move into an awareness that forces we thought are dead or unavailable suddenly come alive and

become readily available to us. Does this mean that the universe collaborate with us in awakening long slumbering forces, faculties and talents? You better believe it ! Yes.

These dormant forces will come to all of us when we live an inspired life. For inspiration will search them out and bring them to us by the sheer energy of living in-spirit, inspired.

6. *“When you are inspired, you discover yourself to be a greater person by far than you ever dreamed to be”*

We could never even dream of greatness because we have been imprisoned by our beliefs about who we are. We bought into the idea that we are limited in our ability to create an all-encompassing life, and we are certain that we had no choice in our own destiny. We defended our need to acquire more and to live a scarcity consciousness in which we competed with everyone else for a slice of the whole pie. We have limited ourselves to the slice and not the whole pie. All these limitations because we are not in the spirit, uninspired. Our own ego has cast a shadow of doubt causing us to miss the moment where all possibilities are within our capability. What does it mean to live in-spirit? It is to understand and embrace the mantra of excellence, believing that nature unravels boundless possibilities, inspiring us to truly see the beauty and power of the universe. To be inspired is to see our connectedness with this vast universe and experience our ultimate purpose.

Being here brings me close to nature. The rain and the wind howling speak to me of messages I have yet to discern. My thoughts drift to Thoreau, the walker, the saunterer. His mission was to live wide-awake and to get others to wake up to a life fully witnessed. He spent his life in wonder, marveling at the secrets hidden in nature and challenging himself to uncover these secrets. His ultimate purpose was to be in total harmony with nature. In his deathbed he was asked if he has made peace with his God, he responded, “I did not know we had ever quarreled”. Thoreau was in harmony with nature, he was in harmony with his God.

“Every tree and plant in the meadow seemed to be dancing, those which average eyes would see as fixed and still.” - Rumi

The inspired imagine the dancing in the forest and hear the songs of the wind. The inspired teacher uses the world as the classroom allowing the students not just to look but see with the passion and patience of a Thoreau. Inspired Filipino teachers bring each learning moment to the wonders of the Philippines so that each hold the power that would uncage the spirit in each student, the love of country, the inspiration to serve others. Cast then a spell on you and your students so that both teacher and student will live fearlessly in a world where failure does not exist and limitations are but a figment of the imagination.

Road to Excellence

From May 13-18, 2006 the annual teachers' training was held at the Meralco Management and Leadership Development Center (MMLDC) in Sumulong Highway, Antipolo, Rizal. Entitled "Road To Excellence", it was the first teachers' training organized through the partnership of CENTEX and the MMLDC Foundation, Inc. The experience was truly an enriching one as 97 educators from CENTEX-Manila, CENTEX-Batangas, Buklod Bahayan, Food For the Hungry Minds, and the AFP Pre-School (the newest member of the CENTEX Family) gathered together to be revitalized with new and innovative ideas and strategies in preparation for the coming school year.

Taking the spotlight in this year's training are two of the most dreaded classroom subjects: Science and Math. Fortunately, the zest and passion of the speakers in these topics were delightfully contagious! The Math module, *What Is Mathematics, Really: Discovering and Communicating The Beauty and Power of*

Math, was presented by two well-respected mathematics professors from UP-Diliman, Dr. Jose Maria P. Balmaceda and Dr. Marian P. Roque.

Pre-conceived notions about math as a difficult subject matter gradually melted away as the participants realized that solving problems can actually be fun! Scientist/Columnist/Consultant Maribel Garcia presented the Science module, *Sense of Wonder in Science/Nature*. This time, the participants had the opportunity to begin seeing the world with new eyes.

Some of the participants have the following to say about this year's training:



Teachers studying the evolution of life at the nature park.

"I used to detest anything that has to do with numbers. But then, after this training, I realized that we have been using Math everyday in our lives albeit unconsciously. Math is a way of life." – Aureen Guarda, CENTEX-Manila

"I learned so much from the lectures and our discussions on nature. Through the presentations and film clips shown, I was able to get some ideas that I would like my students to learn." – Marina Avanzado, Buklod Bahayan

"My group has been very fortunate to be invited in this program. I realized that even though we are miniscule compared to the vastness of the universe, we can still do great things." – Rosemarie Macay, AFP

"This experience taught us a lot of things. First, we should be passionate in what we do. Without passion, we will never be able to ignite that fire in the heart of our students. Second, we learned how it is like to be in the shoes of the learner. Third, we must continue to inspire our students. And lastly, humility. We may be small, but we are important." – George Atenta, Food for the Hungry Minds.

Truly, these teachers are once again ready to embark on their journey along the road to excellence! ■



The latest addition to the CENTEX family, the AFP teachers, demonstrating a math lesson for pre-schoolers.

CENTEX Manila Kids tops Final Achievement Test

Out of 73 public elementary schools in Manila, CENTEX ranked number 1 in the Final Achievement Test. The test, which was administered simultaneously for two days in March was given to all students from Grades 1-6 all over Manila, covering all academic subjects such as Math, Science, Social Studies, English, Filipino, Music, Arts and PE.

Congratulations to the students, teachers and administrators of CENTEX-Manila! May this humbling experience encourage you to keep up your good work. ■

Four days of Fun at Friday's

We would like to thank Friday's Restaurant for once again accommodating some of our CENTEX-Manila graduates to join in the Friday's Kids on Duty Summer Program.



The program allows children aged 5-12 years old to be "interns" at the restaurant for 4 straight days. They are trained and are given responsibilities in and out of the kitchen, and at the dining area. Each child is assigned one adult "buddy" from Friday's who teaches them how to greet customers, set the table, offer menus, take orders, refill drinks and serve food. In addition, the children are also taught how to make simple desserts and chicken fingers.

Let's take a glimpse at the day to day learnings of our CENTEX kids, whom we interviewed after the 4 days of work :

Day 1

Today, we had our orientation with one of the employees of Friday's. She toured us in the kitchen and the whole restaurant. I discovered that the lamps that they use at Friday's are called "Tiffany lamps". I feel so special. I also learned how to set the table today.

- **Tiffany Pamilar**

Day 2

The tasks that I accomplished today are refilling drinks and setting the table. I learned that being responsible for the tasks given to me and being helpful makes people appreciate my work. That's what my buddy taught me today.

- **Peter Paul Galang**

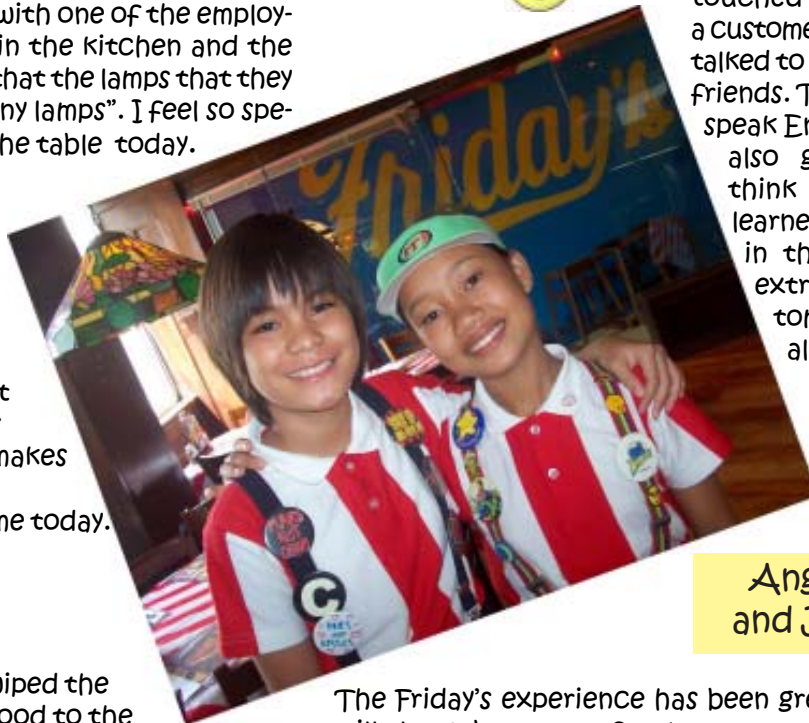
Day 3

Today I cleaned the table and wiped the fork and knives. I also served food to the customers. What I consider to be the most difficult task is serving the food because I am very small and sometimes the plates with food are too heavy. I am too afraid to spill or break anything. But with some encouragement from my buddy I was able to do the job without any accidents.

- **Seige Fred Concepcion**

Day 4

The experience that touched me a lot was when a customer and his daughter talked to me and became my friends. They told me that I speak English well! They also gave me a tip! I think the job or skill I learned that will help me in the future is being extra nice to the customers. I know that almost all jobs need some interaction with customers. I also know that being nice will reap rewards....



Angela Canlas and Jenna Braga

The Friday's experience has been great. The memories will always be a part of me!

- **Mariama Diaz**

Whether it be cleaning the tables or talking to the customers, one thing is for sure : the CENTEX students have learned life-skills that they will carry for the rest of their lives. This activity has shown the students that no matter how little they are, they can contribute to the daily operations of a big restaurant, and they can make a difference by bringing smiles to the faces of their customers, even for a day. ■

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To make donations, you may either fax this form to (632) 8134487; call Sarah Sevilla at (632) 7521171; log on to www.centex.org.ph; email sevilla.sb@ayalafoundation.org, or write to CENTEX, 10/F Ayala Wing, BPI Main Bldg., 6768 Ayala Avenue cor. Paseo de Roxas, Makati City