

# Embodied Intelligence Series

With Teresa's weekly podcast 'All Learning Reimagined'

Many people are standing between two worlds right now. Perspectives on one side are about:

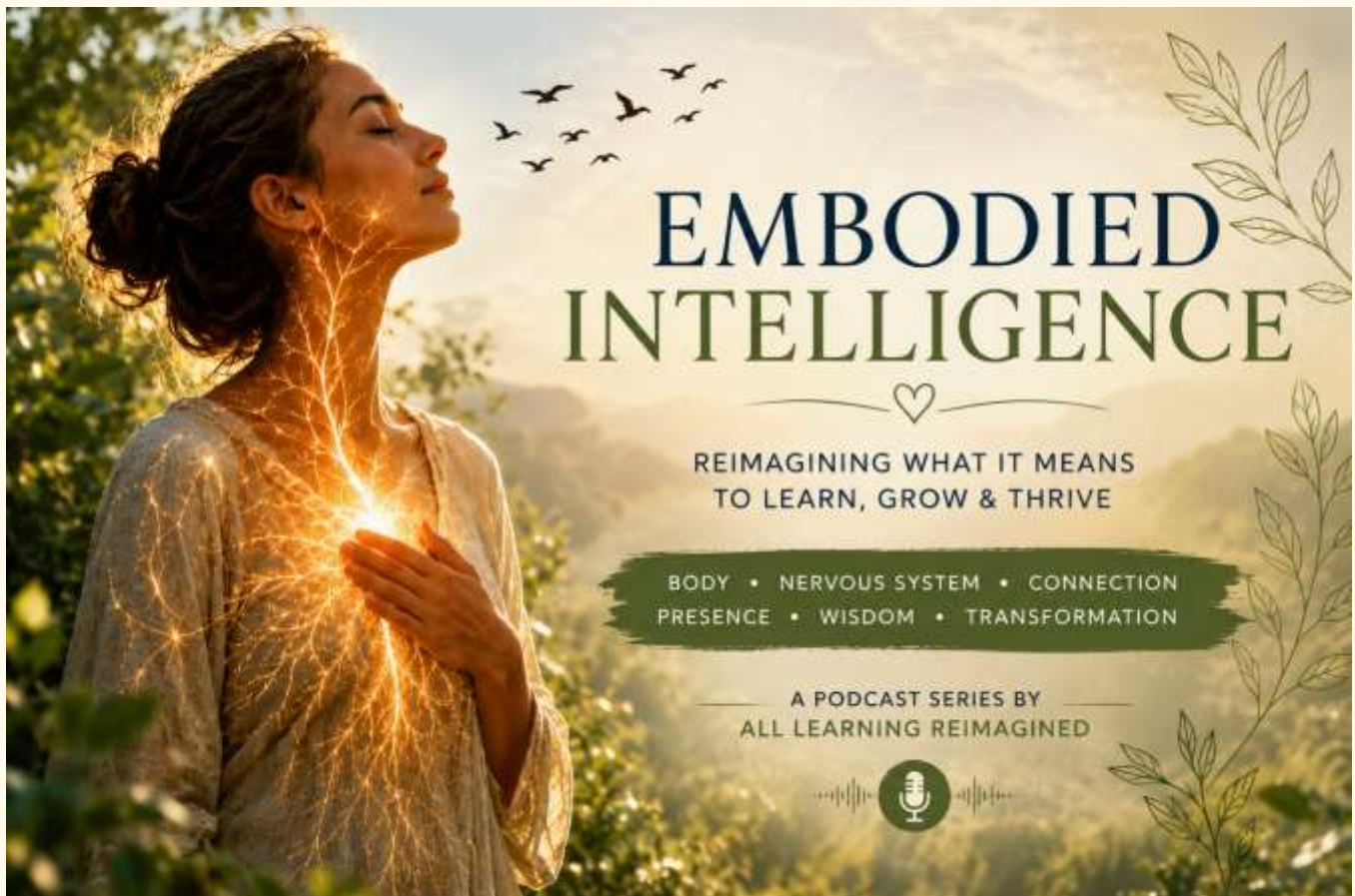
- Traditional education
- Traditional medicine
- Traditional psychology
- A mechanistic view of life

Whereas emerging perspectives on the other side are:

- Embodiment
- Nervous system awareness
- Fascia research
- Bioelectricity
- Ancient wisdom traditions
- Interconnected systems



Most people feel the shift happening but don't have language for it yet. This series invites you to connect within for what resonates and inquire, "This is a perspective worth exploring."



# We Are More Than a Physical Body

## Episode 1 – Embodied Intelligence Series

What if everything we have been taught about ourselves is only part of the story?

For generations, many of us have been encouraged to view ourselves through a largely mechanical lens: the body is a machine, the brain is the control centre, learning happens in the mind, emotions are often seen as distractions, and the body simply follows instructions from the brain.

This traditional model has helped us understand many aspects of health, learning and human development and yet as science continues to evolve, a more interconnected picture is beginning to emerge. Can you feel it? Mankind are not simply physical beings but biological, electrical, emotional, relational and energetic beings who are constantly interacting with the world around us. It is magnificent to observe.

Consider for a moment how often your body communicates with you in your life. For instance, have you ever experienced butterflies before a presentation and not sure if it is nerves or excitement? What about a contractive knot in your stomach when something feels uncertain or perhaps a lump in your throat during an emotional conversation. In a learning environment I enjoy feeling a sense of calm when sitting beside someone whose presence feels grounded and reassuring. Lately I have started pausing to notice what my body is communicating making me question, 'If thoughts exist only in the brain, why does the body respond so strongly?'

These everyday experiences invite us into a deeper inquiry – anyone can do this at any age. Let's investigate the possibility that perhaps intelligence is not confined to the brain; perhaps wisdom exists throughout the whole being. My goosebumps tell me we are onto something here.

Modern science has already established that the body relies upon electrical communication. Proving that every heartbeat depends upon electrical impulses; every thought involves electrical activity and every movement requires electrical signals travelling throughout the nervous system. From this we can see that we are not simply biochemical beings but also bioelectrical beings. Wild isn't it. Why is this not being discussed openly in everyday classroom?

The body is magnificent as the heart generates measurable electromagnetic fields while the nervous system continually communicates throughout the body. Researchers are increasingly exploring the role of fascia, connective tissue, the gut-brain connection and the ways in which emotions and experiences influence our physiology. Interestingly, many ancient cultures have long described life through a different lens. It is exciting to observe ancient wisdom reemerging.

Across traditions we find concepts such as Qi, Prana, life force, breath and vital energy. Indigenous cultures around the world have often understood the deep interconnectedness between body, land, community and spirit. It is understood that knowledge is not merely acquired but experienced, observed, lived and embodied. Today, modern science and ancient wisdom are beginning to ask similar questions from different directions. Nevertheless while they

may validate the other, curiosity continues to expand our understanding of what it means to be alive.

So why does this matter?

I am glad you asked because if learning happens only in the mind, then information should be enough. Yet most of us know from experience that information alone rarely creates lasting change. We may know that exercise is beneficial, yet struggle to maintain a routine. We may know that stress affects our wellbeing, yet find ourselves repeating familiar patterns. Teenagers may memorise information for a test, only to forget it weeks later... okay... you are right... possibly days later. All of this indicates **knowledge becomes wisdom through experience.**

Learning becomes meaningful when it involves the whole being.

- The body.
- The emotions.
- The relationships.
- The environment.
- The experiences.

This is the invitation of embodied intelligence to move beyond collecting information and towards developing awareness.

- To listen more deeply.
- To notice more fully.
- To become curious about the intelligence already present within us.
- Perhaps the next frontier of learning is not simply acquiring more knowledge.
- Perhaps it is learning how to listen.
- To our bodies.
- To nature.
- To one another.

And to the quiet wisdom that often speaks beneath the noise of everyday life. This is why parents, mentors and educators are encouraged to explore this topic... because it enhances our everyday life.

### **Micro Practice: Arriving in the Body**

1. Place both feet on the floor.
2. Take a slow breath in and a slow breath out.
3. Notice:
  - Your breathing
  - Your heartbeat
  - The temperature around you
  - Areas of tension
  - Areas of ease
4. Ask yourself: **What is my body communicating right now?**

No need to change anything. Simply observe without being distracted. You can do it!

## Reflection Questions

- When do I feel most alive?
- What helps me feel connected to myself?
- Do I spend more time in my thoughts than in my body?
- What signals does my body regularly send that I may be overlooking?
- What if my body contains wisdom worth listening to?

## Weekly Integration

Once each day this week try pausing before taking one conscious breath. Don't analyse – just sit with awareness and ask yourself,

**“What am I noticing in my body right now?”**

When you build this self awareness and nurture yourself where needed, magic happens.

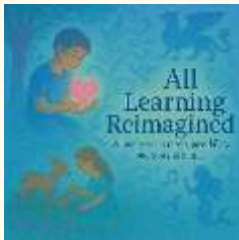
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Nurturing self-trust. Cultivating wisdom. Inspiring contribution. Strengthening community.

I invite you to connect to a weekly 30-minute podcast, **‘All Learning Reimagined’**.

<https://bbsradio.com/alllearningreimagined>

Discussions share wisdom enhanced by a short article with practical activities to assist with exploring, experiencing, expressing and living learning.



In-joy and gratitude!  
Teresa

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