

With Teresa's weekly podcast '[All Learning Reimagined](#)' on BBSRadio
6am Saturday AEST or 3pm Friday CT



NINE JOURNEYS. ONE INTEGRATED WHOLE.
A lifetime of learning through the body, with the body, as the body.

1 **AWARENESS**
More Than a Physical Body

2 **SAFETY**
Safety Creates Space

3 **CONNECTION**
Connected by Design

4 **MEMORY**
The Body Remembers Life

5 **PRESENCE**
The Power of Presence

6 **EXPANSION**
Expanding Capacity

7 **IDENTITY**
Knowing Ourselves

8 **WISDOM**
Wisdom Across Time

9 **INTEGRATION**
The Future Learner

EMBODIED INTELLIGENCE
PODCAST SERIES

A roadmap for learning through the body, with the body, as the body.

The journey is not linear. We return, integrate and grow from a deeper place each time.

EARTH Safety Foundation
WATER Flow Connection
FIRE Energy Expansion
AIR Perspective Wisdom
AETHER Integration Wholeness

The Hidden Web Within Us

Episode 3 – Fascia: The Hidden Web of Connection

Imagine a spider sitting quietly at the centre of its web. When something touches one part of the web, the entire structure responds and the movement in one area creates ripples throughout the whole system. The spider does not need to see every strand. It senses what is happening through connection.

What if our bodies worked in a similar way?

Many of us grew up learning about muscles, bones, organs and nerves. Yet there is another system that quietly connects them all. **It is called fascia.**

Although many people have never heard of it, fascia is a continuous web of connective tissue that surrounds and supports muscles, bones, organs, blood vessels and nerves throughout the body. Rather than viewing the body as separate parts, fascia invites us to see the body as an interconnected whole.

- A sore shoulder may not simply be a shoulder issue.
- A tight neck may not begin in the neck.
- Tension in one area can influence another.
- Movement in one area can create changes elsewhere.
- The body appears to communicate through connection.

This emerging understanding is creating excitement amongst researchers, movement specialists and health practitioners alike. For many years fascia was viewed largely as packaging material that held the body together. Today, some researchers are exploring whether fascia plays a much larger role in communication, sensation and adaptation than previously understood.

While science continues to investigate its functions, one thing is becoming increasingly clear; the body is far more interconnected than many of us were taught. Interestingly, this idea is not entirely new. Many traditional systems of wisdom have long viewed the body as an integrated whole rather than a collection of separate parts. Whether we look at Indigenous perspectives, Traditional Chinese Medicine, Ayurveda or movement practices such as yoga, a common theme often emerges:

- Connection.
- Relationship.
- Flow.
- Wholeness.

Rather than focusing solely on isolated symptoms, these approaches often seek to understand the broader system. Modern fascia research is beginning to invite similar conversations. One area that particularly captures people's attention is the relationship between emotions and the body. Most of us have experienced physical sensations during emotional moments: a tight jaw during stress, a knot in the stomach before an important conversation, heavy shoulders after a challenging week or a lump in the throat when emotions arise. The body clearly responds to our experiences.

This does not necessarily mean emotions are physically stored like objects within the body. However, it does invite us to explore how experiences may influence patterns of tension, movement and protection throughout the system.

The body appears to participate in our experiences far more actively than we may realise which has important implications for learning.

Children do not learn through the brain alone. They learn through movement, sensation, emotion, relationships, their environment and through experience. A child who feels physically uncomfortable, emotionally overwhelmed or disconnected from their surroundings may experience learning very differently from a child who feels safe, connected and engaged.

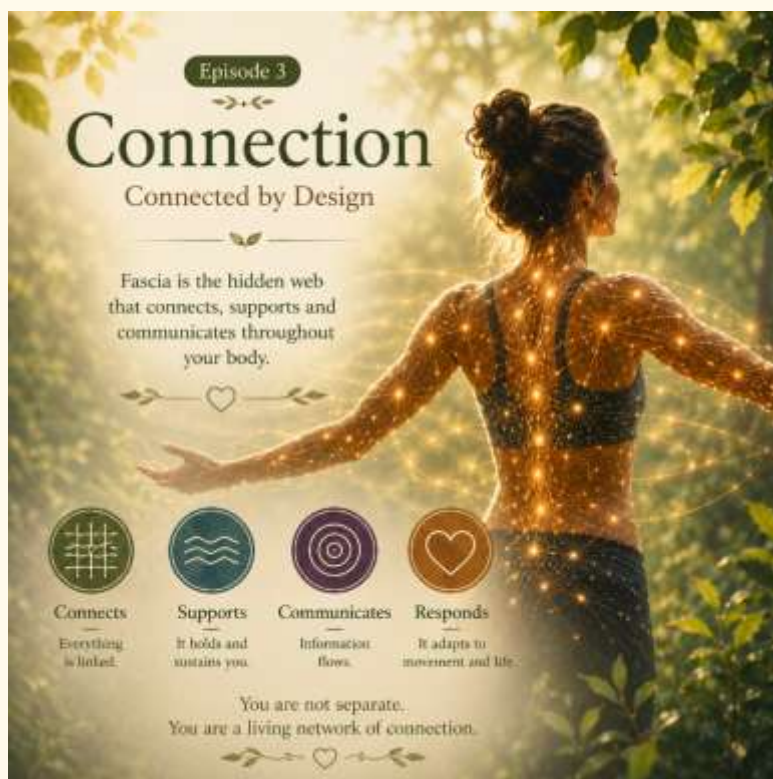
The body is always involved whether we acknowledge it or not. This is one reason why movement breaks, outdoor learning, play, creativity and embodied experiences can be so powerful.

Learning is a whole-being experience and not simply an intellectual activity.

Perhaps fascia offers us a useful metaphor. Just as every strand of a spider's web is connected, perhaps learning, wellbeing and growth are connected too: body and mind, emotion and experience, movement and understanding as well as self and environment.

The more we learn about connection, the more we may begin to recognise that nothing exists in isolation. Moreover, perhaps one of the greatest invitations of embodied intelligence is learning to listen to the wisdom carried within the whole system.

Not just the mind but the body as well.



Micro Practice

The Body Listening Practice

Stand comfortably. Slowly roll your shoulders. Reach your arms overhead. Gently stretch side to side. Twist softly through the spine.

Notice:

- Where does my body feel free?
- Where does it feel restricted?
- What sensations am I becoming aware of?

No judgement or fixing. Simply listening.

Reflection Questions

- Where do I most commonly notice tension in my body?
- What situations tend to create that tension?
- When do I feel most relaxed and fluid?
- How often do I pause to listen to my body?
- What might my body be communicating that I have overlooked?

Weekly Integration

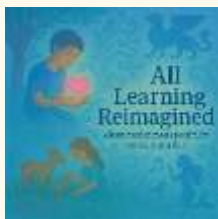
Spend five minutes each day exploring gentle movement. Not exercise or performance but exploration. Notice your breathing, your posture, areas of tension and areas of ease. Approach your body with curiosity. Then ask: "**What is my body communicating today?**"

Cultivating self-trust. Nurturing 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

(c) All Rights Reserved 2026

