

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 Power of Presence

## Episode 5 – Embodied Intelligence Series

What if one of the greatest gifts we can offer ourselves and others is simply our presence?

In a world that often celebrates speed, productivity and constant activity, presence can seem surprisingly rare. Many of us spend our days thinking about what happened yesterday or planning what might happen tomorrow. Our bodies may be in one place while our attention is somewhere else entirely and yet life only ever unfolds in the present moment.

- The conversation we are having.
- The breath we are taking.
- The child standing beside us.
- The bird singing outside the window.
- The feeling moving through our body.

Presence is not about perfection or emptying the mind or achieving a particular state, but simply the practice of noticing what is here right now. When we become present, something remarkable often happens.

- Our breathing slows.
- Our awareness expands.
- We notice details we previously overlooked.
- We listen more deeply.
- We respond more thoughtfully.
- We become available to life rather than rushing past it.

This matters because **our bodies are constantly communicating.**

Long before we speak, our nervous system is sending signals. Long before we explain how we feel, our posture, breathing, facial expressions and energy are sharing information. Many people have experienced walking into a room and immediately sensing tension, joy, excitement or calm. No one needed to explain it however something was already being communicated.

Animals often demonstrate this beautifully. Dogs seem to know when we are sad. Cats often gravitate toward people who are unwell. Many horse facilitators describe how horses respond not to what people say, but to what they are actually feeling. Whether we explain this through body language, nervous system communication, resonance or something else entirely, it invites us to wonder ‘What are we communicating beyond words?’

Throughout nature we observe examples of resonance. When one tuning fork vibrates, another tuning fork tuned to the same frequency may begin vibrating too. Living systems often appear to influence one another in similar ways. Such as a calm teacher can help settle a classroom, a grounded parent can help regulate a distressed child or a peaceful friend can help us feel safe during difficult times.

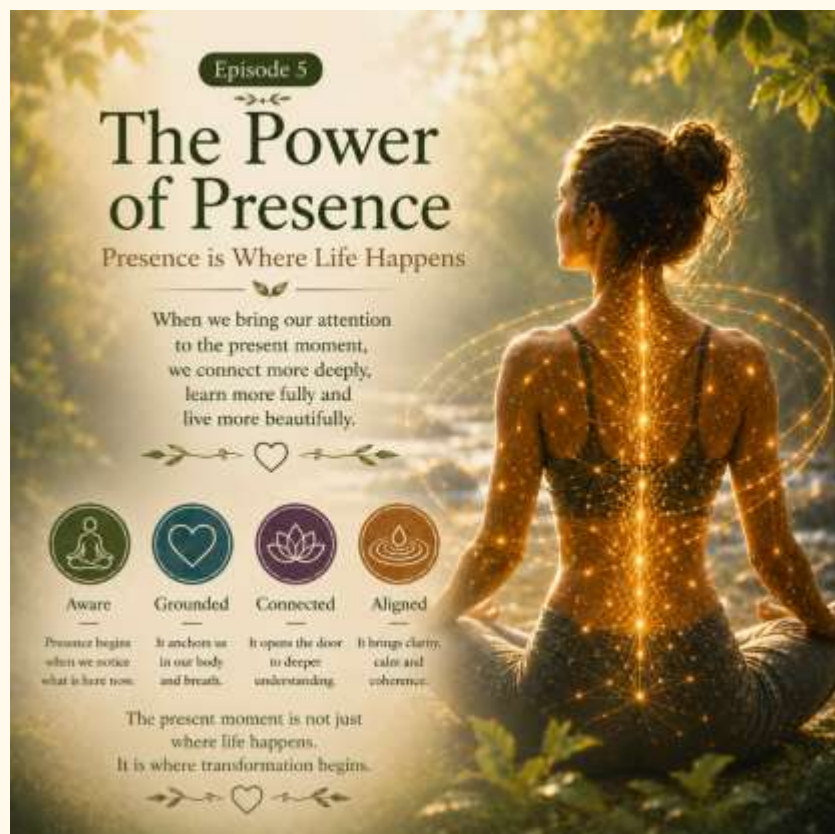
Presence has an influence because living systems continuously interact and respond to one another. Perhaps this is why **coherence matters as it can be thought of as alignment**. When our thoughts, feelings, words and actions work together, we often experience a greater sense of clarity and ease. We may describe these moments as: "That felt right." "I felt aligned." "I knew what mattered."

When we are present, coherence becomes easier. We are more likely to notice what we truly feel. More likely to listen to our bodies and more likely to respond intentionally rather than automatically. For learners of all ages, presence is powerful as learning does not happen in the future.

**Learning happens now. Curiosity happens now. Connection happens now. Creativity happens now. When we bring our attention fully into the present moment, we create the conditions for deeper learning and richer experiences.**

Ancient traditions have long emphasised the importance of presence. Modern science increasingly explores concepts such as attention, nervous system regulation, social synchronisation and heart-brain communication. Different language. Similar invitation: Be here. Notice. Pay attention. Life is happening now.

Perhaps presence is not something we achieve but something we practise again and again: one breath, one moment, one conversation at a time. And perhaps the more present we become, the more fully we are able to experience ourselves, our relationships and the world around us. Because the present moment is not simply where life happens, it is where transformation begins.



# Micro Practice

## The Pause That Changes Everything

Several times throughout the day, pause for thirty seconds. Notice:

- What can I see?
- What can I hear?
- What can I feel?
- What is happening within me right now?

Take three slow breaths and allow yourself to arrive fully in the moment. No need to change anything. Simply notice.

## Reflection Questions

- When do I feel most present?
- What helps me return to the present moment?
- How do I know when I am distracted or disconnected?
- Who in my life embodies calm, grounded presence?
- What changes when I bring my full attention to a conversation or experience?

## Weekly Integration

Choose one daily activity and practise being completely present while doing it. It may be:

- Drinking a cup of tea
- Walking outside
- Listening to a child
- Patting your dog
- Watching a sunset

Notice what changes when your attention is fully engaged.

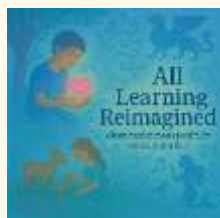
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Cultivating self-trust. Nurturing wisdom. Inspiring contribution. Strengthening community.

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

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