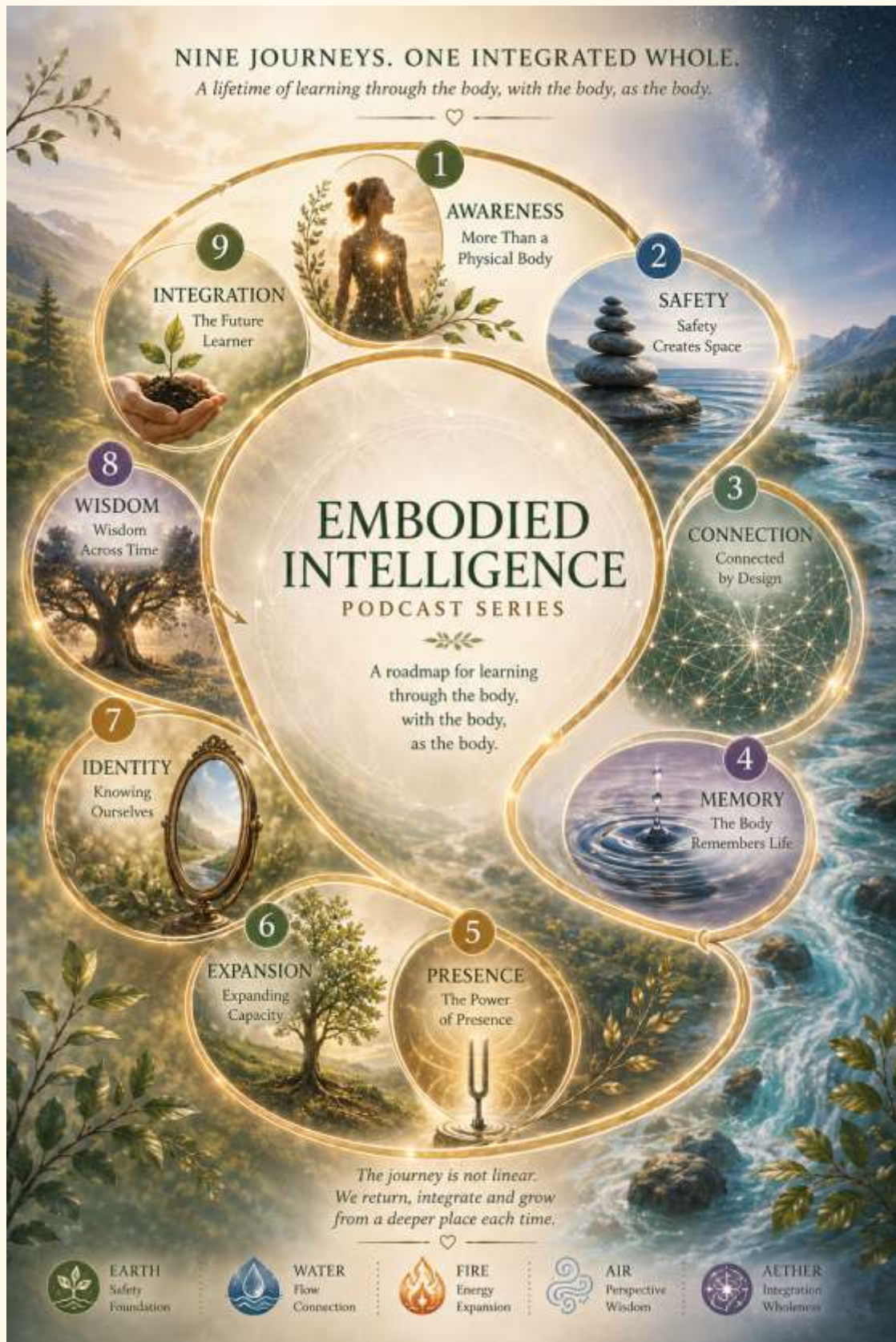


With Teresa's weekly podcast '[All Learning Reimagined](#)' on BBSRadio
6am Saturday AEST or 3pm Friday CT



Wisdom Across Time

Episode 8 – Embodied Intelligence Series

We often think of wisdom as something held by elders, scholars or ancient books. Yet perhaps wisdom is not something we invent. Perhaps it is something we learn to recognise.

Across thousands of years, people from every culture have looked to the world around them for understanding. They observed the changing seasons, the movement of the stars, the rhythm of the tides, the behaviour of animals and the cycles of life. Different languages emerged, different traditions developed and different stories were told, yet many arrived at remarkably similar observations. Life moves in cycles. Relationships matter. Actions have consequences. Balance is important. Nature is always teaching.

Imagine a child learning to fish with a grandparent. The grandparent knows where to cast the line, understands the tides, watches the weather and recognises the habits of the fish. Very little of this knowledge came from a textbook. It came through years of observation, patience and relationship with the ocean. Knowledge slowly became wisdom because it was lived rather than simply learned. This is what podcast All Learning Reimagined is all about.

The ocean itself is a remarkable teacher. It cannot be hurried or controlled. The tide arrives in its own time. The wind cannot be commanded. The fish cannot be forced to bite. The ocean quietly reminds us that life often unfolds through relationship rather than control. Perhaps many of our greatest lessons arrive in exactly the same way.

For thousands of years sailors crossed vast oceans long before satellites or GPS existed. They navigated by reading the stars, observing currents, watching birds and understanding the weather. Again and again, we return to the same simple practices: observe, pay attention, notice patterns and learn through experience.

Stories have always carried wisdom too. Long before information could be searched online, knowledge travelled through storytelling, songs, myths and oral traditions. Great stories continue to resonate because they explore timeless questions about identity, courage, belonging, purpose and love.

Books such as the Anastasia series from *The Ringing Cedars of Russia* invite us to reflect on our relationship with nature, family, learning and community. Whether every idea resonates is less important than the questions they awaken. Sometimes wisdom is found not in the answers a story provides, but in the conversations, it begins within us.

Films often do the same. *The Lion King*, *Moana*, *Jonathan Livingston Seagull* and *The Alchemist* all explore universal themes that continue to speak across generations. Children naturally understand stories in this way because they are more than entertained but are learning how to live.

Today we have access to more information than at any other time in history. Yet many people describe feeling increasingly disconnected from themselves, one another and the natural world. It is simply an observation, not criticism.

Walk into a restaurant and you may see families gathered around one table while each person is absorbed in a different screen... consuming information. It makes one ponder on what is being overlooked: eye contact, shared stories, body language, presence which are the subtle ways we communicate without words. It invites an interesting question. As we gain access to more information, are we becoming equally skilled at noticing what is happening directly in front of us?

Perhaps this is why ancient wisdom continues to matter, because they practised paying attention. They watched nature. They listened deeply. They learned from experience and understood that awareness begins with observation.

Throughout this Embodied Intelligence series, we have explored the body as electrical, connected, remembering and communicating. Long before science could measure stress or nervous system regulation, people observed that fear changes our breathing, grief changes our posture and belonging changes how we feel. The body has always been teaching. The question is whether we have been listening.

The body also quietly reminds us that life flourishes under certain conditions. Such as sunlight, fresh air, nourishing food, movement, touch, community, rest, beauty and purpose. These are more than luxuries or inputs. Just as a seed requires healthy soil, water and light, we too require conditions that allow us to flourish. Perhaps this is one of the greatest distinctions between knowledge and wisdom.

Knowledge can be collected and **wisdom is embodied.**

A learner can memorise every fact about the ocean, yet standing beside the ocean teaches something different. A learner can read about courage, yet living courage teaches something different. A learner can study relationships, yet participating in relationships teaches something different.

Wisdom emerges where knowledge and lived experience meet.

As we explored in the previous episode, knowing ourselves allows us to recognise our own patterns. From there we begin noticing larger patterns in life itself. We discover that learning is not confined to classrooms or books. Life has always been our greatest teacher.

Across generations, cultures and traditions one observation appears again and again. Life flourishes when the conditions support life. A seed. A child. A relationship. A community. A learner. The principle remains remarkably consistent. Consider wisdom is not only knowing what to do but it is learning to create the conditions in which life can thrive.

As you move through the week, I invite you to slow down and become a student of life. Observe the ocean, the trees, the conversations you have, the stories that move you and the subtle wisdom your own body offers each day.

Life has always been teaching. The question is whether we are paying enough attention to recognise it.

Today, become an apprentice to life.

Watch. Listen. Notice. Learn. ♥



Micro Practice

Pattern Spotting

Today, choose one thing to observe carefully without judgement. Simply notice.

Perhaps:

- a tree
- a bird
- a conversation
- your own thoughts
- the weather

Ask yourself 'What patterns do I notice?'

Wisdom Walk

Take a slow walk outdoors. As you walk, question 'What is life showing me today?'

Remain curious. Notice what captures your attention. Notice what lessons emerge naturally.

Reflection Questions

- Who are the wisdom keepers in my life?
- What lessons have repeated throughout my life?
- What experiences have taught me the most?
- What patterns do I notice in nature?
- What wisdom am I currently learning?

Weekly Integration

Each evening reflect on one lesson from the day. Something life showed you. Something you observed. Something you learned through experience.

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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