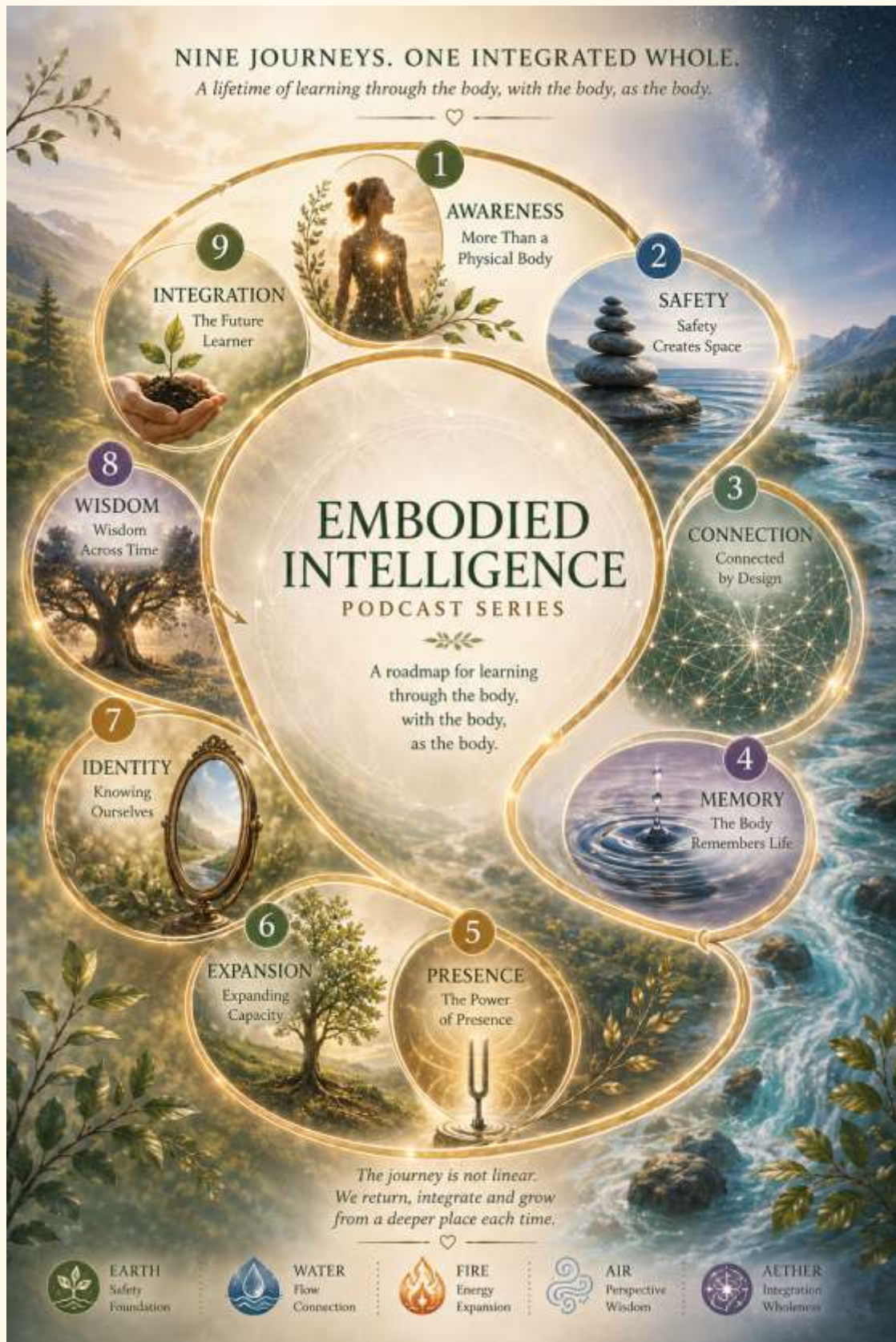


With Teresa's weekly podcast '[All Learning Reimagined](#)' on BBSRadio
6am Saturday AEST or 3pm Friday CT



The Future Learner

Episode 9 – Embodied Intelligence Series

When we imagine the future, our minds often jump to technology such as artificial intelligence, robotics, virtual reality, quantum computing or even space exploration. These possibilities capture our imagination because they represent what might become possible and yet perhaps the more important question is not what the future will look like, but **‘who will we become as we move into it?’**

Imagine a child born today.

This child may one day work alongside artificial intelligence. They may learn through technologies we cannot yet imagine. They may grow food in regenerative communities, collaborate with people across the globe or contribute to discoveries that reshape the way we understand ourselves and our world.

The landscape will continue to change, technology will continue to evolve and information will become increasingly accessible. It still leaves one pondering, **‘what qualities will help this child flourish?’** The future learner will not be defined by what they know but by how they learn, how they relate and how they respond to life.

Throughout this series we have explored awareness, safety, connection, memory, presence, expansion, identity and wisdom. Each conversation has reminded us that learning is about far more than collecting information. Learning shapes the way we experience ourselves, our relationships and the world around us.

Many educational systems were designed for a time when information was scarce. Today, information surrounds us and the challenge is no longer finding answers but developing the wisdom to discern, apply and live what truly matters.

Maybe the future learner develops qualities that have always mattered. Such as:

- Curiosity and creativity
- Discernment and self-awareness
- Compassion and adaptability
- The ability to listen deeply
- The ability to work alongside technology without losing connection to what makes us human.

Conceivably the future learner understands that intelligence is not singular as there is:

- Intellectual intelligence
- Embodied intelligence
- Emotional intelligence
- Relational intelligence
- Creative intelligence
- Ecological intelligence

Each offers a different way of knowing and contributes to a richer understanding of life. As technology becomes increasingly sophisticated, something interesting is also happening. Many people are rediscovering practices that have been quietly supporting human wellbeing for generations. It is heartening to observe, right now, a resurgence in:

- Growing food and walking in nature
- Watching the seasons
- Sharing meals
- Building local communities
- Listening to stories and spending time with children and elders

This demonstrates the future is not asking us to choose between innovation and ancient wisdom but it is inviting us to integrate them. To bring together science and wisdom, technology and humanity, innovation and nature, information and discernment, progress and presence.

Throughout nature we observe a simple truth which is life flourishes under certain conditions: a seed needs healthy soil, water and sunlight; a forest depends upon relationships between countless living systems; a river adapts as it meets each obstacle.

Life is constantly learning and mankind are no different as we flourish when the conditions around us support growth. Conditions like:

- Connection and belonging
- Rest and movement.
- Curiosity and wonder
- Purpose and meaningful contribution.

These are not luxuries but are the conditions that help life thrive. This is the true role of the future learner; to gather more knowledge as well as learn how to tend life. (to tend ourselves, our relationships, our communities, curiosity)

As I reflect on this Embodied Intelligence series, I find myself returning to one simple word. **Alive.** Alive to wonder, beauty, learning, possibility, relationships, nature and to contribution instead of survival mode.

It is clear to me the future does not ask us to become less human but more deeply human and willing to learn throughout our entire lives. This looks like being more present and aware, more discerning. Also, more compassionate and connected to ourselves, others and nature – this magnificent world around us.

The future learner understands something timeless, that learning does not end when school finishes and it certainly does not stop with qualifications or careers. Learning is woven into every conversation, every challenge, every relationship and every season of life.

Life itself has always been our greatest teacher. Perhaps the future learner is simply someone who never stops paying attention because when we pay attention, wisdom emerges. When wisdom emerges, choice becomes possible. (Choice is a superpower. Choose your timeline) And when we consciously choose the conditions that allow life to flourish, we begin creating a future worth growing into.

The future is not waiting for us. It is growing through the choices we make today.



Micro Practice

Self-Exploration

Rather than ending this series with more information, I'd like to invite you into reflection.

Imagine you are ninety years old and you are sitting beneath your favourite tree or perhaps beside the ocean. A young child walks over and asks you, **"What was the most important thing you ever learned?"**

Take a few moments to sit with that question before writing your response.

Then imagine the child asks another question. **"What helped you become the person you became?"**

Finally, they ask one last question. **"What made you feel most alive?"**

Notice what arises. What your heart quietly knows.

A Letter to Your Future Self

Begin a letter with the words **Dear Future Me...**

Rather than writing about achievements or goals, explore these questions:

- Who am I becoming?
- What qualities do I hope to cultivate?
- How do I hope people feel when they are with me?
- What do I want to contribute to the world?
- What helps me feel most alive?
- How do I want to tend myself, others and the living world?
- What wisdom do I hope I carry into the years ahead?

Seal the letter and return to it in twelve months.

My Learning Ecosystem

On a blank page, draw yourself in the centre. Around yourself, write or sketch the conditions that help you flourish. (Not possessions or achievements) Whatever genuinely nourishes your life.

- People and animals
- Nature and beauty.
- Books and music.
- Movement and stillness.
- Joy and wonder
- The ocean and gardens.
- Curiosity and laughter.
- Service and connection.

When you step back, you may notice you haven't created a vision board but a living ecosystem which is a reminder that flourishing rarely happens in isolation. It grows through the relationships we cultivate with ourselves, each other and the world around us.

What lifelong commitment to tending the life are you creating?

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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