

# Ways of Knowing: Reimagining Intelligence in Education

*By All Learning Reimagined*

For generations, intelligence has been narrowly defined by test scores, academic achievement, and the ability to think logically. While these measures have their place, they represent only a fraction of human potential. For decades we have been predominantly taught that true intelligence is confined to the mind. This is not accurate. Intelligence is expressed through the heart, embodied in our experiences, and illuminated through our connection with the world around us.

As education evolves, so too must our understanding of what it means to *know*. The time has come to reimagine intelligence as multidimensional, honouring the diverse ways individuals perceive, interpret, and engage with life.

Many educators are familiar with the work of Howard Gardner, whose theory of Multiple Intelligences expanded the definition of intelligence beyond linguistic and mathematical ability. His framework affirmed what teachers have long observed: every learner possesses unique strengths. Yet, as transformative as this model was, it also opened the door to a deeper exploration that extends beyond cognition into the realms of the heart, body, and inner awareness.

At the centre of this expanded perspective lies **self-intelligence**, grounded in the ancient wisdom of “Know thyself.” Self-awareness forms the foundation of authentic learning, empowering individuals to recognise their strengths, understand their motivations, and align with their true potential. When learners develop a strong sense of self, they cultivate confidence, clarity, and purpose. Many people today are literally living this as they awaken to the reality of the world around them.

Equally vital is **emotional and heart intelligence** which is the capacity to empathise, connect, and lead with compassion. These intelligences foster meaningful relationships and create environments where learners feel safe, valued, and inspired. As countless educators have discovered, connection is not an accessory to learning; it is its very foundation. Relationships are key.

Beyond the heart and mind lies the wisdom of the body. **Somatic intelligence**, or embodied knowing, reminds us that learning is not merely an intellectual exercise. It is experienced through movement, sensation, and lived experience. Whether mastering a skill, sensing instinctively that something is right, or engaging in hands-on discovery, the body serves as a powerful instrument of understanding. This insight paves the way for embodied learning which is an approach that recognises the profound role of physical experience in shaping knowledge.

Human intelligence also extends outward into our relationships with the natural world. **Ecological and interspecies intelligences** reflect our innate capacity to connect with nature and attune to other living beings. From farmers and conservationists to animal carers and young children with an intuitive affinity for animals, these ways of knowing remind us of our place within a deeply interconnected web of life.

Complementing these dimensions is **intuitive intelligence**. One of my favourites is the quiet inner knowing that often guides creativity, insight, and innovation. Long before an idea can be logically explained, it is often sensed. Honouring intuition invites learners to trust their perceptions and embrace curiosity with courage and openness. Overall, this is an essential gap missing in our current systems.

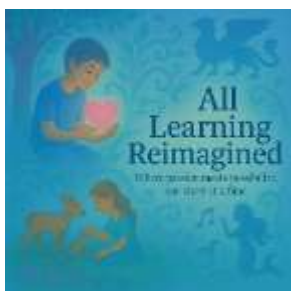
When viewed together, these intelligences form a holistic and harmonious framework. We have traditionally thought that education is acquiring information, however these intelligences showcase the need to cultivating wisdom, self-awareness, and connection. Intelligence becomes less about comparison and more about contribution, less about conformity and more about authentic expression.

As we reimagine learning for the future, we are called to create environments that nurture the whole human being: mind, heart, body, and spirit. In doing so, we empower individuals not only to succeed but to flourish.

At *All Learning Reimagined*, we believe that intelligence is not singular but symphonic. When we honour the many ways of knowing, we unlock human potential and inspire a more compassionate, conscious, and connected world. Our unique energetic signature and gifts are part of the symphony of life.

In our next episode, we explore **embodied learning - the body as an instrument of wisdom**. We will discover how movement, sensation, and lived experience deepen understanding and transform education.

*“True intelligence is felt in the heart, sensed in the body, and expressed through our connection with all life with the mind as a tool.”*



To listen to an interesting podcast on redefining intelligence go to <https://bbsradio/alllearningreimagined>.

Recorded on to the 11<sup>th</sup> April 2026. See below for ideas to promote contribution to community in any educational settings. Enjoy!

# Reflection Sheet

## Ways of Knowing: A Multidimensional Exploration of Intelligence

### Purpose:

This reflection guide invites you to explore the many ways of knowing that shape how you learn, perceive, and understand the world. It honours the mind, heart, body, and the interconnected nature of all life.

### Part 1: Personal Reflection

1. What does *knowing* mean to you?
2. When have you known something without logical explanation?
3. Have you ever felt guided by your heart? Describe the experience.
4. When has your body signalled that something was right—or not right—for you?
5. In what ways do you connect with nature or animals?
6. When do you feel most aligned with your authentic self?
7. Which forms of knowing come most naturally to you?

### Part 2: Mapping Your Ways of Knowing

Rate each from **1 (emerging)** to **5 (strongly expressed)**.

Intelligence	Description	Rating
Cognitive Intelligence	Thinking, reasoning, and analysing	<input type="checkbox"/>
Emotional Intelligence	Understanding and managing emotions	<input type="checkbox"/>
Heart Intelligence	Compassion, coherence, and inner alignment	<input type="checkbox"/>
Somatic Intelligence	Body awareness and embodied wisdom	<input type="checkbox"/>
Intuitive Intelligence	Insight and inner knowing	<input type="checkbox"/>
Relational Intelligence	Connection and communication with others	<input type="checkbox"/>
Creative Intelligence	Imagination and innovation	<input type="checkbox"/>
Ecological Intelligence	Connection with nature and the Earth	<input type="checkbox"/>
Interspecies Intelligence	Attunement and communication with animals	<input type="checkbox"/>
Self-Intelligence	Self-awareness and authentic expression	<input type="checkbox"/>
Spiritual or Existential Intelligence	Meaning, purpose, and interconnectedness	<input type="checkbox"/>

### Part 3: Educator and Parent Reflection

- Which intelligences are most valued in your learning environment?
- Which are overlooked or underrepresented?
- How can learning experiences honour the heart, mind, and body?
- How might nature and movement enrich learning?
- How can we nurture self-awareness and authenticity in learners?
- In what ways can we cultivate empathy toward animals and the natural world?

## Part 4: Preparing for the Next Episode on Embodied Learning

Reflect on the body as a learning instrument.

- When do you learn best: through listening, observing, or doing?
- How does movement enhance your understanding?
- What physical sensations guide your decisions?
- How does your body respond to alignment, joy, or stress?

### Personal Intention:

*This week, I will honour my body as a source of wisdom by...*

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## Part 5: Practical Ideas for Listeners

- 1. Strength Spotting**
  - What comes naturally to you?
  - What do others often seek your help with?
- 2. Multiple Expression Challenge**
  - Explore a topic through drawing, building, speaking, or writing.
- 3. “I Am Intelligent In...” Practice**
  - Complete the sentence: *I am intelligent in the way I...*
- 4. Drop Into the Body**
  - Pause. Breathe. Ask: *What do I feel is true here?*
- 5. Reframe Old Beliefs**
  - Shift from: *I’m not good at this.*
  - To: *I haven’t explored this in my way yet.*

## Closing Reflection




“Know thyself, and you will know the universe and the divine.”

— Inscribed at the Temple of Delphi




## Ways of Knowing: A Multidimensional Model of Intelligence

To maintain clarity and avoid overwhelm, organise the intelligences into three integrated domains.






### ◆ The Mind – Understanding

-  **Cognitive Intelligence** – Logic and reasoning
-  **Creative Intelligence** – Imagination and innovation
-  **Intuitive Intelligence** – Insight beyond analysis

### ◆ The Heart – Connecting

-  **Emotional Intelligence** – Awareness of feelings
-  **Heart Intelligence** – Compassion and coherence
-  **Relational Intelligence** – Empathy and communication

### ◆ The Being – Embodying and Belonging

-  **Somatic Intelligence** – Wisdom of the body
-  **Self-Intelligence** – Knowing oneself
-  **Ecological Intelligence** – Connection with nature
-  **Interspecies Intelligence** – Attunement to animals
-  **Spiritual Intelligence** – Meaning and purpose