Your Fascia & Sensory Intelligence Transcript

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Introduction to Fascia and Sensory Intelligence

Greetings from Tokyo. I hope that everyone is doing amazing. So I did a post a couple days ago all about fascia. And I wanted to follow that by doing another video, this video to talk about how I view our fasciitis.

as it relates to sensory intelligence. Now, if that is a concept that you've never heard before, I encourage you to explore it, to think about it. It's just, what is your own sensory intelligent?

And how are you using your sensory intelligents to tap into optimal movement, emotion, cognition, and longevity? So for this video, I actually want to share a few fun facts about your fascia that you may or may not know.

So your fascia is 10 times as sensory sensitive as your muscles.

Fascia as a Sensory Organ

I just think that that is so fascinating. When we are moving and contracting our muscles, Whether it is through a workout or simply going through walk, what you are feeling is actually not the muscles contracting.

It is the fascia that is wrapping around every muscle group, every muscles fiber, and every muscular fibrils. So again, your fasci is ten times as sensory sensitive as your muscles.

And with that, the next fact is that your fascia contains over 100 million sensory nerves, 100,000,00 sensory nerve. So your fashion truly is this powerful sensory organ.

I actually consider it an extension of your brain. Now of these hundred million, sensory, nerves actually, A majority of them tap into emotion. So when I do different trainings, I talk about exteroception and interocession.

Exterosception is very much based around how we relate to the external world and it connects really to posture and movement, right? So it's vibration, it is joint capsule stretching.

It is pressure under our feet. All of that is exteroception.

Interoception, Emotion, and Trauma

Interoceptions are these internal nerve endings in our viscera, in the fascia, and it is how we connect to our internal environment, to a heart beating, palpitations, butterflies in your stomach.

Now, when it comes to your fascias, for every one exteraceptor, you have seven interoceptors, so take that for context. For every nerve ending in your fascia that connects to movement, you have seven that relate to emotion, which is why I often will say that we are really built around connecting to our emotional perception or our sensory perception of, am I safe?

And then that essentially sets the framework for our autonomic nervous system. So we have that. Now, This is why, even though I refer to our fascia as an extension of our brain, oftentimes people will refer it to fasci as the organ of consciousness.

And that is a very powerful thought because our fascia actually houses emotions. Your fascial actually holds onto trauma. And this is, if you've heard of somatics, this has really powerful.

This is the space that I'm really getting into. I've just drawn to it in 2025. So stay tuned. There's a lot more stuff coming soon through 2026 that relates to this.

But oftentimes when we are trying to navigate our emotions, maybe we're trying address and release trauma, and heavy emotions that we've experienced. This is why they often say, you have to feel to heal.

And if you've ever tapped into somatic, sometic experiencing, Somatic breath work, just somatics in general, is they will often will say you to have feel, to heel, which I believe so, so so powerfully.

Hydration, Tension, and Elasticity

I'm going to add to that though, I am going say that you move to heal because movement, every movement of your body, you cannot move your buddy without tapping into fascia.

So yes, we need to feel, feel those emotions, but we have to move through those emotion as well. And oftentimes a lot of these emotions actually just get stuck and you need continue that movement cycle, the fight or flight cycle through movement.

we heal through feeling, we heel through movement, which taps into that fascial system, Which taps in to how your fascia connects to interceptors, your autonomic nervous system.

Which is again where your sensory organs are held. So we're gonna shift a little bit more, because I got a couple more fun facts for you as it relates to fasciitis.

There's three characteristics that you want to think about with your faccia. This will go back to our movement side. Is that, you wanna think of your fascia as hydrated, You wanna think about your fascia as a tensile organ so it can create tension or stiffness.

And then you wanna thing about fasci as an elastic rubber band. So, ideal healthy fascio when you're thinking about that is again, hydrated. Hydrate does not mean just drink a lot of water, it means movement.

We hydrate our fascia through movement, whether it's simply walking, It is through dancing, yoga, stretching, whatever it is, but movement is how we hydate our facial tissue.

Tension. tension does NOT mean like I have a tension headache, I've tension in my lower back. To me that's a negative connotation. in our myofascial system.

It is how you create stiffness. And stiffness is another word that I don't want you to put a negative context on that. Is not like I have a stiff neck, I've a stif lower back.

Stiffness is stability. So when we create fascial tension, so right now I'm engaging my arm and I am creating an isometric contraction. That is tension.

Tension, stiffness, and engaging my core to create tension in my stabilization muscles. So it is through an isometric contraction, which is what's connecting different parts of our body.

When I teach people to connect their foot to their core and their toe to the tongue, that is a tension-based response.

Sensory Stimulation, Spirals, and Rhythmic Movement

And then elasticity, as we were of course designed to be little rubber bands, kind of like kangaroos or cats or a child. And I love that rubber band effect.

We are designed to move to dance, to be fluid. You dance with the ground, with every step that we're taking. That is that energy transfer. And that is utilizing your fascia for the energy transferred that you were designed.

Speaking of that, I have a free webinar that's December 16th, which is all about walking and tapping into this

rubber band effect and how the human body was designed to be moving efficiently like a rubberband.

It is free. I will make sure that I post it so that you get access to that. And then the third and final fun fact that i want to share about your fascia is that your faccia loves sensory stimulation, vibration, texture, pressure, tapping, compression, resistance, touch.

Your fascial loves sensors. Second one, as far as that, your fascia loves spirals. So there are spirles and rotations everywhere in the human body. Fun fact about your foot tendons is that your Achilles tendon spirales on itself.

And so does your posterior tibialis. As it goes into the foot, there is a spiral. You can see spiraling and rotation everywhere and the body, completely fascinating.

And then finally, your fascia loves to move in slow, repetitive, and rhythmic movements. So I hope that you enjoyed these facts. I that hope you are fascinated by your faccia.

So I leave you with challenging you on the thought of sensory intelligence. How high is your sensory? Intelligence? Are you feeding your fascist sensorally?

If you want to learn more about sensory, intelligence head to noposo.com where we actually have a quiz where you can learn how sensorily intelligent you are.

Take care.