

THE INTERNAL WETSUIT

Riding the Waves of Life Through the Living Matrix

Craig Sanders (Sando Snr)

fasciaSURFIE™

A short book about connection, consequence and learning
to ride.

Dedication

For my brother Mark Sanders.

One of five men who lost their lives in the Enchanter tragedy on 20 March 2022.

There are many things that can be explained.
There are some things that can only be understood.

Only a brother or sister can know what it was like to have one.

This book is dedicated to your memory, your life, and the space that only you could ever fill.

Though the ocean took you from our sight, it will never take you from our memory.

Craig Sanders (Sando Snr)

Genesis

Every person on Earth is a surfer.

Some surf ocean waves. Some surf financial markets. Some surf relationships. Some surf information.

The common factor is not the wave.

The common factor is movement.

Life moves. We respond. Our responses have consequences.

Everything leaves a trace.

What if the way our bodies respond to life offers a way of understanding other systems too?

1. The Universal Wave

The ocean. Light. Sound. Breath. Markets. Conversations.
Change.

Not everything is literally a wave. But everything asks us to
respond to what comes next.

A surfer knows something useful:

You do not fight a wave. You learn to ride it.

A rigid response can fail. An adaptable response has
options.

Our bodies teach this lesson every day.

2. The Internal Wetsuit

Under your skin is a living connective-tissue network called **fascia**.

Fascia surrounds and separates muscles, helps support organs and other structures, and participates in the transfer of forces as we move. It is made largely of collagen-rich connective tissue, with cells, water and other components of the extracellular matrix.

Some fascial tissues slide against one another. Others help transmit tension. Fibroblasts and related cells maintain and remodel the matrix in response to biological and mechanical signals.

Imagine a wetsuit that is alive.

Lift your arm and its material shifts. Twist your ankle and the forces change around it. In your body, movement involves muscles, joints, nerves **and** connective tissue working together.

Fascia is not a single magical cable connecting every pain to every other pain. But it is part of the physical continuity that makes movement possible.

I call it the Internal Wetsuit.

3. Karma Becomes Visible

In this book, **karma** means action and its consequences.

Move, rest, work, recover, repeat. Your body responds to what you do and the conditions in which you do it.

Repeated loading can influence connective-tissue adaptation. Cells sense mechanical forces; collagen can be reorganised over time. The nervous system also learns, and pain or stiffness can have many causes. Posture alone does not determine pain.

Still, the central image is powerful:

Today's actions help shape tomorrow's possibilities.

The body does not keep a perfect record of every experience. But its current state reflects, in part, its history.

History made visible.

4. The Sanders Theorem of Karmic Propagation

Here is the simplest form of the idea:

$$\mathbf{a + b = c}$$

a — Karma: the action, input or consequence arriving in a system.

b — Fascia: the connecting structure through which it acts.

c — Brahma: what manifests — the outcome we can observe.

In the body, an action interacts with living tissues and other systems. The result becomes part of the conditions for what happens next.

Action → Connection → Manifestation → New Action.

The equation is a **thinking tool**, not a measured physical law. It invites us to look beyond an isolated event and ask what structure carried its effects.

And it works as an analogy beyond the body.

Choosing car tyres? Your driving conditions and behaviour are a. The tyres, vehicle and road contact are part of b. Safe, predictable handling is the c you seek.

A better question is not simply, “Which tyre is best?”

It is: “Which tyre suits this vehicle, these roads, this driver and this desired outcome?”

The framework does not replace tyre specifications, testing or expert advice. It helps us ask the fuller question.

5. Brahman: The Bigger Picture

In several Hindu philosophical traditions, **Brahman** refers to ultimate reality. **Brahma** is a distinct concept; here I use Brahma as my own label for what becomes manifest.

For the Sanders framework:

d — Brahman: the wider reality within which the system exists.

What if we stopped treating things as isolated pieces and started noticing the relationships that make them possible?

Fascia is not Brahman. Biology does not prove metaphysics.

But the analogy asks us to look for connection before assuming separation.

6. Surfing the Modern World

You do not need an ocean to surf.

We surf deadlines, messages, grief, work, relationships and change.

Sometimes we brace. Sometimes we flow. Sometimes we need help.

We cannot control every wave. We can pay attention to how we meet it.

Adapt rather than simply resist.

Respond rather than only react.

Notice the structure, not just the event.

7. The Return to Flow

A tree bends in the wind.

Water moves around obstacles.

A surfer adjusts their balance.

Flow is not weakness. It is the possibility of changing course.

Your Internal Wetsuit is living tissue, not destiny. Bodies can adapt, though not always in simple or predictable ways.

Tomorrow's movement is not yet written.

Let There Be Light

This is not really a book about fascia.

It is a book about seeing differently.

Everything is Connected.

Movement Creates Consequence.

The Body Remembers.

We Are All Surfers.

Life is a wave.

The choice is whether we only resist it or learn to ride it.

Welcome to fasciaSURFIE™.

Ride Better. Move Freely. Live Well.

A Note on the Idea

The Sanders Theorem of Karmic Propagation is Craig Sanders's proposed philosophical and systems-thinking framework. Its general equation is an analogy, not a scientifically established theorem. The descriptions of fascia are simplified; the connections between posture, tissue changes and pain are complex and should not be treated as diagnoses.

This book is for reflection and education, not medical, engineering or vehicle-safety advice.

About the Author

Craig Sanders (Sando Snr) is the creator of fasciaSURFIE™.

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The Next Book

Do You Want to Be Buried or Cremated?

A question worth asking while we're still here to answer it.