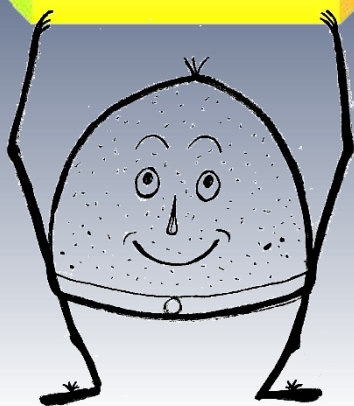


10 WAYS YOU ARE



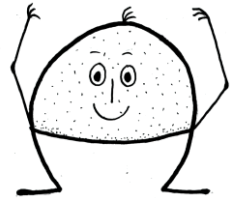
Hello!

In this short book, I want to help you learn more about who you are, how the world is made, and what God is like, as far as we know.

I'm going to tell you about ten ways in which you have been made, and explain how they are all important, and how they must all be used and kept in balance.

Jesus, who lived 2000 years ago, used all the ten ways fully. Because he did this, I think that he is the best way to understand God. He showed us what God is like.

I have given each way a name, using words of four letters. These will help you remember them. I've also drawn pictures of a penfriend called AL who will also help you.



And finally, on the end cover, I've given you a coloured drawing on which all the ways are marked. You can then see at a glance how they are balanced. And, after describing each way, I will give you some ideas about how to make use of them to be a better person. Happy reading!

With love

Alan Marcus James Robbins

(your.....)

Oxford 2018

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Ten ways you are YOU!

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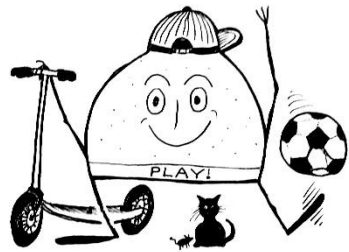
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1. PLAY!

The first way you are you is the way of **Play!** I'm sure you will agree that all your life, you have liked to be free to play and have fun! Ever since we were babies, we wanted to play. That's what our parents tried to do with us - tickle our toes, play hide and seek, maybe fly a kite, have a game of football, or ride a bicycle. There have been lots of different ways of having fun as we have been growing up.

To be fun, play must be enjoyable and it mustn't be boring. We need to be free to do what we like. You may not realise this, but play is the best way to learn things. It also helps us to be creative, which is something we all want and need to be.



We are creative when we make things, dream up ideas, imagine a story, paint pictures, play music, build clever inventions, or figure out new ways of playing a computer game. Anything we do that is new and never been done - that is, *original* - is being creative, having fun, and playing.

Why do we like to play and be creative? It's because God made us that way. He created us in the first place and had fun doing it! We are like God in wanting to be creative. He made the galaxies, the stars, our sun and the earth on which we live. Scientists tell us that God's creation all started with a big creative bang, and little by little, everything grew out of that bang - which is something we call *evolution*. We are like we are because of evolution and creation.

And now, people create all sorts of new things, like houses, cars, phones, food, medicines or robots. In fact, we can create something new out of everything that God has made. We can even help to create new babies, which is what our parents did. That's why you and I are here!

Not everything new is good (which is a word that comes from God, by the way). The reason is to do with being selfish. The trouble is, we often think only about our own needs, and forget about other people's needs. The best way to play and have fun is when we help other people to join in with us. We are most creative when we can help other people to be creative, too.

I wonder how much you like this way? Quite a lot, I think. You may not think you are creative, such as being able to play a musical instrument, paint a picture, make something or imagine a story. But if you play a sport or work out a problem, that is also being creative.

If you prefer to do serious things, make sure you take time to have fun and play games as well. And when you do it, enjoy it, always try to see the funny side of life, and smile!

We all like to have a joke, play a trick on someone, or play the fool. It's good not to take yourself too seriously. But remember, don't "make fun" of other people. A lot of people may look or behave in a "funny" way. Sometimes it's not their fault at all. It would be very unkind to make a joke about that.

So, to remind you. The first way in which you and I are persons is by being given freedom to play and choose, to have fun, and to be creative. The **Play!** way.

2. OBEY!

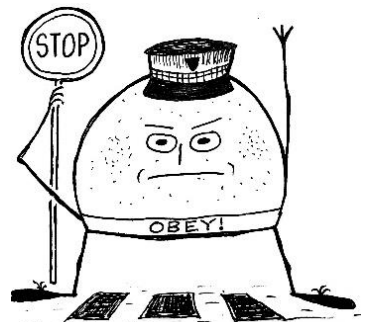
Now for the next way, the **Obey!** way, which balances **Play!** Uh-oh, "I don't like the sound of that!" you may say. So - you don't like to be told what to do? Well, you're not the only one. But being told "No!" has it's good side.

Right from a very young age, our parents tried to stop us doing things. When we cried, they comforted us! Later, when we touched electrical things, they said "Don't touch!" When we were rude, they punished us. The same with our teachers. When we didn't do our work, we had to stay in. When we were disobedient, we were grounded.

It is not surprising we don't like to be told what to do. It stops us being free to play and do as we want. But as you now know, not everything we want to do is good for us. We need to have rules. If we didn't, then we'd have lots of problems. This is because we tend to think about what we want, and forget about what other people need.

So it is sensible for us to have a set way of doing things. For example, we need to keep things tidy so that we can find stuff. If we don't, we get in a mess.

We mustn't cross the road without looking or we could be run over. We shouldn't stay awake late or we'll get tired. Some of these ways of doing things have to be made into rules or laws, if they are very important. Then, if we break them, we'll be made to pay a fine or sent to prison.



We obey lots of laws without knowing it. There are natural laws which we have to keep. We cannot fly like birds because we are not made the right way. We have to keep on breathing. We must eat otherwise we'll die of hunger. When we go to school there are all sorts of rules and regulations to make sure there is order and fairness.

As well as natural laws and those we make, there are also laws given by God. There are ten important ones in the Bible. Two of them are that we should not steal or tell lies. Jesus told us that the most important rule that includes all the others is this: to love God and other people as much as we love ourselves. If you do that, you won't want to break the other rules. We'll talk about that type of love later.

So you can see that being free to play and do what we like, must be balanced by rules that stop us from spoiling other people's freedom to play. There has to be give and take. Otherwise we'll quickly say that things are "not fair!". We can't play games and all have fun if we don't keep to the rules. On the other hand we mustn't stop people doing things when it's not necessary. That would be silly and boring. Some laws can change. Others can't be changed.

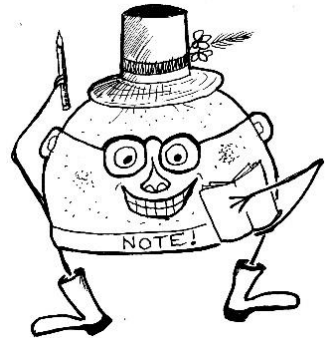
Think about the rules you have at home and at school. Why are they there? If you don't understand why they are there, ask someone who knows. Learn the rules when you play a game, and don't cheat! As an exercise, when you walk about town, try to think about all the things that limit what you do. What about throwing litter, making a noise, or riding on the pavement? Why are all these rules important?

So the way of **Play!** must be balanced by the way of **Obey!** Because we are free, we can choose what to do. But very often we need to be guided or told what to do.

3. NOTE!

Now we come to the next way we are made, which I call the way of **Note!**

We are all made of stuff. Skin and bones and blood! And this stuff lets us take note of all the other stuff around us. How? It gives us eyes to see with, ears to hear, a mouth to taste, a nose to smell and fingers to feel everything. It also gives us a way to eat, drink and breathe through our mouths. That way we can make more of our body stuff as we grow up.



The world is made up of all sorts of stuff. How many could you note down? There is the fresh air we breathe, and the wet water we wash in. There are the hard rocks under our feet. The green vegetables we eat may come from a sandy soil. The white meat of noisy chickens comes from the stuff they peck from the ground. We make things of shiny metal, soft plastic, and delicate glass. Slippery oil, sticky grease and smelly fuel help make school buses run. At school, books are made from thin paper and stiff cardboard. The clothes we wear are made from soft cloth and squeaky leather.

We live in a world surrounded by stuff. We need this stuff to live and to make a living when we start to work. We can't escape from it. If we don't have enough, then we may get ill and become too poor. Money is made from stuff, and without money we can't get the stuff we need. We might not be able to get the games we want to play, or go on holiday and see places that are exciting and fun.

But we are not just made of stuff. We are made of spirit too, like God. God is not made up of stuff, just spirit. We'll talk about this Spirit later. But God did once become like you and me, made of real skin, brains, bones and blood. That was when Jesus was born just over two thousand years ago. He breathed, ate, drank just like us. He felt pain, and could be sad like us. He died too, just like we will. It was a horrible death, but in the end he came to life again. I'll talk about that later on, too.

How do you like to use your senses? They are very important and you must take great care of them. Do you use them fully? Take time to really note things, and look, listen, feel, smell or taste them. I'm sure you can remember many times when your parents or teachers told you to take note of something, or "look here", "read this", "don't touch", or "listen up!". That's why I call it the way of **Note!**

As you grow up, you'll buy or be given lots of stuff. Try to have things that you only really need. Find out if they have been fairly made and not hurting people who helped to make them, or hurting the earth from where the stuff to make them came from. When you finish with something, give it away or try to recycle it (ask someone who knows about these ideas). Don't waste stuff!

Scientists study stuff and they can tell us a lot about how we work. But scientists cannot study the spirit. That's the job of people who know about religion. We need them both to understand the world we live in.

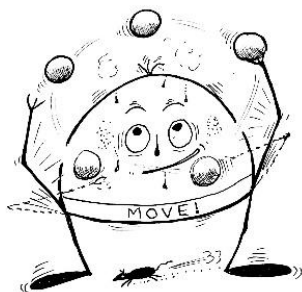
So this a third way in which you are you. It's by being made of stuff that allows you to note everything around you, and for getting and consuming stuff to help you grow and live.

4. MOVE!

Now we'll look at the next way of being you. It's the way we move, and so I call it the way of **Move!** It balances the way of **Note!**

You might not have thought it, but everything moves. It has to move. Now, you might say that the ground under your feet doesn't move. But if you have an earth-quake, it will move! If you put your ear to the floor, you might hear footsteps. Even if everything is quiet and still, the tiny bits (atoms) that make up everything are buzzing with energy. The whole earth moves silently around the sun. That's why we have days and nights. When God created the universe, there was lots of movement!

You and I have been on the move even before we were born. We kicked our mother in her tummy. We squirmed around after birth. We started to crawl, then toddle, then tried to walk. Now we run, play games, ride a bike, swim and do all sorts of exercise. When we start to work, we'll be moving all the time. Maybe we'll be travelling to work, doing the job, then coming back home. We all have to work so that we can live. Some work needs us to move more than others. Even if we sit at a desk, we're moving paper, writing, or scratching our head!



All the stuff we're made from is moving. We're growing all the time. Our heart is beating and our blood is flowing. Our lungs are going in and out. We may be told to "keep still!" when we're fidgeting, but it's really impossible, isn't it? Our brain is fizzing all the time with electricity as we think. We pee and we poo. We are full of movement!

When Jesus was born, he was just like us, moving around all the time and doing things. He had a very important job to do. He had to show us how to love everybody. That meant he had to meet people who needed him, and give them practical help. He would often heal them by touching them, or just saying a word.

We need to imitate Jesus and also learn to help others. Sometimes, that might be simply by hugging them when they feel unhappy. Or helping them up if they fall over. Or repairing something they've broken. Or giving them some stuff they really need. Think of all the ways you like to be helped and cared for. Then do the same to other people.

What sort of work would you like to do? Maybe you don't know yet. It'll depend on what sort of stuff interests you. Maybe you'll be a parent, too! If you like rocks, you might be a *scientist*. If you like colours you might be an *artist*. If you like helping people, you might be a nurse or a *teacher*. There are some people who try to move faster than anyone else in the world – like runners, swimmers, and people who race cars and aeroplanes.

Not everyone can choose the sort of work they want to do. But try to make a note of what "moves" you and you're happiest doing, and then try to do it. And remember, sometimes it is important to stop moving. We all need to get enough sleep, and give our brain a chance to rest.

So that is the way of **Move!** which balances the way of **Note!** All the stuff we are made from allows us to move and note things. And we have to move and take note in our work to be able to get all the stuff we need. You can't have stuff without movement.

5. PART!

Now we come to the fifth way we are us. This is the way of **Part!** Let me explain.

Look at yourself. Your body is made up of all sorts of parts. You have a head, two eyes and ears, a nose, one mouth and loads of hair. Also, you usually have two arms, ten fingers, two legs, and ten toes. If we look inside you, we'll find a heart, two lungs, loads of different veins and arteries and lots of blood. In your tummy and guts there will be all sorts of food that you have eaten. Look smaller, and you'll find millions of little cells the make up the bigger bits of you.

So, everyone of us is made up of separate parts and loads of tiny building blocks. The same thing happens with the things we make. If you make up a Lego model, they'll be lots of bricks which you have to recognise and sort out before you can make it. If you have a bicycle, you'll see that it has many different parts. The town you live in is made up of many different houses and roads. The whole world is made up different countries and kinds of people.

I wonder if you're the sort of person who likes to collect, identify, or classify things? Maybe you enjoy fossil collecting, or watching aeroplanes, or identifying bugs? Do you like to work out how things work by pulling them apart? If you do, then you're using the way of **Part!**



The fact that everything is made up of lots different parts in different ways means that there is a lot of variation in the world. There are different sorts of country-sides and houses.

There are many different types of people. We are all different in the way we look, in what we are good at, and how we behave.

As we evolved, it was natural for us to find differences. We had to know which other animals were friendly or dangerous, so we didn't get eaten! We still look at other people and try to see how they differ. When we do this, we must remember that we are all just as important as each other. We mustn't form groups in which we think we are better than other groups (except maybe in competitions and football teams!).

Now let's think about God. God doesn't have parts, and is one. However, followers of Jesus say that God is like three persons. That is what we call the *Trinity*. And Jesus had as many parts as you do. Now, we say that Jesus is God, and that people who believe in him are part of his body. So in a way we can say that God has many parts too - us! Remember that Jesus did not have favourites. He said that everyone was just as important to him. That means you!

You are part of a family. Do you have brothers and sisters? Are you a member of a team - say football? What does each member do? Do you like looking at details, going out into the countryside and looking at the birds and plants, or pulling apart a computer or clock to find out how it works? Whenever we do these things we are using our way of **Part!** It's important to pay attention to detail.

So that was the way of **Part!** where we sort out all the different parts that we and the world are made from. Now we'll look at the next way which balances it.

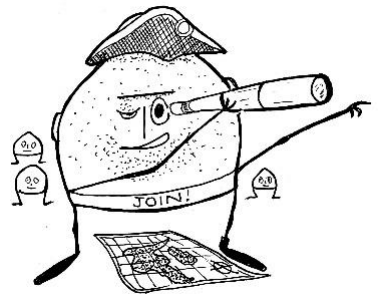
6. JOIN!

This way is what I've called the way of **Join!** We have just talked about all the parts that make up you. You are not just a collection of skin, bones etc. They make up you as an individual. You are much more important than all the bits that make you up. You have a purpose, you are a person.

Remember that Lego model we talked about? When you'd completed it, it was not just a collection of bricks. It had a purpose. It looked like something it was meant to be - maybe a castle. And the bicycle you have is not just two wheels, a frame, gears and a saddle. It's something which has the purpose of riding and getting you to school.

What about the world we live in? We've seen that everything around us can be broken down into bits. And if we look around us we can see lots of things that make bigger things. The house you live in is one of hundreds that go to make up your town. The flour, sugar, butter and milk that someone may be mixing will make up a cake for you to eat. The thousands of words I am writing here will form the book I want you to read. All have a purpose.

Now think about the people who worked together to build the house that you live in. They needed to have a boss who could understand the plans and see the stuff needed. He or she could then lead or direct everybody into making the house. And the purpose of that house was to be a home for you to live in.



Or think about a film you may have watched. There are lots of names in the credits. All these people are needed to make the movie - the film stars, the extras, the props, the camera and sound people. They all need to be directed to form the movie that you watch. And the purpose of that movie is to teach you something, or simply to entertain you.

When God created the big bang, the gazillions of parts started to join together and make all the things we see around us. The stars, galaxies, planets, moon and earth all had the purpose of eventually giving us a place to live and love. Each of us has a purpose in life. That purpose is to keep on joining people together with God and other people in love. Nothing is more important than that.

One of Jesus' jobs was, and still is, to show us how to join together as one happy family. He said that "I am the way, the truth and the life". When we believe that to be true, we all become a part of him. Then all our lives have a purpose.

If you come across something that is broken, one of the most useful things you can do is to see how it's made and then mend it. That may be difficult if you don't know what its purpose is. In the same way, if you come across people who are breaking apart (maybe because of a quarrel), the best thing you can do is to see how you can help them join together again. The purpose of all our relationships is to create harmony and show love for one another.

So there you have two more ways of being you that must be balanced. The **Part!** way helps us to see all the details around us and helps us understand *how* we are made. The **Join!** way helps us to see the big picture and understand *why* we were made and what God wants us to do.

7. MIND!

The next way you are you can be called the **Mind!** way. It's to do with the way we all have a mind and can think about things.

You and I have a brain, and hopefully we use it as best as we can! You probably remember being told to "use your head", or "think!" when you had done something silly. Hopefully you were also told you were smart when you thought of something clever! By the way, I think that our mind is not just in our brain - it's bigger than that, but we don't quite know how, yet.



We're thinking all the time, aren't we? We wonder about things, we dream up new ideas, we try to work out a problem, we worry about stuff, we try to remember things we've learnt. We have imaginary conversations in our head. Our minds never stop buzzing. Even asleep we have dreams that can be quite amazing.

We're not the only things that have a mind and can think. Animals can think, too - but not so deeply as we do. What about trees and plants? They "know" where the sun and water is and send out leaves and roots to get what they need. So in a sense they have a mind, too.

And what about the world around us - the earth, and the sun? Do they have a "mind"? Well some people would say they do. They "know" how to go round each other, giving us night and day, for example. The reason for that is that God made everything and God, in a way, is pure mind. Everything has a bit of God in it.

Jesus had a very deep mind and he knew everything that God wanted him to do. When Jesus died and became alive again, it was in a special way. When he left earth, he said he would leave his spirit with us. His Spirit is in everything God created. Without his Spirit nothing would exist.

What do you think about? Only you and God knows, which is just as well sometimes! We might be thinking about what we will do during the day, how to work out a problem, what to say to someone next. They can be good thoughts. But often we will be thinking bad thoughts, even though we are pretending to be good.

Your brain uses a lot of energy thinking, so we don't want to waste that energy on bad thoughts. As I've said, our mind seems to be bigger than our brain, and what we think seems to be felt by other people. For this reason, other people can know if you are thinking bad or good thoughts about them. They have a feeling about you.

Our mind is always trying to work, and so it is important to give it a rest sometimes. There are lots of ways to do that. One way is called *meditation*, when you sit still, close your eyes and do special mind exercises.

You and I should also try to think about God as much as possible, and let Jesus' ideas fill our mind. When you say prayers in your head, God can hear them. Try to say "thank you" all the time for everything you have. In the end, it all comes from God!

That, then, is the way of **Mind!** We are designed to think about God, the world around us, other people, and to think about ourselves.

8. TELL!

Now we come to the next way, which balances the **Mind!** way. I call this the **Tell!** way. It's no good having all these thoughts on our minds if we don't tell other people about them! Well, at least *some* of them!

As babies, we cried to tell our mother we were hungry. We were quick to tell our parent if we were bored or if something was "not fair"! At school we had to tell our teachers what we had learnt in exams. During the whole of our life we tell ourselves and other people what we feel, see, hear, smell, taste, think, imagine, invent, etc.



An important thing to remember is this. If we don't tell the truth and express ourselves clearly, then nobody will know what we mean when we talk about what's on our mind. Our life will have no meaning. But we must think before we talk. If we don't, people may get the wrong message.

There are many ways people tell us what's on their mind. They simply talk to us using words and signs. Or they may write a book. Or if they are artistic they may prefer to make a sculpture, or write a poem, compose and play a piece of music, or dance.

Let's think about the things we make. Take for example, books, paintings or a bicycle. They all mean something. Books have words that tell a story. Paintings tell us what is on the mind of the painter and what he wants to tell us. Our bicycle tells others a bit about ourselves, especially if we want it to be bright yellow with black stripes! If the chain falls off or the tyre goes flat, it tells us it needs mending.

What about the world around us? Thunder clouds tell us a storm is coming and there will be rain. A droopy plant tells us it doesn't have enough water. Sunrise tells us it's the beginning of the day. A twinkling star tells us where it is. Everything tells us something and has a message to give us.

The whole of God's creation tells us about the creativity and power of God. During Jesus' life, he had a very important message to tell us. And that message was that we should love each other like he loved us.

Two very important ways God tells us what he wants us to do is through his followers, and through the Bible. The Bible is full of facts, stories, and poems that tell us what is on God's mind. The whole Bible is sometimes called the Message, and it is full of meaning for everybody.

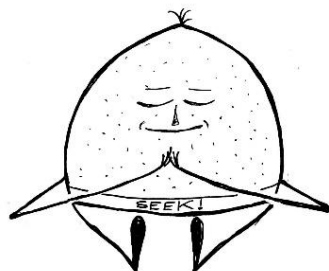
It's very important that we pass on that message so that everybody hears it. We must tell anyone who wants to listen. So remember the core of that message: God loves you and me and wants us to love each other. And don't forget to say thank you for everything, as well as think it!

By the way, part of God's creation are angels. Their name means messenger. They are pure mind with the purpose of telling us messages from God. Unfortunately, like us, some angels have disobeyed God and try to give us false messages. That's why it is sometimes not clear what God is saying to us. We need to keep on asking God what he means.

That is the fourth pair of ways that must be balanced. We need to **Tell!** out what we have on our **Mind!** The way of **Mind!** is balanced by the way of **Tell!**

9. SEEK!

Now we come to the final two ways you are you. The first can be called the way of **Seek!** It's about the life you discover within yourself. This is not just about the beating of your heart or the breathing of your lungs. It's also about how your mind and spirit work.



I've explained a bit about the mind, but not said much about our spirit. God created us with a spiritual part. Jesus' Spirit is part of our spirit when we become a follower of him. So we are made of three parts - body, mind and spirit.

You may have also heard of the soul. We all have a soul within us, and it is made up of mind and spirit, and a special type of body. When Jesus came alive again, he had that type of body - one that never dies.

Have you noticed that within you - that is, your soul - there seem to be lots of voices? You seem to talk to yourself. One voice may seem to tell you to do something. Another voice may suggest something else. They might be good or bad things to do. You have to decide!

Why is that? Well, firstly, your body tells you to do one thing. Then, in your mind, you have your own ideas. And finally, in your spirit, God and his good angels give you messages about what to do. But, unfortunately, bad angels try to tell you things, too. Lots of questions buzz around your head. "What should I do?" You have to choose! You have to **Seek!** the right or best answers.

The way you answer these questions makes you behave in a certain way, and that is what makes you, you! This is what happens to us all. Some of the ways we behave we can change. Other ways we behave we can't change. The important thing is to choose the way of love. Ask God for his help, and don't worry if you are not perfect or not like other people.

What about animals and plants? Do they have an internal life? They have bodies, but do they have a mind and spirit? We don't really know. They may not be able to choose freely, but they do lots of things, like finding food.

And what about things that aren't alive? Everything has an inside structure and has to follow natural and man-made rules. That applies to the things we make and to the natural world. The school bus has to work in the way it was designed to. The wheels of the bus go round and round....! Where it goes will also depend on the driver, of course! The moon has to go round and round the sun in a set way.

The important thing is that we treat everything with respect as it's made by God. We depend on the whole world to provide us with a home. Remember that when you look at other people, or talk to your friends, we all have our inner lives. Sometimes we are feeling good about ourselves and it is easy for someone else to get on with us. But sometimes you or someone else may be feeling bad. Try to be sensitive and respect their needs.

So that is the way of **Seek!** We need to look inside ourselves and understand how we work. We need to seek and hear the voice of Jesus' spirit which guides us.

10. FIND!

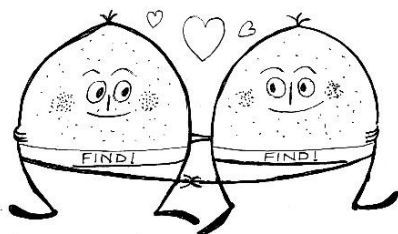
Now for the last way! It balances **Seek!** That is the way of **Find!** It's about how we find, get to know, and connect with other people and make friends.

The first person you got to know was your mother, right inside her tummy! When you were born, you met her on the outside. Then you may have started to meet the rest of the family. Since then you have got to know and make connections with all sorts of people, especially at school.

You make connections with people in different ways. Some you just get to know briefly. You may get to know your neighbours as playmates for longer. People you meet at school may remain friends for a very long time. You may not like some people you meet.

When you get to know people, you need to find out about them. This will take time. You need to listen and watch. As you chat you need to give them clues that you are listening and understanding them. You also need to tell them about yourself. You must do that truthfully.

If you want to make good friends, it's important to be honest about yourself. To do that, you must like yourself. God made you as you are, and no-one is perfect. So don't pretend to be what you are not. And don't expect your friends to be perfect. We all have faults.



I wonder how many friends you have? Some of us don't have many because we like to be alone. Others of us need

to have lots of friends. Many of us, when we grow up, will want to have one special friend during life, and so we maybe get married. Whatever our circle of friends, we must treat everybody with respect. We should try to include everyone, and not exclude anyone who wants to be our friends.

Jesus shows us how to be friends. He was friends with everyone. That did not mean he liked everything they did. But he loved everyone. One of the most important things he taught was that we should forgive people, even our enemies!

It's very difficult to forgive people, and love enemies. But that's what Jesus told us to do, and showed us how to do it. His Spirit living in you and me can help us do that. If we let him live within us, then we can love everyone, even if we don't like them or what they do!

The Bible describes God's love like this: It's when we are patient, kind, forgiving, content, modest, helpful, humble, brave, polite, truthful, protective, hopeful, trusting, honest, persevering, and faithful. Wouldn't it be a wonderful world if we could all be like that?

Jesus, when he walked on earth, was a friend to everyone and anyone who wanted to be his friend. He can also be a friend to us now, in his spirit. You just have to ask.

So that is the last pair of ways you are you. We have to **Seek!** and make friends with who we are inside ourselves (body, mind and spirit), and also **Find!** and make friends with other people outside. We do that by loving as Jesus taught us to love.

IN A NUTSHELL

The coloured drawing on the back cover shows you how the different ways balance. The drawing on the next page shows you the same thing, with AL's help. All the ten ways should be used. If not, the outer rim of the wheel of ways (you) becomes wobbly! And the ones about love, in the middle, are the most important. They make up the axle that the others go round, like a bike!

1. The way of Play! We need to be free to choose, to have fun, and to make something new.

2. The way of Obey! We need to have rules and laws so as to have boundaries to what we do.

Play! and Obey! must balance. To be free to do what we like, we must have limits to stop life getting out of control.

3. The way of Note! We need to have a body made of stuff, and to take note with it and get more stuff.

4. The way of Move! We need to exercise to be healthy, and to move about and do work.

Note! and Move! must balance. To be able to have stuff to live on, we must move around and get hold of it.

5. The way of Part! We need to know from what things are made, and how all their parts work.

6. The way of Join! We need to join things up, make wholes, and know why things exist - that is, their purpose.

Part! and Join! must balance. To understand the purpose of things, we must pull them apart, then join them together.

7. The way of Mind! We need to think about the things on our mind and find answers to problems.

8. The way of Tell! We need to talk about our thoughts and

tell other people what we mean.

Mind! and Tell! must balance. To give people a message and tell them what we mean, we must talk to people.

9. The way of Seek! We need to know ourselves inside our body and mind, and to seek God in our spirit.

10. The way of Find! We need to get to know other people and to show them God's love.

Seek! and Find! must balance. To find friends and really love them, we must like ourselves and seek God.



What is a church?

(You might want to talk about this with someone who knows)

A church is a family of Jesus's followers (as well as a building).

Why do we go to church? Because we get help to follow Jesus, and his ways of love that we have been talking about.

What sort of help is that and why?

It is when...

- Other followers can be our friends.
- We can listen to the Bible and be taught from it.
- We can say sorry and be forgiven as a church family.
- We can ask for help in special ways.
- We can be given spiritual food and say thank you for it all together.

We can then go out and be better able to love and help our friends and other people.

Some churches also have other special ways in which you and others can get spiritual help.

They are when....

- You first become a member of Jesus's family.
- You decide to get help from Jesus's spirit.
- Someone first becomes a teacher of the church
- You want to say sorry and be forgiven.
- You are ill and need healing
- You want to get married.
- You die and go to be with Jesus.

Remember that you are both a separate person, but also a part of Jesus Spiritual body. So what we do effects everyone else.

Here are some exercises that you can do to help your spirit:

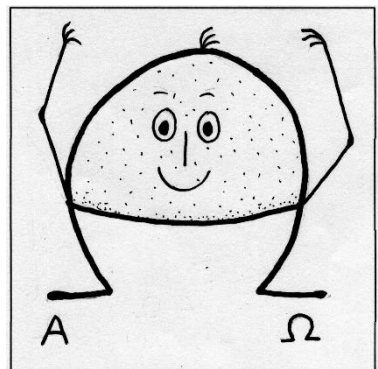
- Giving up things for a time
- Being calm and quiet for a time
- Taking special time to think about God

Here are some notes about names and what they mean:

- Jesus' name means "*the one who saves*".
- Jesus also has a title (like Mr.), which is Christ.
- The title Christ means "*the chosen one*".
- So his full name is Jesus the Christ, or Christ Jesus.
- Sometimes we say Jesus Christ, but Christ is not a family name. Followers of Jesus call themselves Christians.
- So, Jesus the Christ means the "*the one who is chosen to save*".
- Who chose him? God!
- And who does he save? Us!
- From what? From not loving each other!
- Jesus said that he is **The Way** that is true and gives life. No-one can know God except by following his way of life which is to love.
- In other words, if you do not love, you do not know God, because **God is Love**. If you live a life of love, you live in God, and God lives in you.

And here is something about AL's name.

- My very first name is Alan, so he's partly named after me.
- He's also named after Jesus.
- Jesus is described in the Bible as the beginning and end of everything.
- In the Greek language that can be represented by the first and last letters of the alphabet which are Alpha and Omega.
- Those letters look like the funny shape of AL!



A NOTE FOR PARENTS AND TEACHERS

This booklet has been written for ages 9 and up, but could be used for a younger age with help, and read to children who aren't able to read. The conceptual framework on which it is based is designed for any age and subject. The book therefore forms, for the young reader, an introduction into a "Life-Long Learning" series of educational resources (with a Christian focus).

I have been developing the concept over 25 years, gradually modifying it as I studied more and more old and new ideas to do with psychology, sociology, science, religion, philosophy, etc. The aim of the framework is to facilitate the comparison and practical use of these ideas by showing how they are all connected and need to be held in balance.

This is an evolving tool, and I have described the ten ways in other places as *aspects*, *faculties*, *abilities*, or *fracALities* (my term) depending on the application.

To get an idea of the range of topics and ages I have developed resources for, take a look at the YouTube video clips listed on the next pages, starting with this one:

OM1 What's an Octaikon? <https://youtu.be/6G54gTZuXxM>

Please visit the website www.octaikon.co.uk to find out more and read the other publications to get more ideas about how you can use the framework. I'd suggest the next booklet that could be read once the reader is in their teens is "AL's little book of reality" available from Lulu.com publications or as a PDF at <https://www.scribd.com/user/153370791/Marcus-Robbins>

I'd welcome feedback on this current booklet, so please send any to me at: amj.robbins@gmail.com

Many thanks

Marcus.

VIDEO CLIPS (2-5 mins. each)

In these YouTube clips, I have used the Octaikon model to create an animated explanation of a range of topics, narrated by me. Suggested ages in brackets, but good for all adults!. (All clips at <https://www.youtube.com/user/amjrobbins/videos>).

The following clips explain the idea in this booklet

OM31 10 Ways you are you . (8+) An introduction to the Octaikon model for young people, similar to this book, but using a different sequence and terms to describe the ten ways.
<https://youtu.be/5nWoNboWEaQ>

OM38 Life in your hands: (13+) An exercise using your hands to introduce the ten ways or faculties of the Octaikon model.
<https://youtu.be/-JWSvimSjCA>

The next clips explain the whole of reality.

AL acts out reality and hands out medals. (13+) This is an introduction to the booklet “AL’s Little Book of Reality” and shows how the ways can describe aspects of reality.
<https://youtu.be/atxVbCd2GIE>

Al’s Youinverse: (13+) A model of reality explained in two minutes. Based on the previous clip.
https://youtu.be/w9enT_SPdGA

OM15 Universal connexions: (15+) Explores the idea that our human faculties are mirrored at other levels, in systems, and in the universe as a whole. A good think-piece!
<https://youtu.be/WPWsL-rQPvA>

The following clips cover aspects of relationships

OM35 Getting to know you: (13+) Shows how we need both sides of our brain to really get to know someone.
<https://youtu.be/4hokg7byCOQ>

OM21 Are you a bully? (13+) Shows the ten steps in which we can become a bully, if we are not careful! A controversial subject – this understanding may not reflect current thinking.
<https://youtu.be/p1rdLnYaM8U>

OM16 Real role models: (13+) Looks at each of the ten faculties that we possess and how they might describe us if used to the best of our abilities, asking if our role models really match up.
<https://youtu.be/tCjx79QsAvo>

OM14 Health Hazards: (15+) Uses the faculties of a person to highlight the hazards of drinking alcohol, smoking, and taking marijuana - without forgetting the perceived benefits.
<https://youtu.be/hTVv11YLC9I>

OM18 Poverty's not fair!: (15+) Shows how causes and effects of poverty are linked to our faculties, and explains how fair trade can help break the cycle.
<https://youtu.be/ieLormJ3M8k>

OM3 Marriage Roles: (15+) Summarises the roles that spouses have to share in four main groups: Taking in; thinking, communicating; and doing chores
<https://youtu.be/ZxvFQoZ41Zs>

OM8 Managing together: (15+) Outlines the five functions of management, the roles people play in teams, and forms of governance -- applicable to families as well!
https://youtu.be/CE_IPQfbtnw

The next clips explain various aspects of Christianity.

OM44 Immanuel: (13+) Immanuel is Hebrew for "God is with us". This shows how Jesus gives us the powers (ways) to be better people in a world that needs our help, now more than ever.
<https://youtu.be/u8YpBMRIJSY>

OM5 Branches of Christianity: (15+) Suggests that the historical development of Christianity is reflected in our faculties, and

proposes a balanced Christian practice.

<https://youtu.be/5LI9SGJ9gMU>

OM9 What's the Bible? (15+) Summarises what's inside the Bible, showing how to read it (and not to read it).

<https://youtu.be/6bM2QDNeA-o>

OM11 Holy happenings: (15+) Explains what Christian sacraments are, and the form and purpose of the Catholic Mass in meeting our needs for life's journey.

<https://youtu.be/ahCgIDLSL0c>

OM6 Love truly! (17+) Uses the Octaikon to unravel how we can understand what "God is Love" really means, and then shows how "Making love" fits in.

https://youtu.be/Mykqp_6gBI

And finally, some miscellaneous topics

OM4 Language links: (17+) Looks at the way language makes us humans unique, and how the eight parts of speech correspond to our faculties.

<https://youtu.be/8tyYrVFAXqg>

OM22 Life's big questions: (17+) Poses a series of questions, linked to our faculties, about what life is all about. It'll be for you to answer them!

<https://youtu.be/EuAD2FwwjrM>

OM7 Using our brains: (17+) Explains how brain structure underlies our faculties, and looks at steps in problem-solving, and ways that we learn things.

<https://youtu.be/nBh5rR46D6o>

I hope you enjoyed looking at some of these clips. There are more being developed on my YouTube channel.

