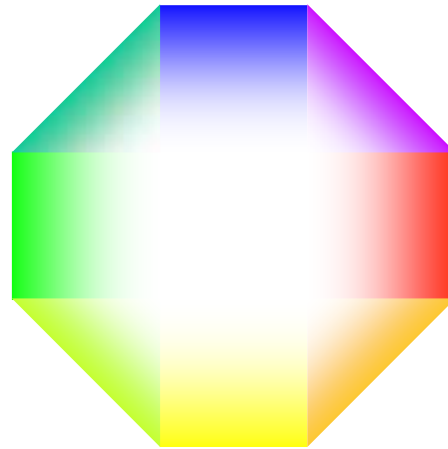


OKKI STUFF

Octaikon educational resources



OKKIVISTA

being present for the future

[Introduction and index](#)

OKKIVISTA - *being present for the future*

Click this icon >>>
to return to this index page



This section shows how you can apply the Octaikon faculties in different practical situations.

Imagine...

you are somewhere in life
enjoying the present moment but thinking ahead.
Let's see if we can work out and understand better
what is going on around us.

Why?

Because when we make connexions with what's going on,
we help ourselves, help others,
and even understand our spiritual side better -
which can make us happier now and in the future.

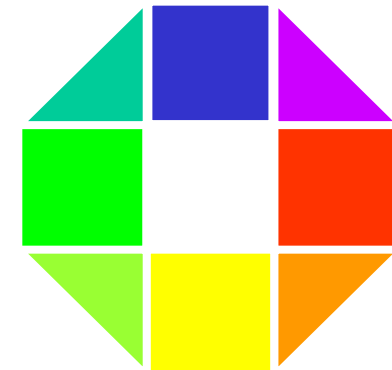
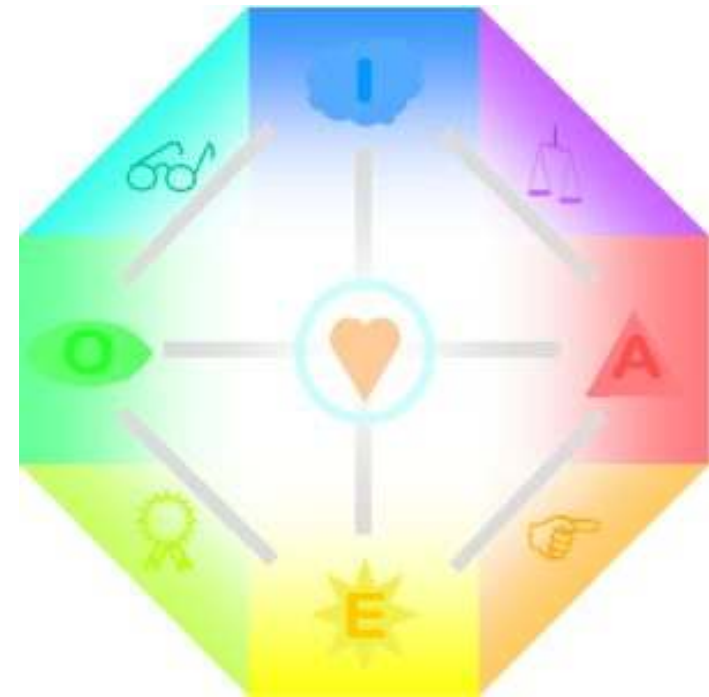
Opposite is the Octaikon diagram with the symbols...
Let's see how the various parts help us understand
what's happening within us
while we imagine being:

- (1) [In a playground at the park.](#)
- (2) With the family at mealtimes (not yet written).
- (3) In the JCR at university (not yet written)
- (4) In the canteen at work (not yet written)

The next pages entitled:

OKKIVISTA

imagine these worlds with each faculty...



OKKIVISTA: PLAYGROUND IN THE PARK 1



1.

We notice and observe what's going on...

using all our senses.

There is so much going on in a playground.

We see all the other children and adults.

We feel the sun (maybe the rain!) on our bodies.

We hear all the different sounds of laughter (and maybe crying).

We taste the apple and orange juice we brought for a snack.

We smell the roses in the flowerbed.

We might feel giddy on the roundabout.

Oh - we notice that girl is not happy - she's scowling.

The man with the white stick is blind -
he cannot see, but is enjoying the laughter.

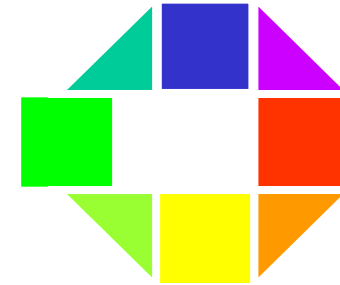
One family is speaking a foreign language.

There's a mum using sign-language to her deaf daughter.

None of us really uses all our senses properly - but we should.

*How can we look after them better,
and make sure we use them all?*

We observe using our senses - the left green block.



OKKIVISTA: PLAYGROUND IN THE PARK 2



2.

We check out what's going on...

*So much input - we can't possibly take it all in.
We must concentrate on the important things.*

We needn't worry about understanding
the family speaking a foreign language.

But we must keep track of our own family.

Oh - sounds like our baby crying - what's the matter?

Oops - someone's too close to the swings for safety.

Hey - that sign says that no dogs are allowed in the playground.

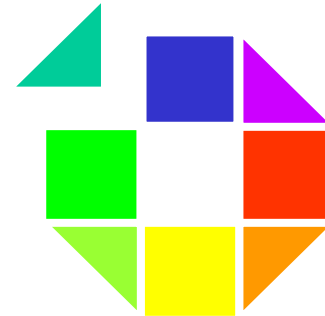
Hmmm - there's a fight going on over there -
looks like it's getting out of hand.

I really don't want to listen to all those youths swearing.

Yuck - this banana's gone bad - where's the litter bin?

*There's so much going in the world -
are we concentrating on the important bits of information,
excluding what we don't need,
and finding out if anything (or anyone!) is missing?*

We monitor - the top-left turquoise block.



OKKIVISTA: PLAYGROUND IN THE PARK 3



3.

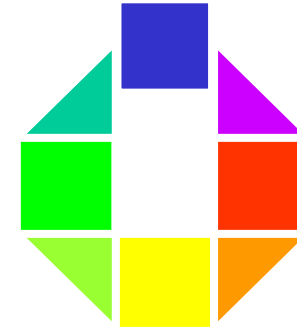
We work out and interpret what's going on...

*A playground gives us lots of things to think about.
We mustn't lose our concentration.*

Sounds like Polish that family is speaking -
they live just down the road.
Hmmm - how are we going to feed the baby?
Oh dear, that boy's fallen off the swing -
he's going to need help... where's my first aid kit?
I think that blind man's going to need help -
he's dropped his hat and can't find it.
That fight has got really out of hand -
I wonder how I can help.
Maybe I'll talk to those people over there -
they seem new.
When should we go home? -
we're going to need time to make dinner.

*Lots to think about -
are we giving it all enough thought and making sense of it all?*

We interpret using our brain - the top blue block.



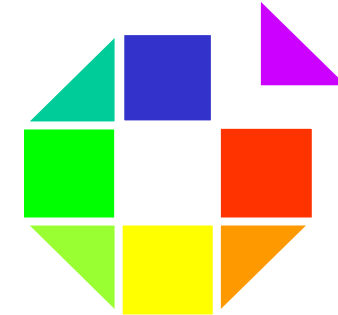
OKKIVISTA: PLAYGROUND IN THE PARK 4



4.

We make decisions about what's going on...

All the time we make decisions, especially in a playground where we are looking after children and playing with them.



No - swearing is bad,
but I don't think it's a good idea to tell those boys off -
could be trouble.

The baby needs to be fed now -
it's not fair to keep her hungry.

Tomorrow I'm going to learn some Polish greetings
so I can say hello to that family.

Hmm - there's a dog in the playground -
I'll explain to the owners that it's against the rules.

Whoops - I've got to stop the blind man
from tripping over that skateboard.

I'll write to the council.

Oh dear, it's started to rain -
we need to go home now.

*Lots of decisions, choices or judgements to be made.
Are we making good ones, and at the right time?*

We judge - the top right purple block

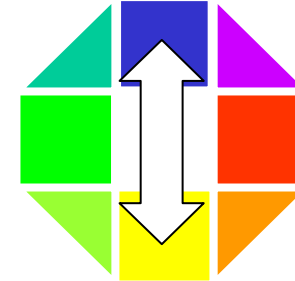
OKKIVISTA: PLAYGROUND IN THE PARK 5



5.

We reflect on what's going on...

*We need time to think over things -
or sort of talk to ourselves about them -
and a playground is not necessarily the best place to do that!*



I wonder why that family came over from Poland?
Do they like our country?
Why are those boys fighting -
did they have a bad day at school?
Why is everything spoiled with graffiti?
It doesn't bother that blind man -
what could it be like to be blind?
I'll shut my eyes for a bit and see.
Funny how I can hear things much better!
Just remembered our friend who's in hospital -
I hope and pray the operation goes well.

*Most of us need to reflect or meditate more,
preferably in quiet!
Do we spend enough time doing this?*

We reflect - the white block (top to bottom)

OKKIVISTA: PLAYGROUND IN THE PARK 6



6.

We get inspired by what's going on...

*All these thoughts and activities in the playground
can make us creative!*

While I had my eyes closed I thought of a poem
about the sun and the wind.

Now - I'm sure I know of a really neat way
of making that climbing frame stronger.

We could get the graffiti artists to turn that wall into a mural!

Hey - I've just had a great idea for something to help blind people!

All those children laughing make me want to laugh.

Isn't it funny when toddlers start to walk like that one there.

These trees are just wonderful - must try and draw them.

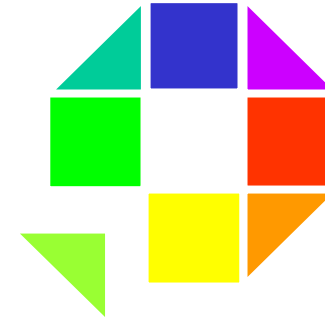
Wow - look at those guys doing break-dancing -
fantastic - must have a go!

We are all creative in some way.

In what ways are you creative?

*Do you spend enough time making things,
singing, writing, drawing, laughing etc.?*

We create - the bottom left lime-green block.



OKKIVISTA: PLAYGROUND IN THE PARK 7



7.

We express our thoughts about what's going on...

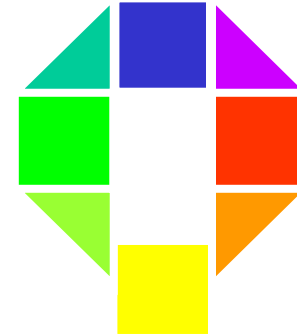
*We all need to communicate to others
about our thoughts and ideas.*

*We do this by talking, or writing, playing an instrument,
or using body language.*

We smile at the baby,
and say silly things to make her chuckle.
We call out to our friend that it is time to go.
We chat about how school is going.
We might say hello to the Polish people tomorrow.
We will write a letter to the council about the graffiti idea.
We clap our hands in appreciation
after the breakdance performance.
We grimace in sympathy when someone falls over.

*There are so many ways to tell people what we think.
Do we "read" them all, and use them in balance?*

We express ourselves using language and body - the bottom yellow block.



OKKIVISTA: PLAYGROUND IN THE PARK 8



8.

We guide ourselves through what's going on...

*All the ways in which we express ourselves
are ways of helping ourselves and others
to do (hopefully, the right) things.*

We explain how to feed the baby properly.

We show where the litter bin is.

We demonstrate how to get the swing going.

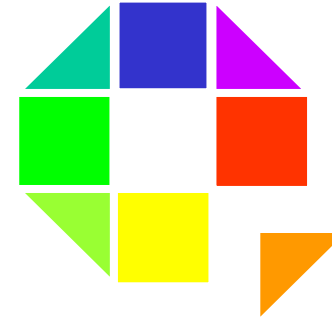
We need to help the blind man find the gate.

Tomorrow we can tell the Polish family
where they can buy Polish food.

Next week I'll give a talk at the school
about the need to understand each other better.

*Do we set a good example and are helpful to all around us?
Can we do better?*

We direct - the bottom, right orange block.



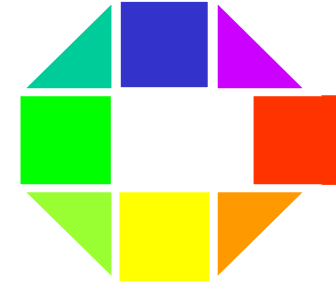
OKKIVISTA: PLAYGROUND IN THE PARK 9



9.

We act as a result of what's going on...

*It's no good just looking, thinking and talking!
We usually have to just do something physical!
We need to walk the talk.
Don't just stand there - do something!!*



Baby is yelling - I pick her up and give her a cuddle -
oh yeeuck - and change her nappies!
Quick, I stop that toddler from getting in the way of the swings.
Open the door for the blind man.
Next week - out with the saw and hammer
and make a new climbing frame.
Rock the buggy. Clear up our litter and put it in the bin.
Walk home. Make the dinner. Help wash up.
Go to bed - and so on.....

*Always something to do.
Are we acting when we should -
being practical, doing constructive, helpful things?*

We apply using our whole body - the right red block

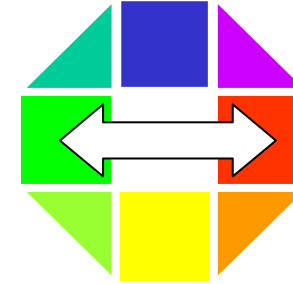
OKKIVISTA: PLAYGROUND IN THE PARK 10



10.

We relate to what's going on...

*The most important part -
all that we watch, think, speak
and do should help us relate better
to our family, friends, everyone else - and God.
It all brings us back to the first step - observing.
We need to pay attention to make sure that
what we do is having a good effect on others.*



Ahhhh - great - baby has gone to sleep.
Uh oh - they really did not want me
trying to help sort out that fight - better stop.
Taking time like this to play as a family is great -
it brings us together.
Oh dear, that guy I don't like is here again -
but he's left his I-pod and I had better tell him.
Hmmm - I think this guy quite fancies me -
must get to know him better!

**Are we trying show love to everyone around us -
even those we don't like?
Do we learn from our experiences and mistakes?**

We relate - the white block - going sideways.

OKKIVISTA: PLAYGROUND IN THE PARK - Conclusion



So there you have it.
Ten ways in which we "work".
The coloured blocks represent
mostly our physical body,
and the white block can represent
what is our soul,
or spiritual part.

As you have probably noticed,
the different parts each overlap
and merge into each other,
and it is not always clear
which block is represented.
And we can use them in any order
(not just 1-10),
and we can use many at the same time.
But we need to use
all our "blocks" in balance.

This is not always easy,
as we all like to use them
in different ways,
some more than others,
and in different combinations.
That is why we are all different
and behave in different ways.

Which is good - if we accept
that we all need each other
to become complete.

Take a look at the Okki-blocs,
as they form an "octaikon".
If we find that we have a preference
for one block,
we may find we are not using
another block properly
(especially the opposite one).

We must try to use them all -
especially the two ways
that the inside, middle
white block represents.

If we are to be happy on the outside,
we must be happy on the inside!

Only by being happy inside
can we really help others
to be happy inside, too -
and then make the world
a happier place outside -
for everyone.

