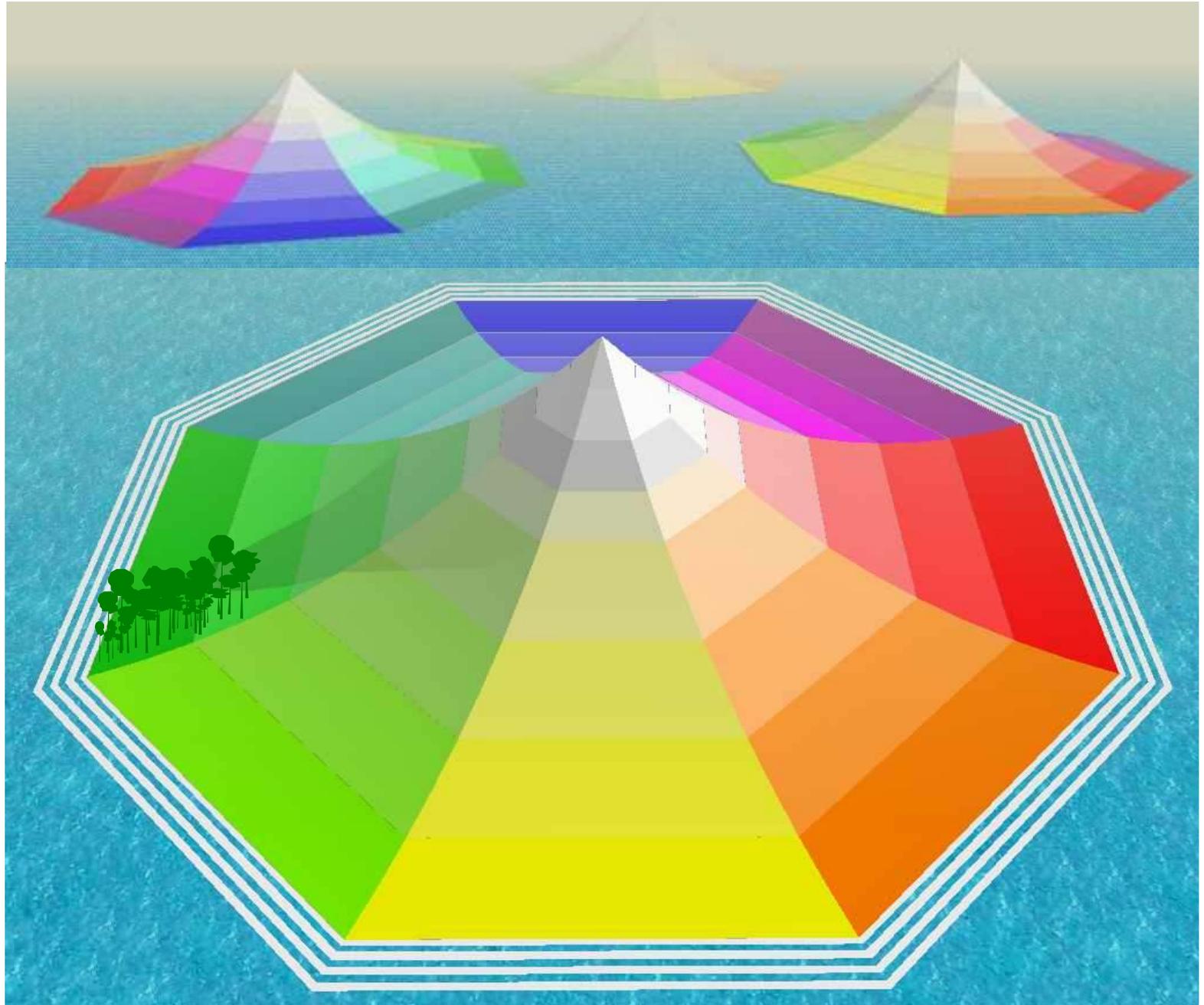


Octaikon islands of life

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With thanks to Rupert Sheldrake and Ken Wilber for inspiration from their theories, to John Dunne and John Bryant and others for their poems, and to all those wonderful Caribbean islanders.

- **Archipelago** = different groups, nations or the whole world.
- **Island** = you (body and soul), your family or community.
- **Coloured segments (forests)** = your *Octaikon* faculties or abilities, visit: www.octaikon.co.uk and see *Okki-maps* in *Okki-stuff*. These faculties can be: individual or collective, and perceived or real. (see *Ken Wilber's AQAL*).
- **White peak** = your soul or goal in life.
- **Haze/cloud/air** = spirit and Spirit
- **Forested slopes** = going upwards - increasing levels of ability, consciousness, or spiritual development (see *AQAL*).
- **Forest strata** = different states of consciousness (see *AQAL*)
- **Ocean** = cosmos, morphogenetic fields
- **Waves** = coming inwards – increasing interaction with island shore.
- **Ocean bed** = the “ground of all being”.
- For the archipelagic allegory, see overleaf.



Two journeys of life - an archipelagic allegory.

Our lives are like tropical forested islands, set in a cosmic ocean.

Our island shores are the faculties of our body, and
at the centre, a hazy mountain peak is our soul (or goal in life).

Neighbouring islands are other people,
a vast archipelago, all connected by the seabed.

The purpose of our lives is to care for and enjoy our islands
and those surrounding us, discovering how they are made,
what they are made for, who (or what) makes them,
and to eventually become at one with the maker.

Our lives start out on the beach
quite literally, if the early stages of evolution are true.
We journey around the island, jumping back and forth,
depending on which of our faculties we need to use.
Usually we use the faculties from several beaches at once.

On the evolutionary scale of things,
we start at the creation and perception shores,
and only later are we able to use the other faculties.
The same applies at the scale of civilisations, communities,
and in our own individual lives – from birth to death.

Whatever the scale,
one way to discover and develop our island faculties
is to journey inward and upward.
It's not a straight line,
but a zig-zag, spiralling and narrow path
that sometimes descends and turns back on itself,
and sometimes scales sheer cliffs.

These journeys of development (*or consciousness*) take different times,
depending on the faculty and the terrain above its beach.

All islands are different in the extent of their faculties.
We may prefer (or find it easier) to climb one slope than another,
and not all our island will be explored and developed evenly.
But the more we use all the slopes,
the easier it becomes to explore.

The higher we journey,
the more conscious we become of our island, see all the beaches,
and appreciate the paths we have taken, or need to take in the future.

Not only that, the easier it will be to visit each slope
since they become closer and closer, and more integral.

There are tunnels that intersect and interconnect the island,
starting from caves that go into the heart of the mountain
and wind around all over the place.

You need to be somewhat up the slopes to find and use them.
They are dark within, needing light, and full of surprises!

Paths not always easy to find in the tropical forests.

Sometimes on our journeys,
it helps to stop and climb the trees, if possible right to the canopy,
so as to become better aware of where we are.

It is not easy to clamber into the crown,
nor is it possible to stay up there for long!
You might fall out and lose consciousness!

The island's peak is steep
and often surrounded by rain, mist and cloud (*of unknowing*) –
but the views are magnificent once you come out of them.

On a clear day you can see for ever.
Care is needed to avoid falling back down,
until you have wings to fly!

So - that's one journey of discovery – but life is a paradox.
You also have to journey outwards from your island,
into the depths of the ocean.

It can be difficult to get past the breakers,
but the further out the calmer it becomes,
and easier to navigate.

Out at sea, you appreciate the outline of your island
as you never could from the land.

And you begin to understand all the ocean life around you.
From the pattern of waves, position of clouds and direction of winds,
you can discover the types and location of other islands in the archipelago
(just like the Polynesian islanders do).

The cosmic ocean that connects you to other islands has more surprises.
It is from the sea bed (*the ground of all being*)
that the islands are created, like volcanoes, and appear above the surface.

And it is the ocean (*morphic fields*), blown into waves,
evaporated into clouds, transported by the wind, falling as rain
that forms rivers and streams flowing back to the sea,
and help make each island unique in form and character.

Keep on sailing and navigating, and you can visit
and actually discover other islands and their inhabitants.

The more you know your own island,
the more you will be able to help others discover their own,
climb their mountains, and celebrate the profound fact
that we are all dependent on one another –

“no man is an island, entire of itself...” said John Donne.

So – it seems that we all have to make these two journeys together –
one inwards and upwards, the other outwards and deeper,
to discover, care for and enjoy our islands and their maker.
We can't do it alone – we need help.

Some prose and poetry that provided inspiration for islands of life.

The Ultimate Sea

As I stand by a cross on a lone mountain crest
and gaze over the ultimate sea,
in the gloom of the mountain a ship lies at rest
and one sails away on the lee.
One spreads its white wings on a far reaching tack
with pennant and sheet flowing free.
One hides in the shadow with the sails laid aback -
A ship that is waiting for me.

And lo in the distance the clouds break away
the gates glowing portals I see
I hear from the outgoing ship from the bay
the song of the sailors in glee.
I think of the luminous footprints that bore
the comfort on dark Galilee
and wait for the signal to go to the shore
for the ship that is waiting for me.

*John James Bryant (my grandfather)
Late 1880's to early 1900s*

Sound of Music

Climb every mountain, search high and low
Follow every by-way, every path you know
Climb every mountain, ford every stream
Follow every rainbow, till you find your dream
A dream that will need, all the love you can give
Everyday of your life, for as long as you live

Rogers and Hammerstein

To Yahweh belong the earth and all it contains
the world and all who live there;
it is he who laid its foundations on the seas,
on the flowing waters fixed it firm.

Who shall go up to the mountains of Yahweh?
Who shall make a stand in his holy place..

Psalm 24 vv. 1-3

Song of ascents

I lift my eyes to the mountains;
Where is my help to come from?
My help comes from the Yahweh
Who made heaven and earth.

Psalm 121, vv.1-2

Island in the Sun

This is my island in the sun
Where people have toiled since time begun
Tho' I may sail on many a sea
Her shores will always be home to me.
Oh Island in the Sun
Willed to me by my father's hand
All my days I will sing in praise
Of your forests, waters, your shining sand.

Harry Belafonte and Lord Burgess

If I speed away on the wings of the dawn
if I dwell beyond the ocean
Even there your hand will be guiding me
Your right hand holding me fast

Psalm 139 verse 9

"All mankind is of one author, and is one volume; when one man dies, one chapter is not torn out of the book, but translated into a better language; and every chapter must be so translated...As therefore the bell that rings to a sermon, calls not upon the preacher only, but upon the congregation to come: so this bell calls us all: but how much more me, who am brought so near the door by this sickness; if a clod be washed away by the sea, Europe is the less.... No man is an island, entire of itself...any man's death diminishes me, because I am involved in mankind; and therefore never send to know for whom the bell tolls; it tolls for thee."

John Donne (1572-1631). Devotions Upon Emergent Occasions, Meditation XVII:

Invitation to Praise

For Yahweh is a great God
a king greater than all the gods
In his power are the depths of the earth,
The peaks of the mountains are his;
the sea belongs to him, for he has made it,
And the dry land, moulded by his hands

Psalm 95 vv.3-5

Octaikon and Wilber's AQAL models compared

- Using the allegory of the Octaikon as a forested island in an archipelago, we can understand better not only the Octaikon faculties, but also the equivalence of Wilber's *AQAL* concepts (see <http://integrallife.com/>), and the place of Sheldrake's morphogenetic fields.
- The *AQAL quadrants* are equivalent to:
 - Each person's perception of the surrounding forest (Individual/subjective).
 - Everybody's common understanding of the archipelago (Collective/inter-subjective).
 - What the island and its forests actually consist of (Individual/objective).
 - The real geography of the archipelago (Collective/inter-objective).
- The *AQAL lines* are equivalent in part to the Octaikon's eight outer faculties, which are represented by the forested segments that ascend inwards from body to soul to form the mountain. In the *AQAL* model, the *lines* radiate outwards through: matter, body, mind, soul, to spirit forming a "great nest". The Octaikon's two inner faculties intersect the island, and can be imagined as going "underground".
- The *AQAL levels* of development of each line are equivalent to the increasing altitude of each Octaikon island segment (faculty) towards the centre. In the Octaikon allegoric model, the more you travel inwards and upwards, the greater your view and understanding of the entire island, its forests and the archipelago - and the closer you get to the peak (where all will be revealed). In the centre is your soul or goal in life. In the *AQAL* model, the spiritual realm is at the periphery.
- The colours of the Octaikon segments (faculties) do not correspond with the *AQAL* colours of development (original or new). On the Octaikon, each faculty (or *AQAL* line) has a different colour, and increasing development of that faculty (or line) on the Octaikon is represented by gradually lighter colours.
- The *AQAL states* of consciousness of each line are represented, at any one point on the Octaikon island, by height above ground. Irrespective of altitude, the higher you climb up within the forest, the more you can, at any instant, appreciate the overall structure and purpose of the ecosystem, and the surrounding terrain.
- The *AQAL types* of person are represented by the extent, development and combination of the different forest types in which any person or community lives, and which determine how they understand and make use of the forest and its services.
- The islands are created from the ocean bed (the ground of all being). The surrounding waters represent Sheldrake's morphogenetic fields, and form each unique island through wave action, rainfall and stream flow.
- The sea and waves around the shores represent the ways we should navigate outwards to appreciate our island's outline, the life of the cosmic ocean, and the pattern of waves that reveal where other islands are, allowing us to navigate to them. To a certain extent, the sea represents the island segments or lines extending outwards, as in the *AQAL* model. The inward model can also be made to emphasise Wilber's idea of holons, i.e. that each successive level includes the previous levels.
- We need to make both journeys - upwards and higher, outwards and deeper - to achieve self-actualisation / realisation and union with the divine.

Okki-map: AQAL theory

Each quadrant of Ken Wilber's AQAL theory is best represented on a separate Octaikon, with the island model representing lines (faculties), levels (inwards/upwards), states and types.

However, to a certain extent, at a broader level, the core AQAL quadrants can also be made to correspond to the four main faculties, and represented on one Octaikon, as shown.

Even if this is not a strict correlation, it can still be a helpful reminder of the quadrants, and what they mean.

For more info, see:

<http://integrallife.com/>

