

ORGANIKIN savvy

Appreciating, nurturing and
stretching your awareness

36
organikins
unpacked





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Become Organically Savvy in Life

The Organikins are part of the Organic ScoreCard. The OSC is a tool that helps you to discover your unique life strategy.

In this booklet we go beyond appreciating the core gifts of the Organic Scorecard. We also unpack the Organikins by giving more detailed descriptions of the attributes, enabling you to explore specific awareness in more depth.

In our Organic ScoreCards we all have unexplored territory. You will see this where the graph shows less energy. If you want to open these “awareness windows”, this booklet provides suggestions of how to stretch in these new directions in an organic-growth way. Practical exercises and meditations will nudge you to move in this new direction. Different slogans for each Organikin also add reminders to stay aware on this new path.

While on this way, we need to nurture new fragile awarenesses into maturity.

A new Organikin will not only expand your awareness, but will also help you to grow holistically in an authentic direction.

People who have been on this journey say:

“It wasn’t such hard work to go out and learn new habits and behaviours and stuff; it was like something has shifted.”

“Without a doubt it changed my perspective and helped me start my journey on creating a new identity of who I am.”



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Actor Attributes

Actors have abundant inspiring energy that attracts attention.

Their enthusiasm can bring things into movement.

They take centre stage to refocus other's attention.

Actors are very extroverted; they are not shy. They can be clear about what they want. They know in a good way how to draw attention to themselves and how to prevent others from stealing their limelight. They do this by acting or just by not acting.

Nurturing

Stand in front of the mirror and say out loud what you admire and appreciate about yourself.

Make a list of those people who see you as you are and describe how you behave when you are with each of them.

Slogans

Stand up for yourself!

There's no business like show business!

It is better to be hated for who you are than to be loved for what you are not.

You need to make the best of life and that is something no one else can do for you.

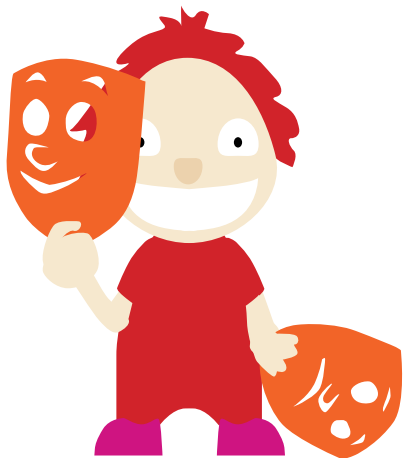
Stretch

Healthy Actors use extroversion not as behaviour but as a choice.

Practice total congruence with whom you feel you are inside. Align yourself with what (you think) others want, but only on the basis of who you really are. Consciously and constantly be in tune with yourself. Do not let your emotions run away with you.

Meditation

I am loved for who I am.



Life giver Attributes

Life givers are powerful and driven, mobile and able to reinvent themselves.

They are needed for growth and enthusiasm.

They have a 'Lust for life' and are life-creating.

Life givers are full of passion and conviction.

They are agile and they can facilitate great changes, even in terms of themselves.

They can take on great risks without thinking about it for too long. They are tirelessly moving forward.

Nurturing

Describe your ideal self on paper — your physique, your strength and intellect, your memories and your descent.

Everything that turns you into your ideal self.

Make a list of all the outstanding qualities of your parents, grandparents, uncles and aunts, and look for the common thread in these qualities — because you also have these outstanding qualities in you.

Slogans

Enjoy life!

I'm selfish, impatient and a little insecure. I make mistakes. I am out of control and at times difficult to handle. But if you can't handle me at my worst, then you sure as hell do not deserve me at my best.

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

Stretch

Count to 10 before starting anything. Think about every action you undertake.

Become aware of the moment when your emotions take over your thought processes and then take one step back.

Be consistent in this, in every situation and at every moment, until it makes you mad, or until you ingrain it as a habit to step on your own brakes!

Meditation

What I was born with is beautiful.

Find your life plot; you already have a superb cast.



Treasure seeker Attributes

Treasure seekers are always looking for the treasure that they know they have. They are looking everywhere and nowhere, and find themselves over and over again. They are looking inside and outside themselves and reinvent themselves over and over again.

They are driven by the addictive magic of great happiness or the final wisdom about who they are.

They know that their self-image is based on assumptions and they are constantly seeking self-knowledge and deeper insight. They are not afraid to confront themselves. They work hard at self-realisation, even if it hurts, seems illogical or causes a relapse.



Nurturing

Create a (long) list of events that have played a defining role in your life and that you have shaped you into who you have become. Describe the impact of each of these events. Consider also that your interpretations of these consequences are coming from your mind and that the reality could also be the opposite. Explore that further.

Slogans

All wisdom starts with self-knowledge!

The unexamined life is not worth living.

My Creator will not look me over for medals, degrees or diplomas but for scars.

I'm not young enough to know everything.

The past has no power over the present moment.

Everybody is talking about the good old days. But remember, these days will be the good old days for our children.

See yourself as part of the history. Know that you are one of the giants on which future generations will build.

Stretch

See yourself as the end result of an ideal process of becoming, with all the perfect ingredients in the perfect amounts and perfectly balanced.

The past is a picture in your head of what might have been. But know that you yourself have coloured in your memory to be as happy or as painful as you (un-) consciously thought was necessary to keep going. These colours may deepen or fade; it's your choice!

Meditation

All my limits are self-imposed
I do not believe everything I think.

Nurturing

Your life is filled with moments, experiences and events are coming towards us all the time. You can embrace this or you can be scared of this. Think about everything that comes to mind, how nice the opposite movement might be. (I am looking forward to the movie tonight or I am looking forward to staying home.)

Slogans

Life is either a daring adventure or nothing at all.

The pessimist complains about the wind; the optimist expects the change; the realist adjusts the sails.

This time, like all times, is a very good one, if we but know what to do with it.

Experience is the useless baggage that knows how to torpedo every improvement with certain authority.

Stretch

See life as a candy store with yourself having enough pocket money to buy anything you want. Know that everything that is going to happen now or later will be joyful, instructive and wonderful. Whatever life has in store for you will be good and instructive — even if you did not see it coming or did not choose it.

Meditation

I find life at the edge of my comfort zone.

Explorer Attributes

Explorers are agile, quick to make connections and therefore ready for anything.

The pleasure they get from all the uncertainties coming their way turns them into excellent change and development agents. Come what may – their eagerness is contagious.

Explorers know that life consists of challenges, if only you can see them.

They have a fantastic agile energy, directly moving with opportunities and possibilities.

They can and want to switch quickly, explore new horizons and use everything at hand.



Doubter Attributes

Doubters know that life is uncertain by definition; certainty is an illusion.

The search for an inner life and inner stability means saying goodbye to things that appear stable. Openness to the situation in the here and now feels liberating.

All you know is that you know nothing. Feel free to ask. Everything can and should be questioned.

Doubters are discoverers of the now, sceptic of anything that seems to be sure.

Doubters are free spirits who do not let themselves be captured.

They are constantly looking for new answers, which mean the questions are being called up again.

Nurturing

Watch the movie "Cast Away" with Tom Hanks and imagine yourself in that situation on the island. Briefly describe how you would feel and what you would do. Consider how you would feel when you get back home.

Consider moments and things you could do to get you in that space.

Slogans

In this moment, there's plenty of time.
In this moment, I am precisely as I should be.
In this moment, there is infinite possibility.

It's not that I'm so smart. But I stay with the questions much longer.

You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth.

Stretch

Strat living like children.

If you can see yourself as just a budding child, you may experience the magnificence of yourself in the world with an insatiable appetite to understand and learn and know and feel.

Eating life with a big spoon.

Know that, at this moment, you are in the right place, at the right stage of your life. You are exactly where you are meant to be.

Meditation

In the beauty of the now I find my future.



Inventor Attributes

Inventors are an inexhaustible source of inspiration and creativity.

They are always busy with 'the other side' of truth or current circumstances. They combine thousands of things and turn these into something new.

The only real source of knowledge is within you. So ultimately you can only build something you yourself can see, feel and know is true.

Inventors are full of their own wisdom, adding to others with new ideas and unexpected twists.

Nurturing

Everything is already known. Therefore, all truth is also in you.

Consider something that you would like to improve in your life and imagine that you already have the answers and solutions deep within yourself. Ponder your question and find the solution that will help you move forward.

Slogans

The only true wisdom is in knowing that you know nothing.

Any fool can know. The point is to understand.
Knowledge speaks, but wisdom listens.

Stretch

If people do not understand what you say or do it is because of them and not you.

Trust what you know and feel, and do not expect others to necessarily agree with you.

Those who understand you will automatically gather around you.

Meditation

I notice what I seek.



Revolutionary Attributes

Revolutionaries have an eye for the obstacles that people collectively have to encounter.

They feel like the Robin Hoods of their world.

They fight against what they regard as nonsense, an injustice or something unworkable ideas.

Revolutionaries see where the world has to be changed before others can see this. They can draw conclusions from this, suggest changes and improvements. They do this with vigour and focus, with insistent enthusiasm and passion.



Nurturing

Look at the world and feel where more justice is needed to help her. Feel where the logic of the justice that you feel comes from and describe it as clearly as possible. Do research in your environment to see where you could convert these insights into action and improvement. Find out which people can help you and try to involve them in the solutions.

Slogans

If you love the tree, you love the roots of the tree.

If you love yourself, you love your ancestry and the world you're born from.

There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings.

The roots of the word anarchy come from 'an archis', 'no leaders', which is not really about the kind of chaos that most people imagine when the word anarchy is mentioned. Anarchy is, to the contrary, about taking personal responsibility for yourself.

Storms make trees take deeper roots.

Culture: If you cannot reach something, stand on the collected works of Shakespeare.

Stretch

Recognise the shield on which you stand as the shield of your ancestors, the shield of the land on which your ancestors' houses stood, the shield that is made of all their combined skills and life lessons.

Meditation

I bend things seen as straight lines.

Nurturing

Consider the following: If you are meant to be in this life, what is your purpose?

One day when you are 80 years old, what would be the deepest passion you would like to have experienced?

Look at your life as a road, with occasional forks where you have to choose a side. Know that it is difficult to undo a wrong choice. Become aware of yourself in your environment.

Be acutely aware of the direction that life is taking you. Consciously decide to make better decisions at the next fork in the road. Base your decisions on what's right for you, free from the influence of others.

Slogans

Hold on to dreams,
for if dreams die,
life is a broken-winged bird,
that cannot fly.

When I despair, I remember that all through history the way of truth and love has always won.

There have been tyrants and murderers, and for a time, they can seem invincible, but in the end, they always fall. I always think of it — always.

Stretch

Experience the meaning of your life by experiencing that you are part of a long chain of giants on which future generations can build. See your contribution to life and to the happiness of others; in the big things and the little things; in your work and family, but also in the smile that you get back.

Meditation

I am here for a purpose.

Hunter Attributes

Hunters are alert and looking for opportunities to confirm and prove themselves. They want to stay in charge of initiatives. They are industrious self-starters.

Hunters see the possibilities that life offers.

They are not unquestioningly satisfied with what seems to be readily at hand. Instead, they delve and search for improvement and sometimes even for the very purpose of life. They have an almost unquestionable faith in what life has to offer and they radiate this, even when life gets tough.



Wrecker Attributes

Wreckers yearn to be supported.

They feel this new order lies beyond chaos.

If things do not work out and if wreckers do not find the help to do their 'thing', everything must change.

Wreckers push and pull on the regulated environment around them, seeking improvement.

They take the responsibility to point out flaws in it, so that they will eventually be optimally supported in their work and being.



Nurturing

Wreckers know small steps make a big difference. Consider any small routine that could make your life easier: a permanent storage place for daily accessories, a regular route to work, a fixed routine that feels good. Take time to feel how well this routine would suits you and gradually expand it to support your life even more.

Slogans

To become a facilitative person means changing how you think in order to change the consequences you help to create or to drive.

Create order in chaos whenever you encounter it.

Create supporting frameworks and honour them.

Stretch

Imagine everything that you think you need in order to grow into your greatness as being already present — in you and in everything around you. Consider that you already are everything and have everything. You only need to be who you are in the midst of all that is. Be aware of what you feel you need to sustain your life energy and to keep going in the direction that is right for you — name this and remember this.

Meditation

I centre in myself in the midst of everything.

Nurturing

The things you need to do together work best when people do what they are good at. Describe the people around you with whom you need to work. Describe each one's strengths and weaknesses, and create a work scheme. Then, think of how you will explain this to them.

Slogans

Tell me and I forget.

Teach me and I remember.

Involve me and I learn.

The only thing that will redeem mankind is cooperation.

Human nature is complex.

Even if we do have inclinations towards violence, we also have inclinations to empathy, to cooperation, to self-control.

Diplomacy is the mortal enemy of culture.

Stretch

Treat people the way you would like to be treated. But this is easier said than done. From this perspective, be aware of the impact of this on the way you relate to others. That means cooperate, co-create, listen and put yourself in someone else's shoes. Become your own devil's advocate. Try to imagine why others would want to think or do differently. See the beauty of it and thus the relativity of your own ideas and conceptual constructions.

Meditation

I stop and step into the shoes of others.

Captain Attributes

Captains have the urge to take control and know exactly what to do. Captains give direction. They make underlying relationships clear so that others know how they need to work together, live together or take care of one another.

They determine, arrange, push and pull where they think it fit to do so.

Captains provide direction and guidance. They determine the pace and content of cooperation and living together. They clearly see the route they need to take and they know how to persuade others to follow them. They do not allow themselves to be pushed off their path by others. They decide quickly with whom they want to work or play.



Joker Attributes

Jokers always take the initiative in the group, involving everyone, engaging them in what they are doing.

They ensure that the 'safe' people do not 'escape' from the collective group.

Good at sensing who simply does not belong to the group.

Jokers take the initiative when it comes to being together. Jokers can quickly assess people and instantly know whether 'clicking' is possible or not. They are therefore able to quickly gather an enthusiastic group around themselves, if it is at all possible.

They are the engine of being together, the driving force behind sociability.



Nurturing

Look at the people you really like and those you fear or abhor the most. Recognise in them that which is also in you.

Learn to accept that you are what you see in others.

Know that if you want to love yourself, you will have to love the others. So start with that.

Approach others with something that makes them happy. Hide behind the jester card and the invitation.

Make them aware of you, without losing yourself. This will enable you to get used to the attention and interest of others.

Slogans

A friend is someone who knows all about you and still loves you.

Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.

Love all, trust a few, do wrong to none.

There is nothing I would not do for those who are really my friends.

I have no notion of loving people by halves, it is not my nature.

The worst loneliness is desperate for sincere friendship.

Stretch

Know that everyone you encounter is an angel for you!

Can you look at people in this way and appreciate them for who they are?

Can you stop your judgement and pause after your first impression?

Meditation

Friends make good times better and hard times easier.

Friends don't let friends do silly things alone.

Nurturing

How can you be sure that when you do things for others, you know they like it or they think it is important?

Consider how you can obtain this certainty and try it out.

Slogans

If you are not in over your head, how do you know how tall you are?

Do not gain the world and lose your soul; wisdom is better than silver or gold.

A problem is often half-solved when it is clearly stated.

"Creativity is easy.
Originality is difficult.
Relevance is a bitch."

— Mark Rude

Stretch

Before you decide what others want or before you think you know what others want, just ask them. First ask the question and then decide whether you can satisfy the need. Make yourself dependant on the needs of the other and not your own needs (however well-intentioned!)

Meditation

The route to real significance is through real relevance.

Relevance flows out of respect.

Seller Attributes

Sellers have a keen sense of knowing what others need and what they can therefore deliver. They focus on the outcome of the deal. They know how to apply their talents optimally.

They are enablers of success. They spend energy thinking about opportunities and trying to find new ways to come to a deal.

Sellers take responsibility for matters that must be completed.

They focus on issues that are important to others in their work and life.

Sellers are not satisfied with half measures, also not from others, although it has less to do with the situation and more with whom they are.



Teacher Attributes

Teachers maintain the perfect balance between what they can do, who they are, and what people want to see of them.

They also know that this is why people appreciate them.

They know their strengths and have very high standards for themselves.

On the one hand they are docile. On the other hand, they are determined to show the best of what they have in themselves, preferably without any compromise.



Nurturing

In order to be a Teacher, it is very important to suppress the first impulse to get attention. Teachers should think ahead instead of doing reflection afterwards.

Preparing what you want to show and sharing with others can become a habit! It means that there is time to explore what people actually desire of you. Think about what others expect in terms of your skills and qualities.

Slogans

What you've done, makes you who you are.

Courtesy does not always awaken goodness, fairness, compliance and gratitude. But at least it has the outer appearance of it. Also, it makes your outward appearance look like your inner appearance.

Stretch

Teachers firstly teach the lessons to themselves. Somehow they are never good enough for themselves.

They have a picture in mind based on their perception of what others might think or find, which is almost always wrong. They do more than their best, even more than their environment desires of them. They set the same requirements for their surroundings, in which they can then be the 'real' Teacher.

Meditation

It is enough to be and show my best.

Nurturing

They are the bearers of care.

If they do not feel that way, they may start to explore how they look in terms of their family and ancestors. They may discover that they have not changed during their lives. Their primal qualities and character traits have stayed the same.

If people tell you that you are exactly like your parents or siblings, in what ways are these people right (whether you like it or not)? Recognise those things within yourself and see how many of these qualities you can embrace.

Slogans

The expression of feelings is less focused on outward display as they are felt ever more deeply.

Stretch

Explore the idea that you, and also others, are unchangeable.

For a Caretaker 'eternal I' brings peace, even if the I is not so functional any more. That feeling of peace prevents growth, adaptation and connection with life. The big challenge is therefore to let go of the I image as a status quo.

Meditation

When you love who you are, you have everything you need.

Caretakers Attributes

Caretakers are comforting, reliable, embracing and reassuring. They have an attitude of: trust me, lean on me, rest with me.'

They know they 'are who they are' and know they 'are trustworthy.'

Caretakers are a chip of the old block. They want to resemble their parents and grandparents. They know themselves well and are proud of their roots.

They can be proud of 'rigid' traits because that is characteristic of their heritage. They do not see the need to change. They can get the same advice for years without changing anything. So, with a mix of pride and joyful resignation they accept who they are and they accept that they cannot change the legacy of the generations in them.



Diarist Attributes

Diarists know themselves well and fill any gaps in this knowledge easily.

To do this they investigate, reflect and listen to others.

They gather information in order to solve the 'mystery of me.'

Diarists have their act together when it comes to their own background and the events in their lives that made them who they are.

Diarists know a lot about it, have read about it and have been advised about it. They can also tell others a lot about how to deal with their own stumbling blocks in life, especially if these look like their own. They are, in other words, experts through experience.



Nurturing

"Educate yourself: Google it" is a common phrase in the land of awareness. Let the following questions help you to develop the Diarists in you:

Where are you now and how did that happen?

Where do you see your strengths and pitfalls?

Who has written about that?

Who can you consult about it?

Diarists have gained wisdom over many years and they know the core of their being. Get started if you want this in your life too.

Slogans

Development is also about unlearning.

If I do not know why I do the things I do, I can't be happy.

We are the artisans of our own lives; the quality of our lives depends on how good our tools are and our ability to use them.

Stretch

Collected experience is useless knowledge in a changing world.

Living in the NOW also means that the NOW is different from the EVER.

Whatever you have read or understood, it can at best only be partially about who and where you are now.

Open yourself up to experience.

Be curious about what is different and new.

See the pictures in your head that are chiseled in stone of those ultimate truths of history that may have been your reality for a moment.

Meditation

Don't look back. You're not going that way.

Nurturing

Consider how your life or the future of your organisation will look and describe it extensively.

Now imagine that you know afterwards that it was not the right future. What is your Plan B?

Do the same exercise, and then imagine a Plan C, D and E.

Does it become easier with practice? Now you can apply this methodology to every situation that seems to have only one direction or outcome.

Slogans

Chess is not for anxious souls.

If there is no alternative, then there is also no problem.

Variety's the very spice of life. That gives it all its flavour.

Stretch

The chess player actually has two ideal challenges: Firstly, life carries on regardless and all variations you can think of are just bad thoughts that drain your energy and make you worry. Or, secondly, whatever you think up, life comes as it comes. Your path and your directions are fixed. So surrender and relax.

Meditation

We live life forward. We understand life backward.

Worry is a misuse of our imagination.

Chess player Attributes

Chess-players build their ideas of the future and vision on their reading of the now.

Mapping future possibilities that are obvious to them.

They can formulate various scenarios, compare various options and switch from one to the other.

Because the future is no more than the extrapolation of trends from the past, chess players know what could happen.

Chess players are visionaries who scan the various options of what might happen. Chess players can tell you about the how and what of the fog of the future. They know from "the most likely" to "the possible." In case of unexpected events, chess players quickly switch to a new set of possibilities.

Chess players are a reliable and rewarding source of information for people who want to make plans and want to exclude uncertainties.



Apprentice Attributes

Apprentices know peaceful rest can only be attained by practicing it continuously.

Peace of mind in the current situation, if properly guarded, provides life long balance and stability in being.

Being one's own best companion gives them a clear view on others

Apprentices are calm and content. They know where they stand and how they can handle life. They also remain searching for it, but with a sense of 'one step every day'. Apprentices help others through their balance and stability.

They form anchor points for their environment.



Nurturing

When doubt starts to taste 'pleasant' and feels like 'being on the way to', then the Doubter becomes an Apprentice. Then they become curious about what is to come.

All knowing can at best be one step on the way to the top on the never-ending ladder of life.

Slogans

Loneliness is a good place to visit, but a bad place to stay.

It is not that I'm so smart. But I stay with the questions much longer.

Stretch

'Resting rusts. Do not let the currents of life steer you in the wrong direction. Instead, stay calm during the journey, the obstacles and even the collisions.

Then 'rest' becomes 'acceptance' and the Apprentices rise above themselves and their circumstances. When this happens the Self in them becomes the center of the world and they embrace being together.

Meditation

It is what it is.

Accept.

Move on.

Nurturing

Knowing becomes 'true' when it is printed. If you do not know from where you know something, then shut up until you find the source.

Practice objectivity and screen everything you think you can add.

Slogans

The secret to creativity is knowing how to hide sources.

Stretch

The voice of silence, the knowing that is not recorded or cannot be cited but is experienced as knowing, this is the trickiest place for Bookworms. Knowing that comes from the mature Self and that can be put into words points to inner knowing. This is both unique and universal. This is often a strange concept for real Bookworms.

Meditation

I stand on the wisdom of many generations.

Bookworm Attributes

For Bookworms truth is something you can look up, something that is already 'known'. Always look for the recognisable source of an idea.

They regard themselves as the ones presenting knowledge rather than the ones discovering knowledge.

Bookworms are grateful carriers of knowledge.

They just know things, quote with ease and know where they can increase their knowledge. They are therefore a source of information for their friends and colleagues. Bookworms know things and where you can get help.



Mayor Attributes

Mayors act as examples for others when it comes to complying with codes of conduct and (cultural) standards.

They find compliance very normal.

They are decent and thorough.

Mayors are people who are 'timeless' in a sense. They are decent, honest and trustworthy, and they have a great sense of community. They know how life should (or must) go to not disrupt the order of things. They have a kind of eternal value that seems to rise above themselves. It is as if they can rise above the various parties and still serve everyone and everything.



Nurturing

Mayors are the 'Primus inter Pares' (first among equals) among their peers. To become a Mayor, it is crucial to recognise and acknowledge those equals and to serve as an example for their behaviour and thinking.

In addition, acceptance from the others is absolutely necessary.

Every urge for individuality or deviant behaviour is a no-no.

Slogans

When in Rome, do as the Romans do.

Just do it, you're crazy enough.

Everyone knows how it should be done, but not everyone sticks to it!

Stretch

Mayors stretch themselves by discovering themselves in their own way. This discovery cannot be borrowed at the expense of their own being. In other words, the challenge here is to search for the inner foundation, the grounding of one's own being. "Which images and standards are really mine?"

Here too, the True Inner Norm corresponds with the True Cosmic Norm.

Meditation

Choose now what your future self will be grateful for.

Nurturing

Farmers have their own (Kairos) experience of time and the rhythms of day and night, of seasons and years. So try to distinguish between the constraints of clock time (Chronos) and your inner pendulum. See where those two are separate and try to hold on to your inner rhythm. That brings you peace and in a way elevates you above the delusion of someone else's day. Know that guilt ruins centeredness. Every day, at your own pace, take one step in the direction of being centred.

Slogans

It requires outward courage to die. It requires inner courage to live.

"I do what I do because I am who I am because I come from where I come!"

It has been historically determined that I am in this place. I want to make the most of that.

Stretch

To know that not understanding why you are where you are and who you are can be more reassuring than the familiarity of eternal repetition. It is therefore a real challenge for Farmers to recognise the constraints of their patterns so that they can let go of what keeps them trapped.

Meditation

Find yourself and be that.

Farmer Attributes

Farmers do what they do. They feel responsible for their surroundings. They are relied upon for sustainability and stewardship. They are anchor points in their environment.

Farmers keep on ploughing. They do what needs to be done because they are who they are. They see themselves as extensions of their intentions, often based on the underpinning of an age-old tradition.

Farmers plough on ... Farmers know where they stand and should stand, in the deep knowledge that the world is going the way it is, that times are as they are and will always come again. In a way, Farmers are unperturbed; inwardly grateful for life, because it is as it should be and they have their place in it. Their families see their unwavering stability, even when the Farmers themselves sometimes experience things differently.



Bricklayer Attributes

Bricklayers seek order through timing, regularity, resources and right insight.

They build to make things that are obvious and factual the norm.

They do this to help others and themselves rise to their potential.

Bricklayers create peace and order in the world around us – from literally tidying up to figuratively serving as a refuge in the maelstrom of life. They create this basis for themselves as well as for others to be able to work and live well and effectively. They recreate and organise, allowing them to offer insight and understanding. They know this and consider themselves as indispensable for the people around them. They are aware of the peace that this knowing brings, also to themselves.



Nurturing

Do the same thing for 30 consecutive days and you acquire a new rhythm. To become a Bricklayer you need a base discipline that you follow for at least a certain period of time so that the regularity can become your new reality.

Find something, think of something that can help you in your daily activities. For example, put your keys in a fixed place, or prepare for each week by discussing it in detail. Start doing this and keep it up. If you succeed with one thing, then expand to the next one. Stack stone upon stone. Break down what appears to be broken and start again.

Slogans

Do something before it becomes a problem.

Create order before the chaos occurs.

Becoming a facilitative person means changing how you think so you can change the outcomes you are helping to create.

Whoever describes the chaos puts things in order.

Stretch

Let go of doing. Surrender to what is and what is happening is the ideal challenge for Bricklayers. They need to learn to sit on their hands while they see (or think) that there is still a lot to be done.

This means accepting that enough has been done to make progress possible, that there is enough stability to continue building and that even more foundation can make the building sag.

Meditation

Order leads to habit.

Nurturing

People need support, something to hold on to. For many people, continuous streams of new insights or work methods, however valuable, are too much to handle. Therefore, add breaks in between. Do not change anything for a while and call the status 'appointment' or 'arrangement'. You will see people become increasingly calm and productive!

Slogans

The truth is in the middle.

A good deal is better than always being unsettled.

The best truth is the broadest truth.

Trust in God, but lock up your bike.

The only thing that will redeem mankind is cooperation.

Human nature is complex. Even if we are inclined towards violence, we are also inclined towards empathy, cooperation and self-control.

Stretch

An appointment is nothing more than a joint refuge in the stream of life.

A perspective-bound safe space to create peace in working and living together.

If you can become aware of this, you will be able to discover the human vulnerability behind it. And with that, let go of the appointment and let things happen. The hindsight-focused appointment thus becomes an instant observation. And that may vary in the moment!

Meditation

Empathy is seeing with the eyes of the other, listening with the ears of the other, and feeling with the heart of the other.

Mediator Attributes

Mediators like to make appointments and to stick to them. For them, certainty and clarity are more important than emotion and agility. They are the reliable core of the group. They ensure that everyone knows where they stand in terms of one another and in terms of them.

Mediators are anchors in their environment. They know how to create a sense of community and how to get people to work together. They are very objective and they cannot be fooled by emotion and tension. 'Appointments are agreements', 'This is how we do the things here' and 'What is good for one is good for the other' are statements often used by Mediators. Their reassuring behaviour is gratefully embraced by others.



Organiser Attributes

Organisers simply know how to establish the social environment that makes everyone feel at ease.

They meticulously ensure that everything is in order, and they make sure that there is something for everyone.

They are always there for friends and colleagues.

Emotionally quiet and friendly, they are in many cases the stable pivot around which a company revolve. They are where they need to be. They do the things that are expected of them. Their reliability in relationships turns them into valuable friends, colleagues and even opponents.



Nurturing

Organisers are relationship builders. They take into account what people like or dislike, and they do this without forcing themselves. Stability and understanding are keywords they make their own.

Slogans

Everyone has his own quirks!

Do not make friends easily, but always stay loyal once a friendship has been formed.

Stretch

It is almost a contradiction in terms for the Organisers to believe that people can enjoy themselves while they are doing nothing. This is difficult for them to understand. For Organisers, this calls for self-confidence and courage. The challenge is therefore to surrender and observe, letting go instead of stepping in for others. It is about not being judgemental when things turn out differently than expected (or hoped for). Organisers must let go of judging others, and in particular of judging themselves.

Meditation

We treat others the way we really feel inside.

Nurturing

Tailors have the ability to see and follow the beaten road. They are therefore looking for proven concepts and following the flow of things. They do not force anything. They do what has apparently always worked and will always work. If you want to check, start by checking the others first before looking at what you can or want to do.

They only change if it is objectively better or cheaper for reach the end result.

Slogans

We do not go for the hype but for quality!

Losing sight of the goal is the most common form of stupidity.

Too many people have the wrong idea of what happiness is. Happiness is not achieved by being complacent but by staying loyal to a worthwhile goal.

A statistician confidently waded through a river that was one meter deep on average. He drowned.

Stretch

Learning that focused intent can have more impact than targeted effort is a challenging concept for Tailors. Not knowing, not asking and not doing feel like lethargy and a lack of trust. And that is the problem: Following consensus, following the flow of things without forcing them or assuming that they are feasible.

Meditation

Never change a winning team!

Tailor Attributes

Tailors listen well to what others want and they do their utmost to deliver this as precisely as possible.

They work along familiar lines and concepts.

They focus to optimize their chances of success for others and themselves.

Tailors know what people actually want, even before people themselves know what they want. Tailors are the diesel engines in a work environment. They are unwavering as they continue along the right path. They will not be thrown off balance by everyday happenings or hindrances. Instead, they continue along the right path.

They work along familiar lines and concepts.

They focus to optimize their chances of success on all sides.

They move steadily and almost unconquerable, they continue on the right track.



Advisor Attributes

Advisors embody invitation. They show their most endearing smiles and quickly put people at ease with their kindness.

They want to be perceived as inviting and open.

Their friendliness and ability to listen make everyone feel welcome.

Advisors are inviting, friendly, open and receiving. Advisors know how to make you feel welcome. They want you to know that you can always ask them for help and that they are always there for you. That is why they are well loved. And why people feel safe with them.

They ask the right questions and give the right answers. They know how to put people at ease without interfering too much. They are present without being overwhelming. They rarely go unnoticed and always pleasantly visible.



Nurturing

Advisors are people who show themselves in a way that is recognisable but without being too obvious. It is a matter of smiling, keeping your mouth shut and counting up to 10. Silent presence is more important than drawing attention.

They try to understand what is important for others and then show that aspect of themselves.

They do not make excessive demands on themselves or on others.

Letting go, breathing, and counting to 10, trusting your system and paying attention to what others want from you — this makes you an Advisor for others.

Slogans

Everyone is always welcome! My door is always open! I am always there in any case.

Distinguish yourself from the crowd through your soul. But resemble the crowd through your outer appearance.

Silence teaches us about the course of our lives; speaking teaches us sooner.

Stretch

The ideal challenge for consultants is to stay true to themselves. What they show to the outside world must be aligned with what they feel inside. They need to share the not-so-good times and emotions with their environment, knowing that people will not think less of them and dislike them.

Meditation

Sometimes it is not a plan that saves us. Instead, it is breathing, trusting and letting go.

Nurturing

Finding the Grandmother is one of our most important journeys of discovery. Learning to receive unconditional love and acceptance opens up the ability to give from what you have received. This is about silently embracing cosmic kindness and unity.

This journey of discovery involves embracing yourself for who you are.

It is about accepting the beautiful value of your own roots and the blessings you have received from your mother, and from the family around you.

Slogans

It's a new dawn, it's a new day, it's a new life and I'm feeling GOOD.

Live through consciousness, not through emotion

Stretch

The challenge for Grandmothers is to stay present amidst the daily inconveniences and uncertainties. It is about keeping on trusting even when painful memories or events surface and require more of you than you think you can handle.

Meditation

Be odd in the most wondrous ways.

Grandma Attributes

Grandmothers focus on being there for all that is needed, content and the source of rest for everyone.

I can be there for others from a fulfilled Self.'

They love , give safety and embrace from their abundance.

Grandmothers radiate an inner confidence. They have an unwavering belief in life and its possibilities.

Grandmothers radiate safety and reassurance from their hearts. For them, nothing is too much trouble. There is no need to impress. They personify inner strength turned into self-confidence.



Dreamer Attributes

Dreamers gratefully accept what life has given them – not only the pluses and minuses, but also the lessons.

It makes them happy to know why they are who they are.

The 'lesser' traits in themselves no longer bother them.

Dreamers have a picture of the history that has turned them into the fantastic beings they have become. They look around and see that everything is good! Apparently, they received the right ingredients at the right time in their lives, enabling them to learn everything about being happy and full of love. That is why they can love themselves and also love others.

Nurturing

The path of trust that is underpinned by reliability gives future Dreamers the science and understanding that makes their lives recognisable and mindful.

It is about letting go of understanding, at the very moment that understanding provides a firm grip of the past, but before it weighs down the present.

This will allow you to feel and experience the science of the discovering nature of your life as joyful.

Slogans

All puzzle pieces from my life are now coming together!

If my Creator wanted to make me a more beautiful person, she would have done so.

Stretch

Situations can force Dreamers into action because their own experience seems insufficient. This can turn Dreamers' self-assurance into dissociation and abstraction. When this happens, Dreamers run the risk of smiling apathetically without being able to move.

Meditation

Every heart carries a story.

Live out of your imagination instead of your memory. Les Brown



Wizard Attributes

Wizards' strong presence allows them to be normal, regardless of what is coming their way.

They do not need to wait for anything or anticipate anything.

They trust they are everything they should be and they do what they can and may do.

Come what may, Wizards see themselves get out of every situation with great calmness and confidence. They effortlessly sense and move along, without being too concerned or finding this extraordinary. Wizards seem to know what is coming their way. This allows them to be well prepared.

Nurturing

The Wizard arises when you no longer need to work on your vision, when you free up your thinking about this, and when you find more guidance from divine intuition than from the limitations of contemplation and the ticking off of possibilities. Peace of mind about this will grow in practice, and become stronger. Then comes the moment when the logic of what is seen no longer matters, without affecting its credibility.

Slogans

There are no crossroads on the spiritual journey. There is no wrong way. There is only one path that, without the intervention of reason, will gradually unfold in the perfect way and at the right time. When this happens you will know that you never have to doubt or be afraid again.

Stretch

If you do not know where you are going, you could easily end up somewhere else. This piece of wisdom begs the question: How difficult will it be to end up somewhere else? This is the touchstone for the Wizard. If the path leaves the paradigm, escapes from the known world, how much trust would you still have in your own actions? How calmly can you continue to let go?

Meditation

Magic is something you make.



Master Attributes

Masters are naturally comfortable in themselves and are at peace.

They are no longer focussing on themselves.

Masters are connected to life and they are filled with love for everything.

Masters have an autonomy that distinguishes them from other people.

They are anchored and calm, radiating inner power. They are enough in themselves and can therefore be there for others without feeling threatened, exposed or judged. They seem unperturbed by the turmoil of life. It seems as if the turmoil of life only makes them stronger. They are examples for many but they are unlike most others. They do not let society, material wealth, greed or competition influence who they are.



Nurturing

Again, practice makes perfect, or at least Masters want to be a true Masters.

What they have 'mastered' or in what they want to show their real skill, can only be achieved by much practice in silence, contemplation and meditation. Detachment or the absence of others assists in this process. Independence also requires a context in which to make this possible. Mastering something calls for awareness and the ability to seek.

Slogans

Solitude is a silent storm that breaks off all our dead branches.

You can only be yourself when you are on your own. If you do not like solitude you will also not like freedom because you are only free when you are alone.

If you leave troubled water in peace, it will become clear on its own.

In this moment, there's plenty of time.
In this moment, I am precisely as I should be.
In this moment, there is infinite possibility.

Dance like there's nobody watching,
love like you'll never be hurt,
sing like there's nobody listening
and live like it's heaven on earth.

Stretch

Masters are the most challenged when there is no connection with others. The balance between being alone and living in the world is precarious. This is where the meaning of life surfaces. Another major challenge is confronting strong emotions when with others. When Masters are confronted with anger and deep frustration, they can come across as arrogant and threatening to others, without really being that way. This requires patience and love.

Meditation

Accept. It is what it is.

Nurturing

The Believer's inner voice surfaces when 'must know', 'don't want to know' and 'knowing that we know' quietly vanishes. Believers, once speaking, can no longer be ignored.

The difference between 'reliability' (searchable, explicable, measurable, identifiable) and 'trust' (blind, unprecedented, supported by fantasy and imagination) is highlighted, and demands surrender and letting go.

Slogans

All the innate knowledge that cannot be demonstrated in the external world is called imagination.

Talent is developed in solitude while character is developed in the flow of life.

Believing and knowing are two parallel tracks that will never meet, except for the child.

Those who know do not speak; those who speak do not know.

Stretch

Much of what we think is 'knowing'. 'Knowledge' or 'experience' is actually the articulation and explanation of our fears and ignorance. In other words, we appease our unrest with a (temporary) logical flow of words. When Believers are speaking, images come to the fore that indicate true knowledge, no appeasing reaction to fear, but abstraction built on love. Nothing is strange to anyone; Believers will be tested to see if their knowing is consistent. They must stand firm without bowing to the small – although life-like – fears of everyday life.

Meditation

What you notice depends on what you seek.

Believer Attributes

Believers trust and then receive all that they need.

They really believe in the power of letting go.

Believers know what need to be known at the right time they need to know it and they are open to receive this knowledge.

It seems that Believers dictate from the work of others, but with a uniqueness and obviousness that speak of their own deeper wisdom. Believers have access to their inner source of knowing, which is aligned with the eternal source of knowing – even when the things they know seem separate from their knowledge and experience of the worldly reality. Through their knowledge, Believers serve more than their own affairs.



Guru Attributes

Gurus are examples for everyone of how to live life through the way they create space to think and play.

Their natural attraction makes people follow them on their way.

The way Gurus create space in which to think and play is examples of how to live life. They get people to follow them on their way. They find it quite natural to attract people.

Gurus stand for (aspects of) eternal truth. Gurus are examples of trust in human society. They show you how to act in line with your own inner being and how to get closer to your authentic self. They are the obvious examples of 'practice what you preach' and they serve you as

they serve everyone: without attachment and without expectations.



Nurturing

Eternal truth comes from all people. It thus is above people, and it is elusive and yet true.

That means that your truth can only be a fragment of the ultimate Truth (if it is that).

How you think people should interact with each other is therefore relative. Surrender to the comfortable feeling that everyone who is sincere is right.

Do not tinker with that.

Slogans

Culture is what remains when you forget everything that you have been taught.

Stretch

Gurus are easily put on a pedestal by people. This podium of worship can make Gurus believe that their version of the eternal truth comes from themselves. The ego then emerges and shatters the essence of the Guru as a universal and ego-less being. When this happens, Gurus become charlatans who dance to what they think others want from them.

Meditation

Work to become, not to prove.

Nurturing

One of the more difficult paths in life is letting go of the ego, letting go of the here and now, letting go of ideas about the past or future. Then the BEING remains, a silent and unconditional love for yourself. Becoming a Winemaker is therefore like falling blindfolded and blissfully into the Great Nothingness. It is about letting go of everything, of everyone, of time and space, of desire and fear. It can be that simple to become a Winemaker.

Slogans

One does not have to understand the world; one simply has to find one's place in it.

Being free of wishes leads to inner peace.

If wealth and honour make you arrogant, it is asking for misfortune. You should withdraw when you have completed something. That is the Way.

All beings under the heavens have their origin in being; the being has its origin in the non-being.

Stretch

It is easier to be a Winemaker if you are alone with a plate of food in front of you and a glass of wine in your hand, than amidst anxious people and dramatic events.

In tough situations, it is a huge challenge to stay with yourself and with others.

Withdrawal on the cloud of inner peace the easiest way out. When a Winemaker can remain a true Winemaker in these situations, he has passed the most difficult exam!

Meditation

Eat, move, speak and act like you love yourself.

Winemaker Attributes

Wine makers have peace of mind in the dimension of givenness, free from the here and now.

The givenness of life is often translated into a natural sense of long-term reassurance.

Their being in life sometimes feels like destiny.

Winemakers are the personification of self-confidence and inner peace. They have the ability to remain calm and collected on a fundamental level of being, even amidst turmoil. Their stability has an irresistible yet incomprehensible kind of logic. Although it does not seem to flow from them, they are saturated with it. They radiate ease and natural flow, which they themselves sometimes find difficult to understand.



Dweller Attributes

Dwellers can enjoy everything that their surroundings has to offer.

They can sit back and do what they were born to do!

They like the idea that they do not have to think about arranging their resources themselves.

Dwellers see the possibilities and opportunities in everything around them.

Everything seems to serve them and provide them with the means to achieve success.

They sail through life with an almost unconscious ease, finding that life always conspires to help them. Coincidence does not exist, because everything comes 'natural' to them.



Nurturing

Imagine life is fixed. Imagine everything has been designed to serve you, allowing you to make the most of yourself and your life. Can you look at things with these eyes? Can you see support in everything, can you see that everything is there to teach you the things you still have to learn? And that if you are experiencing it differently, you can look at your own experience instead of the setback you have experienced?

Slogans

Chaos is the word we have conceived for an order that we do not understand.

"Breathe in, take what life hands you; hold it, accept it; breathe out, let it go."

— Susan Gable, A Hero to Keep

Stretch

The moment that wish and reality start to separate, the Dweller's self-image and his recognisable ego start to compete. When Dwellers can see major setbacks as a blessing in disguise, they can overcome life's challenges.

Meditation

Every life is a gift

Life is a journey not a destination

Nurturing

Imagine that trust is really better than control. Imagine that you can look at people without telling them what to do and without checking what they have done. Imagine that you can suppress your need to know. This will enable you to maintain the friendly distance of the Elder.

This will also enable you to do your work without others watching, weighing or judging. This will enable you to fully trust yourself, your own qualities and your own power of judgement.

Slogans

The more laws there are, the more thieves there are.

Those who do not trust others will never win the trust of others.

Stretch

The biggest challenge for Elders is holding the line with others, even when some people stop holding the line. It would be so much easier and more convenient to withdraw completely. It would be so much easier to do your 'thing' completely separate from the others, and to see yourself outside or perhaps even above the others.

However, holding on to that connection with others, continuing to trust them and continuing to communicate with them in a 'non-violent' way is the best remedy against dissociation and creating an island. For Elders, this can also be the toughest challenge.

Meditation

I give others the gift of space to be themselves without the threat of me leaving them.

Elder Attributes

Elders have a natural delegation power - everyone does what they need to do but within a larger context of doing things together.

They can and want to work without someone watching over their shoulder.

It is about giving people space and trusting them to do the right thing.

Elders have the ability to trust people in what they do.

They themselves also exude trust. Hence, very few people feel the need to control Elders.

Similarly, Elders will not reprimand others. They know that the optimal development of people happens when they are allowed to apply their own strengths and set their own goals. Elders can therefore delegate well and appreciate the value of others.



Innkeeper Attributes

Innkeepers are always willing to be there for others, no matter who they are. They are very trusting and kind, open and welcoming, making everyone feel at ease immediately.

Innkeepers 'per definition' have the ability to see the goodness in people. With Innkeepers everyone immediately feels at ease.

This means that people deeply know they are welcome; people are seen for who they are and not (only) for what they do. Innkeepers are hospitality personified. Innkeepers facilitate peace in the group and reduce tension. They ensure that people start talking to each other again.



Nurturing

Let go of 'discovering things about others'. It is not that difficult. Yet, this is one of the most difficult lessons of life: to see others, observe them and accept them without reserve. In other words, do not find something about someone, do not weep with others who found something. Instead, accept what others are doing and who they are in a non-judgemental way.

Slogans

Friendship gives eyes to distance and a voice to silence.

Treat good people well. Also treat non-good people well. This is how kindness is created.

To trust you need to know how to close your eyes without being blind.

Trust is courage and faith is strength.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Stretch

"Turn the other cheek" is the challenge that Innkeepers need to face to show their worth.

When Innkeepers are confronted with threats or unpleasant behaviour, their first impulse will be to guard or defend themselves against it. Acknowledging others in their grief or anger shows True Power. This requires mastery from such Innkeepers.

Meditation

Trust those who love your company when you have nothing to offer.

Nurturing

To become a Provider, one needs to be aligned with one's inner knowing. Knowing what your strengths are and what others require from you can only happen when there are no emotions at play. No expectations, no solutions, no findings and no obligations. Simply being who you are will enable you to connect with those who need you for your special gifts. You need to embrace those who come to you and also those who do not come to you.

Slogans

Fame lies in the effort to reach a goal, not in the achievement of it.

Many stubbornly follow the path they have chosen. Very few stubbornly strive towards their goals.

The purpose of education is to replace a blank mind with an open mind.

A goal is a dream with a deadline.

Act so that you seek humanity, whether in your own person or in others, always as a goal, never merely as a means.

Faith is taking the first step even when you do not see the whole staircase.

Stretch

Providers in the 'wrong' context (if this is even possible) can come to the conclusion that nobody needs them.

To accept this situation and to see it as a welcome break that needs to be embraced, Providers need to fully be themselves. They need to remain true to themselves without hesitating and without moving in the direction that others are dictating.

Meditation

Lighthouses do not seek boats to save; they just stand and shine.

Provider Attributes

Providers give themselves to others.

They trust that 'what comes from the heart' will always be welcome.

Meeting others are about fulfilment and not filling a need.

Providers have an almost unnoticed presence and they are effective in achieving what is needed. They often retreat into the background, but their presence and love are always felt.

Providers take care of what people want, even before they have voiced their needs. Without demanding attention and without effort, Providers unobtrusively add value to the people around them.



Organikin Probe

These questions assume that you have already identified and discussed your Organikins from your OSC with an organic coach.

Hopefully you have gained new insight in and appreciation for your life strategy.

Reflection

- The questions below are an invitation for further reflection on your Organikins.
- Since when is this Organikin part of your life?
- How did the Organikin become part of your life?
- If this Organikin was not part of your life, what would your life look like? (If you think life would have been better or easier without this Organikin, try to validate and affirm as much as possible and further explore this Organikin's role in your life.)
- If this Organikin could sit next to you, what would he or she say to you? What is his or her wish for your life?
- If you could say something to the Organikin, what would it be? (While keeping the good intent of the Organikin in mind, feel free to explore appreciations as well as possible frustrations without blocking any thoughts.)

Exploration

Explore the many different Organikins and their relationship with each other:

- When does Organikin X clash with Organikin Y? (When do they compete?)
- When does Organikin X and Organikin Y work together well? Can you think of a time this happened?

Conclusion

- What is the one theme that evolved through your reflection?
- What did you discover about yourself that was helpful?

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