

Ifá Iwa (Lesson 20) *Ọ̀ṣẹ́ Ifá Ritual: Àwẹ̀ or Takète*

Greetings: ***Oriire fun owo!*** (Good Tidings to you!)

I pray that you are feeling awake, aware, and elevated in mind, body, and spirit wherever you are, and whatever may be happening around you!

Àṣẹ! Àṣẹ! Àṣẹ o!

I am *Baba Umar, Oluranse Emese*, (Voice of the Emese), Member of the ***Isoro*** Traditional Council of Chiefs, ***Olúwo*** of the House of Umar, and ***Babaláwo*** of ***Ile Awo Ọ̀rìṣà***. This ***Ile*** (Spiritual House), our website, and these video lessons are sanctioned by the ***Isoro*** Traditional Council of Chiefs in ***Ile-Ife, Nigeria***.

Opo Ire (abundant blessings) to our ***Egbé***, our online community of Subscribers that continues to grow thanks to you. Thank you for joining us for another lesson in our Video Blog Series. Remember, as a member of our **YouTube *Egbé*** you can support each other's spiritual journey by posting your questions and uplifting comments in the comment section below. You can also email me using the link in the description section below if you need to connect me on a more personal matter.

If you are new to these video lessons, we invite you to click the links below to become a **Subscriber** and member of our ***Egbé***. Also, click the **Notification** button to stay up to date, and I also ask you to **Share** this resource with your family, friends, associates. You never know who might be the very person that may benefit from this wisdom.

Homage to The One Who Sends, and to those who are sent!
Homage to ***Ọ̀rìṣà*** and ***Egun!***

Our topic in this video is: ***Ọ̀ṣẹ́ Ifá Ritual: Àwẹ̀*** (fasting, deprivation) or ***Takète*** (to abstain)

Understanding ***Àwẹ̀*** (Fasting) as part of your ***Ifá Iwa (Ifá Practice)***

In the modern world of confusion and physicality fasting has become a fad and method for weight lost and body image management. For those a little more health conscious, it is a way of cleansing and detoxifying the body and giving ***Ara Ojubo*** (the body temple) time to heal and rejuvenate from the stresses of the fast paced, competitive, and toxic environments we live in. And in fact, fasting is good for all these reasons.

If you study the life cycle of plants and trees you will see that they too have periods of fasting when they go into a dormant or resting state, take in less nutrients, and engage in less outward productivity (generating less leaves, flowers, and fruits). Arborists and botanists recommend that you not fertilize (feed) your trees and plants when they are in this fasting state.

Have you ever noticed that when animals are feeling sick, they will most often fast, reducing their food intake to little or nothing, taking in only water, resting, and giving their bodies time to detoxify, heal, and rejuvenate. Even human infants will resist eating when they are not feeling well. It seems that every living thing instinctively knows the value and importance of fasting.

But beyond the physical, there is an even more important reason and function for fasting which is why it has been practiced in virtually every religious, metaphysical, and spiritual tradition for the past 200,000 plus years. Plants and animals fast for physical survival reasons, for the health and longevity of the body. But as **Èniyàn**, (human beings) the Chosen, we fast for those and even higher reasons. We have come to understand, from the accumulated wisdom of our ancestors, that fasting is one of the ways we can:

- Facilitate integration of the body, mind, and spirit.
- Alignment and syncretize our **Ori Ode** and **Ori Inu**.
- Achieve altered states of consciousness.
- Travel to and interact with the astral and spiritual realms.
- Have a direct effect on the vibrational quality of the Divine Matrix of Creation.

Àwẹ is a shortened form of the word **Àruuwẹ** which means deprivation. **Àruuwẹ** is considered a state of lack so it is a common saying to hear "**A koni f'ara gbaruwẹ**" (May we not physically be deprived).

Let me share some wisdom given to me by my brother and mentor on the **Isoro** Traditional Council of Chiefs, the **Aremo** (Crown Prince) of the **House of Adelekan**, and the **Alatunse Awo** (the Moderator of all **Babaláwos** in the World), Chief **Ayobamidele Adelekan**. He said to me:

"It is known that our physical body is fallible and in a state of "spiritual uncleanness", therefore for us to attain the purity of our Òrìṣà and become one with Orí, we must deprive (Àruuwẹ) the physical (self) of human cravings and come into a state of cleanliness only attained when we master/control the flesh."

This quote tells us that **Àruuwẹ** is not only about fasting from food, but about conditioning the body, mind, and spirit to be under our control regarding any other taboos and activities that might impede our spiritual progress.

The Sacred **Odù Ògúndá Ogbé** makes it clear that unlike other traditions that claim to be fasting for God, we do not claim to fast for **Olorun**, or **Olódùmarè**, but for our own sake and to influence the **Àṣẹ** of the world. In this **Odù Èṣù** gives us insight into our reasons for fasting when he states to those who claim to fast for God, "... *Don't you realize that God is innate truth itself?* He said: *Hen! You fast for Olorun, yet Olorun doesn't die. Edùmarè is never sick. Olódùmarè is never sad.*"

So, we fast to avert death, to ward off sickness, and to elevate our mental and emotional state above sadness, doubt, disappointment, hopelessness, and helplessness. We fast to elevate our **Ori Ode** and align it with our **Ori Inu**!

Àwẹ (fasting) or **Takète** (abstaining) enables us to:

- Move the **Àṣẹ**, the energetic fabric of the multiverse,
- transform ourselves in progressive stages, bit-by-bit,
- and thereby transform the world in progressive stages, bit-by-bit.

We shouldn't think of fasting as some exotic practice solely for monks residing in monasteries up in the high mountain temples! The fact is that we are genetically coded for fasting and we all fast every day, from our last meal of the evening until our first meal of the next day. The word 'breakfast' means to 'break fast', and we each fast, on average between 8-12 hours every night from our last meal before we go to bed, while we are sleeping, until our first meal of the next day. Conscious or intentional fasting (the fasting we do beyond our sleeping fast) may vary based on duration, restraints, and occasion.

The *Ifá* Spiritual Tradition of *Òrìṣà* and Ancestor Worship advises and encourages us to take a more elevated and empowering approach to fasting. Listen to what Sacred *Odù Eji Ogbé* tells us about the power of *Orí* to transform us through spiritual discipline.

Èjì Ogbè / Ogbè Méjì (1)

This *Odù* also says: (speaking of the elevated status of *Orí*.)

Aboru Aboye!

"A loud sound is heard when an object falls down, cast divination for the blacksmith of the ocean called *Orí*.

Orí created *Oya* in *Ira*.
Orí created *Ṣàngó* in *Koso*.
Orí created *Òrìṣà-ńlá* in *Iranje*.
Orí created *Ògún* in *Ire*.
Orí created *Èṣù Òdàrà* in *Ketu*.
Orí created *Òṣun* in *Ijumu*.
Orí created *Òrìṣà Oko* in *Agba Irawo*.
Orí created *Egun* in *Oje*.
Orí created *Iya mi* in *Ota*.
Orí created *Òrúnmilà* in *Oke Igeti*.
Orí created me in joyful abode."

Èjì Ogbè / Ogbè Méjì (1)

Comment: Note that in this *ese*, *Orí* is described as the **blacksmith of the ocean**. *What is a blacksmith doing?* He is in the business of creating and repairing things. *And what does the image of the ocean suggest but vastness and immense power?* So *Orí* is being described as that which has vast potential and immense power to create and repair.

So *Ifá* advises, motivates, and encourages us to fast by saying:

Àwè ati ebọ, ni muni ri bi Òrìṣà!

Fasting and sacrifice (rituals) transform you into the image of *Òrìṣà*.

How does fasting and sacrifice transform you into the image of Òrìṣà? By creating the conditions for the **blacksmith of the ocean** (*Orí*) to do its work. And notice that fasting is itself a form of *ebọ* which can be translated as sacrifice, offering, or ritual.

Again, fasting is a way of aligning our **Orí Ode** and **Orí Inu**, our worldly grounded consciousness with our heavenly anchored consciousness, so that we can experience expansion and transformation in this life through the spiritual power of our **Orí** to bring about elevating change.

By practicing **Àwẹ** or **Àruwẹ**, we benefit ourselves, the world of the living, and the realm of the ascended. We transform ourselves, affect ancestral healing, and mitigate the karmic debt of our personal and global lineages. This is one of the ways we bring about the **Good Condition** for every human being, as it has been enjoined on us by **Olódùmarè**.

Àwẹ ati ẹbọ, ni muni ri bi Òrìṣà!

Fasting and sacrifice transform you into the image of **Òrìṣà**.

Let me share with you an invocation for elevation of the **Orí** from **Odù Òtùrá-Ká**.

Ìwuré Bo'ri

(**Odù Òtùrá Ìká / Òtùrá-Ká** Invocation for Elevation of the Head during a fast.)

Orí awo we awẹbo ma ni.

Orí awo we awẹbo ma ni.

The mystery of the head is revealed through fasting, fasting is my offering.

The mystery of the head is revealed through fasting, fasting is my offering.

Orí awo we aweto ma ni.

Orí awo we aweto ma ni.

Fasting will reveal the mystery of my head.

Fasting will reveal the mystery of my head.

Orí awo we awemo ma ni.

Orí awo we awemo ma ni.

Fasting is the offering I make to my head.

Fasting is the offering I make to my head.

Iba se Òtùrá Ìká / Òtùrá-Ká. Àṣẹ!

I praise the Sacred **Odu Òtùrá Ìká / Òtùrá-Ká** (230).

Àṣẹ! Àṣẹ! Àṣẹ!

May it be so.

It is important that when we practice **Àwẹ** we make a clear declaration as to the purpose of our fast.

Here is a **Dedication Prayer for Fasting**: This is an **Ìwúre** (prayer) that I say to initiate and set intention for my own regular fasting practice.

Lord of my Ancestors!

(Let) each hour of my fast brings forth a day of health and healing for myself and others!

(Let) each day of my fast brings forth a week of spiritual growth and empowerment for myself and others!

(Let) each week of my fast brings forth a month of love, peace, happiness, money, good homes, and friendship in all walks of life for myself and others!

(Let) each month of my fast brings forth a year of peace, harmony, and understanding for myself and others!

(Let) each year of my fast brings forth celebration in Heaven because of the healing of my Troubled Ancestors, the resolution of their Karmic Debts, and the elevation of all my Ancestors to the highest ranks of Ascendant Beings!

Iba se Olódùmarè!

Iba se Orí mi!

Iba se Egun mi!

Iba se Òrìṣà mi!

Àṣẹ! Àṣẹ! Àṣẹ!

If you have questions about fasting and how to go about starting your own regular **Àwẹ Iwa** (Fasting Practice) post them in the comment section below and if there is enough interest, I'll make a Part 2 to this video talking about my practice and how to start your own. If you already have a regular fasting practice, share that in comments as well so that others may benefit from what you are doing.

Ki Olódùmarè, Òrìṣà, ati Egun fifun e ni

Itona, Imoye, ati Opo Ire!

My *Olódùmarè*, *Òrìṣà*, and *Egun* bestow on you
Guidance, Wisdom, and Abundant Blessings!

Ifokanbale! Peace of Mind from ***Olódùmarè!***

Ajolo Ajobo! We go out together; We return together!

Àṣẹ! Àṣẹ! Àṣẹ o!