

**IFA IWA** (Lesson 2) Understanding **Adura**: Part I  
Vscript Draft

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

**Ago Ori mi! Ago Orisa Samona oro mi, iro mi, ati ise mi sodo Aseyori!**

Listen my *Ori*! Listen my *Orisa*! Guide my words, my thoughts, and my actions towards success!

This is the second lesson in this series of videos on **Ifa Iwa** (Ifa Practice). My goal is to further your understanding of the **Ifa Spiritual Tradition of Orisa and Ancestor Worship** and to provide a basic guideline for you to develop your own Ifa Practice. I think it is important that you watch the first video and keep up with the sequence since the video lessons will build upon each other. In this lesson we are focusing on Understanding **Adura**.

**Adura** (Prayer) is the process of outgoing communication between the individuated being (physical *Ori*) and the spiritual entities present in Universal Consciousness, including your Higher Self (**Ori Inu** - Perfect State of Being).

This outgoing communication is not limited to our words but can be expressed through our actions as well. Generally speaking, there are **four types of Adura**, or four qualities of vibrational energies that are being expressed.

- Prayers of Praise
- Prayers of Gratitude
- Prayers of Declaration
- Prayers of Petitioning or Summoning (Invoking and Evoking)

Within each of these four categories there are a range of possibilities. Another way to view these categories is as four elements, aspects, components, or steps of **Adura**.

During **Adura** your **Ase Ami** (Energy Signature) shifts or fluctuates in harmony with your words, thoughts, feelings, and your actions as you:

**Give praise:** (take a moment and touch the Ase of it.)

**Express gratitude:** (take a moment and touch the Ase of it.)

**Make your declarations:** (take a moment and touch the Ase of it.)

**Petition or summon, invoke and evoke:** (take a moment and touch the Ase of it.)

These steps are not separate or fragmented but flow naturally into each other weaving a coherent connection between your heart and mind, between your **physical Ori** and your **Spiritual Ori**.

**An Ifa saying:**

**ORI INU WA MABA TODE JE!**

May our Spiritual *Ori* not be in conflict with our physical *Ori*!

One of the goals of **Adura** is to achieve coherence, or **Isopo** (Connectivity) between your physical *Ori* and your Spiritual *Ori*.

These four fundamental elements of **Adura** help you to maintain proper perspective of your life journey and your place in the here and the hereafter.

**An Ifa greeting:**

**AAJIIREBI!**

May the Unblemished Cloth of **Orunmila** continue to clothe us with wisdom of the here and the Hereafter!

Each of these elements of **Adura** is a divine creation existing in Divine Consciousness. They are energetic vibrations that you and I can tap into or attain to.

**PRAISE:**

You are not self-created. There are 600+1 sentient energetic entities who came before us and who sustain the theater of life, the **L'oja** (the marketplace) according to **Olodumare's** Command.

In one of the **Adura** that I was given as the *Oluranse Emese*, I was given the authority to summon these sentient energetic entities. In part the prayer states:

**(IRUNMOLE OJUKOTUN**

The 200 *Imole* on the right hand of creation,

**IGBAMOLE OJUKOSI**

The 400 *Imole* on the left hand of creation. )

As I continue to grow in my Ifa, I realize that these are not finite numbers but the +1 indicates **Na Wa**, or expansiveness, or the infinity capacity of **Ori Inu** (**Oriinu**: Our Spiritual Ori) to tap into the Divine Consciousness.

These sentient energetic entities, the **Imole**, are deserving of your praise. And **Orisun**, the SOURCE from which the **Imole** emerge, the **ASE; Olodumare**, are deserving of praise.

- **Praise** brings the spiritual into the scene of consciousness.
- **Praise** opens the gates of Heaven (*Orun*) and the doors of blessings/good fortune.
- **Praise** dissipates worry and dilutes concern and fear.
- **Praise** tarnishes or mitigates sadness and magnifies goodness.
- **Praise** is a potent and restorative energetic tool.
- **Praise** can change you for the better by refocusing your affections, realigning your priorities, and restoring your soul connection.

Your spirit becomes more pliable, open, and receptive to receiving **Opo Ire** (the abundant blessings that are part of your **Ogun ibi** – your divinely ordained birthright).

In *Ile Awo Orisa*, the '**Iwo ni**' (You are...) prayers are our basic praise prayers for beginners, and they will continue to be recited even after learning more advanced and traditional prayers.

There are **Iwo ni** prayers for **Olodumare** and each of the Principle **Orisa**. You'll learn some of these prayers in this series of lessons.

### **GRATITUDE:**

There is much that each of us has been given, and no matter your current circumstances, there is nonetheless much that you have to be grateful for, beginning with the gift and opportunity of life; and each breath that you are blessed to inhale throughout the day.

All of the sacrifices made and wisdom passed down through your **Egun** (ancestors), through **Ori Baba** (the collective consciousness of all of the males who have ever performed in the role of father), and **Ori Iya** (the collective consciousness of all of the females who have ever performed in the role of mother) are worthy of an abundance of your gratitude. All that you have and share in life that brings you **joy, happiness, and success** is worthy of your being grateful!

Current scientific research indicates that:

**Gratitude** is strongly and consistently associated with greater happiness.

**Gratitude** helps you:

- To feel more positive emotions
- To relish good experiences
- To improve your health
- To deal more effectively with adversity
- To build stronger relationships

When you express gratitude and receive the same, your brain releases **dopamine** and **serotonin**, two crucial neurotransmitters responsible for your emotions, and they make you feel 'good'.

**Gratitude** nourishes and revitalizes **Ara Ojubo** (your body temple). These biochemical changes enhance your mood immediately, making you feel happy from the inside, regardless of what may be happening on the outside.

The **spiritual discipline of gratitude** is practiced not just because it feels good, but also because it's the right thing to do — not just for one's own good, but for the good of one's family, community, and society. It is part of bringing about **Rere Iwa** (the Good Condition - **Sacred Odu Irosu'wori** (78)).

**Note:** Indicate the correction in previous videos regarding the **Sacred Contract** to create the **Good Condition** for every human being.

The **discipline of gratitude** is not simply a feeling, but is a **moral virtue** based on our Sacred Contract with *Olodumare*.

In *Ile Awo Orisa*, our often recited **orin** (chants) of **gratitude** are:

***EMI NI MO'RE!***

I am grateful!

***MO DIDE! MO DIDE! MO DIDE LALAFIA, AYO, ATI I'MO'RE!***

I rise! I rise! I rise in peace, joy, and gratitude!

***MODUPE! A DUPE!***

I thank you! We thank you!

These are two of the fundamental elements of **Adura** as taught in *Ile Awo Orisa*! I invite you to join us on this journey of understanding **Adura** and **Ifa Iwa** (*Ifa* Practice).

End of Part I

***Ibukun fun owo!*** (Blessings on you!)

***Ifokanbole!*** (Peace of Mind from *Olodumare*!)

(See Video Lesson 2 for detailed discussion.)