

IFA IWA (Lesson 7) Ose Ifa Ritual: Preparation

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!

Ase! Ase! Ase o!

I am *Baba Umar, Oluranse Emese, (Voice of the Emese), Member of the Isoro Traditional Council of Chiefs, and Babalawo of Ile Awo Orisa (The House of the Mysteries of the Orisa).*

Thank you for joining us for another lesson in our Video Series. We're continuing our discussions on *Ifa Iwa*, with the intention of assisting you to establish your own regular *Ifa Practice*.

Our topic for this lesson is: the Ose Ifa Ritual: Preparation

The **first step** in preparing for the Ose Ifa Ritual is to understand **what it is** and **why it is important**.

- *What value is it to you?*
- *What benefits does the ritual bring to you, to those around you, and to the world?*

Life in the *L'oja* (this marketplace, this world, this 3-dimensional reality) is not easy! During our journey, our **sojourn** (temporary stay) we will be faced with many challenges. This is especially true today with all of the drama going on in the world. **We are living in a critical time of the transformation of the global world order.** *Iya Ile* (Mother Earth) is transforming herself as the *Orisa* return to right what has been made wrong, and to claim their due, and to reset the **clock of beginnings**. There will be much suffering in the days, months, and years to come. Now is the time to find your strength and to fortify yourself.

Everything in creation lives according to the laws of vibration and frequency. Everything oscillated between **expansion** (*Na Wa*) and **contraction** (*Isoki*). That's simply a fact of life. Every creature, whether insect, plant, animal, or human is confronted with difficulties and obstacles that must be overcome in order to survive and thrive. Therefore, **built into every creature is a potential to develop and exercise some form of discipline** (*Eto*). Although the potential for discipline is installed into the nature of every creature, **in order for that characteristic to develop and mature to its greatest strength, the creature must face and overcome obstacles and challenges.**

Maintaining a regular practice of spiritual ceremonies and rituals is one of the ways that we, human being nurture this characteristic of discipline. Establishing the Ose Ifa Ceremony as a regular discipline in your life both challenges and rewards you.

Look at what we said in **Lesson One**, when we first introduced this series of lessons:

Ifa Iwa (Ifa Practice)* implies the actual application of the ideas, beliefs, and methods of the *Ifa Spiritual Tradition of Orisa and Ancestor Worship*. These ideas, beliefs, and methods are enshrined in the **Sacred Oracles of Odu Ifa**. These ideas, beliefs, and methods of *Ifa Iwa (Ifa

Practice) find expression in the daily living of *Ifa* through these seven foundational elements:

- Prayer (*Adura*),
- Meditation (*Isha'ro*),
- Divination (*Afose*),
- Sacrifice (*Ebo*)
- Ceremony (*Ise isin*) and Ritual (*Ti Ilana isin* – to regulate worship)
- Fasting (*Aawe*)
- Seeking the **Good Condition** for every human being (*Rere Iwa* - as described in **Sacred Odu Irosu'wori** (78))

Each of these elements of *Ifa Iwa* has several components, aspects, or modes of expression, and **they all work coherently, in seamless integration**, shaping our **words**, our **thoughts**, and our **actions** as devotees of the *Ifa Spiritual Tradition of Orisa and Ancestor Worship*.

Establishing *Ifa Iwa* requires **patience, persistence, discipline, and diligent study.**" End of quote!

As you grow in your **personal discipline**, your **character** will be transformed, and as your personal character is transformed, **you will begin to have a more positive impact on all of the people around you, your family, friends, coworkers, and even those who you will never meet**, because **as you elevate and transform yourself, you will be changing the energetic vibration of the global and universal field of energy**. You and I are connected to each other and to every other aspect of creation. We are part of a collective, a single energetic organism, and a single consciousness. **As you change yourself, you in the same instant change the whole.**

Going forward from this point in these lessons, you will need to exercise **patience, persistence, discipline, and diligent study** to accomplish the objective of these lessons. **Stay with it! Ifa will not fail you!**

Ifa ni ki isin! *Ifa* is not a religion!

Ifa ni bawo aiye sise! *Ifa* is how the universe works!

Ifa ni iwa ti aiye! *Ifa* is the nature of the universe!

In **preparation** for your ***Ose Ifa Ritual***, you should first set aside a special space where you can regularly perform your ceremony without being distracted or disturbed.

Then, there are a few items that should be present in that space:

- A clear glass for each of your guardian **Orisa(s)**. One glass for your **Egun** (ancestors) and one for **Esu-Odara**. Don't worry if you do not yet know which **Orisa(s)** crowns your head. Just have one clear glass to make an offering to all of the **Orisa**.
- In ***Ile Awo Orisa***, we also keep small whiskey shot glasses on each of the altars, one for **Orisa**, one for your **Egun** (ancestors), and one for **Esu-Odara**. Your altars can be simply a flat surface draped with white cloth for **Egun**, and white or colored cloths for each of the **Orisa(s)**.

- A white cloth and flat surface or wicker (or wooden) basket or tray set aside exclusively for casting your **Obi**.
- Your **Obi** (4 unbroken cowry shells) that you use exclusively for your divination practice. If you have not yet been taught to cast **Obi Ifa**, not to worry. Your **Ori** will bring a priest, priestess, or *babalawo* into your life to give you this knowledge when the time is right for you.
- A few bottles of spring water or distilled water to offer **omi tutu** (cool water) to your **Orisa** and **Egun**. (I have found that spring water or distilled water are better to keep the vessels clean and clear.)
- A small common container to receive the remaining water from the previous ceremony. (This will be explained later!)
- A note pad & pen to record the results of your cast.

***Ki Olodumare, Orisa, ati Egun fifun e ni
Itona, Imoye, ati Opo Ire!***

My *Olodumare, Orisa*, and Ancestors bestow on you
Guidance, Wisdom, and Abundant Blessings!

Ifokanbole! Peace of Mind from *Olodumare!*

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

Ase! Ase! Ase o!

(see Video Lesson 7 for detailed discussion.)