

## IFA IWA (Lesson 9) Ose Ifa Ritual: Adura

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, *Oluwo* of the House of Umar, and *Babalawo* of *Ile Awo Orisa*. This *Ile* (Spiritual House), our website, and these video lessons are certified and sanctioned by the *Isoro* Traditional Council of Chiefs in *Ile-Ife, Nigeria*.

Thank you for joining us for another lesson in our Video Series on *Ifa Iwa* (*Ifa* Practice) where we are discussing the elements of the *Ose Ifa* Ceremony with the intention of assisting you in establishing your own regular *Ifa Practice*.

I invite you to **click the links below** to become a **Subscriber** to this Channel, click the **Notification** button to stay up to date, and **Share** this resource with your family, friends, associates, and anyone who you feel may benefit from this wisdom.

Homage To The One Who sends, and to those who are sent!  
Homage to *Orisa* and *Egun*!

**Our Topic for this lesson is: The *Ose Ifa* Ritual: Adura** (Prayer)

Refer to *Ifa Iwa* (Lesson 2) *Adura* for information important to this part of the ritual. As stated in that lesson, it is now time to engage in **outgoing communication** with your *Egun* and *Orisa*.

In other words, *E je ka Gbadura* (let us pray)! Remember from *Ifa Iwa Lesson 2*, your *Adura* is going to have **four elements**, and depending on your particular prayer the order of these elements may vary.

- Giving **praise**, (the *Iwo ni /Eyin ni* prayers)
- Expressing **gratitude**, (the *Emi ni mo're orin*)
- Making your **declarations**, (the *Emi ni* declarations)
- And finally, **petitioning** or **summoning / invoking** and **evoking**,

**Invoking and Evoking:**

*Mo gbadura si* (I invoke) *ati pe jade* (and evoke) *ase ti* ... (the *ase* of) ...

**Petitioning:**

*Samona oro mi*, (Guide my words) *iro mi*, (my thoughts) *ati ise mi*, (and my actions) *sodo aseori!* (towards success, completion, and perfection!)

You might also want to petition for **health, finances, relationships**, or other matters of concern.

The following four-part **Adura** is done for your **Egun** (ancestors) and each of your crowning **Orisa**(s).

**E je Ka gbadura ti egun!** (Let us pray to ancestors!)

**Egun** (praise, gratitude, declarations, petition) A traditional prayer to Ancestors!

**Egun mi! Mo ni** (your name) **pele o!**  
My Ancestors! I, (your name), am greeting you!

**Ma ja kiki won Orun! Mo dupe!**  
All respect to the powers of heaven! I thank you!

**Igbo Baba! Igbo Yeye!**  
I honor the fathers! I honor the mothers!

**Egun mi, yin fifun mi ni Ori Ire, te de Iwa Pele!**  
My Ancestors, you give me the wisdom to become a person of good character.

**Mo dupe!**  
I thank you!  
**Ase! Ase! Ase o!**

Notice how the four elements of **Adura** are woven into this single prayer. By calling out to ancestors you are making a **declaration**, 'I am your descendant'! You also **praise**, express **gratitude**, and make a **petition** for guidance, assistance all in this one short prayer. This is how the basic elements of Adura interact and integrate with each other.

Now, follow the same process with:

**Iya Orisa** (your mother **Orisa**) (praise, gratitude, declarations, petition).

**Baba Orisa** (your father **Orisa**) (praise, gratitude, declarations, petition).

If you are not sure of your guardian **Orisa**(s), and not in a position to have a reading, simply ask your **Ori** to clear the way for you to have your **Orisa** reading in the future. Move forward and offer your prayers to the **Orisa** as a whole (the Imole).

Also, remember that if you go to the **Ile Awo Orisa** website and click on the icons at the top of the home page, you will be able to link to a short prayer to each of the primary **Orisa**.

It is important to study and over time to memorize your prayers. As a novice devotee you should:

- Make your prayers in English (or your native language), then
- Begin substituting Yoruba terms into the prayers, and then

- Begin reading the prayers in Yoruba and translating each verse of the prayer into English (or your native language) as you go,
- And finally, saying your prayers in Yoruba with comprehension.
- Use smaller segments of the prayers until you can learn the entire prayer.

Your prayers don't need to be long, just sincere. Of course, you can always speak freely during **Adura**, especially during petitioning and summoning, invoking and evoking.

This **Huwa Ifa** will take time; have patience, persistence, and consistency. And it will help you to achieve **Ifa Iwa**, a new way of being in the world.

***Ise Olorun Tobi!*** God's Work is Great and Mighty!  
***Ase! Ase! Ase o!***

***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 9 for detailed discussion.)

Once your **Adura** is complete, it's time to sit quietly in **Isha'ro**.