

## **The Powers of Love and Forgiveness, Part II: Forgiveness**

**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.***

So we're talking about the Powers of Love and Forgiveness. In the Part I we discussed the Power of Love. Now you might still be asking, "***Yeah, but what's the real power of love. And how do we know that love is divinely ordained?***"

Let's start by considering two Odu Ifa that speak to the subject of love. In the Sacred ***Odu Okanran'wonrin*** (150) it states:

***(Bi owe, Bi owe, Ru Ifa Soro!***

Like proverbs, like proverbs, is how Ifa speaks!

***"Okanran wonyin wonyin,***

the priest of dog,

cast divination for dog,

when he was coming from *orun* to earth.

**He asked, "will I have the love of humans?"**

He was asked to offer ebo.

**He complied.**

Since then he was shouting,

***"I have made an offering to Okanran wonyin wonyin!"***

This is the meaning of dog barking till today.

***Ase!***

***Okanran'wonrin*** (150) (*Fasola*)

And in Sacred ***Odu Ika-bara*** (174) it states:

"Walk fast that we may get away in time. Fly fast that we may return in time. This was divined for both ***Asa*** and ***Awodi***, who were told to sacrifice so that they might be loved by all men.

**The sacrifice:** eight snails, sixteen hundred cowries, and Ifa leaves.

**They heard and did not sacrifice."**

***Ika-Bara*** (174)

The answer to our question about the power and divine origin of love is really very simple, if you accept the fact that **Ara Ojubo** (body temples) is a divine creation. Once you accept that fact then you have to ask yourself the question, **“Why would the experience of love have a direct, immediate, and powerful affect on your body?”**

**When you experience love**, your body temple releases certain bio-chemicals like **Dopamine** (the body’s primary catalyst of **pleasure**). Not only does the body manufacture and release dopamine, but it also releases the bio-chemical **Oxytocin** (which creates an **attraction** and **binding affect** to the source of the pleasurable experience of love and other positive emotions). This is one of the chemicals which are released during childbirth that bind the mother and father to their baby.

When we experience the feeling of love, the body also releases a chemical called **Vasopressin**, which **makes the object of that love appear even more attractive** to us. The body also releases **Growth Hormones** which in turn enhances the **vitality** of our bodies. This magnificent architecture of the body is clearly by intelligent design and indicates that the ultimate source of our capacity to experience the emotion of Love is none other than **Olorun**, God; **Orisun**, the Source of everything.

**Now what about forgiveness?** Let’s start by considering verses from the Sacred **Odu Ifa**. In **Odu Oyeku Batutu** (65) it states:

**“Orunmila** will forgive me. The Forgiver will forgive me. If water kills a person, it will be forgiven. If a king kills a person, he will be forgiven.

**Orunmila!** Let me be forgiven in this case. In all cases, the rain (*eeji*) has been forgiven by the community.

Two cocks and twelve hundred cowries should be offered as sacrifice.

**Ifa medicine:** Grind *tude* leaves and mix with the *iyé-irosu* of this *Ifa*. Put the mixture on two cowries, wrap it up with cotton string, and use it as a necklace for protection.”

**Oyeku Batutu** (65)

And in **Odu Okanran’Rosu** (130) it states:

**“Ifa** says: If a person apologizes, the matter will be resolved. Everyone forgives those who unknowingly do wrong.”

**Okanran’rosu** (130)

Note:

*Orunmila* says, now it is only a question of forgiveness.

*Ogun* ravages a town, yet we still offer him praise.

*Oya* destroys an entire forest, yet we offer her praise.

As we struggle to balance our talents and liabilities, let us continue to forgive, to uplift, and to praise the divinity within.

*Orunmila* says: now it is only a question of forgiveness. *Ase*.

When we are burdened with negative thoughts and emotions (that are always associated the inability to forgive) a different set of chemicals are released into the blood. **An inability to forgive is rooted in resentment, anger, hatred, aggression, hostility, and a host of other negative feelings. A feeling is a belief, especially a vague or irrational one. A feeling is the emotional side of someone's character, an emotional response or tendency to respond. And, a negative feeling will generally elicit a negative response.**

These types of feelings cause the body temple to produce and release biochemicals like **Cortisol** and **Norepinephrine**, which are the **stress hormones**. When we are unable to forgive, these chemicals (the stress hormones) put the body into a **protracted state of fight-or-flight, constrict our blood vessels** reducing our blood flow, including blood flow to our brains. They can interfere with our **immune system** making us more susceptible to **heart attacks, heart disease**, and a host of other diseases like **high blood pressure** and **cancer**.

**The function of our brain is to produce in the body the chemical equivalent of the thoughts and beliefs that we hold in our mind.** Hence, forgiveness is also an example of intelligent design, part of our Divine Architecture.

There is an *Ifa* story of *Orisa Sonponno* (*Babaluaiye* - the *Orisa* of smallpox and infectious diseases) who was mocked by the other *Orisa* because of his wooden leg while they danced and drank at a celebration. **The story provides a lesson in forgiving others because of an offense, insult, or hurt.** *Sonponno*, in the heat of his emotional reaction to the insults, smite the other *Orisa* with smallpox. **Olodumare punished Sonponno by exiling him from living among the people.** This story provides a lesson on forgiving others because of an unintended offense.

In another *Ifa* story the *Orisa Ogun* slaughtered the people of a town because they would not speak to him nor give him water as he passed through their

town. **After the slaughter, a traveler he met on the road informed *Ogun* that the reason the people did not speak to him was because they were engaged in a special traditional ceremony during which they were not permitted to speak or engage in other social interactions.** The *Orisa Ogun* felt profound regret for his actions and took to the forest vowing never to again enter a city **so that he might avoid future interactions that would be cause for such weighty remorse. This *Ifa* story provides a lesson in forgiving yourself.** No one who passes through this world will fail to encounter moments that call for exercising the power of forgiveness.

There is another *Ifa* story in the **Sacred *Odu Ifa*** where the *Orisa Shango* slaughters the people of a town because they would not offer him some wine when he arrived after a long hard journey. Little did he know that the wine bottles that he saw standing around were in fact empty. **From that time until this day, it is the custom to always lay an empty bottle down on its side to avoid such occasions of regret. This story provides us with the guidance to not be hasty in assigning blame less we find cause for regret and forgiveness.**

There is still another *Ifa* story that describes events at the beginning of the creation of this world. **It tells of the occasion when *Olodumare* decided that the powers required to maintain this creation should be divided among the various *Orisa*.** Up until that time the *Orisa Eshu* was the **Keeper of the *Ase*** (spiritual powers). *Orisa Eshu* was dissatisfied with *Olodumare's* decision and tried to incite the other *Orisa* to rebel. The matter was finally settled, as *Olodumare* would have it.

*Orisa Eshu's* actions in this story help us to understand why *Olodumare* would challenge each of us, you and me, with total control over this powerful choice – **the choice to forgive, as *Olodumare* forgave *Eshu*. Even in the beginning, and even among higher spiritual entities, whom-so-ever is given the power to choose, is also assigned the possibility of offense and mis-takes. Therefore forgiveness is in our DNA and manifests in our *Ase Ami* (energy signature).**

**To forgive means to stop feeling angry or resentful toward someone (including yourself) for an offense, flaw, or mis-take.** It is a way of relieving yourself of a burden that you do not have to carry, except that you choose to do so. **To forgive and to forget are not the same thing.**

*Ifa* is about balancing the matrices and energies that are manifesting as our life experiences. *Ifa* prescribes prayers, rituals, ceremonies, and *ebos* to help the believer affect and move the *Ase*.

**When you are filled with anger and resentment towards another person, they have power over you, because the mere thought of them can cause your entire metabolic system and energy signature to shift in a negative way.**

This is one of the reasons that *Ifa* may prescribe a cleansing/washing of your head to cool your *Ori*. **The ritual is performed so that you can maintain control over the state of your mind-body-spirit, rather than giving your personal power to others.**

**The first and most important reason to forgive is to lift your own burden. And the paramount act of forgiving is to forgive yourself.** So much of what the believer brings to the priest or *Babalawo* is rooted in the challenge of forgiveness. **Make no mistake! Exercising forgiveness is not always easy.**

Generally people fall into **two categories**, the **forgiving** and the **unforgiving**. The **forgiving** seems to be able to forgive even the most horrific of offenses.

The **unforgiving** tend to be angry, resentful, bitter, and hostile even over someone's foibles, ignorance, impoliteness, lack of maturity, or lack of social etiquette, not to mention more serious offenses.

**One difference between the two may be whether or not they have been able to forgive themselves for some offense, flaw, mis-take, foible, or event in their own life.**

**When you act as the forgiver** you are in the position to bestow a great gift upon yourself or another, while at the same time lifting a great burden from your spirit and resolving a disturbance in your *Ase Ami*. **Your capacity to forgive cannot serve you if you fail to use it.** This life is going to challenge you because **our world exists on the border between chaos and order.** You will experience moments of forgiveness, moments that call for forgiveness.

- *Consider the experience of the one seeking forgiveness. What thoughts, emotions, and feelings are reflected in their energy signature?*
- *Are they feeling shame, guilt, remorse, low self-esteem, regret, depression, and so much more? More than they can put into words.*

- *Are they feeling helpless and hopeless about being absolved of their real or perceived crime?*
- *Can you see why forgiveness is such a gift?*

**To be forgiven is to be freed from the dark places of isolation that one can go when an offense or mistake breaches the relationship bond between individuals, or with one's own self.**

So much of how you and I treat the world, and how we perceive the world, is rooted in our own relationship with our self. **You need to forgive yourself first!**

We each choose to come into this world in order to create something wonderful for *Olodumare* to experience. We come to do our part in bringing about the **Good Condition** for every human being to experience. **That is our collective destiny.**

**We each come with the power to choose and therein lay the mystery of fate. Your fate is the consequences of your choices.**

**The choices you make regarding your capacity to love and to forgive will be some of the most important choices you will make in your life.**

**In the final analysis, what will take on the most significance about your journey in this world will be the moments of love and forgiveness that you've shared with others.**

**Love and forgiveness are not signs of weakness. They are expressions of *Olodumare's* omniscience and omnipotence as well as the Compassion of Creator.**

If you feel that you are holding on to anger and resentment or are stifled by remorse and regret, please feel free to comment on this Post or write me for information about the coconut ebo for cleansing and cooling your **Ori**.

***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!***