

## ***Adura: The Power and Benefits of Adura (Prayer)***

**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.***

In Lesson 2 of our series on *Ifa Iwa* (*Ifa Practice*) we covered the topic of **Understanding Adura** (Prayer). This particular video should be viewed in conjunction with that 2-part video. You can link to that video in the **Library Section** of the *Ile Awo Orisa* website or locate it in this *Ile Awo Orisa* Playlist.

There is much about life that seems outside of our understanding, comprehension, and control. When the reality of life forces its way into your path and consciousness, there are various ways to react. **Some of the ways of handling life's challenges are constructive, some not so constructive, and some absolutely destructive.** *Adura* falls into the constructive category for the believer and the benefits are not just spiritual.

When you pray your **mind** is focused, your **respiration** becomes more calm and regulated, and you are usually in a **posture** that is comfortable for you. When these three conditions are present (because of qigong, meditation, yoga, or a period of *Adura*) your **body/mind/spirit** goes through the **relaxation response, stress fades, and your immune system is invigorated.** The more you pray the more your body experiences a positive response.

When you pray, you hear your own *Adura!* *Adura* is a true expression of your deepest **needs** and **desires** (requesting), your **joys** and **pleasures** (expressing gratitude), and your **silent fears** (pleading). As you pray the internal and external vibration and rhythm of your *Adura* sets up a **wave of movement** in the *Ase* that emanates from you. You tend to remember the *Adura* that you say frequently and are more likely to think about them during the course of your day. **The more frequent and sincere the Adura the more powerful is the wave of movement it sets up in the Ase.** In other words, **you are very much a part of the fulfillment of your own prayers.**

Even sincere *Adura* in a moment of crisis has its affect and effect. Maybe some of you heard the recent **report of the young boy who drowned** while on a trip to the beach with his parents and religious group. (This was back in 2016). The boy was standing in knee-deep water when a rip tide came in and pulled him out to sea. I did not get all of the details of the report but when he disappeared beneath the surface his helpless community fell to their knees and began to pray. After fifteen minutes underwater the young boy's dead body was retrieved from the water. He nonetheless **miraculously** recovered!

If you know that the spoken word can change the *Ase* in a room (for better or worst) and that even an unspoken positive or negative attitude can alter the *Ase Ami* (Energy Signature) of a

group (for better or worst), and that you can connect with other people, especially family members and close friends and acquaintances, in uncanny ways that go beyond simply scientific explanation, then why should you not know with certainty that your **Adura**, your prayers are powerful.

In **Ifa** we believe that your **Ori** is your **holographic piece** of **Olodumare's** Infinite Consciousness. Your **Ori** is your **direct link** to The Supreme God and Creator of all that exists. **We believe that Olodumare has placed a share of consciousness in every living and inanimate thing including earth, air, fire, water, metal, and wood.** Your **Ori** is your share!

A devotee once asked me the question, "*We homage **Orisa** and **Egun** all of the time but where is **Olodumare** in our daily practices?*" It was a very good question and deserved the above explanation of the significance of your **Ori**. In **Ifa** we say, **your Ori is your God!** When you homage your **Ori**, you are calling on the God, and paying homage to your **Ori** should be the first and last things that you do each day.

Here is a simple **Adura** that I have shared with my spiritual godchildren and want to share with you.

**An Evening Adura:**

**Ori mi, mo pe e!** My **Ori**, I call you!

**Ori mi, mo pe e!** My **Ori**, I call you!

**Ori mi, mo pe e!** My **Ori**, I call you!

**Iba Se Olodumare!** Homage to Olodumare!

I (we) ask that you take my (our) soul(s) into your embrace as I (we) sleep; and nurture it (them) with your love and **Ase**; and return it (them) to me (us) in the morning.

**Ase! Ase! Ase!**

**A Morning Adura:**

**Ori mi, mo pe e!** My **Ori**, I call you!

**Ori mi, mo pe e!** My **Ori**, I call you!

**Ori mi, mo pe e!** My **Ori**, I call you!

**Modupe Olodumare!** I thank you **Olodumare!**

I (we) thank you for answering my (our) **Adura** and blessing me (us) with another chance at life. I (we) go forward into the world seeking your signs and your blessings, overwhelmed by no obstacles, deterred by no resistance, and fearing no enemy, for you are sufficient to guide me (us) toward my (our) destiny (ies).

**Ase! Ase! Ase!**

Here is a traditional **Adura** to your **Ori**:

**Ori mi, Apere!**  
**A sa ka ewe.**  
**Oga mi,**  
**mo juba re o.**

My head, we invite goodness.  
We run to count children.  
My master,  
I salute goodness.

***Ori Juju, Ori Ami, Ori Alafia.***

The confused head is the head that points to the peaceful head.

**Egba mi Olofin,**  
**O kale ru.**  
**Oru maa ye.**

You saved me Owner of Heaven.  
You, till the end of time, support me.  
You habitually support being alive.

**Egba mi,**  
**Iba nise fun mi.**

You saved me,  
King, who works on my behalf.

***Modupe! Modupe! Modupe!***  
I thank you! I thank you! I thank you!

**Adura** is **confidential intercourse** with the divine. **It is a state of elevated consciousness and heightened awareness of the spiritual realm.** It is a **source of comfort** in times of distress and the match that lights the **candle of hope** in times of despair. **Adura** is a source of both **inspiration** and **motivation**. It provides a **vantage point** from which you can more clearly see the world. It is a **vessel of nurturing energy** that can quench your thirst when you are seeking spiritual hydration. **Adura** is the **thread** that ties the meaning of your **inner reality** to that of your **outer reality and experiences**. In times like we live in today, there is great power and benefits in **Adura**.

***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 the video ***Ifa Iwa Lesson 2, Part 1 & 2 On Understanding Adura***).