

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.*

Thank you for joining us for another lesson in our Video Blog Series. Our topic in this video review from our September 2016 Blog Post is **Understanding Your *Ori***.

- Your ***Ori*** is your Spiritual Master and the Manifestation of ***Olodumare*** that is attached to you.
- Your ***Ori*** is your Guide during your journey in the marketplace.
- It is your ***Ori*** that works to assist you in navigating towards the fulfillment of your Divine Destiny.
- ***Ori*** in the *Yoruba* language means head and in the language of *Ifa* it means more than your physical head.

This traditional *Ifa* saying highlights what should be understood about your ***Ori***.

Ori inu wa maba tode je!

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

- Conflict between your physical ***Ori*** and your Spiritual ***Ori*** (***Ori Inu, Ori Apere***) can make you feel like a divided person, as though forces inside of you are pulling and pushing in different directions. (Cognitive Dissonance)
- You can feel a lack of fulfillment even when appearances would suggest that you should be content, even happy.
- You may have a feeling that there is still something missing in your life, something that remains to be done even though you have no idea what that something is.
- You might have a feeling like whatever that illusive something is, it is right there on the tip-of-your-tongue, or on the edge-of-your-thoughts but it just hangs there, unclear, just out of your reach.

Conflict between your Spiritual ***Ori*** and your physical ***Ori*** is a product of your identification with your **physical body**, your **intellectual mind**, your **analytical mind** or **left-brain**, your **egoistic persona**, and your **pain body** that arises from your negative experiences and socialization in the marketplace.

The conflict arises because your ***Ori Inu*** or ***Ori Apere*** is the **Carrier of your Destiny**, and when you come into the ***L'oja***, you **tend to forget why you came**. That is part of the human condition, and an aspect of your journey in life – **you struggle to remember who you truly are, and why you really came**.

The *L'oja* (marketplace) is full of **temptations, distractions, delusions, illusions, tricks, and traps** that can entice your physical *Ori* to make decisions and choices that obstruct your progress towards the purpose for which you chose to come into the world. A **major roadblock** to your progress is the desire to seek the approval of other people and to follow the crowd.

The noise of the marketplace can drown out the messages that your *Ori Inu* (Spiritual *Ori*) is sending to you to assist you in staying On Path and fulfilling your chosen destiny. This messaging of your Spiritual *Ori* is a right-brain process, meaning mental activities and experiences like **meditation, trance, intuition, creativity, insight, higher consciousness**, etc.

Since the physical body is rooted in the physical world and your physical *Ori* is seated in or operates through the experiences of the physical body, it (your physical *Ori*) tends to be sensitive and responsive to all of the drives, appetites, and emotions of the body and the marketplace. **But you and I did not choose to come into the world simply to satisfy and appease our own drives, appetites, and emotions.** Creation has a higher purpose and so does your life. As it states in *Odu Ifa*,

“A wa gegebi Eniyan
We as human beings
A wa ni Olodumare yan
We are the God’s elect
Lati lo tun ile aye se,
Designated to renew the world,
Eni-a yan ni wa.”
We are the Chosen Ones.

from **Sacred *Odu Irosu’wori*** (78)

It is your *Ori Inu*, your *Ori Apere* (Spiritual *Ori*) that is sensitive and responsive to the ***Ase Orun*** (the Spiritual Energies of Heaven). It is your Spiritual *Ori* that connects you to your ***Eleda, Olorun’s*** righteous and observant presence in each of the ***Eniyan*** (human beings).

Since your Spiritual *Ori* and your physical *Ori* have different sensitivities and respond to different calls, you, the devotee must apply effort to bring your physical *Ori* into alignment with your Spiritual *Ori*. **This is the purpose of mindfulness, prayer, ritual, ceremony, divination, and sacrifice.**

In my last Post I offered you an *Adura* (a prayer) to your *Ori*. Let me invite you to go back to that Post and think about the words of that prayer in light of my comments in this Post. Also, consider these *Ifa* Proverbs:

Aye L’oja, Orun N’ile!
The world is the marketplace,
The Spirit World is Home!

Ohun Ori wa se,
Koma ni s alai se eo!

What *Ori* comes to fulfill,
It cannot but fulfill it!

Ka maa Worisha!

Let us keep looking to ***Orisa!***

According to the ***Ese Ifa*** (the Sacred Text of ***Ifa***) ***Ori is greater than any other god*** and each person should take all problems first of all to his or her own ***Ori***. When a person goes to the ***Babalawo***, Priest, or Priestess to consult ***Ifa*** all he or she is doing is finding out the wishes of her or his own ***Ori***.

The role of the gods, according to ***Ifa***, is to aid ***Ori*** in leading every person to his or her destiny in life. ***Ifa*** says: **Whatever a person's *Ori* has refused to approve, no other god can grant it.**

Hence, your ***Ori*** is the most important source of knowledge, wisdom, understanding, and guidance in your life. And deep meditation, trance, self-reflection, and ***Ifa*** divination are your primary methods of direct access to communicating with your Spiritual ***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!