

Alafia Brothers and Sisters!  
*Orí ire fun owo!* (Good Tidings to you!)  
*Itesiwaju ati Isokan* (Progress and Peace!)

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! If you are striving to change your life by following the guidance of our ancestors, then you are in the right place. This is where we break things down to expand your minds.

*Àṣẹ! Àṣẹ! Àṣẹ o!*

Homage to The One Who Sends, and to those who are sent!  
Homage to *Òrìṣà* and *Egun!*

Our topic in this video is: The Sixteen Truths of *Ifá*: Truth (10) - *You must never harm the universe of which you are part!* And remember that the Eighth Truth of *Ifá* affirmed that; *'We are part of the Universe (Multi-verse) in a literal, not just figurative, way!'*

If you are new to these video lessons, I'm Baba Umar, *Oluranse Emese*, (Voice of the *Emese*), Member of the *Isoro* Traditional Council of Chiefs in Ile-Ife, Nigeria, *Olúwo* of the House of Umar, and *Babaláwo* of *Ile Awo Òrìṣà* (the House of the Mysteries of the *Òrìṣàs*).

We invite you to please go ahead and click the Like, Subscribe, and Notification buttons, and share this resource with your family, friends, and associates. Every time you click that LIKE button, you'll be helping our online *Egbé* to grow, and you never know whose life you may change by that simple act of sharing the wisdom of *Ifá*. *Àṣẹ o!*

*Opo Ire* (abundant blessings) to our *Egbé*, our online community of Subscribers that continues to grow thanks to you. Thank you for joining us for another lesson and for clicking that LIKE button and doing your part to help bring about the Good Condition.

Remember, as a member of our YouTube *Egbé* you can support each other's spiritual journey by posting your questions and uplifting comments in the COMMENT section below. I enjoy reading how each of the video lessons has impacted your life and journey, and I try to acknowledge and respond to all your comments. You can also email me using the link in the DESCRIPTION section below if you need to connect with me on a more personal matter (consultation or divination). Also check the COMMUNITY section of this Channel for periodic messages, the monthly *Itadogun* reading, and additional *Ifá* lessons.

Take a deep breath and let's dive in:

Take out your notebook and look at your pdf. video script for our January 2024. You will find a listing of The Sixteen Truths of *Ifá*. When you consider the Sixteen Truths as a group you may notice that within the group of sixteen there are a few subdivisions. For example,

- In Truths 1-7 we are guided to reflect upon who we are, where we come from, why we are here, and the significance of ‘before birth’, ‘life’, and the relationship between ‘here’ and ‘hereafter’.
- Truths 8-12 provide us with insight into the nature of this place that we call ‘here’. In the *Ifá* Spiritual Tradition of Ancestor and *Òriṣà* Worship we refer to this ‘here’ as the *L’oja* (the marketplace – Truth 7). This second subdivision of the Sixteen Truths begins by establishing firmly that we are not simply ‘in’ the universe, or ‘observing’ the universe. *We are functioning parts of the universe!*
- In this current lesson we want to understand some of the subdivisions of the universe being referred to in Truth 10 - ‘*You must never harm the universe of which you are part!*’ We want to open our heart-mind to receive the instructions that our Ancestors left for us in the Sixteen Truths, giving us wisdom about how to navigate our journey in the *L’oja*.

Look a little deeper into the statement of Truth 10 of *Ifá* - ‘*You must never harm the Universe of which you are part!*’. At first, we might project our consciousness ‘out’ to the larger universe that expresses itself through our senses. We may think of all existing matter and space considered as a whole, the cosmos. We think of a multitude of planets, stars, solar systems, and galaxies. This outward looking is a vital part of our process of *Itelọ*, Expansion. But that is not the only mental shift that is being evoked in Truth 10, nor is it the only catalyst for expanded consciousness.

Think about it! You and I don’t walk around conscious in every moment of the larger Universe of which we are a part. So, we must ask, ‘*what universe is this Truth speaking about?*’ And then we must ask, ‘*how many universes are in our consciousness whether we are aware of them or not?*’ During any given period, your consciousness may be filled with awareness of only one aspect of your life that is important to you in that moment. In fact, these ‘universes of consciousness’ or ‘streams of consciousness’ are often bumping up against each other vying for space in the expansiveness of your *Ori*.

- A paradox: When you choose to focus on something, you are also choosing to narrow your field of awareness. You are expanding your awareness of the thing you are focusing on, while you are also narrowing your awareness of your limitless consciousness.

Hit me up in the **Comment section** and share where you have seen this paradox in action and tell me how you would **reconcile or manage this paradox**.

The meaning of the word ‘universe’ in the context of Truth 10 is not as obvious as it may seem.

- A universe is also a particular sphere of activity, interest, or experience.

Right now, if you pause and reflect, you will immediately recognize that you have a unique universe (your unique set of family, friends, colleagues, communities, activities, etc.) that you have created and that you work to sustain, sometimes wittingly and sometimes unwittingly. Now read Truth (10) again with this broader understanding.

- *You must never harm the universe (family, friends, colleagues, communities, activities, etc.) of which you are part!*

And what about the earth that loans you a body, and the water that facilitates the processes of your body, and the trees that are your external lungs, and the other parts of your respiratory system? And, what about the air that you share with the trees and with every other creature and lifeform on this planet?

- *Are these things not also part of your universe? The universe of which you are a part.*
- *Are they not a subset, a part of the universe that the Tenth Truth of Ifá says 'you must never harm'?*

Let's look at the guidance that Sacred *Odù Eji Ogbè* offers us.

This *Odù* says: (speaking of the *Ìrùnmolé* and their conduct in the world. *Ìrùnmolé* means, 'heavenly being that knows the earth'. They are the creative principles that *Olódùmaré* used to organize the universe.)

### ***Àbọ̀rú Àbọ̀yè!***

*“Bi Ọ̀lọ̀run Oba / mi ti da mi / mo n se o /  
 Mo n se rere /  
 Mo n se otito /  
 Mi o se ibi /  
 Mi o gbero Ika sikun /  
 Ki n ma / baa bi si ku /  
 Nitiri owo / ti a ba se Iwuro /  
 Timotimo nii mo / ni lowo d'Ojo ale /  
 A dífá fún Ọ̀rúnmilà /  
 Baba ntikole / Orun bo w'aye /  
 Sagede fún / Okankanlenirinwo Ìrùnmolé /  
 Wọ̀n ntorun bo waye /  
 Olódùmarè ni ki wọ̀n / maa se rere /  
 Ọ̀rúnmilà nikan /  
 Lo fi otito inu /  
 Da eru ika sonu.”*

*“I behave while my god believes me  
 I always do well  
 I am also honest  
 I do not do any harm  
 I also do not harbor any bad thoughts  
 Lest I die miserable  
 This is because, independently, what  
 We do in our youth  
 Will be present until our old age  
 They cast Ifá divination for Ọ̀rúnmilà*

*When he came from heaven to earth  
And the 401 Ìrùnmolé  
When they came from heaven to earth  
Olódùmarè instructed them to do good always.  
Only Òrúnmilà applied the truth of thought.”  
Àṣẹ! Àṣẹ! Àṣẹ o!  
Èjì Ogbè / Ogbè Méjì (1)*

What we have here in this Odù and in the Sixteen Truths of *Ifá* is a guideline for ecologically sustainable living, a blueprint for building a vibrant, healthy community life. A roadmap to bringing about the Good Condition. And a blueprint for your personal success in life.

The purpose of *Ifá* is not to fit every human being into the same one-size-fits-all box.

- You are free!
- You are here to learn, grow, transform, and create.
- You are a co-creator with the Orisun, the Source of All that is and that will ever be.

The purpose of *Ifá* is to provide you with an understanding and a way to interact and live cooperatively with and within *Olódùmarè's* Creation. *Ifá* is not given to us to restrict our individual choices (and by extension, our collective choices) but to assist us in making sure that our individual and collective choices do not negate the life process of others. The Path of *Ifá* can be exemplified by internalizing and living in accordance with the Sixteen Truths of *Ifá*.

- Don't make your life complicated. *Olódùmarè* isn't doing that! You, we are doing that!

Clearly the world has lost sight of this ancient wisdom. *Ifá* reminds us through the parables of the Sacred Corpus that humans are part of the fabric of ONE creation.

- The Western Cornucopia Worldview, the Eurocentric Worldview sees humans as a species apart, and the earth and other living things as being here to serve humanity's selfish purposes. That is part of the Hypnosis of Social Conditioning that I refer to so often.
- *Ifá* on the other hand tells us that if we persist in that thinking we are bound to destroy ourselves and suffer greater and greater hardships, individually and collectively, on the road to that eventual destruction.

This should be evident from the events taking place in the world today. Humans have offended the domains of the *Òrìṣà* and the *Òrìṣà* are today acting according to the Laws of Reciprocity, and Cause and Effect. *Ifá* reflects an ecological philosophy of thought, and a sustainable way of living.

This ecological philosophy of thought also requires an understanding of Truth (11) - *Our Temporal and Spiritual capacities must work together!*

*Ki Olódùmarè, Òrìṣà, ati Egun fifun e ni  
Itona, Imoye, ati Opo Ire!*

May Olódùmarè, Òrìṣà, and Egun bestow on you,  
Guidance, Wisdom, and Abundant Blessings!

*Ifokanbale!* Peace of Mind from Olódùmarè!

*Alafia ati Ife!* Peace and Love!

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

*Àṣẹ! Àṣẹ! Àṣẹ o!*