

Alafia Brothers and Sisters!

*Orí ire 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! *Àṣẹ o!* If you are striving to change your life by following the guidance of your ancestors, then you are in the right place. This is where we break things down to help you to expand your mind into the wisdom of the *Ifá* Spiritual Tradition of Ancestor and *Òrìṣà* Worship.

*Itesiwaju ati Isokan!* (Progress and Peace!)

Everything we share here is intended to assist you in making progress and finding peace and success in your life. Your goal is consistent progress, not perfection!

*Àṣẹ! Àṣẹ! Àṣẹ o!*

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

Homage to *Òrìṣà* and Egun!

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*).

Our topic in this video is: The Sixteen Truths of *Ifá*: Truth (13): *Our Ancestors exist and must be honored!*

Each of us is part of a long chain of souls who have come into this world, lived, and died leaving behind their genetic legacy. We return to this world (by choice) through our lineage and from that perspective it is possible for you to give birth to a child who is the return of your Great-Great-Great Grandfather or Grandmother as an example. It is by keeping the memory of our Ancestors alive in oral and written traditions, and in ceremonies, that we can recognize them when they return. Death does not end the life of a soul or limit the capacity of the soul to feel its own connection to the ongoing legacy of the lineage. Among the forces recognized in the *Ifá* Tradition is the *Egúngún* (Spirit of the Ancestors).

*Odù Ìwòrì Ìdí / Ìwòrì wò'dí* (75)

Rebirth / Reincarnation

This *Odù* says: (speaking on the principle of rebirth.)

*Àbọ́rú Àbọ̀yè!*

*"Kosi abiyamọ ti ko le bi awo lọmọ*

*Kosi abiyamọ ti ko le bi Ọ́rúnmìlà*

*Baba-ẹmi biobabini nipipe, bopẹtiti a run nbi Baba-ẹni l'ọmọ*

*A dífá f'Ọrúnmilà ti o wipe òun maa ni'orun  
bọsayé òun maa mu ayé l'ọsọrun.*

*Kiobaa leşe bẹẹ dandan,  
Wọn niki ó rú Ohun gbogbo ni méjìméjì, akọ ati abọ kan bayi:  
Agbo kan, àgùtàn kan,  
òbúkọ kan, ewúré kan,  
akukọ-adiyẹ kan ati agbebo-adiyẹ kan ati bẹẹbẹẹ.  
Ó gbọ ó rúbọ  
Bẹẹ ni ayé nbisii ti wọn si nré sii.*

“There is no childbearing woman who cannot give birth to an *Ifá* priest.  
There is no woman who cannot give birth to *Ọrúnmilà*.  
Our father, if he gives birth to us in full,  
inevitably, we shall, in time, give birth to him, in turn.

Our mother, if she gives birth to us in full,  
inevitably, we shall in time give birth to her in turn.

*Ifá* oracle was consulted for *Ọrúnmilà*, who said he would bring the heaven down to earth, he would take the earth back to heaven.

In order for him to accomplish his mission,  
he was asked to offer everything in twos, one male and one female —  
one ram and one ewe,  
one he-goat and one she-goat,  
one cock and one hen, and so on.

*Ọrúnmilà* heeded the advice and performed the sacrifice.  
Thus, the earth became fruitful and multiplied greatly.”  
*Ìwòrì Ìdí / Ìwòrì wò'dí (75)*  
*Àşẹ! Àşẹ! Àşẹ o!*

Accordingly, the *Egúngún* (Ancestors) are always considered to be a positive force in our lives, always working to our benefit. We can choose to honor their legacy, continue its development, and to pass it on to our descendants, or we can choose to break the chain of wisdom that lies waiting to be accessed in every cell of our *Ara Ojubo* (Body Temple).

This is how our nemesis (adversary, opponent, rival) was hoping to break us, to cripple us mentally, by using the Hypnosis of Social Conditioning to cut us off from our ancestral legacy and our personal power, so that we would see them as unbeatable. One of our greatest powers in this reality is our Power to Choose, to Choose to See (*ori – sha*, to choose to see). White Supremacy Racism is a system designed to shape and control our choices, and in doing so, to debilitate our minds, and to afflict us with the curse of hopelessness, helplessness, and a sense of worthlessness.

This Truth of *Ifá* (Truth 13) acknowledges and celebrates the eternal presences of *Egúngún* and our ongoing connection to our ancestral grouping or lineage.

I have spoken extensively about Ancestors and Ancestor Worship in previous video. Let me excerpt from some of those previous lessons as a reminder of the fact that '*Our Ancestors exists and must be honored*'.

In *Ifá*, we believe in the existence of 'Supernatural Forces', 'Spiritual Entities' that have the capacity to influence our journey in this world. There are both good (positive) and evil (negative) Supernatural Forces. The good Supernatural Forces are the 'gods' and the 'Egun' (Ancestors) and both of these are always working to support your success in life and to protect you from the evil Supernatural Forces as long as you do not neglect fulfilling your duties to your fellow human beings, to the other creatures of the earth, to the environment, to the good Supernatural Entities, and to your Ancestors. Should you fail in your spiritual duties of daily living, you can conjure the displeasure, even anger of the Supernatural Entities, but *Ifá* offers us a way to appease them through the offering of *Ẹbòs* and the carrying out of spiritual rituals and ceremonies.

It is certainly worth asking if this current turmoil and chaos in our world is an indication, an example of what can happen and will continue to happen if humanity continues to fail in managing and balancing the energies of these Supernatural Forces.

There is an *Ifá* verse from the Sacred Oracles that translates:

"If one has a problem,  
One should take it to one's ancestors.  
He shall protect you.  
One's dead father never fails to protect one.  
She shall protect you.  
One's dead mother never fails to protect one. ..."

You are never truly alone in this world! You are connected to the past, present, and future just as each cell in your body is connected to the Oneness that manifests as your physical self.

The 'good' Spiritual Entities, gods (*Òrìṣà*) and Ancestors (*Egúngún*) do not work against the interest of human beings and therefore, from the perspective of *Ifá*, they are regarded as friends, always willing to act to protect us from our own failures and forgetfulness, as well as from the evil Supernatural Powers.

*Ifá* tells you that whatever your pursuit, whether it be to overcome difficulty, avoid tragedy, or accomplish some desired goal, you should turn first to your own *Orí*, and second to your *Egúngún* (Ancestors).

*Ifá* looks at the nature of the physical world, the physical universe, and then asks the questions,

- "How can we act and interact with the essence of this reality in such way that we can live the best possible life?"

- “Can metaphysical and spiritual principles influence and affect the physical laws of the universe?”
- “Is the physical reality a collection of individual and separate pieces, or is it an integrated whole governed by a unifying principle?”

These are important questions. These are the questions that arise when you begin to understand that life is not something that is happening to you, beyond your control, but rather it is an experience that you are creating through your own choices and ways of thinking about the *L’oja* (the marketplace). The teachings of *Ifá* can assist you in escaping the Hypnosis of Social Conditioning, to become the liberated and powerful being that you were born to become.

The cycle of life and death is one of those areas of human concern that extends into the substantial and the insubstantial realities, the physical and the spiritual, the seen and the unseen. The physical aspect of death seems clear. The heart stops beating, the brain and heart stop sending out their bio-electromagnetic signals, the *Àṣẹ* (vital force of life) stops circulating through the body, rigor mortis sets in, and the body begins to decay. The laws of the substantial reality have been satisfied. *What about the insubstantial reality?*

- *Is there something that persists after the death of the body?*
- *Is the body the entire entity or is there something more, something unseen but nonetheless real?*
- *What is the purpose of life, anyway?*
- *Is there something like what we call a soul?*
- *If so, does it die with the body or does it live on in some other reality or dimension of this reality?*
- *Does this soul entity have awareness?*
- *Or is its very nature awareness, consciousness?*
- *Can we as living beings contact and interact with these entities of consciousness that exists after the death of the body?*
- *Do these entities have an interest in the activities of the living?*
- *Are they able to initiate contact with us?*

*Ifá* declares certain truths to assist you in your life journey.

- Your journey in the world does not begin or end with you but is part of a chain of lineage dating back to the very origins of human existence.
- Those who have lived this journey before you are still aware, conscious, and caring.
- Those who came before you support your success during your journey in this physical reality.
- You have a responsibility to acknowledge and honor those who are the predecessors of your lineage, your *Egúngún* (Ancestors).
- You can and should seek the assistance of your Ancestors in dealing with the circumstances and conditions of your life.
- Past, present, and future are not separate, individuated parts but rather an integrated matrix of divine energies that cannot be divided one from the other.
- Past, present, and future are simply reference points on your journey in the *L’oja*.

## *How do you participate in Ancestor Worship and honor your Egúngún?*

It can be as simple or elaborate as you wish to make it.

- Pour cool water into a crystal or wooden goblet, or directly on the earth, on a regular basis and thank your *Egúngún* for their part in your life and for supporting the will of your *Orí*. Reserve that goblet (or consecrated space) exclusively for communion with your Ancestors.
- Place a small plate at your dinner table and share your meals with your Ancestors by placing a small portion of food in their plate. Reserve that plate exclusively for connecting with your *Egúngún*.
- Call the names of your Ancestors to include them on special occasions and during special ceremonies like weddings, graduation celebrations, and the birth of children.
- Pictures and an altar for your *Egúngún* can be powerful elements of Ancestor Worship but are not a necessary part.

The main idea is to be aware, conscious of the insubstantial reality, and to have faith and eventually, the certainty of knowledge that the insubstantial reality can influence and affect the substantial reality.

*Isopo* is a Yoruba term that means ‘connectivity’ – the state or extent of being connected or interconnected.

- Things that are connected have access to and the possibility of communication with each other.
- Things that are connected are linked or related to each other.
- Things that are in a state of *Isopo* feel an affinity (a spontaneous or natural liking or empathy for someone or something) with each other. (Quantum Entanglement)

We should always stop and think about the things we believe, why we believe them, and how we understand or perceive the things we believe.

Open your heart and mind! Expand your sense of self beyond your individuated physical body! Seek the wholeness, the totality of who you are, and in doing so you will unlock the doorway, the vortex through which your *Egúngún* and communicate with you.

*Egun mi! Mo ni (your name) arọmọdọmọ e pele o!*

*Ma ja kiki won Orun, mo dupe!*

*Igbo Baba!*

*Igbo Yeye!*

*Egun mi! Fi fun mi ni Ori ire, te de iwa pele.*

*A dupe! A dupe! A dupe!*

*Àṣẹ! Àṣẹ! Àṣẹ o!*

My Ancestors! I, (your name) your descendant salute you!

All respect to the powers of Heaven!

Honor to the fathers!

Honor to the mothers!

My Ancestors! Bestow upon me the wisdom to become a person of good character!

I thank you! I thank you! I thank you!

*Àṣẹ! Àṣẹ! Àṣẹ o!*

This brings us to the Fourteenth Truth of Ifá that states: *Sacrifice guarantees success!*

If you appreciate the wisdom that we share on this channel please help us to expand our reach and grow our audience by Subscribing, clicking the LIKE button, and sharing. Help our YouTube Egbe to grow to 5000 subscribers by this time next year.

*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!*