

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. And I am grateful for your presence on this journey with me!

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, our goal is consistent progress, our target is perfection! We all just need to do the best that we can, with the knowledge that we have, to address any circumstance or condition that we face on our life journey, one day at a time, bit by bit.

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*). You can learn more about the *Emese* and the *Isoro* Council in the description section below and on our website. A link to our website is also in the description section below.

Our topic in this video is: The Sixteen Truths of *Ifá*: Truth (16): You Need Have No Fear!

Trusting in the Unseen can be difficult even for those of us who are sincere believers, especially in desperate and calamitous circumstances. But it is perhaps in these grave and dreadful situations that trusting can bring about the greatest benefit and reward. Trusting in *Ifá* in the face of fear is the way to eventually overcome your fears and strengthen your faith in the Unseen. Remember the story about **The Thief** that I shared in the **Library** section of the website. Certainly, the man who *Ifá* told to go out and steal like his father before him was filled with fear about trusting and following *Ifá's* guidance. But he faced his fear with the support of his wife and learned from his experience that ***Ifá* does not lie and Orisa never breaks their promises!**

Ifá kii puro, Ifá kii seke; Ohun tiyoo sele nifá nwi!
Ifá does not lie, *Ifá* does not mislead or deceive; *Ifá* simply says what will happen!

Ifá kii puro Opele kii seke!
Ifá does not lie, *Opele* does not mislead! (*Opele* is the chain the *Babaláwo* uses for divination.)

Your path in life and the way laid out by *Ifá* is not always straight, but you need have no fear!

What is Fear? What is the nature of Fear?

Fear is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat, or loss. Hence, some people are still wearing masks and other protective equipment today because they fear getting sick, being permanently harmed, or even dying from the Covid-19 virus. Some people are quitting their jobs, staying home, or even leaving the country because of the fear of being deported or disappeared by ICE agents.

Fear is a feeling of anxiety concerning the outcome of something or the safety and wellbeing of someone. Hence, many teachers and parents around the country and world are experiencing fear of going back into the classroom with so many unanswered questions about their safety and that of their students. Gun violence is exasperating people fears and causing them to avoid certain public gatherings and even going out a restaurant.

Fear is a biological process that triggers a set of neurological, biochemical, and physiological changes in the body while, at the same time sending and receiving signals and impulses from the mind. Fear draws much of its energy from the imagination and an innate reaction to certain things, known and unknown. But these definitions don't explain why the chemistry of fear and its operational manifestations are expressed across many species of plants and animals. In this sense, fear is not just an emotional human behavior but is in fact a pattern of avoidance behavior that is part of the *Àṣẹ* of living things.

When a prey animal shows clear signs of stress and hyper-alertness as it senses the presence of a predator, fear, the pattern of avoidance behavior, serves the prey's instinct to survive. Clearly, in this sense the *Àṣẹ* of Fear built into the design of living things serves the interest of life. When plants create illusions and camouflage with their flowers to make them look like a dangerous predator so that birds and insects will avoid it, it is expressing the *Àṣẹ* of Fear – therefore, Fear as a phenomenon does not belong to any individual or even group of individuals.

- Fear is written into the Spiritual Laws of the *L'ọja*.

This is good! Fear is not inherently a bad thing. The *Àṣẹ of Fear* is critical to our survival and the perpetuation of the life process.

The type of fear exhibited by the animals and plants emerges from the relationship between past and present circumstances. The prey has 'learned' from experience (locked up in its genetic code) that certain other forms are predators to their kind. This is good! This kind of fear helps to bring about the 'Good Condition' spoken about in *Odù Ìrosù Ìwòrì / Ìrosù'wòrì*, the 78th *Odù*. For human beings to recognize real and impending danger, and to receive mental, physical, and emotional signals about the threat is good and vital.

But where humans are concerned, not only do we experience justifiable fear, based on the relationship between past, present, and future circumstances, but we also experience fear based on emotion and imagination. And unlike the animals and plants whose expressions of fear are intermittent and time limited (once the 'threat' is over the stress response resolves and the creature goes back to homeostasis – relaxation response),

- human fears are powerful and persistent, and can be driven by emotion and imagination, sometimes becoming chronic to the point of being debilitating.

This is the kind of fear that we are speaking about when we say, **Fear is: False Evidence Appearing Real**. This FEAR emerges when the mind gets stuck in the remnants of past pains (real or imagined) and projects them onto the landscape of the present and the future.

This kind of FEAR can destroy lives and disrupt the relationships necessary for our success in the marketplace (*L'oja*).

- *Can you make all your decisions without FEAR?*
- *Can you move forward despite the risk of potential loss or apparent failure – without FEAR?*
- *Is FEAR in your way, blocking your advancements?*
- *How many things have you put off or avoided doing, not because of a legitimate survival-based fear, but because of FEAR emanating from your emotions and your imagination?*

Share in the comments if FEAR has blocked you from doing or achieving something that you wanted to do or achieve.

This last Truth of *Ifá* puts a crown on the Gathering of Truths.

Ifá ni ki isin!
Ifá is not a religion!

Ifá ni bawo aiye şişẹ!
Ifá is how the universe works!

Ifá ni iwa ti aiye!
Ifá is the nature of the universe!

The Sixteen Truths of *Ifá*, the Sacred Corpus (*Odù*) of the *Ifá* Spiritual Tradition of *Òrìṣà* and Ancestor Worship, and the Sacred Process of *Ifá* Divination provide us with all that you need to arrest your FEARS. *Ifá* helps to build your confidence and courage to confront and overcome any of the challenges and obstacles you may face on your earth walk in the *L'oja*. *Ifá* teaches us that all problems have a solution. *Ifá* shows us that the world, the *L'oja* is an energy-based construct, apportionments of the *Àṣẹ* (the Sentient Primordial Energy of the Beginning), and that you can influence the forms and circumstances that find expression in your life by mindfully managing your thoughts, words, and actions.

You need not fear because the Universe, SOURCE, *Olódùmarè* is not working against you. It is only social conditioning that is influencing your thought processes in such way that you find yourself inhibited by FEAR (**F**alse **E**vidence **A**ppearing **R**eal) while others drain us of our own *Àṣẹ* (Spiritual Power) to use for their own personal gain and benefit, most often, to your and my detriment. In other words, someone benefits from your and my living in a state of fear. The Sixteen Truths of *Ifá* lay out a path and a process of living that is in complete harmony with the **Universal Laws of Creation** and the **Spiritual Laws of the *L'oja***.

Truth (16): You Need Have No Fear/FEAR!

Consider the *Ifá* parable put forth in *Odù Òyèkúméjì* (2):

Àbọ́rú Àbọ́yè!

“Òyè dúdú awo orí Bijé ni o dífá f’Ọlófín.

“Òyè dúdú awo orí Bijé divined Ifá for Ọlófín.

A niki ó rú:

We asked him to offer

Aṣọ dúdú, ewúré, ewé ati eso jìjé.

a black cloth, a she-goat, and *jìjé* leaves and fruits.

A ni ikú ti o nbọ yi

We told him that this impending death

ko niipaa, ko niipa ọmọ rẹ

would not kill him, would not kill his children,

Bi o ba rúbọ.

if he made the offering.

Ó gbọ o rú.”

He obeyed and sacrificed.”

Òyèkú Méjì / Òyèkúméjì (2)

This is just one example of the thousands of *Ifá* parables and verses that reassure us that we need have no fear, and that through wisdom and sacrifice, *Ifá* can provide us with the solution to all our problems. Truth 14. - *Sacrifice guarantees success!*

What is wisdom?

- Wisdom is right thoughts, right words, and right actions.
- Wisdom is *Ìwà Pẹ̀lẹ́* (Good Character).

Remember Truths 4 and 5 that we discussed in earlier lessons:

- Truth 4 - It is your birthright to be happy, successful, and fulfilled!
- Truth 5 - You should grow and obtain wisdom during your life process!

Let me know in the comments if these lessons have been of benefit to you! It means a lot to me to hear how *Ifá* is helping you to change your life for the better. I read and try to respond to all your comments and questions.

So where will we go from here?

You don’t want to miss the amazing spiritual landscape that we will be visiting. In this next series of videos, we will explore selected *Odù Ifá* to further your understanding of the *Ifá* Spiritual

Tradition of *Òrìṣà* and Ancestor Worship. You will learn how to navigate and improve your personal journey in the *L'oja* by exploring the historical examples, stories, and proverbs that *Òrúnmìlà* and your *Egun* have left for you in the Sacred *Odù Ifá*. I look forward to continuing this journey with you.

Brothers and Sisters, I love sharing this wisdom with you, and if you appreciate the wisdom that we share on this channel please let me know in the comments and help us to expand our reach and grow our family, our *Egbẹ* by Subscribing, clicking that LIKE button, leaving your comments and questions below, and sharing this channel with others. Your questions and comments help to fuel the fire that burns within me! Clicking that LIKE button helps to expand our reach.

Let's work together to help our YouTube *Egbẹ*, our spiritual family grow to 5000 or more subscribers by this time next year. Let's work together to bring about the Good Condition as instructed and ordained by *Olódùmarè* for every human being.

Also don't forget to please contribute to our GoFundMe Campaign for the **Ifá Temples and Shrines Restoration Project** at <https://gofund.me/d3fc5705>. Information is also posted in the Updates section of the website and in the Description section of this video below.

Thank you again for being a part of our spiritual family. I love and appreciate each of you!
Àṣẹ! Àṣẹ! Àṣẹ o!

*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!*