

Sacred *Odù Ifá* Series: January 2026 Release
Sacred *Odù Ifá Èjì Ogbè* (Ese 1.1.3) Journey Thoughtfully

Alàfíà ati Ife 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! *Àşẹ o!*

If you have been studying with me for a while, welcome back. I'm grateful for your attendance and support as we travel together into the wisdom of *Ifá*.

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

Àşẹ! Àşẹ! Àşẹ o!

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: Sacred *Odù Ifá Èjì Ogbè* (*Ese*: Journey Thoughtfully)

Over the next several lessons we will be looking at a few *Ese Ifá* from Sacred *Odù Èjì Ogbè*. Let's continue with another insight into *Odù Èjì Ogbè* as a whole. In last month's lesson we talked about some Core Spiritual Themes of *Odù Èjì Ogbè*. In the last lesson we discussed what *Odù Èjì Ogbè* said about:

- d. Stability, Success, and Blessings
- e. *Ìwà pẹ̀lẹ́* (Good Character)
- f. Communication with *Orun* (Spiritual Realm)

Èjì Ogbè: Key Proverbs

- *Iwa l'ewa!*
 - Character is beauty!
- *Ohun ti a ba fi iwa se, ko ni baje!*
 - What is done with good character, will not spoil!
- *A kii sun ti ogbon, ki a ji ti iwa!*
 - We do not sleep with wisdom and wake up with bad character!

Comment: These three proverbs tell us something about *Iwa* (character). Share in the comments section how you think your own *Iwa* has affected or is affecting your *Ibi* (bad fortune/difficulties) or your *Ire* (good fortune). *What will you change in 2026?* What you share may assist another member of our Egbe in improving their journey.

Part 1: *Eji Ogbè* / *Ese* (1.1.3) Journey Thoughtfully

This *Odù Eji Ogbè* also says: (speaking of being thoughtful about our journey in this world.)

Àbọ́rú Àbọ̀yẹ̀!

“Ká má fi ìkánjú j’ayé.

“Let us not engage the world hurriedly.

Ká má fi wáràwàrà mókùn ọ̀rò.

Let us not grasp at the rope of wealth impatiently.

Ká má fi ìkánjú dajo ọ̀rò tó gbà sùúrù,

Let us not rush to decide that which should be treated with mature judgement.

ká má fi ibínú lo ìgbà.

Let us not deal within a state of anger.

Bí a bá dé ibi tútù, ká símí.

When we arrive at a cool place, let us rest fully.

Ká wò ọ̀sáá kún ọ̀jọ́ iwaju,

Let us give continuous attention to the future

ká si tún wò àtúbọ̀tán ọ̀rò.

and let us give deep consideration to the consequences of things.

Nítorí ọ̀jọ́ àti sùn ẹ̀ni.

And this, because of our eventual passing.” (For a day shall come when each person lies down (in death).)

Èjì Ogbè / Ogbè Méjì (1.1.3)

Part 2: Spiritual Significance of *Ese* (1.1.3)

This *Ese* (1.1.3) highlights conscious living, warning against the three major distortions of human judgment:

Distortion (1) *Ìkánjú* - Impatience

Èjì Ogbè teaches that impatience clouds the clarity that is its birthright.

When we “engage the world hurriedly,”

- We are prone to misread signs
- We are prone to misinterpret people
- We are prone to overestimate our readiness
- We are prone to jump to conclusions and ‘fly-on-the-handle’

Distortion (2) *Wáràwàrà* - Rash pursuit of wealth

In Yoruba society the “rope of wealth” (*mókùn ọ̀rò*) is a classic *Ifá* metaphor.

- Wealth (*ọ̀rò / ọ̀lá*) tended to come through trade, farming, craftwork, or inheritance.

- Anyone who tried to “grab” wealth recklessly often created strain, conflict, or shame for the lineage.
- If you grab at the ‘rope of wealth’ too quickly
 - you are prone slip.
 - you entangle yourself in a situation that it would be better for you to avoid.
 - you may pull the wrong end of the rope causing unforeseen evils.
 - Remember, a rope can pull prosperity, or it can snare you.
 - If you grab too quickly, you may misjudge its tension/strength and fall.

Distortion (3) *Ìbínú* — Anger

- Anger collapses destiny-vision (a destiny-disturbing force).
 - An angry person is “*òkàn gbóná*”—a hot heart.
 - Heat and clarity are enemies in Yoruba cosmology.
 - *Èjì Ogbè* states that the hot-hearted person cannot read their own path.

Part 3: The Cool Place (*Ibi Tútù*) - A Key Concept In *Èjì Ogbè*

Ibi tútù is not merely physical. It is a spiritual zone of equilibrium. It represents:

- Clear-headedness
- Rest after struggle
- Calmness where decisions become illuminated
- A return to *Orí*'s quiet voice

Èjì Ogbè says that when one reaches this internal “cool place,” they must rest in it, not rush out again.

- Sitting in stillness, taking a time-out, is not doing nothing!
- It is doing the most important thing – tuning in and listening to your *Orí* and to the Spirits!

In many old Yoruba towns, the palace, markets, roads, and shrines included designated cool spaces (*àgbàlá*, *odò*, or shaded groves). These were:

- places where disputes were settled
- places where tempers were cooled
- places where elders contemplated decisions

So, when the *Ese* says:

Bí a bá dé ibi tútù, ká símí.

- When we arrive at a cool place, let us rest.

It is reflecting a physical and cultural reality that:

- *Wisdom grows in coolness; ruin grows in heat.* (Yoruba saying.)

Part 4: Future & Consequence — The Dual Gaze Of *Èjì Ogbè*

This *Ese* pairs Two Modes of Perception: As you move into 2026, consider -

Mode (1) *Ká wò ojó iwájú*

- Look toward the future; foresee implications; plan.

Mode (2) *Ká tún wò àtúbòtán ọ̀rò*

- Consider the end of all things; understand what choices ripen into.

Èjì Ogbè teaches that wise people do both:

- foresee beginnings (make plans to succeed in achieving your goals.)
- foresee endings (always consider the consequences of the choices you will make.)

This dual gaze is central to *Ifá* ethics. It is also the reason that we cast the *Ifá* Oracles.

Part 5: The Final Line/Verse — Contemplation of Mortality

Nítorí ojó á tísùn ẹ̀ni.

For a day shall come when each person lies down (in death).

- This is not morbid.
- In Yoruba thought, remembering mortality is a way to sharpen your attention, your humility, and your carefully guarded conduct.

It says: by contemplating your mortality, you will be inclined to -

- See your time is precious.
- Move with intention.
- Waste no moment on haste, anger, or thoughtlessness.

Part 6: Application Principles – 7 Daily Disciplines “Live Thoughtfully” (*àṣà ìgbésí-ayé tí ó pé*)

From this *Ese*, *Èjì Ogbè* offers seven daily disciplines:

1. *Ṣe iwà títíwòn* (practice calm timing)
 - a. Do not be driven by urgency unless necessity demands it.
2. *Ṣọ́ra nípa ọ̀rò* (be prudent with wealth)
 - a. Do not chase prosperity in ways that disturb inner balance.
3. *Ṣe ìpinnu ní ogbòn* (decide with maturity)
 - a. Allow matters to ripen before judgment.
4. *Fọwọ́ ṣọ́ra níbínú* (retreat from anger)
 - a. Speak only when the heart has cooled.
5. *Ṣe símì ní ibi tútù* (rest in your cool places)
 - a. Protect your sources of peace; they are sacred.
6. *Rò ojó iwájú* (project forward)
 - a. Think in terms of long arcs, not short impulses.

7. *Rò ìparí* (consider endings)

- a. The wise person thinks beyond the present moment.

This *Ese* reflects real-life communal experiences where haste, anger, and greed caused rifts, loss, or tragedy. Our elders preserved this guidance in the Sacred Oracles of *Ifá* so that future generations (you, me, and our descendants) could walk more wisely.

Let me know in the comments how this lesson enhances your understanding of how your *Orí* and the Sacred Oracles of *Ifá* are helping you to navigate your daily life and helping you to align your choices with your destiny. *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!