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ODU STUDY GUIDE

School of Orisa Studies

IFA VERSES & STORIES

YORUBA VOCABULARY

ARTISTIC & CREATIVE ACTIVITIES

PRACTICAL APPLICATION

FOLLOW UP EXERCISES

OGUN SUBDUES OBA

HOW TO USE THIS GUIDE

orisalifestyle.com

The **Odu Study Guide** is designed to help you follow up on your interest in learning the sacred texts of Ifa. You don't have to be a babalawo to enjoy Orunmila's wisdom. All you need is to get familiar with some of the stories and their symbolism.

ALWAYS refer to the Odu Study Guide and complete the activities before you listen to the story. It is filled with activities and best practices for planning your study.

The activities are not done until you complete the FOLLOW UP exercises. This is where you will make the connections with others and the study becomes meaningful.

SIX LEVELS OF TRAINING

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For each main lesson, there is a particular set of educational exercises. These exercises correspond to the various CLASSES within the School of Orisa Studies:

- **Salt of the Earth:** Reflection & vocabulary building
- **Copper:** Visual & creative expression
- **Brass:** Psychological, social & cultural implementation
- **Silver:** Prayers & spiritual exercises
- **Gold:** Affiliated orisa, rituals & offerings
- **Amethyst:** Medicines, charms and preparations

**Get trained before
you get initiated...**

Obafemi Origunwa, MA

JOURNALS

Having a special Odu Studies Journal is a perfect place for you to accumulate drawings, ideas and questions. I suggest you start an exclusive Odu Studies journal and fill it with your learnings.

FOLLOW UP

Once you have completed the exercises and activities, share your experiences with the community. See the back page for sharing instructions.

HOW TO USE THIS GUIDE

There are six classes within the School of Orisa Studies, each with its own focus. When you enroll in the Amethyst Class, you have access to ALL educational resources within the School of Orisa Studies. As you move from Amethyst to Salt of the Earth, you have less access.

All participants will be able to complete at least FOUR learning objectives associated with the Odu Study Guide:

1. Pre Activities
2. Odu Main Lesson
3. Class-Specific Exercises
 - Salt of the Earth
 - Copper
 - Brass
 - Silver
 - Gold
 - Amethyst
4. Follow up Activities

BEFORE YOU START

Read the **Story Summary** and **Main Themes** for an overview of the most important ideas. You may discover others as well.

STORY SUMMARY

Oba had rebuffed the advances of every ironmole. Whenever they approached her, she would turn courtship into a battle and defeat her suitors. When she met Ogun, he refused to battle her until she threatened to create a drought in his kingdom. Finally, they started to wrestle. Then, Esu made Oba fall and Ogun pinned her. The word spread that Ogun had subdued Oba, which enabled the waterways to increase in abundance.



MAIN THEMES

Combative courtship

- Courtship that becomes combative

Ultimatum

- A final proposition whose rejection will end negotiations

Controlled aggression

- Intentionally channeling frustration

Handicapping

- To offset competitors' abilities

Acquiesce

- To accept reluctantly, without protest

Fulfillment

- Making something whole, complete



INTRODUCTION

Complete this activity before listening to the Main Lesson.

This activity is designed to build curiosity and familiarize you with the symbols and characters in the story. It will also enable you to use what you already know in order to learn more about the wisdom of this particular verse of Ifa.

COMPLEMENT

DEFINITION: What does the word, complement mean? What happens when people or things are complementary?

List everything in your **Odu Studies Journal**.

EXPERIENCE: Recall a specific time when you experienced somebody who complemented you. Maybe it was a professional or an intimate relationship. Describe a time when you felt relieved or confused by the dynamics of a complementary relationship. How did the experience shape your values or perception?

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LISTEN TO
THE STORY



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EXERCISES

Odu Study Guide





EXERCISE 1

QUESTION:

Record your responses in your Odu Studies Journal

- If you had to pick out one message to be learned from this verse, what would it be?
- Why did Oba challenge Ogun?
- What motivated Ogun to accept Oba's challenge?
- How did Ogun finally subdue Oba?

VOCABULARY

- Irunmole - A divinity, orisa
- ijàkadì - combat
- şegun - conquer
- odo - river
- ogbele - drought
- imuse - fulfillment



EXERCISE 2

QUESTION:

Make entries in your Odu Studies Journal

1. Recall the way the story unfolded. If it were a movie or a play, how many major parts or scenes were there? Now, recall the most memorable portion of the story. What happened? Who were the characters?
2. Draw a detailed picture of the most memorable scene.

TIPS

- Use pencil first
 - Take your time
 - Focus on visualizing the scene, not on realism
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EXERCISE 3

QUESTION:

Record responses in your Odu Studies Journal

1. Divide the story into four parts as follows:
 - a. Setting: Where does the story start?
 - b. Development: What happened to create uncertainty?
 - c. Culmination: What happened to shift the dynamics?
 - d. Solution: How did the story resolve?
2. List the major symbols in each part of the story (e.g., wrestling contests, etc)
3. What does each symbol represent to you, personally?
4. Tell the story from the various perspectives of other characters. For example, how do you think the ironmole would tell the story? How might the story be told from the perspective of Ogun?

TIPS

- Do not use outside resources when assigning meaning to the symbols
- Try mapping the story on paper to show relationships in each part



EXERCISE 4

DREAM INCUBATION:

Make notes in your Odu Studies Journal

A major theme of this itadogun is **complement**. Where do experience complementary dynamics in your life?

- Create an intention and record your dreams every day until you get a satisfactory response.
- Pick one question or intention to contemplate and meditate upon it for awhile.
- Incubate your dreams: “My intention is to dream about _____. Please send a dream I can easily understand!”

TIP: Your dreams may not reflect literal imagery related to your question. Instead, they may be metaphoric. Don't look for the obvious, literal answer. Use your dreams like divination tools.



EXERCISE 5

DAILY RITUAL FOR ORI BLESSINGS

Transcribe this ritual into your Odu Studies Journal

The leaf of locust bean tree is not big enough
to wrap a lump of food
The leaf of 'emi' tree beats each other
producing rhythmical sound
Cast divination for Orunto, the child of Oba tutu
He had been trying his hands on all without success
He was asked to offer sacrifice
He heard about the sacrifice
And performed it
Any sad incident or event
It is one's creator that one should hand it over to
All events are related to one's destiny
One's God

INSTRUCTIONS

At 5am, pour a glass of
water. Recite the
prayer over the water.
Drink the water.
Repeat 8 times a day
for 16 days



EXERCISE 6

MEDICINE FOR WEALTH

Write this medicine in your Odu Studies Journal

INCANTATION

The pocket of a child filled with coins
makes wojowojo sound
Cast divination for Ajoke
Who is the child of the people of Ota Odo
Ajoke do not think of poverty
And never think of pain
Do not think of poverty or pain
So that you do not die prematurely
You would not be able to experience your good fortune

MATERIALS

1. Four cowries
2. Shea butter
3. Mortar/Pestle
4. White plate
5. Iyerosun

INSTRUCTIONS

Grind shells into powder. Mix it with shea butter. Spread iyerosun onto plate. Mark the sign and chant the incantation. Mix the powder with shea butter. Apply to your entire body at will.



FOLLOW UP

OPENING THE STOMACH

The sacred text of Ifa is filled with wisdom that facilitates mental, emotional and spiritual healing.

Traditionally, once the babalawo has shared the messages of Ifa, he will say, "Ifa has opened his stomach for you. Now, it is time for you to open your stomach to Ifa.

"Opening one's stomach" is what African American Christians call testifying. It is when you share how the message resonates with you and speaks to your condition.

Opening your stomach is an integral part of the healing process.

Make Ebo: [CLICK HERE](#)

INSTRUCTIONS

Make a 3-5 minute video response to the following questions:

1. Complete the exercise for **your class (e.g., One, Two, Three)**
2. What stood out for you in this exercise?
3. Why do you believe this story revealed itself to you at this particular time?
4. What is one thing you can do immediately in response to this lesson?

Share the responses at:

[facebook.com/groups/OrisaStudies](https://www.facebook.com/groups/OrisaStudies)