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Ogbelrosun

ODU STUDY GUIDE

School of Orisa Studies



IFA VERSES & STORIES

YORUBA VOCABULARY

ARTISTIC & CREATIVE ACTIVITIES

PRACTICAL APPLICATION

FOLLOW UP EXERCISES

**HOW IFA SAVED
OSU'S FAMILY**

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

School of Orisa Studies

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

When Osu could not find a remedy for his chronic illness, his friend, Ejika Gogoro went to consult Ifa on his behalf. The awos told Ejika that his friend and his entire family were blocked spiritually. The only solution would come from Ifa initiation. As a result, Ejika went as far as to pay for Osu's initiation and then physically carry him to the sacred grove. Osu was cured, which led his siblings to receive Ifa one by one. As they did, their problems were redressed and roads to their destinies were opened.



MAIN THEMES

Palaver

- Elaborate or complex procedure.

Intractability

- Hard to control or deal with.

Support

- To uphold or lift up.

Virtuous Cycle

- Cycle of events that produce favorable outcomes

Systems thinking

- Holistic analysis of constituent parts

Restoration

- 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.

SUPPORT

DEFINITION: What does the word, support mean? What happens when people or things are supportive?

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

EXPERIENCE: Recall a specific time when you experienced somebody who supported you. Maybe it was a professional or an intimate relationship. Describe a time when you felt surprised or secure as a result of being supported by somebody. 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 Ejika Gogoro consult Ifa?
- What motivated Osu to receive Ifa?
- How did Osu's initiation influence his siblings?

VOCABULARY

- Ejika - Shoulders
- Osu - Babalawo's iron staff
- Isefa - Hand of Ifa
- Itefa - Full Ifa initiation
- Aburo - younger sibling
- Egbon - older sibling



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
-



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