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Ogbelrete

ODU STUDY GUIDE

School of Orisa Studies

IFA VERSES & STORIES

YORUBA VOCABULARY

ARTISTIC & CREATIVE ACTIVITIES

PRACTICAL APPLICATION

FOLLOW UP EXERCISES

**HOW ESU USED THE
EGUNGUN TO
PROTECT ORUNMILA**

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

The 401 irunmole practiced rotating feasts. In turn, each of them would host a party at their home. When it was Orunmila's turn, the others decided to publicly shame. They believed he had become too popular too fast. On the day of the party, nobody showed up, except Esu. He explained the situation to Orunmila, then went and borrowed the Egungun masquerade. He sang and danced, attracting all the children and devotees of the irunmole to Orunmila's house.



MAIN THEMES

Rotation

- A system of rotating feasts

Embarrassment

- Feeling self-consciousness or shame

Collusion

- Secret cooperation to deceive

Envy

- Resentment of someone's qualities

Loyalty

- A strong feeling of support or allegiance

Attraction

- The power of evoking interest



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.

BYPASS

DEFINITION: What does the word, bypass mean? What happens when people or things create a bypass?

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

EXPERIENCE: Recall a specific time when you experienced or created a bypass. Maybe it was at school or in your job. Describe a time when you felt confused or relieved as a result of the creation of bypass. 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?
- Who went to consult Ifa?
- Why did the irunmole conspire against Orunmila?
- What is the significance of the children & devotees following Esu?

VOCABULARY

- | | |
|------------------------------|-------------------------|
| • aro - rotating work, feast | • eku - masquerade |
| • idite - conspiracy | • olufokansin - devotee |
| • ilara - envy | • ilana - procession |
-



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., feast, masquerade, 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 irunmole would tell the story? How might the story be told from the perspective of the children?

TIPS

- Do not use outside resources when assigning meaning to the symbols
 - Try mapping the story on paper to show relationships in each part
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EXERCISE 4

DREAM INCUBATION:

Make notes in your Odu Studies Journal

The symbol of this Odu signifies ancestral protection. What are some ways in which you can call upon ancestral protection right now?

- 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 ANCESTRAL SUPPORT

Transcribe this ritual into your Odu Studies Journal

When we wake up early in the morning
When we wake up at dawn
Let us beg for what we need from the Owner
To enable the Owner to give it to us
This was Ifa's message to Orunmila
When going to prepare the Egungun masquerage
Because of his wife, Aworonke
He was advised to sacrifice

INSTRUCTIONS

Every evening at
dinner, then before
bed, repeat this verse 4
times in a row and
meditate upon
your ancestors



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