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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
- idite - conspiracy
- ilara - envy
- eku - masquerade
- olufokansin - devotee
- ilana - procession



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)