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OturaMeji

ODU STUDY GUIDE

School of Orisa Studies

IFA VERSES & STORIES

YORUBA VOCABULARY

ARTISTIC & CREATIVE ACTIVITES

PRACTICAL APPLICATION

FOLLOW UP EXERCISES

THE SACRIFICE OF TWO CLOSE FRIENDS

HOW TO USE THIS GUIDE

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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

There were two friends who worked cutting vines. Ifa said they should offer their machetes and one tortoise each for success. Only one friend complied. The next day, he had to cut vines with his teeth. Esu caused him to find two tortoises in the vines. Then, Obatala's daughter became very sick in heaven. Nothing could cure her but one tortoise. Esu made every tortoise invisible. The only tortoise belonged to the vine cutter. Esu told him to take no less than one million. The same happened to Olokun's daughter. Thus, the vine cutter became wealthy.

MAIN THEMES

Friends
- Sharing a bond of mutual affection

Labor
- Work, especially physical work

Togetherness
- Being bound to another person

Refusal
- Unwillingness to accept or grant an offer

Boon
- A thing that is helpful or beneficial.

Remedy
- A medicine or treatment that cures.

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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.

VULVERABILITY

DEFINITION: What is the meaning of vulnerability? What happens when people practice vulnerability?

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

EXPERIENCE: Recall a specific time when you chose to be vulnerable. Maybe it was an intimate relationship, or as part of a spiritual practice. Describe a time when you felt terrified or relieved as a result of practicing vulnerability. How did the experience shape your values or perception?

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LISTEN TO
THE STORY

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EXERCISES

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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 the two friends consult Ifa?
- Why did one friend complete the sacrifice?
- What is the significance of two tortoises?

VOCABULARY

- ise - work
- ada - machete
- ore - friend
- alabahun - tortoise
- arun - illness
- iwosan - healing

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

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., machete, tortoise, illness)
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 each friend would tell the story? How might the story be told from the perspective of Obatala or Olokun?

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

The symbol of this Odu signifies the introspection, intuition and inner vision. What are some ways in which you might benefit from pre-manifestation 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 VICTORY

Transcribe this ritual into your Odu Studies Journal

The gin is the gin of justice
The kola nut is the kola nut of the advice
The palm wine is the wine of the ones who dance
Cast divination for the young ones at Ìpapò
When death was pursuing them because of a law case
Cast divination for the elder ones at Ìpapò
When death was pursuing them because of a law case
They were told to make sacrifice
And they complied
The young ones at Ìpapò are not guilty
The elder ones at Ìpapò are not guilty
Come and see how Ifá will overcome enemies

INSTRUCTIONS

Recite 8 times daily for 8 days. Pray for victory.

EXERCISE 6

MEDICINE TO PROSPER IN THE FACE OF CONSPIRACY
Write this medicine in your Odu Studies Journal

INCANTATION

Going through open places
will bring bad luck to the turtle
Iki is the priest of Osoro ilé
The spirit of the father that governs the body
The farm will not rejoice unless it asks for forgiveness
from the river of Òyá
Cast divination for Abudulahi
The son of Àgbonnìrègún
On the day he had many enemies
conspiring against him
He was told to make sacrifice
in order to overcome them
Ifá said he will not kill him
And said he should not listen to gossip
Ifá says I will get to be prosperous in life
Dandan always proves to be successful
to the one that uses it
For the turtle things are always easy
Òtúrá méjì, allow things to come easily to me
Allow dandan bring luck around me easily

MATERIALS

1. Dandan leaves
2. Turtle meat
3. Iyerosun
4. White plate

INSTRUCTIONS

Mix the leaves of dandan with pepper. Cook turtle meat in palm oil. Once the meat is done, spread iyèrèosùn on the white plate and mark OturaMeji then pray. Then, mix the powder with the turtle meat and eat.

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