ORISA LIFESTYLE ACADEMY

WEDNESDAY, April 6, 2022

1:00 PM – 2:30 PM

PERSONAL MANAGEMENT FOR SPIRITUAL PROGRESS

The meeting was opened with Baba Obafemi Origunwa reciting Ijuba and then giving his educational, family and occupational history. He then moved on to give us incite into what we should be looking for while on our individual journeys.

POINTS FOR THOUGHT:

* **FOLLOW YOUR BLISS – Meaning follow that desire that inspires you. It is what lights your fire, gives you the energy to get up each day and plan a course of action, put on your creative hat and develop ways to accomplish the vision. The course may not always be pleasurable, but you will preserver until you finish what you have started.**
* **NATURAL GIFTS AND TALENTS – These were chosen in the Spiritual Realm and are tied to your Bliss. They provide a window to your identity. It is our responsibility to:**

**\* Know who we are**

**\* Know what makes you go**

**\* Learn to feel yourself grow**

**\* Understand Ori made you in the beginning**

* **KNOW WHO YOU SERVE – The notion that you serve everyone is irresponsible thinking. The examples were given how Ogun and Obatala realized who they were to serve through their mistakes. Ogun went on a killing spree and Obatala got drunk and created people with deformities. When we refuse to comply and make the personal sacrifice to serve, be it fear of embarrassment or some other reason, negative consequences result.**

\*Know who your people are

\*We need to focus on specific people

\*All people are not going to like you

\*Some people will try to keep you from being your true self

\*Let go of jealous or people with negative energy

\*When you let to go of those who are trying to impede your mission, you will discover those that remain are 100% with you.

IMPORTANT REMINDERS:

FOLLOWING BLISS IS NOT COMFORTABLE – WHY DO YOU CONTINUE – BECAUSE YOU KNOW THE RESULTS ARE GOING TO GIVE YOU A FEELING OF ACCOMPLISHMENT.

**TAKE YOUR TIME TO DETERMINE THE PATH YOU WANT TO WALK AND WHERE YOU WILL DO YOUR BEST WORK.\***

**QUESTIONS:**

 **Sister Efuntola – Regarding the healing services she renders**

 **Brother Jegbe – Figuring out the next step**

 **Other – Egungun**

 **Other – How she found her path “Crocheting Under Water”**

**Wednesday, April 14, 2022 – 1:00 PM – 2:30 PM**

 **Discussion: Becoming an Ideal Apprentice**

**\*REFERENCES: Malcolm Gladwell, Author: Outliers: The Story of Success, Blink, etc.**

**Respectfully submitted: Barbara Best**