

IFA Inmates Newsletter

I F A F O U N D A T I O N I N T E R N A T I O N A L

SPECIAL POINTS OF INTEREST:

- When the fan thinks it controls the wind, imbalance results .
- New Era of IFA
- Personal Empowerment
- Orisha Energy Matrix
- Looking to the Universe

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THE LOST TRUTH OF THE YORUBA

We live in a world where complexity too often equates to value. The more bells and whistles our car, TV, or cell phones have, the more attractive they appear. Yet, when one gains a measure of wisdom, you realize that the greatest truths are the simplest. Great truths reside in the core of ideas and energy, not in the accessories; this is particularly true of the Yoruba concept and understanding of nature.

The great Truth the Yoruba wise men and women discovered:

Every aspect of nature exhibits its constant dynamic movement designed to achieve or maintain balance. A Thunderstorm dissipates the excess heat, earthquakes re-

move excessive tectonic pressure, and the hours of daylight signal the dormancy or awakening of trees, plants and animals into a current habitable environment.

The Yoruba observed and understood both the power and necessity of this balance.

When, for short periods, nature appeared out of balance, be it through drought, forest fire, flood or excessive heat, all the inhabitants of the area suffered. It was only after nature dynamically corrected the short term imbalance that health and safety were restored. They also observed another critical truth: All living things on this planet achieved their own balance as a result of

natures balance! On a basic level this is easily understood. If our crops are destroyed by drought, our homes washed away in floods, or our children struck by lightning, we suffer great imbalance in our lives. When nature has restored its balance, we are able to restore our own. But on another critical level, they also realized that just as the energy of a thunderstorm could correct the imbalance of drought, or the energy of a forest fire could clear the way for removing dead trees and allowing new growth to take place, that in the symbiotic relationship of ALL living things on this planet, the various energies of nature could maintain or restore our personal balance as well!

FIRST STEPS TO EMPOWERMENT

The single most important thing for “Getting Started” would be the Itafa, or Life Path Reading. It is this reading that was performed for EVERY Yoruba child between the 3rd & 7th day of their life. By identifying their Life Path (energies), the primary Orisa/Orisha they

had selected to most effectively achieve this Path, their primary Ancestor who would join them on their journey, plus much more, it provided the roadmap for the child’s greatest success in achieving their Destiny. It is, in essence, the user’s manual for your life.

The second most valuable tool is standard divination. A standard divination is a magnified examination of the client’s current life, and is used to identify any imbalances that need addressing as well as give answers to specific questions the client wants to address.

THE LOST TRUTH OF THE YORUBA (CON'T)

They identified, and named many of these energies: they called them Irunmole or Orisa.

They became specialists in these areas. They became intimately connected to specific aspects of nature and worked to be able to effectively access and use that energy to restore or maintain balance in other humans. This balance allowed for our natural sym-

biotic connection and relationship to the world we live in. But they NEVER forgot that the process of restoring or maintaining our personal balance was simply a **bridge** allowing us to **connect to** and become balanced within the larger, more powerful whole (nature) of which we are a literal part of.

Energy is vibrational on the most basic level. Man is

vibrational as well. Each energy is subtly different in vibrational frequency. The Yoruba, through ritual, proper ebbo, etc. learned how humans could, for brief but exceedingly powerful moments, connect the two. It is this connection that brings empowerment and direction.

It was not until the World View of the West - a view that **man was supreme**

insidiously wove its way into African culture - that cause and effect became twisted.

Matrix: a noun

originating from the Latin word womb. An environment that gives form to, or provides for, the origin or development of something.

These are areas for you to strengthen your own matrix and for personal empowerment

DAILY - START YOUR DAY WITH A PRAYER TO ORUNMILA. Before embarking on your day connect with the energy of the whole in order to use wisdom and knowledge

throughout your day.

DAILY: SPEND SOME TIME WITH THE ORISA OF THE DAY & ORI. Connect with the energy applicable to each particular day; as well as your Ori. Learn to tap into each energy in such a way that you can utilize it to maximize the potential of

each day and fulfill your true Destiny Path.

MONTHLY: ANCESTOR WORSHIP. Honor and pay respect to those that came before you for their journey, their wisdom and knowledge, guidance, love and support make

PRAYER TO ORUNMILA (FOR THE NON-INITIATE)

Reverence to Oludumare (God) who first encompassed the universe. Reverence to Orunmila, second only to Oludumare. Reverence to the 200 Irunmole' (Orisha) on the right. Reverence to the 200 Irunmole' (Orisha) on the left. Reverence to Akoda who first learned Ifa. Reverence to Aseda who second learned Ifa. Reverence to

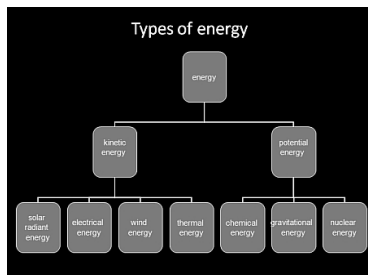
Oluwo Fagabimilia and Iyanifa Olufadeke. Reverence to all of our teachers. Respect and love for all Babalawos, Iyanifas and Orisha worshippers. Respect and love to all the beautiful Mothers (Aje and Witches). Respect and love to all my departed blood Relatives (list by name all known blood relatives). And all those whose I do not know, but

whose blood flows through my veins. Respect and love to my Ori, the guide to my true Destiny Path. Respect and understanding for the dawn of each day. Respect and understanding to sunset, the end of this journey. As I give my love and respect, give me your blessings along with the love and support in all my endeavors. Ase!



IFA Diving Tray

ORISHA ENERGY MATRIX



Types of Energy Diagram

ESU: The energy of opportunity. In addition to opening the opportunities for those things you seek, Esu is perhaps most important for the creation of opportunities you have yet to consider.

OBATALA: The inherent energy of clarity, peace and calmness. When your judgment, clarity or clam is out of balance, this is the energy for restoration.

OSUN: The essence of Joy is the power of Osun (Oshun). Curiosity, exploration, sensuality, success, conception, romance, and love are ALL components of the Osun energy matrix.

SANGO: Stuck? In need of a new approach? Sango (Shango) is the energy of Strategy. Triangulating with this energy brings new strategies for overcoming your difficulties.

DAYS OF THE WEEK

MONDAY (Oyo Aje): Day for Financial Success. Monday belongs to Yamonja/Olukun.

TUESDAY (Ojo Isegun): Day of Victory. Tuesday belongs to Ogun and Ososi.

WEDNESDAY (Ojo Riru): Day of Confusion and Sudden Positive Changes. Wednesday belongs to Oya.

THURSDAY (Ojo Bo): A Day of Fulfillment. Thursday belongs to Sango.

FRIDAY (Ojo Ete): Day for Success and Exploration. Friday belongs to Osun.

SATURDAY (Ojo Abameta): Day of Opportunities. Saturday belongs to Esu.

SUNDAY (Ojo Aiku): Day of Long Life and Tranquility. Sunday belongs to Obatala, Ori and Orunmila.

See each day as an opportunity to connect, acquire more wisdom and knowledge and grow.

"The best thing about the future is that it comes one day at a time."

—Abraham Lincoln



NEW ERA OF IFA

There is a parallel shared by all ancient philosophies. Basic Truths were expressed in metaphorical tales. One of these, which has enormous significance to the ancient African philosophy of Ifa, is that of the Phoenix.

"A mythical bird that never dies, the Phoenix flies far ahead to the front, always scanning the landscape and distant space. It represents our capacity for vision, for

collecting sensory information about our environment and the events unfolding within it." - Master Lam Kam Chuen

In ancient Egyptian mythology the Phoenix is a mythical, female, sacred bird said to live for 500 years. At the end of its life cycle, the Phoenix builds itself a nest of twigs that it then ignites. Nest and bird proceed to burn fiercely and are reduced to ashes

- from which a new, young Phoenix arises.

In today's world, the accepted ideas that have driven Western culture for hundreds of years are not only growing old, they are increasingly being proven incorrect. A world where global warming threatens our way of life, where the economy is beginning to fail from the thoughtless diminishing of natural resources,

where the economy is beginning to fail from the thoughtless diminishing of natural resources, where social stability is threatened by rampant crime, overflowing prisons and ancient tribal conflicts, the "World is ending" feeling can become overwhelming. Be it the Apocalypse of the bible, or the destruction predicted by the Mayan Calendar, it can be easy to give up hope and feel, at the very least, that the best is behind us.

THE LOST TRUTH OF THE YORUBA (CON'T)

The result of this twist is the almost permanent state of imbalance most of the West still currently resides within.

When the fan thinks it controls the wind, imbalance results. So, as the West has increasingly co-opted the ability to use the natural energies the Yoruba discovered, they have used them in ways that, rather than restore balance and connect us to the whole, separate us from it in a frighteningly self-absorbed manner - a manner which not only creates tempo-

rary imbalances in nature through our total disregard for its balance, but imbalances within ourselves, as we remain in a constantly contradictory vibratory state with the whole.

We are like the percussionist in the orchestra that continually bangs the symbols in total disregard to the symphony itself.

In order to begin to understand, feel, and restore ourselves to the proper relationship with nature, we must once

again become apart of it. Quite frankly, I do not believe it can easily be done in Chicago, New York, Los Angeles, London, or Paris. The overwhelming dissonance of energy that Western societies metropolitan areas exude make it virtually impossible. Instead you must find the time to place yourself in a quiet, natural environment. An environment where the sounds of car horns, sirens, trains and planes cannot be heard. An environment where you can hear the sound of waves, birds, frogs, and wind

rustling through the trees and bushes. Where you can, without intent, allow your own energy to meld with and become part of the whole from which you came. It is something that must be felt and experienced in order to reconnect you to the energies in a productive and rational way that the ancient Yoruba understood.

“Happiness is
not a reward —
it is a
consequence.

Suffering is not
a punishment
— it is a
result.”

-Robert Ingersoll

ORISHA ENERGY MATRIX (CON'T)

OKO: Similar to Obatala energy, but proactive against negative energy. If you are bothered by other's negativity, this energy can be highly protective.

AJE/WEALTH: Owner of, and giver of, wealth in every aspect.

IBEJI: Represent the duality of twins, they also represent the inherent wealth and joy of our children. Essential to restore communications and balance with an aborted or deceased child.

SIGIDI: The MOST potent protective energy for home, family and business. Repels Death, Disease, Court Case and Loss.

ORUNMILA: The energy of the WHOLE. An energy that allows you to see and place the various pieces of your life into their proper place to assure your health, happiness and prosperity.

ORI: A complex combination of our selected Destiny, Primary Guardian Ancestor and Primary Guardian Orisha.

IFA'S IMMINENT RISE

What we see is the ending of one era, and like the mythical Phoenix, or the very real Odu, it portends the beginning of the birth of a vibrant new stage where the new values cast out the old. Where the flaws of Newtonian physics are replaced with the endless

possibilities of Quantum reality; where the disproved absolutism of our being controlled by our RNA/DNA is replaced by the reality of spiritually programmable cells that can relate to, and work with, other communities of similar cells in harmony, rather than through

supremacy. Where the practicality and rewards of good character and long-term thinking replace the destructive focus on instant gratification and self-absorption. Rather than the end, it is the beginning of the next evolutionary imperative.



Orisha Ela at Ola Olu Retreat

ORISHA ENERGY MATRIX (CON'T)



Tapping into the energy of Orunmila.

OGUN: Ogun is the essence of Purpose. This energy allows you to focus, work hard to achieve your goals and find creative solutions to your difficult problems. When you don't seem to have the energy/power to get it done seek out to Ogun.

OSOSI: Ososi (Ochosi) is the energy of communication, particularly long distance. It is the energy that allows for the instantaneous movement of thought and ideas to distant people or places.

YEMONJA/OLOKUN: A potent pool of strong—yet nurturing—energy. A Feminine force that demands Good Character while protecting from harm. Owner of all wealth.

OYA: The energy of Sudden POSITIVE changes. Owner of the marketplace and force to sweep away the stagnant while ushering in the new.

PROGRAM FOR NEW ERA

Every significant advance of civilization was ultimately the decision of someone, or some group, willing to challenge the flawed or diminishing results of the past. Ultimately, they found the world was **not** flat, man **could** fly, and communication across thousands of miles **could be** as quick and clear as speaking to someone across the room. Each and every one of these and almost every other advance were

met with huge resistance. For example, in the spring of 1633, Galileo Galilei, an Italian scientist, was delivered before the dreaded Roman Inquisition to be tried on charges of heresy. He was denounced, according to a formal statement, **"for holding as true the false doctrine . . . that the sun is the center of the world, and immovable, and that the earth moves!"** the statement went on to read that

"the proposition that the sun is the center of the world and does not move from its place is absurd and...heretical, because it is expressly contrary to the Holy Scripture!" Galileo was found guilty and forced to renounce his views. Ill and broken in spirit, he was sentenced to a life of perpetual imprisonment and penance.

If I were again beginning my studies, I would follow the advice of Plato and start with mathematics.

—Galileo Galilei

ORI

This is an extremely important piece to everyone's life. You should consider working with your Ori daily. At the time of conception we chose our Destiny Path. More often than not, those who raised us were not aware of what it was and did not focus on nurturing us in that manner. It is then that our chosen Destiny path gets dis-

torted. When we do not do what it takes to grow in alignment with what we chose we begin to lose ground and stop what is "that path" we would flow best with. It is far too often that we end up as adults wondering what we are here for! It is extremely important that we become aware and connect up with this. The various Offerings

and Ebbos can help us to 'realize' this and bring more action on the course of our true Destiny journey.

Ela ro, Ela ro, Ela ro. Ori mo pe o, Ori mo pe o, Ori mo pe o. Ori, I call on you. Ori, I call on you. Ori, I call on you.



Orisha Ori at Ola Olu Retreat

EMPOWERMENT

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Let Knowledge Replace Fear!

I call upon all the Female Ancestors. I call upon all the Male Ancestors. Please listen to my prayers. I honor all those who have come before me. I honor all those whose blood is part of mine. I am mindful that my everyday decisions take into consideration that we are all connected through the spirit energy of our Ancestors. I am truly grateful for all the gifts you share and for all the support you offer. With our tree of life stemming from the same roots, I am committed to nurturing our relationship. I pray that your spirits are at peace. I thank you for always being there for me — bring me my story, bring me my voice. Until the next time we shall meet again...I love and thank you! Ase! Ase! Ase!

DIRECTIONAL POINTS

NORTH: "koom-po-toe"

The direction where our Ancestors saw the Sahara desert and learned to remain steadfast through the hardships of life. As the camel walking on, contemplating and keeping hope for where food and water would be next. Learning from how the Nile River runs so swiftly, that we, too must also find our way through.

SOUTH: "kuum-wha-daa"

The direction where our Ancestors faced the Atlantic and Indian Oceans and where we see the Atlantic and Pacific meet and intermingle. This

reminds us to let go and play. Not to take ourselves too seriously. Rise above the currents of strife and ride atop the waves.

EAST: "kuu-maaa-daa"

The direction where our Ancestors honored the sun rising up from the Atlantic Ocean. We enjoy the demonstration that the Sun always rises No matter what is going on in our lives. The Sun always comes and gives us a new day so we can begin again with a fresh new position.

WEST: "kuum-m-low"

The direction where the sun sets. As the daylight shifts to darkness we need to make changes. Going within, freeing ourselves of the day's energy, only to keep the wisdom and knowledge that was gained.



Modern Day Compass