

IFA Inmates' Newsletter

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IFA Foundation International
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2012 New Year Reading — New Year: New Beginnings

"I do not feel obliged to believe that the same God who has endowed us with sense, reason and intellect has intended us to forgo their use". —Galileo Galilei

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2012 comes IRE. This year the reading flows from the power Odu: IreteBara. This is an Odu which indicates that we must all be taking the initiative to deepen our connection to the energy of Orunmila (Arula). This is the energy that is directly connected with "knowing". This is the year that we must listen closely to what we need to know for making our next move. We need to engage in the use of

higher levels of knowledge. This Odu speaks of taking more of a leadership role in your life and becoming responsible by using the wisdom and knowledge of Orunmila (Arula) as a focus in our daily lives. If you are looking for being proactive in building a world where your talents, abilities and love all have greater meaning...then this is definitely the year for you. Irete being on our practical everyday side

of the Odu matrix will have a special meaning for the IFA Priest. For those that are not IFA Priest, now is the chance to do right with greater character. Obara calls for both the IFA Priest and the non IFA Priest to be more proactive in using their connections with Orunmila (Arula) with greater focus on using what they have in their emotional/spiritual side of their IFA work.

January Monthly Icofa (Hand of Orunmila)

The energy presented, on the temporal side, is that of clear thinking, quiet contemplation and total confidence about the intent you intend to create. It is, in athletic terms, the "Zone", where regardless of the energy, your calm

and clarity will set the table to deliver the message with strength and importance. On the emotional/spiritual side, it is the energy of Osun that dominates, and carries with it the expectation to interpret the events of a per-

sonal or theological matter with greater joy, curiosity and exploration than we might otherwise use. It is, in no small measure, that initial ingredients to making good on the potential that the years reading offers.

Ancestors—Egun/Egungun

The greatest importance of Ancestor Worship for Westerners lies in the knowledge it provides us that our current existence is not “all there is”. Next in importance is the responsibility each and every human being has to accumulate meaningful experience and wisdom during their journey here on Earth in order to add to the accumulated knowledge of all who came before us and upon whose shoulders we stand. Finally, is the practical help, advice and wisdom that we can obtain from our Ancestors through proper prayers

and offerings. Ancestor Worship will provide you with the knowledge that life is a continuum by enabling you to actually communicate with the energy of your departed family members and feel the profound feelings that, that engenders. Ancestor Worship is one-third of the power of IFA. It requires no initiation, no conversion, no expense. It is something that everyone can do. It is a powerful tool for making positive and discernible changes in our lives. It is equally effective in providing us with the awareness that life is

not a single, accidental event, but a continuing process that offers endless possibilities and pleasures.

“We all grow up with the weight of history on us. Our Ancestors dwell in the attics of our brains as they do in the spiraling chains of knowledge hidden in every cell of our bodies.” —Shirley Abbott

Iya's Corner January/February 2012

NEWS: 2012 Reading Ebbos are just getting started. The spiritual tools that we have been working on are ready are ready for the ceremonies of empowerment. There are 17 rituals in all. Amazingly high energy to work with. Make sure you align yourself this year. Iya Vassa is carving the clay protection pyramids, cutting and painting the golden egg gourds for success and staining and beading the sacred staff for Orunmila, Obatala, Esu and Ela and pre-

paring the sacred birdhouses for health and the Ancestors.

Meet Ifatokun: a 23-year-old man working on his Masters Degree and teaching at the same time. He is totally in touch with his chosen path of Orisha energy—Obatala. He is now walking with alignment on his true destiny journey. Every day and every ritual was with a peaceful flow. His ceremonies were all done organically. Everything was perfect.

The love and blessings were so nurturing and fulfilling. Our IFA Priests leave a footprint in a concrete step, as they will have others follow their path to Orunmila.

Oluwo One and Two (as we call them around our home office) are working on all kinds of new ideas. Our elder is healthier. They are both teaching.

The IFA Foundation Labyrinth of the 256 Odu

Have you ever experienced what it is like to take a journey into your center core one step at a time? Experience a walking meditation. Experience the mirror to your soul. Experience truly learning about yourself through a subtle deep movement. There are exactly 256 steps to the center of

the one being created at Ola Olu. Each one presents you with each of the unique ancient symbols of the energy matrix's inside the path of IFA, which are known as Odu. It is the life work of an IFA Priest to understand each one of these Odu. As a labyrinth walker, you will begin a journey of tap-

ping into a layer of what these symbols represent and offer to our life — each with an important message to put into your mind.

“Let the waters settle and you will see stars and the moon mirrored in your own being.” —Persian poet Rumi

Spiritual Tools: All Spiritual Tools are Not Created Equal

There are four components that combine to produce a powerful Spiritual Tool:

- 1) The tool must be consecrated with ritual and specifically to the person receiving it.
- 2) The tool will always reflect the worldview of the priest constructing it. If the priest believes women are less worthy than men, that certain races or nationalities' are better than others, that one sexual prefer-

ence is better than another, the tool will reflect that in its energy.

- 3) The tool will be as powerful as the wisdom and experience of the priests that construct it. Each living tool that we offer represents more than 60 years of current experience and Ase.
- 4) The energy that the priest connects to in order to infuse the tool reflects the intermediate point of connection. This intermediate point,

or physical Orisa, reflects all of the above, plus its own accumulated Ase (eternal energy). Each tool we offer reflects that Ase of the only complete Sacred Orisa Gardens in the Western Hemisphere. Gardens where literally thousands of ceremonies, Ebbos and offerings have produced the most intense energy vortex within physical Orisa, allowing our intermediate connection to transfer this level of intensity to your personal tool.

The IFA Foundation Labyrinth of the 256 Odu (Con't)

The Meaning of a Labyrinth

Modern mystics find walking a labyrinth leads one to salvation and forms a state of enlightenment. While others believe they are sacred pathway to home of ones guardian spirit. Each step you take will prepare you for reaching your center. While you take the physical walk, your mind takes a mental walk, as well. While your mind is busy thinking all of this through, your emo-

tions will most likely move through gambit feelings, as well from what is going on in your outer world to what you have going on in the inner circle of your life!

The Purpose of the Labyrinth

A labyrinth walk is what you make it. It can be: a place to learn about yourself, a giant mirror to reflect with or a place that could bring you in between two worlds and find your

source of true power.

The History of the Labyrinth

First documented from a clay tablet found in Pylos, Greece about Circa 1200 BC. Between 400-500 BCE another discovery made on the island of Crete. Christians were found using the Labyrinth in 1000 BCE.

Community News

This section of the IFA Inmates' Newsletter has been created to highlight the great accomplishment of our inmates within their "community". We have received letters from inmates that find themselves discouraged due to the lack of acceptance from their fellow religious leaders because of their current state of incarceration. These

men have had their characters tainted, integrity belittled and religious beliefs questioned because of where they "physical" lie in life. We pray this section will help these men continue to look within, continue to empower themselves and acquire the wisdom and knowledge to better fulfillment and spiritual/emotional freedom. Remember the

single basic Truths of IFA—this is a benevolent Universe, created by a benevolent God. Discrimination is personally and culturally destructive. Balance, growth and wisdom provide your empowerment. Orunmila knows your spirit. Continue to propel and move your lives forward by nurturing the positive. Where IFA is taking us to, we never know. Ase!

Working WITH the Universe

KNOW that the Universe will provide what is best for you. This is quite different from getting what you want. The child wants a never ending supply of ice cream. The adult learns to seek that which will provide for health, growth, love and contentment.

TRUST that the Universe will Deliver. Fear, perceived need and desperation short circuit the Natural connection process. The calm, confident energy built upon a lifetime of demonstrated trust is the laser like

connection to vast reservoirs of potent energy to protect, guide and empower your life. Fear and desperation are statements that you do not REALLY trust the Universe and they make a meaningful relationship with the energy you seek impossible!

RELAX—this allows the connection to occur. Frenetic, frightened, sad or needy energy is guaranteed to short circuit the connections you are seeking to make. Calm, cool energy—as reserved from the beginning of time

by the Yoruba wise men and women—is the cord that connects the power supply of your energy matrix to the generator of the Orisa energy you seek.

USE GOOD CHARACTER. Not because it's nice, but because it works! The rules of the Universe were not set up to reward the dishonest or those with bad character. In every species, acting correctly, within the whole, brings personal, community and Universal rewards. Only man thinks they can break the rules. Perhaps the Dinosaurs did as well.

Community News (Con't)

This first issue of Community News features Folsom State Prison inmates. The prison holds a group that consists of two group leaders, one of which has been transferred to San Quentin State Prison and 15 members. There is also a waiting list of 25 men to enter the group. This group of men have been working hard and diligently to empower their lives with the paths of IFA. Their efforts have been recognized by the prison and to reward their progress and

Ase, the prison has offered to sponsor an annual IFA Worship Banquet for these men. Great news indeed.

Iya Angie, head Iya working with the inmates at Folsom, is responsible for continuing to empower these men to better fulfillment and empowerment in their lives. May Orunmila's wisdom and knowledge continue to bless and guide this Iya in being a vessel for all those seeking spiritual/emotional freedom.

We welcome all inmates to send us correspondence with great accomplishments such as these, literature written by any inmate that would shine light to the lives of other inmates is always welcomed, poetry, stories or any need for community intervention will be published.

"...each of us is a living system within a greater living system, connected to each other in more ways than we can fathom." —Paul H. Ray

Project Headline

Alafia!

Pray all is well.

My name is Iyanifa Roselia and it's an honor for me to assist the foundation in supporting our inmates with extended wisdom and knowledge in the paths of IFA.

I look forward to building a spiritual

connection, which will provide guidance, support, enlightenment and the resources and tools necessary to propel and move your lives forward.

Please see me as a vessel that Orunmila has provided the foundation with in efforts to continue to empower and share the teachings of IFA to those hungry for knowledge and those whose real thirst lies in acquiring wisdom to better

fulfillment and spiritual/emotional freedom.

Blessings for good health,

Iyanifa Roselia

"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment and all wisdom and virtue will naturally come to him." —Buddha

Working WITH the Universe (Con't)

THINK LONG TERM. Short term gratification seldom provides lasting fulfillment. Understand, when you reach out to these vast pools of bottomless energy that what you seek MUST take into consideration the lives, conditions and dreams of all those you touch.

AMPLIFY YOUR RIPPLE. Understand that every action in your life is like a pebble being thrown

into a calm pond. The ripples from the pebble will grow and spread outward. To the extent the pebble represented good character and long term thinking the ripples will amplify and make your life, the life of your family, the community you are part of and the Universe you live in, a better place. To the extent they come from desperation, helplessness and anger the ripples can

become a tidal wave of destruction to who you are, those you love and the world you live in.

"I trust in the ebb and flow of the Universe. I trust that there is a divine order beyond my control. And I trust that no matter what happens, I will be alright." —Oprah Winfrey

2012 New Year Reading Ebbo's

The number one energy for 2012 is Orunmila. The second energy is Esu. The third energy is Obatala with a top layer of Ela.

Health: This is a year of a super strong (Oyeku Meji style) connection with our Ancestors. The additional energies to triangulate with are:

Osanyin, Yemonja/Olokun and more Obatala.

Success: The combinations of strength from the alignment of Osun, Oya and the Aje for weath. Great opportunities at higher levels.

Protection: This year the reading called for a triangulation of

the matrix's of Esu, Sigidi and Ogun. Very warrior-like Ase this year.

This is definitely a year to take action. Imagine taking your foot "off" the brake and releasing any fears you had and really trusting in your ability to KNOW what are better choices vs. which are not.

The Sixteen Truths of IFA

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|--|---|--|
| 1) This is a benevolent Universe, created by a benevolent God. | 7) You are part of the Universe in a never ending symbiotic relationship. | 13) Diversity is the template of Oludumare's (God's) creation. |
| 2) You need have no fear. | 8) Character determines your outcome. | 14) You select your Destiny |
| 3) There is a single Creative force (God). | 9) All supremacy is evil. | 15) Divination provides the roadmap to your Destiny. |
| 4) There is no Devil. | 10) You must never initiate harm to another human being. | 16) Balance, Growth and Wisdom provide your empowerment. |
| 5) It is your birthright to be joyful, successful and loved. | 11) You must never harm the Universe of which you are a part. | |
| 6) Personal empowerment is the path for success and fulfillment. | 12) Discrimination is personally and culturally destructive. | |

LET KNOWLEDGE REPLACE FEAR!!!

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