

IFA IWA (Lesson 10) Ose Ifa Ritual: Isha'ro

Greetings: ***Oriire fun owo!*** (Good Tidings to you!)

I pray that you are feeling awake, aware, and elevated in mind, body, and spirit wherever you are, and whatever may be happening around you!

***Ase! Ase! Ase o!***

I am Baba Umar, *Oluranse Emese*, (Voice of the *Emese*), Member of the *Isoro* Traditional Council of Chiefs, *Oluwo* of the House of Umar, and *Babalawo* of *Ile Awo Orisa*. This Ile (Spiritual House), our website, and these video lessons are certified and sanctioned by the *Isoro* Traditional Council of Chiefs in Ile-Ife, Nigeria.

Thank you for joining me for another lesson in our Video Series on *Ifa Iwa* (Ifa Practice) where we are discussing the elements of the *Ose Ifa* Ceremony with the intention of assisting you in establishing your own regular Ifa Practice.

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Homage to the One Who Sends, and to those who are sent!  
Homage to *Orisa* and *Egun!*

Our Topic for this lesson is: *Ose Ifa* Ritual: *Isha'ro* (Meditation)

Refer to: *Ifa Iwa* Lesson 3 to review the information on *Isha'ro*.

So let's get into our topic:

During *Isha'ro*, you will allow information to flow past your conscious interference and analysis, directly to the subconscious reservoir that is the repository for your collective unconscious. You are simply going to allow the stream of consciousness to flow unobstructed. To grasp what I'm saying, let's create a couple of mental images.

- Imagine that you are standing on a riverbank and watching the flow of the river. You may see pieces of wood or other debris floating down the river, but you don't do anything about what you see. You simply notice it, but you don't attach any particular significance to it, nor do you try to take hold of it.
- Or imagine that you are sitting in a comfortable place looking at the sky and watching the clouds pass overhead. You see the clouds, but you don't attach any particular significance to them. You don't picture them as difference animals, or angels, and mountains. You know that they are forming, changing, and moving on, and you simply observe the process.

These are examples of the mental posture you want to have as you engage in this period of meditation. It is here, in *Isha'ro*, that your *Ori Apere* (Carrier of your Destiny), and the Collective Consciousness of your *Egun, Ori Baba, Ori Iya, Ori Egbe*, the *Irunmole* (the Immortals), your *Orisa*, and *IFA (Orunmila)* can work out the best, clearest way to reveal the truth, your truth, to your physical *Ori* (your *Ori Ode*).

As you sit quietly in *Isha'ro*, You might experience some phenomena. For example, it is not uncommon for you to hear a high frequency buzzing in your ear, something different and more intense than the ringing in the ear associated with the condition called tinnitus. You may also feel a warm and tingling sensation in the area of your Crown and Brow Chakra. *Isha'ro* is the period of **incoming communication** or **information download** from the spiritual realm to the physical realm, from the spiritual realm to your *Ori Ode*.

While you are in this period of meditation, don't try to give any interpretation or meaning to any thoughts that may flow into your mind. This is not the time to grasp the thoughts, ideas, emotions, or feelings that may express themselves. For now, just let them be like the clouds passing overhead, or the debris floating down the river; they are observed, witnessed, but without engagement. Just be in the moment.

You will enter *Isha'ro* with a statement of petition and gratitude to all of the spiritual entities that you have called into assembly:

***Yin samona oro mi, iro mi, ati ise mi sodo ase Yorì!***

You guide my words, my thoughts, and my actions towards success, completion, perfection!

***Emi ni mo're!***

I am grateful!

Sit quietly in *Isha'ro* for sixteen (16) minutes in homage of *Orunmila* and the 256 Sacred *Odu Ifa*.

Simply sit in *Na Wa* (expansiveness) willing to receive whatever will be offered, without judgement.

This period of meditation can be difficult at first. If you are not use to meditating the 16 minutes may seem long. No problem. Just start out at 4-minutes, then increase to 8-minutes, then 12 and finally the full 16 minutes. To help settle your mind, you can mentally, silently recite the following mantra:

On each inhale say: ***Ifokanbole!*** as you breath in slowly and fully.

On each exhale say: **Peace of Mind from Olodumare!** as you breath out slowly and fully.

This will regulate you breathing and activate the relaxation response in your *Ara Ojubo*, body temple. Closing your eyes will also help to body to know that you feel safe, and that it is okay to relax and be at peace.

Humble yourself mentally by imagining that you are performing **Ifayabale** (literally meaning to prostrate by putting your chest onto the floor). Imagine that before you are all the Spiritual Entities that you have called into assembly.

**Ifayabale** is a frequently used ritual gesture that symbolizes receiving good fortune from the earth. It expresses connection, connectivity between heaven and earth.

Remember that you will be performing the **Ose Ifa** ritual every four days on the first day of the Yoruba four-day week called *Ojo Ose*. This is *Obatala's* day. So far in these lessons you've learned how to prepare for the ritual, how to make a salute to your shrine, your *Egun*, and to the Gatekeeper, *Orisa Eshu*. You've given praise, expressed your gratitude, stated your declarations, and voiced your needs and requests during the period of *Adura*. Now it's time for you to simply sit, observe, and receive.

After this period of *Isha'ro*, it is time to offer *Omi tutu* (cool water) as an ebo. That will be the discussion for our next lesson.

***Ise Olorun Tobi!*** God's Work is Great and Mighty!  
***Ase! Ase! Ase o!***

***Ki Olodumare, Orisa, ati Egun fifun e ni  
Itona, Imoye, ati Opo Ire!***  
My *Olodumare, Orisa*, and Ancestors bestow on you  
Guidance, Wisdom, and Abundant Blessings!

***Ifokanbole!*** Peace of Mind from Olodumare!  
***Ajolo! Ajobo!*** We go out together! We return together!  
***Ase! Ase! Ase o!***

(See Video Lesson 10 for detailed discussion.)