

IFA IWA (Lesson 3) Isha'ro vscrip

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, and Babalawo of Ile Awo Orisa.*

We're continuing our discussions on *Ifa Iwa*, with the intention of assisting you to establish your own regular *Ifa Practice*.

Our topic for this video is: **Understanding *Isha'ro*** (Meditation)

In the previous two lessons we discussed *Adura* (Prayer) and defined it as the process of **outgoing communication** between the differentiated beings of the material reality, and the Spiritual Beings, the Entities that inhabit the Realm of Spirit, the Realm of the Immortals (your *Ori Inu*, your *Egun*, and your *Orisa*). And, we discussed **four types or qualities of *Adura***, Prayers of **Praise, Gratitude, Declaration, and Petitioning or Summoning**.

Isha'ro (meditation) is the process of **incoming communication** from the **spiritual entities** and **intelligence** present in **Universal Consciousness** to the individuated beings, you and me.

According to Yoruba Theology, the great mystery of *Olorun* (God) is **unity**. It is when *Oro* (the *ase* of God) passes into the physical realms and becomes *Ela* (formless or undifferentiated *ase* ready to manifest) that **polarities** are created. It is in balancing these forces that **harmony**, at the **universal, societal, and individual** level, is achieved, ("The Holy *Odu*" by *Awo Fategbe Fatunmbi Fasola*).

One of the first things to be differentiated in the *Ela* is consciousness. Hence, *Ori* is the **most fundamental principle** we need to grasp in order to understand *Ifa*.

According to *Awo Fasola*, the word *Ori* is often translated into the phrase "**To receive one's self**" as the word's composition "**O**" signifies **he** or **her**, and "**ri**" denotes **to receive**. The meaning most frequently referenced is "**head**" or "**summit**".

Without *Ori* there is nothing, for '*ori*' is individuated consciousness.

The next important point to understand is that ***Ori* is not singular** but is in fact a **complex of interrelated, interconnected, and interdependent parts of a whole.**

First, there is your **individuated physical *Ori***, or what we might refer to as your **egoistic mind and consciousness of the material world.**

Second, is your "***Ori Inu***" (***Oriinu***), your **inner self or inner head**; which we can think of as **the divine spark, or your soul consciousness, and carrier of your destiny.**

Third, is your "***Iponri***", or your **Higher Self.**

Iponri* is your spiritual and immortal mirror image** that resides always in ***Orun, in the **Invisible Realm of the Immortals.**

***Iponri* is the all-knowing aspect of whom and what you truly are, an immortal being of light.**

Your physical *Ori* is the one who is seeking guidance, insight, knowledge, wisdom, and understanding about **how** and **what** you need to do, in order to move forward towards **fulfilling your destiny** at each stage of your life.

Your *Ori Inu* or *Ori Apere*, the Carrier of your Destiny, is the aspect of your consciousness that is **aware of the destiny** you have chosen for yourself during this journey into the ***oja*** (the marketplace). It is responsible for helping you to **navigate** the many **choices** you will have to make during your lifetime in order to **remember** and **fulfill** your **sacred agreement** with ***Olorun***, with your ***ti Iya Egun*** (Maternal Ancestors) and with your ***ti Baba Egun*** (Paternal Ancestors).

Your ***Iponri*** is the **Omniscient, All-Knowing aspect of your *Ori complex***; that aspect of your consciousness that is **resident** within the **Universal Consciousness of *Olorun*.**

Now, when we speak of ***Isha'ro***, this phase of **incoming communication**, what we are talking about is **setting the ideal conditions for information to past unobstructed from the Spiritual Realm to you in the physical realm**, from your ***Iponri***, to your ***Ori Inu***, and then to your **physical *Ori*.**

The **channel and intermediary** of this **incoming communication** is the individuated being's Spiritual ***Ori, Ori Inu* or *Ori Apere***, Carrier of your Destiny.

Your *Iponri*, your **immortal mirror image**, is the **all-knowing aspect** of who and what you truly are. It is your and my state of **Spiritual Perfection**, and the source of your **infinite capacity** to access whatever information you need in order **to use your sacred gifts and talents** to successfully complete your journey and tasks in this world.

'Nothing happens unless Ori permits it!'

In *Isha'ro*, your intention is simply to achieve a posture of **non-resistant stillness**, or **openness, receptivity**. To accomplish that goal you must first **remove the conceptual barriers** that **block** you from being able to receive the **incoming communications**.

The first barrier is the notion that you are your physical body.

Ara Ojubo (your body temple) is made up of **724 trillion cells**. Each of those cells has a share of consciousness. It is estimated that **we replace some 50-70 billion cells each and every day**. That's about **96 million cells per minute**, or **more than 1 million cells per second**. With that understanding ask yourself, "**Which version of your body do you think you are?**" *The one you woke up in this morning, the one you were in one hour ago, or the one you will be in two hours from now?*

Clearly, **you are not your body!** Your body is an **energetic probability** that is **flickering in and out** of reality, **reconfiguring** and **transforming** every second, although you are for the most part unconscious of that process.

Isha'ro requires that you **separate your sense of self from your body and become only an observer of it**.

The second and perhaps the most challenging barrier to *Isha'ro* is the notion that you are your mind.

The function of your **brain** is to facilitate the production of the **bio-chemicals** necessary to **align your physical, biological and emotional experiences with the thoughts that you hold in your mind**. According to research published in the journal *Nature Communications*, carried out by psychologists at Queen's University in Kingston, Canada, a person has about 6200 thoughts (or what are called **thought worms**) per day. Other research suggests that about **80%** of those thoughts are **negative**. And, still other research suggests that **80-85%** of the thoughts you will have today, are the same thoughts you had yesterday.

If you think that you are your mind, ask yourself *why you find it so difficult to silent your mind during meditation, or to stay focused when trying to concentrate on some important task?* And, **if you were your mind**, *why would you sabotage your joy, your health, and your success by constantly feeding on negative thoughts?*

You are not your mind! You interact with a **stream of consciousness** or **thought activity** that flows even when you would prefer that it stop. **I don't subscribe to the idea that meditation requires that you stop your mind from thinking.** That is as likely as you being able to stop yourself from breathing.

Instead, during *Isha'ro* your goal is to simply **be an observer of the stream of consciousness**, allowing thoughts to come and go like clouds passing across the sky. **Don't try to cling** to them, **don't conjure images** out of them, **don't make up stories** about them, and **don't follow** them; just **watch them pass into the realm of transience** (here in one moment and gone in the next).

When you have peeled back the layers of **who and what you are not**, you will arrive at the position of the **silent observer, pure awareness**. You are aware of your **body**, but not attached to it. You are aware of your **thought activity**, the flow of the **stream of consciousness**, but not clinging to any particular thought or idea; simply a **witness, an observer, the watcher**.

The third and final barrier to Isha'ro is the notion that you are your emotions. There are **8 basic emotions** – and countless variations and nuances of those. The 8 basic **emotions** are **Joy, Sadness, Fear, Disgust, Surprise, Anticipation, Anger** and **Trust**. Actually, there are **27-30 emotions** that researchers have identified.

What is important to know is that **you are not your emotions, any more than the thermostat in your house IS your home.** The thermostat is simply an indicator of the temperature in your house. *Is it hot, cold, or just right?* If the temperature is not just right, **the thermostat allows you to adjust it to your comfort level.** Likewise, **your emotions are simply an indicator of you state of alignment with your destiny.** *Are you in alignment (feeling positive emotions) or out of alignment (feeling negative emotions)?*

Your body, your mind, and your emotions are not in and of themselves the barriers to Isha'ro, the incoming communication. It is your belief that these phenomenal manifestations are the real you.

Once you can rise above these misconceptions, you can begin observing and utilizing

these phenomena in the way that they are intended to be used, as **vehicles** and **communication devices**. The **body, mind, emotions** (spirit), are all mediums for the Ase of the **incoming communications**.

Now that you've put these **three barriers** into proper perspective, you are ready to engage in the process of *Isha'ro* (meditation), opening to the **incoming communication**.

You can now **listen, observe, and feel**, allowing them (**mind, body, and spirit/emotions**) to play their part as **receivers of (higher) vibrational energies**.

We described the **emotions** as a **thermostat** for the differentiated being that is you. Begin by setting the thermostat on positive, good feeling emotions, like peace (*alafia*), joy (*ayo*), and gratitude (*Imo're*).

Recite:

Mo dide! Mo dide! Mo dide Lalafia, Ayo, ati Imo're!

This will align your **physical Ori** and your **Ase Ami** (energy signature) with the **vibrational energies of the spirit world (Orun)**.

During *Isha'ro*, you will allow information to flow past your **conscious interference** and **analysis**, directly to the **unconscious reservoir** that is the repository for your **collective consciousness**. Your job is simply to hold the position of the **silent witness, listening, observing, and feeling, without judgment or analysis**. Just be still!

It is here, in this **positive vibrational frequency**, that your **Ori Inu (Apere)**, your **Egun, Ori Baba, Ori Iya, Ori Egbe**, the **Irunmole**, and **IFA (Orunmila)** can work out the best, clearest way to reveal the truth to your **physical Ori**, truths that are already known by your **Iponri** (Divine Consciousness, Infinite Intelligence).

We enter *Isha'ro* with the petition:

Samona oro mi, iro mi, ati ise mi sodo aseori!

Guide my words, my thoughts, and my actions towards **success, completion, and perfection!**

We will add a few more details when we discuss *Isha'ro* again during the lessons on performing the **Ose Ifa** ritual on each **Ojo Ose**, the day of **Obatala**, the first day of the **Ifa** 4-day week.

You will complete your period of *Isha'ro* with confidence that the answers and guidance you are seeking are being processed, and will be revealed to your conscious mind at the exact moment they are needed. You should leave your *Isha'ro* practice in a state of positive expectation.

***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 Ifa Iwa Lesson 3 Isha'ro for detailed discussion.)