

Alafia My Brothers and Sisters!

*Orí ire 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! If you are striving to change your life by following the guidance of our ancestors, then you are in the right place. This is where we break things down to help you to expand your minds.

*Itesiwaju ati Isokan!* (Progress and Peace!) Everything we share here is intended to assist you in making progress and finding peace in your life.

*Àṣẹ! Àṣẹ! Àṣẹ o!*

Homage to The One Who Sends, and to those who are sent!

Homage to *Òrìṣà* and *Egun*!

Our topic in this video is: The Sixteen Truths of *Ifá*: Truth (11) Our Temporal and Spiritual capacities must work together!

There is an *Ifá* proverb,

*Orí Inu wa Maba tode je!* May our Spiritual *Orí* not be in conflict with our Physical *Orí*.

- Your physical *Orí* is focused on your temporal, worldly, day-to-day experiences and affairs in this 3-dimensional reality.
- Your Spiritual *Orí* is focused on assisting you in your process of navigating your temporal experiences as you journey in this world, the *L'oja*, the marketplace, while you at the same time remain tethered to the spirit world (*Orun*).

Your Spiritual *Orí* is always connected with, one with, the Universal Consciousness that is SOURCE. Your Spiritual *Orí* is a place in your consciousness where you feel a profound sense of belonging, the *Isopo*, connectivity that we've spoken about in many of our lessons, for example, in the November 2019 Post. We stated in that video lesson, '*Our own consciousness and awareness exists only as an extension and expression of the Omniscience, Omnipresence, and Omnipotence of the Infinite Consciousness of the Sentient Energetic Entity that we call Olódùmarè.*' You are a fractal of The GOD (capital 'G'), and that makes you a god (little 'g') as well.

- A fractal is a never-ending pattern that repeats itself at different scales. Fractals are infinitely complex and self-similar, meaning that any part of a fractal looks like the whole.
- Fractals are related to spirituality because they are the explanation of human's universal and innate subconscious understanding of the world.
- As Ben Weiss (a computer graphics expert) explains, "whenever you observe a series of patterns repeating over and over again, at many different scales, and where any small part resembles the whole, that's a fractal."
- Our lungs, our circulatory system, our brains are like trees. They are fractal structures.

- You can see fractal patterns in snowflakes as an example. Snowflakes are self-similar, meaning that each branch of the snowflake has the same basic shape as the whole snowflake.
- Each of us is a fractal of *Olódùmarè*.

For many of us, a problem arises where the *Àṣẹ* of the *L'oja* (the marketplace) hypnotizes us, like a siren call luring us deeper and deeper into the illusions of this world of differentiation, separateness. The demands of everyday life, the distractions, the circumstances and situations that arise can take up so much of your consciousness, so much of your daily thought processes, that you don't take time to listen, to hear the important other voices that are present in your consciousness. These are the voices of *Egungun*, *Òrìṣà*, and other Sentient Spiritual Entities of Light that are sharing impulses and flashes of guidance and wisdom with you all the time. But are you quiet enough, still enough, receptive enough to hear and feel them.

And bear in mind that the intention of the architects of White Supremacy Racism is to keep the Original Man, the Black Man and Woman in such a state of confusion and self-diminishing, self-debilitating thinking that they can continue to use and abuse us indefinitely, having made us blind, deaf, and dumb to our own powers and capacities. Remember, that the goal of White Supremacy Racism was and is clear.

*"You, Black Man and Woman, shall be considered as our property, and that condition shall be passed on to your children, your grandchildren, and all of your generations to come, in perpetuity."*

Think about this word 'Perpetuity':

- The state or character of being perpetual.
- Endless or indefinitely long duration or existence.
- Eternity (like a fractal pattern).

Slavery is not new to planet earth or to the human family, but never has slavery been articulated in such an open-ended manner.

Think about this word '*Capacities*':

- The maximum amount that something can contain.
- It implies fully occupying the available area or space.

*And what if the 'space' available is limitless, unbounded, meaning infinite?*

- *Capacity* is also the amount that something can produce, the ability or power to do, to experience, or to understand something.

The Eleventh Truth of *Ifá* states, *Our Temporal and Spiritual capacities must work together!* But the energies corresponding to your physical *Orí* and your Spiritual *Orí* are like fire and water.

- Fire tends upward (so does your Spiritual *Orí*).
- Water tends downward (so does your physical *Orí*).
- Fire advances, consumes, and spreads; constantly seeking *Itẹlọ* (Expansion) so does your Spiritual *Orí*.
- Water tends to focus in and spiral towards the lowest point, so does your physical *Orí*.

The tendency of your physical *Orí* to focus on the temporal is not a bad thing; it's not a negative in that sense. That is, after all, why you choose to come into this world, to focus in on all the potential for experience and growth in the *L'oja*. But, if your attention to the affairs of the world takes your attention away from the guidance and wisdom of your Spiritual *Orí* then you cannot express your full power and potential, nor can you fully enjoy all the wonders of the *L'oja*.

For many of us the connection between our physical *Orí* and our Spiritual *Orí* is strong. The communication lines are open. You know the sound of Spiritual *Orí*'s voice, the vibration and feeling of your Spiritual *Orí* communicating with you. You can recognize the signs, see into the synchronicities, and feel the energetic and emotional shifts that occur when your physical *Orí* and your Spiritual *Orí* are in alignment. *Are you there yet? Àşẹ! Àşẹ! Àşẹ o!*

Remember, this journey is about *Isoki* (contrast), *Isopo* (connectivity), and *Itẹlọ* (Expansion). This journey is about the interplay between these Spiritual Laws of the *L'oja*.

Sometimes the *L'oja* calls to you in such a compelling way that it seems to require, demand your full and immediate attention. Your Physical *Orí*'s connection to the temporal reality compels it to respond, to block out everything else, to be single-minded, single-focused. Even then however, Spiritual *Orí* is a presence in your consciousness, whispering in the corridors of your mind.

Your physical *Orí* is an extension, an expression of your Spiritual *Orí*. They are never truly disconnected. It's just that your physical *Orí* is not always mindful of the presence and availability of the wisdom and guidance of your Spiritual *Orí*. It takes practice to open and strengthen the channels of communication between your physical and Spiritual *Orí*, so that you can feel and respond to those impulses of intuition.

- *Adura* (prayer), *Isha'ro* (meditation), *Ishiro* (reflection), and *Ọrọ ti ara eni* (self-talk) are keys to building this important relationship.

You should spend at least 5, 10, 15 minutes every day in meditative stillness, just listening, feeling. You know that I periodically give you exercises in these lessons to assist you in transforming yourself. Here is an exercise that you can try as a period of reflective meditation.

Find a comfortable place to sit and take notes. A place that is comfortable enough for you to close your eyes, relax, release, and meditate. Then, have a reflective conversation with yourself, asking yourself the following questions. Don't dwell on the surface of these questions. Instead, dive deeply into where these questions and ideas take you. Download your .pdf copy of this video script so you have the questions handy. Don't think about your answers in terms of being right or wrong. Seek and speak your truth on paper or out loud and discover what comes up from the recesses of your consciousness.

As you pose these questions to yourself, it will open the channels of communication between the conscious and subconscious aspects of your physical *Orí*, and between your physical *Orí* and your Spiritual *Orí*. Be open! Simply speak and listen to YOUR truth.

1. Who am I? (Really) You're not your name, social status, or career.

2. Where am I? (In the broadest sense)
3. Why am I here? (What is the purpose of my life, my existence? What is the purpose of life?)
4. What is outside of me, and what is totally inside of me, and does this question even make sense?
5. What is the capacity of my consciousness? Is it limited in any way?
6. Are my thoughts fully occupying the available area or capacity of my consciousness, or am I stuck in limiting, stagnant, narrow, and self-destructive thought patterns?
7. Are my thought patterns helping me to produce all that I have the potential to produce physically, mentally, and spiritually?
8. Am I using all my abilities and powers to do, experience, and understand the nature of the *L'oja* and my place in it?
9. Is that which I have contained and held within myself, within my consciousness, serving me, and all who are affected by me, directly and indirectly?
10. Have I taken on things (attitudes, beliefs, ideas) that do not serve my highest good? Am I holding onto things that do not belong to who I am today and who I came to the *L'oja* to become?

These are not easy questions to understand and answer. In fact, you may have to sit and just contemplate the deeper significance of the questions themselves. You don't have to tackle the questions all at once. And, you may find, as you return to this exercise again and again, that your answers will change with your growth in understanding. After going through this reflective meditation process you will certainly better understand how and why the Eleventh Truth of *Ifá* is so important, '*Our Temporal and Spiritual capacities must work together*'!

It is at this point in the Sixteen Truths of *Ifá* that we are invited to look beyond the apparent, objective, differentiated, phenomenal reality of forms and to begin looking more deeply into the true nature of the *L'oja* and our experiences in it! This process of reflective meditation naturally leads us to the Twelfth Truth of *Ifá*:

*"We are born with a specific path. It is our goal to travel it. Divination provides our road map!"*

I would love to hear some of your comments, experiences, and questions regarding this lesson and process. Please feel free to contact me to share your results with this exercise.

And remember to subscribe, click that Like button, and share this lesson with someone you care about.

*Ki Olódùmarè, Òrìṣà, ati Egun fífun e ni  
Itona, Imoye, ati Opo Ire!*

May Olódùmarè, Òrìṣà, and Egun bestow on you,  
Guidance, Wisdom, and Abundant Blessings!

*Ifokanbale! Peace of Mind from Olódùmarè!  
Alafia ati Ife! Peace and Love!  
Ajolo Ajobo! We go out together; We return together!  
Àṣẹ! Àṣẹ! Àṣẹ o!*