

Disclaimer: This is an example. Every Temple & Tribe have variations. Consult with your chosen Temple or Elder. The true goal is to practice with sincerity, dedication and love. Be Blessed. DR Osun Omilade, The Ifa Foundation International

Introduction to the Practice of Ose Ifa

Written By DR Osun Omilade

What is Ose Ifa?

Ose Ifa is a 10,060 year plus old traditional practice of the Yoruba that continues on today. The Yoruba observe a spiritual 4-day calendar for Ose Ifa but also have a 7-day calendar which is mainly used for business but can also be linked to certain Orisa Energies. It is at first difficult for westerners to count the calendar because they do not understand the counting method of the Yoruba. I have explained it very simply here. The Yoruba count today as the starting day, not the next day as the first day! That is how it comes to 5 days. Then the 5th day becomes day 1 because it is used to start counting again. For example, lets say today is Ose Ifa day to count to the next Ose Ifa, count today as day 1, tomorrow day 2, then 3, then 4, then day 5 is Ose Ifa day. Start the counting process over again therefore, Ose Ifa day which is day 5 now becomes day 1! See the calendar below to practice counting.

Why should I start observing Ose Ifa day?

Millions observe Ose Ifa every 5 days which is a day for personal/family ritual, and you can also do a dafa / dida (reading/divination). Your Ose Ifa day is your personal connection day to your Ifa and the energies of that are grouped on that on that day. The ritual is usually centered around prayer to your primary foundations in Ifa: your ancestors (Egungun), Ori, Esu, and your hand(s) of Ifa and offerings to your Ifa and possibly the group of energies for that day. The Energies associated with Ose Ifa day are Group 2 (Green) Ifa, Esu, Osun, Yemonja-Olokun, and Egbe. Why is Ifa in group2. Remember that Ifa is such a loving and considerate philosophy that Orunmila gave Day1/Group 1 to Obatala as a gift!

What about the other 3 days?

The other 3 days are dedicated to a group of Orisa and may be observed as well or you may use the 7-day calendar as presented in The Way of the Orisa book by Oluwo Phil. Group 1 (White) Obatala, Ori, Egungun, Iyami, & Obaluaiye, Group 3 (Black) Ogun , Ososi & Oko , and Group 4 (Red) Sango & Oya.

Here is a sample calendar to look at and study

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

How can I start the practice?

The easiest way to start is with observing Ose Ifa day don't feel pressure to use the other days! Once you get into a groove and comfortable then you may use the other days if you choose. This is your personal priesthood and growth it will look different than someone else's. The Ifa Foundation has a course on the Ose Ifa Ritual available on Vimeo. See Below for the basics of the practice.

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The Basics to Ose Ifa Practice:

1. Invocation of Ori, Esu, Ifa (You may also add your Ancestors) this is usually done kneeling or sitting. Also, you may pray & give offerings to the other Orisa in the group as needed.
2. Ebo- modern day offerings may include cool water, kola, pepper, sugar/honey, oil, fruit and alcohol. You do not have to offer every item! Pick 1-3 items you have on hand.
3. Close with your Personal Prayer and Song for Ire (blessings). Leave offering overnight to 3 days.

Before Speaking: Use Ataare pepper to clean, clear and prepare your mouth and voice for the ritual.

Invoke Ori: by placing left hand with offering in hand on forehead, back of neck, move to chest, navel, and big toes. (written for presenting Obi to Ori, if using water change word from Obi to Omi, if using alcohol use word Oti instead of Obi, etc.). If you have an Icon of Ori, then use it instead of your hand positions. After the Invocation leave the offering for Ori.

Recite: Ori Mi, Temi Ni Ko Ba Mi Se O, Ori Mi A Pe Ire, Ori Iwaju Mi A Fi Obi , Ori Ipako Mi A Fi Obi Kan, Ara Mi A Fi Obi Kan, Ori Inu Mi A Fi Obi Kan, Ori Egungun Mi Fi Obi Kan. Ire O , Ire O, Ire O

My Ori, May my life be favored, My Ori is blessed, Obi is for my third-eye, Obi is for my connection with Esu, Obi is for my chest, Obi s for my Inner divine, Obi is for my connection to my ancestors. Blessings, Blessings, Blessings!

Invoke Esu: by placing left hand on the back of head or if you have an Esu then kneel and pray to it.

Recite: Ose Tura 3x, Ki Aburu Ma Fi Ori Sona. (Ose-Tura 3x. May misfortune never use my head as its path).

Invoke Ifa: by holding your Ifa/ Icon of Ifa/ Ikin also you may place your hands over the Ikin. (knock 3 x on the container and then open)

Recite (Gateway Chant to Awaken Your Ifa) : Irise Ojo Ro x 3 Bi iri Ba Se Eweko Eweju Adide. Rain, Rain, Rain. When the dew and the rain falls on leaves, they awakened are refreshed.

Now take some water into your mouth spray out on your Ifa/Ifa Icon. Rub the Ikin or Icon in your hands or move/wave your hands over the container.

Recite Invocation Of Ifa: Ela Ro Wa 3x, Orunmila Ro Wa 3 x, Ikin Ro Wa 3x (if not using Ikin replace with name of Icon). Spirit of Prophecy descend 3x, Orunmila Descend 3x, Ikin descend 3x.

Personal Prayer: to your Ifa and others express your gratitude/ desire to manifest in your life, etc.

Present your offering(s): to each energy matrix after you have done the invocation. Either leave the offering on the item, in front of or inside the container (depending on the offering). Close the Lid.

Closing: Nitori Emi _____(your name) Omo _____(mothers name), Ni Mo Se N’pe Oo.

Ire Gbogbo Lo Wu Mi Mo Wole Ifa. Heepa N’ile Ifa O! Ase, Ase, Ase-O

For the sake of (Your name) child of (mothers name), I call you. All of life’s blessings blossom with Ifa. Hail to Ifa! Ase, Ase, Ase-O

Congratulations you have just completed Ose Ifa Basics!