

**HOW TO
GET
STARTED**

**DAILY – WEEKLY - MONTHLY –
ANNUALLY**

DAILY

A Prayer to Orunmila as you begin your day

(see the prayer that is included in the special section on Orunmila)

then...

Honor your Ancestors *with a focused intent of some type...*

prayer...perhaps placing an offering of some kind on the altar...and always have

ONE clear glass of water in place.

then..

Pray to your Ori *with a focus & intent to keep you on your destiny.*

then...

Work with the Orisa of the Day *(see the details on the following pages about the specifics on what each energy is about. This will take time to really get to know what to do with each day...so allow at least a few minutes time to connect in with the one of that day)*

then...

whatever special areas that need addressing...

remember that you can feel free to work with any of the

Orisa's on any day. We did want you to see you could create a good connecting rhythm by doing one per day of the week though.

do those prayers and ebbos.

If you are working with the Obi...

you can divine regularly and do the offerings for the Ebbo as indicated in the divination.

*If you are a young initiated Priest...**you would work with the form of divination tool that you are trained in...and then do the offerings for the proscribed Ebbo.*

*If you are more advanced...**you would divine every 5th day and then do the offerings for that particular Ebbo.*

THIS IS A LIST OF SPECIFIC OFFERINGS

AVAILABLE TO MOST PEOPLE

AND THE PURPOSE BEHIND THEM

*Many items on this list will work for many of the Energy Forces...
There is a chapter following that will define which
Ase...(pronounced ashe)
will work in conjunction with that Energy.*

REMEMBER TO THINK "ASE - INTENT"

BELLS: to call upon a level of connecting through vibrations and sounds; for protection; make the ringing sound and ward off any negative energy.

CAKES, COOKIES, SWEET BAKERY ITEMS: to celebrate; to sweeten; to show appreciation; to recharge; to replenish.

CANDLES: (we use only white candles on a daily basis; occasionally colorful ones for celebrations...like New Years and perhaps an annual initiation date); To bring light and energy forward to your intent; to purify; to focus; to bring a level of heat.

CANDY: to sweeten with gratitude; to thank; to bring a type of celebration; to express joy and love; to attract; depending on the type of candy...to make things stick!

CIGAR: for contemplation and pleasure together; to slow things down and spend more time thinking about things; to enjoy things in a quieter way; to celebrate; to have smoke to connect to another level of spirituality; to allow the smoke to cleanse and take away things that are bothering you.

COCOA BUTTER: for smoothing a healing; for enriching a situation; for adding to the depth of your connection work allowing things to move into place.

AN OVERVIEW OF THE IFA ENERGY FORCES

The following sections of this Manual details information about many of the specific Ifa Energies available for you to work with and what “can be possible” with each Offering performed with that Energy.

Of course there are many other possibilities as well. Don’t limit yourself to what is written here...if you get a particular message to give something that is not listed...do so.

Always listen to your inner messages and know that you these will become stronger as you do the work on a regular basis!

I have listed what ideas “align” best with each of the Energies. You will want to refer back to the chapter with the Main list for more specific details as well.

There are many that will cross over and be appropriate to use between the various Energies of course. More unique offerings will be listed in their individual categories.

There is a lot of information to assimilate and become familiar with. Take your time in learning how to work with each Ebbo. Do not rush the process. Remind yourself that it is a “step at a time” in order to move forward !

Consult with a trained Priest when you feel you need more guidance and wisdom to move things along. That is what they are here for.
There is no need to feel stuck.

You are not expected to know everything yourself all the time. Divination is very important in helping you take bigger steps.
One should have regular Divination in order to continue to learn and grow their knowledge and to bring more clarity to your life.

The regularity will depend on many different circumstances you are experiencing at various times in your life. If you are trying to make some really big changes or if you are in the middle of some difficult times...be sure to consult with Orunmila’s wisdom to see what is best for you.