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Counseling and Education Services

"INCREASING AWARENESS, CHANGING LIVES"

Ifa-Orisa Resources for Beginners

I. Great videos to listen and learn from as you consider becoming a practitioner of Ifa-Orisa spirituality.

1) Iya Elemi from Yeyeo Botanica in Newark, NJ advising people on what to consider before becoming a practitioner of an African Traditional Religion: <https://youtu.be/KpmOwGeRePk>

2) Monica Coleman, PhD speaking on being an AME elder & Obatala priestess: <https://youtu.be/NOfHUeOcDrl>

3) Iya Elemi from Yeyeo Botanica in Newark, NJ sharing simple information about what Ori is: https://youtu.be/_zrtgLtmW8I?t=200

II. Recommended book for beginners

The Handbook of Yoruba Religious Concepts by Baba Ifa Karade. He is an African American Babalawo. This book was originally written in 1994 and republished in 2020.

<https://www.barnesandnoble.com/w/the-handbook-of-yoruba-religious-concepts-baba-ifa-karade/1000251418?ean=9781578636679>

III. Concepts of Ifa-Orisa Practice

Egun is our ancestors

Orisa literally translates to mean "select head". Orisas are deities that are forces of nature

Ori can refer to a person's head. Spiritually, it is the divine spark of the creator individualized in human beings

Divination is process where an initiated priest consults oracles to give a person clarity into a life situation as well as if they are in alignment with their purpose and destiny

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