

On The Mat With Opélé

Lesson 2 of 16

‘Seniority 1’

Supported by Heru(+) Ogbe

Cast Opélé once to establish the dominant energy. Cast a second time to establish the seniority of the first casting. If the first casting is senior to the second, then consider it (+) otherwise (-).

Cast 8 times a days for 8 consecutive days establishing seniority.

Document all findings

Submit daily according to schedule.