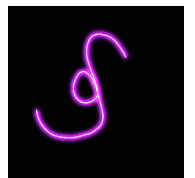


# On the Mat with Opélé

For yourself

Lesson 03  
of  
Lesson 16

‘Ibi/ Ire’



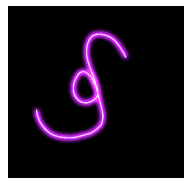
1) Cast Opélé to establish a pair of ODU ( Document this Pair— Elder 1,2 )

2) Cast Opélé again to establish a 2<sup>nd</sup> pair of odu ( Document this 2<sup>nd</sup> Pair—Junior 1,2 )

3) Compare the seniority between the Elder Odu pair and Junior Odu pair. If the Elder Odu pair is senior to the Junior Odu, then document Ire. Otherwise document as Ibi.

4) Complete steps 1-3 above a minimum of four times daily for at least 16 consecutive days. Document in preparation for

Lesson 4— Causes of Ire/Ibi



Day( Date)	Elder1	Elder2	Junior1	Junior2	Ire	Ibi
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

