

On the Mat

with

Opélé

For yourself

Lesson 05
of
Lesson 16

‘Sources of Ibi/ Ire’



1) Secure two small objects, slightly larger than cowrie. These will be used as 'Igbo'.

- Igbo for Ire
- Igbo for Ibi
- Now practice casting and as in the previous module establishing Ibi/Ire including documentation.

2) On the final cast for determining Ire or Ibi, touch all **up** cowries with Igbo-Ire and set Igbo-Ire aside. Do similarly on **down** cowries for Igbo-Ibi. Conclude the Odu casting session by whispering the Odu and the sound "toe" for completion.

	Ire	Ibi
1	Aiku- long life	Iku- short life
2	Aje-abundance	Ofo-loss
3	Rin-spouse	Ija-conflict
4	Omo-children	Oran-court case
5	diy	diy

3) If your final cast from above was Ibi, then cast yes/no for Iku. If No, then cast for Ofo, if no, then go to Ija and cast, if no then Oran....

Follow the same method if your final cast was Ire— Establish the source of the Ire through yes/no castings

If yes—STOP—This is the source of the Ire/Ibi. Document. If no appears for all, then the source is not fixed and other sources can be explored (diy)....

4) Complete steps 1-3 above a minimum of **four** times daily **for** at least **8** consecutive days. Document and submit in the provided folder daily.

