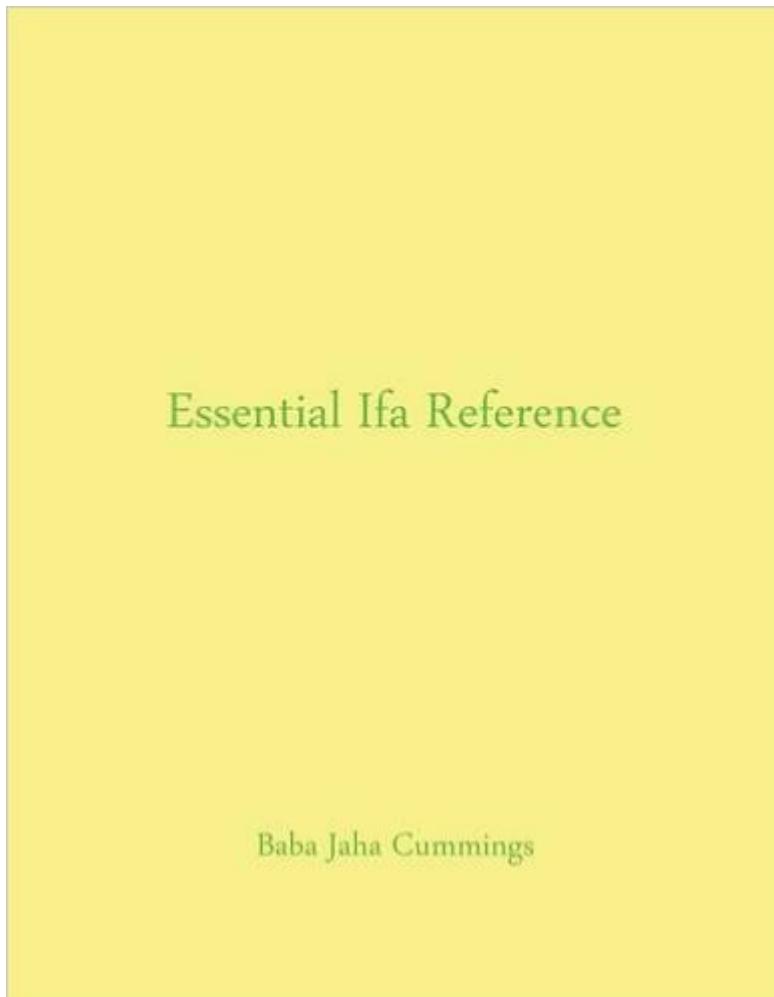


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# Essential Ifa Reference



Essential Ifa Reference

Baba Jaha Cummings



## Synopsis

This book was written to provide a reference to spiritual practitioners and scholars who desire an essential overview of key elements in the practical application of Ifa. In reflecting on the reality that most initiates in Ifa and its sister traditions do not have the luxury of years of apprenticeship living with elders, which created an environment in which it was easier to memorize one's studies, like in the past. It is crucial that a basic reference on Ifa be created that provides essential day to day knowledge for one's practice. Sacred ritual technology always has to be learned from an Elder, preferably within a community context so that the intention behind the rituals stay aligned with the tenets of Iwa Pele. This book was created so members of the greater spiritual community can have a useful guide for their reference library to assist in their spiritual practice and study. The book is useful for practitioners and students of Ifá, Orisha'Ifa, Santerá-a, Afa, Vodou, Candomble, Palo, Kumina, Obeah, Quimbanda, Trinidad Orisha, Spiritual Baptist, Umbanda, Abakua, Abakuá, 21 Divisiones, Winti, and Nkisi; as well as other nature-based and esoteric traditions. Chapter 1 provides the names of the 256 Odus, the metaphysical principal they represent, the herbs associated with them, and the Orisha, Egun, or other Energies whom are speaking in the sign. Chapter 2 provides a description of the State of Consciousness that each of the Major Orisha embody. Chapter 3 provides an extensive list of herbs used in Ifa, in particular in the Americas. The list is arranged in alphabetical order of their scientific name. The Spanish name and the Yoruba of each are included as well. Chapter 4 provides a list of trees commonly used to make Palos. Baba Jaha Cummings is a practicing Babalawo and Bokor. He was initiated and trained in Cuba and West Africa in Ifá, Afa, and Vodou. His academic training was at Dartmouth College in Asian Studies. He began his formal studies in Yoruba Language and Culture with Dr. Babatunde Lawal while at Dartmouth. He is the author of *How to Rule the World: Lessons in Conquest for the Modern Prince*; and co-author of *Omowali: The Child Returns Home - Reconnecting Our Children With Their True Culture*. Baba is the director of a research organization in Japan and conducts research and presents papers on youth & values formation, culturally-relevant education, spiritual counseling, and culture-based national planning at academic conferences annually. He is a Delegate to the G8 Religious Leaders Summit.

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