

# Fundamentals of Òrìsà Lifestyle: Live the Medicine



What gets measured gets done. Unfortunately, most people don't try to measure their spiritual development. Consequently, few of us ever come to appreciate spirituality as a scientific discipline with recognizable laws. This Live the Medicine survey is meant to help you define your spiritual experience more tangibly. The objective is to help you to create a personal practice that truly reflects your unique spiritual needs and capacity. SEE THE INSTRUCTIONS ON THE FINAL PAGE OF THIS SURVEY. Please make a couple of copies of the survey and repeat it regularly so that you can discover trends in your spiritual awareness.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Ara: The Body</b>					
1. I feel comfortable with my body as a spiritual instrument					
2. I know how my body communicates spiritual messages to me and others.					
3. I actively use my body as a vessel for spiritual learning and development.					
4. I am able to decipher the spiritual significance of my physical experience.					
<b>Okan: The Heart</b>					
1. I feel good about my emotional condition.					
2. I know when my emotions are distracting me from higher understanding and experience.					
3. I use my feelings as a pathway to spiritual discovery					
4. I use specific practices to improve my emotional connection					
<b>Emi: The breath</b>					
1. I like the sound of my voice.					
2. I know the impact my voice has on individuals and situations.					
3. I am able to use my breath to change or direct energy.					
4. I use breathing exercises to refine my breathing.					

<b>Ori Ode: The Head</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
1. I enjoy my thought processes.					
2. I know how my mind works (i.e., what makes me tick).					
3. I am able to visualize, concentrate and focus my thoughts.					
4. I practice activities that enhance and improve my mind.					
<b>Egungun: The Ancestors</b>					
1. I feel good about my ancestral lineage.					
2. I know who my ancestors are.					
3. I am able to communicate with my ancestors.					
4. I commune with my ancestors regularly.					
<b>Ori Iya: Maternal Spirit</b>					
1. I have a good relationship with my mother's spirit.					
2. I know how my mother's spirit impacts or influences me.					
3. I can decipher messages from my mother's spirit.					
4. I actively engage in practices that deepen my connection to my mother's spirit.					
<b>Ori Baba: Paternal Spirit</b>					
1. I have a good relationship with my father's spirit.					
2. I know how my father's spirit impacts or influences me.					
3. I can decipher messages from the father's spirit.					

4. I actively engage in activities that deepen my connection to my father's spirit.					
<b>Ori Ise: Ancestral Memory</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
1. I feel a personal connection with a particular ancestor.					
2. I know who my sponsoring ancestor is.					
3. I am able to communicate with my sponsoring ancestor.					
4. I perform practices that strengthen my connection to my sponsoring ancestor.					
<b>Egbe: Spiritual Community</b>					
1. I feel a strong connection to my spiritual companions.					
2. I know which spiritual community I belong to.					
3. I am able to access my spiritual community for support or insight.					
4. I actively engage in practices that support my position with my spiritual community.					
<b>Owo: Your Craft &amp; Apprenticeship</b>					
1. I feel confident about my craft.					
2. I know my craft.					
3. I am both a mentor and an apprentice.					
4. I am actively involved in practices that improve my craft.					

## Oja: The Marketplace of Life

1. I feel confident about the quality of my craft.

2. I know who I serve and why they seek my services.

3. I am able to use my craft to make a meaningful contribution to my own life and the lives of those I serve.

4. I am continuously getting better at my craft.

## Òrìsà: Life Principles

5

4

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1

1. I believe in universal laws.

2. I know when I am out of alignment with the universal laws.

3. I am able to perform the personal sacrifices necessary to adhere to universal laws.

4. I actively participate in activities that promote alignment with the principles of life.

## Olódùmarè: The Source of Existence

1. I feel confident about the presence of Olódùmarè in my life.

2. I know how to commune with Olódùmarè.

3. I am able to learn from Olódùmarè.

4. I have a practice that deepens my relationship with Olódùmarè.



## INSTRUCTIONS

1. Complete the Live the Medicine Personal Inventory.
2. Tally your score for each segment (e.g., Ara, Okan, Emi, etc).
3. Fill in the graph below for each segment.
4. Study the graph as a whole. How accurately does it reflect your self-impression? What stands out for you? What primary factors do you think contributes to the trends you see in the chart?
5. Where did you score the highest? What kinds of things have you been thinking, feeling and doing that contribute to your development in those areas? How can you develop your strengths even further?
6. SET MEASUREABLE GOALS for your strengths. For example, focus upon something you really want to achieve within the near future. How can you use your strengths to achieve that goal by a specific date, no more than 90 days in the future? In the end, you should have a statement that says, something like this "By November 1, 2013, I will have written 200 pages of my book."
7. Create a plan, which includes your strategic use of time, money and your greatest strengths.
8. Email your goal and plan to [ObafemiO@yahoo.com](mailto:ObafemiO@yahoo.com).

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