

# SOUL

## ELEMENTS OF OUR SOUL

UNDERSTANDING WHAT YOU ARE AND WHY YOU ARE HERE

### YOUR SOUL

ORI in Yoruba  
Ti Bon Gran Ange in Kreyol  
Guardian Angel in English  
Soul or Will in concepts

### PURPOSE OF YOUR SOUL

Your Soul is that brilliant inner light which animates your flesh body. It is shared with all humans. Without it our body is lifeless. It will not be fueled. Your organs could not work and you would have no life force energy.

### WHAT DOES OUR SOUL SEEK

Some say, our Soul seeks to reunify with its Source. Others say, our Souls come back to learn a lesson(s). In Yoruba and Haitian Vodou, we say the Soul is here to rebalance ancestral or inherited human karma through personal experiences or lessons in this life.

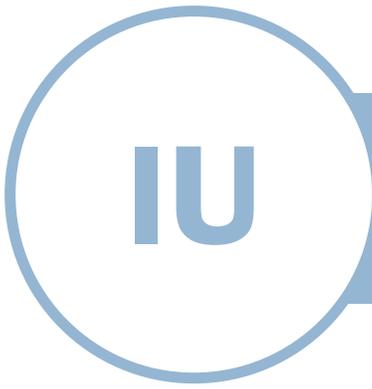
### WHERE IS YOUR SOUL LOCATED?

Many traditions proclaim that our Soul is a formless organic vibration. It becomes fragmented through its descent into our container or physical temple –called body. As energy becomes more and more condensed it falls unto this realm. Our Soul is that spark of the divine that is encased inside of our flesh body – itself also vibration of various forms of energy. Our Soul resides within layers of habits and layers of conditioning. As a consequence of our fall from heaven, parts of “us” is in our body AND other parts may be found in nature or natural environments.

Some call the body a prison, it is a prism (crystal), symbolized by a five pointed star in sacred geometry. Regardless how you view it, the body and the Soul must learn to work cooperatively. However the body’s ego and spirits tend to control much of mankind. The Soul is often a silent voice that is suppressed at a very young age. How you’ve been conditioned often determines how much of your light you allow to shine in this world.

**THE FALL:** Those whose Souls have fallen very low in the body (hips, feet and earth) tend to have less spiritual connections and focus heavily on materialism. In our traditions (Yoruba and Vodoun), we tend to see this as a choice we made before coming here on earth. Those who fall with more fragmentation above the hips, then to be highly visionary, creative, but struggle to live in material form. They are less grounded. However, both groups and everything in between have a divine purpose and are complementary. **One is not better than the other.** Those who are highly creative and often are viewed as having their heads in the sky need to come down to earth (rebalance roots) before they can rise again and “go home.” Those who are highly materialistic need to rise (reconnect with the Divine) and return to earth. Through our rising and falling we create balance. If you are here, you have a lesson to learn and gifts to share. You did not come back to be a tourist.

When someone cannot fully reassemble their Soul and balance themselves through alignment of mind, body, spirit and Soul, they can be on one end a “lost Soul” or at odds with themselves balance.



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## Corresponding Phases of Human Spiritual Development

Personal Relationship with Self (Higher Self)/Physical maturity

Personal Relationship with Nature and our Community/Emotional Maturity / Physical mastery

Actualizing our purpose in day to day life, culminating in eldership Lifecycles every 7 years

Ancestralization Or Becoming a Star (real one)

## HOW OMA-C HELPS WITH YOUR SOUL WORK

### BODY TEMPLE (7/8 CHAKRAS, THOUSANDS OF MERIDIAN POINTS)

Your primary work in the 9 weeks course is focused on your body temple. By age 7, we are to successfully rebalance these chakras. Because of constant retraumatizing, most people never leave this phase.

### NATURE (1-12 CHAKRAS)

In more advanced classes, you learn to seek and gather parts of your Soul that resides in nature. By age 12, we are to successfully reconnect with earth elements to rebalance these chakras.

### COSMIC (BEYOND CHAKRAS)

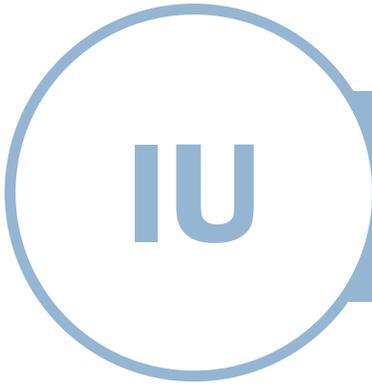
In more advanced society, we focus on cosmic unity (community). This is not a class but experiential and a way of life for the sage. Very few people reach this phase or stage. A lot of people are old, but not mature. Some attempt to do this work and feel unprepared.

### BEYOND COSMIC (BEYOND PHYSICALITY)

Beyond cosmic is at a level where one no longer focuses on their Soul work but humanity's Soul. Most people attempt to do work here but it is their ego (below age 7) that is really attempting to do the work of the sage.

## WHAT IS YOUR RESPONSIBILITY?

You are here be YOU through action not just observation. You are as unique as a snowflake and fingerprints. There's no one else out here that



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is another copy of you. By taking actions with focus intention (Soul intention) and focused action (Soul filled action) we experience life fully.

## YOU ARE A SPIRITUAL ENTITY IN FLESH

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By now you are familiar with the concept of the Soul. Your activity this week is to identify the locations of the Soul fragments and learn how they can help you be you in your journey. As a spiritual entity, just like the Orisa, YOU have a responsibility to your inner spiritual energy. You are the only one with this responsibility. No one else is responsible for your Soul and its journey.

**Ti Bon Ange** is the part of you that is your will, your inner consciousness (**Ori for short**) / **Grans Bon Ange** is the part of you that you share with ALL other humans on this planet.

**Ori Ara** is your body (All of it, flesh, bones, and so on)

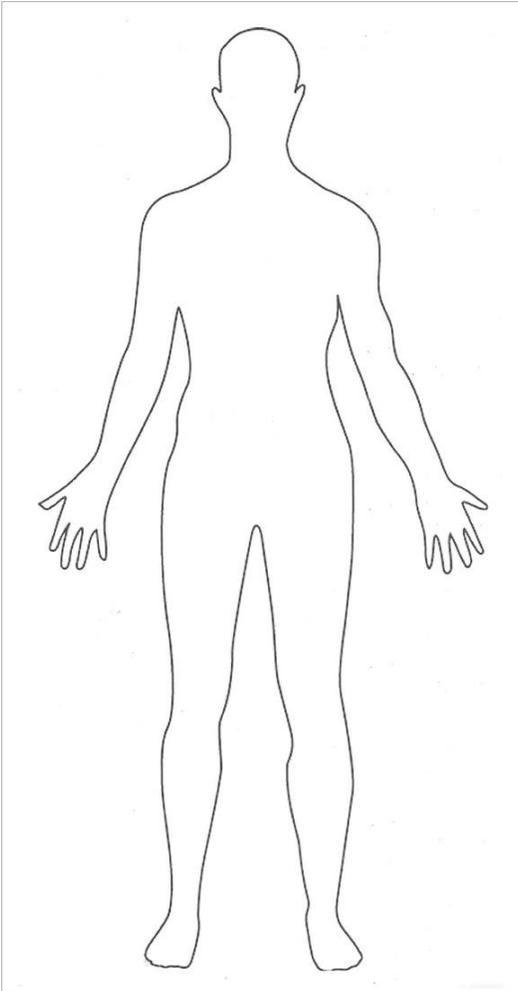
**Ori Atari** is your first eye (also known as your third eye)

**Ori Inu** is located inside of our naval and is the seat of intuition or divine knowing (aka gut feeling). It is your astral travel doorway. This is why what we eat is extremely important. It effects the level of consciousness we can access and how we function spiritually.

# IU

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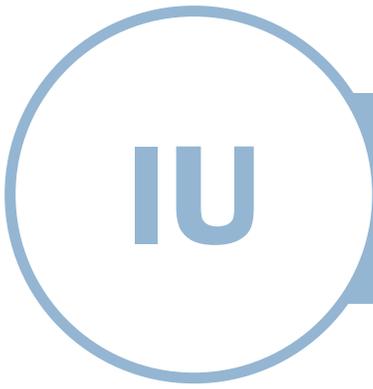
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**ACTIVITY 1:** Use the diagram to locate your Ti Bon Ange or Ori, Ori Ara, Ori Atari, and Ori Inu.

**RESEARCH ACTIVITY 2:** In the next diagram (below), locate 1-2 personal areas of health concerns, personal interest, or focus.

On your own, research or locate the Loas/Orisa which governs your area. For example, stomach is governed by Yemoja and so on. Seek both the Yoruba and the Haitian Vodou entities. Since there's conflicting information available online and in some books, review your findings with the group to make sure your research is as accurate as possible. Share with the group.



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Personalize this diagram for your use!

