

RE

REALMS OF EXISTENCE

UNDERSTANDING WHAT YOU ARE AND WHY YOU ARE HERE

HOW MANY REALMS ARE THERE?

Some say 401, some say thousands, some say billions. No one knows for sure.

WHAT IS THE TREE OF LIFE?

The three of life (used in Jewish Mysticism) is a symbolic tree overlay on the human body and is one of the simplest way to understand the Soul's journey through the various nations or realms. It is made up of 22 pathways that can direct us back to our Source for enlightenment and ultimately self-actualization. (See diagram)

WHAT IS TAROT?

Tarot is a divination tool we use in this course to help you navigate your paths on the wheel of life. It is not the most sophisticated tool, but it is the easiest one to learn.

WHAT ARE REALMS (REALITIES)

A realm is simply a kingdom, a dominion, a spiritual nation (Vodou), or domain. It is simply a reality among many realities.

Spiritually it is a biospiritual area within your body temple that also exists in nature, in the cosmos and so on.

Your body is a microcosm of the universe. Everything that exist in the realms within you exist "out there."

When we manifest an entity "out there," this entity must also exist in us.

Each emotion has a realm
Each sense has a realm
Each thought eventually creates a new realm
This goes on forever... into infinity

Buddhism and certain other philosophy have condense realms into larger grouping for easier understanding. Vodou and Yoruba cosmology has done the same. In Vodou, it is said there are 401 nations.

Each of those nations has endless Loas (or laws or principle entities) which rules them. Both mythology agree that newer laws or Orisas are constantly being created. There are literally millions and millions of Orisa and Laws. However in order to make sense of this world, we focus on the main "archetypes" or ARCH-angels or ARCH angles that can help direct us up and down the ladder on our Soul's return (refer to the earlier document on the Soul).

REVIEW 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. The tree of life and other diagrams can help us navigate this journey to ultimately reconnect with the Divine within ourselves.

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ALTARS ALTER YOU

Your body is your first altar. Anything you consume or put inside your body (food, drink, information, other people, etc.) altars your consciousness. Like food, anything that you ingest, is digested and waste is produced. This includes information.

Nature is your second “altar” and it is another tool you can use to alter your inner consciousness as you navigate through you’re your life journey. Nature is easier to “see” versus using your body.

Divination is a tool you can use to help identify where you are and help you see the truth that is hidden beyond your normal senses. What is happening INSIDE your first altar. Our personal Loas and Orisa are within us. When we use our altars to work with the Orisas, we are working with most INNER aspects (higher or lower) in order to access and grow.

HOW OMA-C HELPS WITH REALM NAVIGATION

BODY TEMPLE

Your primary work in the 9 weeks course is focused on your body temple. By age 7, we are to successfully rebalance these chakras. But most of us are in a constant state of being retraumatized. In order to leave this state, the goal is to identify where you are by doing an honest assessment of yourself daily and asking your Ori, your ancestors, and your Loas/Orisas to assist you through your journey.

NATURE (1-12 CHAKRAS)

In the beginner’s course you learn to identify your inner guides and with their support, you also learn to reclaim the positive powers and behaviors of your nature and animal selves.

We all seek to return to our creation, the primordial light. This is known as Grand Met in Vodou, Olodumare in Yoruba and Great Mystery in many cultures. It is unknowable by the human mind.

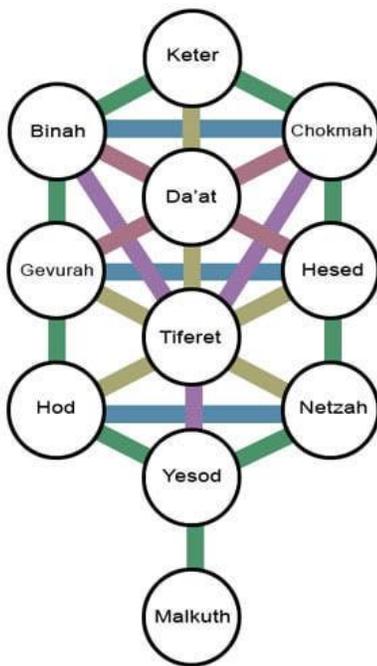
WHAT IS OUR RESPONSIBILITY?

In this state, being truthful with yourself is vital. If you don’t know where you really are, you will never know where you are going. Even the most honest person is unaware of what lies within this realm of their genes. Since we can’t be 100% honest with ourselves all of the time by virtue of our physical creation, we use tools to help us what is hidden in our subconscious. Embracing this truth requires real courage and support from your Ori, your guides and so on. Our responsibility is to face ourselves and all of our baggage – including ancestral baggage both known and unknown.

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NAVIGATING THE TREE OF LIFE

Notice the realms on the tree. Imagine where they are on your body. By the end of this course, know these realms of existence and where they are on your body. The main REALM on the diagram is invisible – it is Da'at or perception (Daat) that bridges the divine and the mundane - heaven and earth. Change our perception and we move around the paths. Without it movement on the tree is circular and does not lead to self-realization. True spirituality changes your perception of the world and elevates you. If you remain stuck with a fear or a SET (Satan) mind, you must alter (altar) your perception to keep the wheels turning. Each one of these circles is a realm of existence and they each contain a heaven and a hell. When we are STUCK or SET in our ways we make one of these realms our permanent home. We become comfortable. We FREEZE and become inflexible to new information, we feel STUCK and eventually suffering becomes home. That is HELL. Hell is not hot and action oriented. It is cold and stiff as in a dead body or a zombie or a person who refuses to change and grow.

Use the following table to learn the realms. Fill in the blank below. Identify the characteristics of each realm

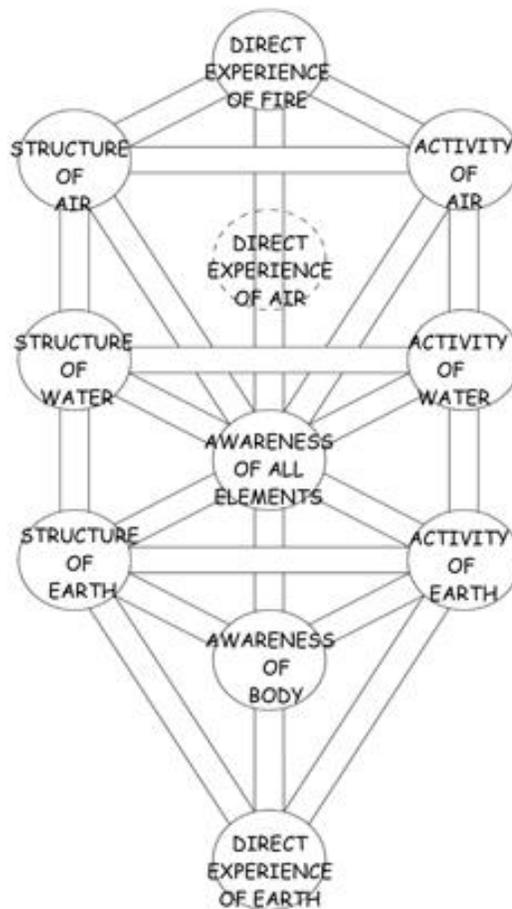
Realm	Heaven	Hell	Chakra	Loas or Orisas
Malkuth	Balance/manifestation	Materialism/fear	Root/feet/earth	Azaka, Onile...
Yesod				
Hod				
Netzah				
Tiferet				
Gevurah				
Hesed				
Binah				
Chokmah				
Kether				

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Consider the body and its relationship to the 4 main Elements of Earth, Water, Air and Fire. Our bioconstitution determines which of these elements predominate in us. As we learn to balance all the elements, we become more balance inside and outside. Reflect on the following diagram (before you do, call on your Ori).



- 1) What do you see? Jot down notes for discussion with your group?
- 2) Compare this diagram with the completed table above, now what do you see?
- 3) What does this tell you about which circle (or womb of creation) you are in at this time?
- 4) How might the Loas or Orisa's help you in the realm you are in at this time?

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Use this page to jot down notes and work through these concepts on your own or in a group.

