

Prayer to Your Soul

This sacred ritual allows you to connect with your inner self and offers gratitude for blessings received. It's a deeply personal practice that helps you focus on your soul's desires and well-being.

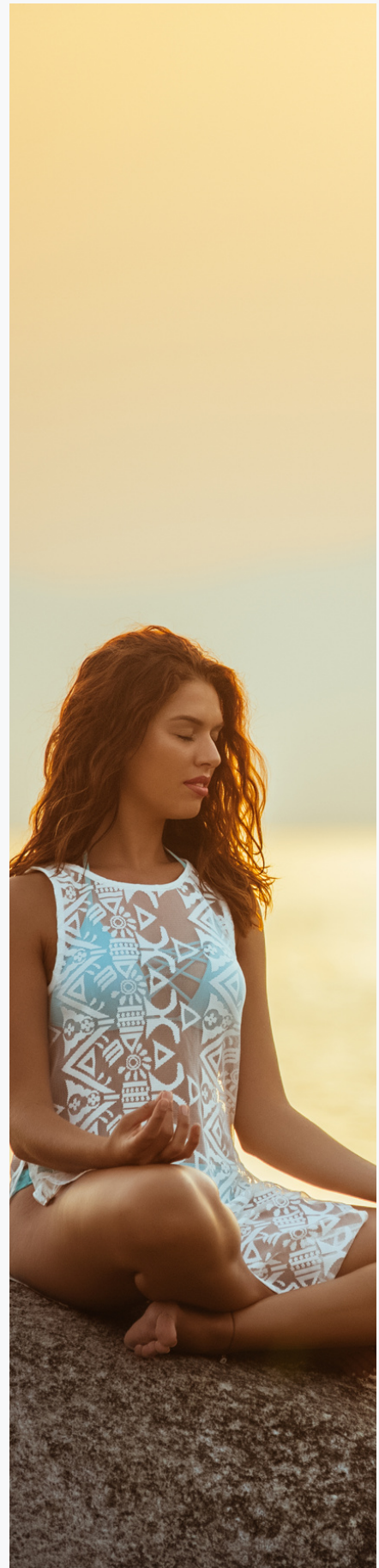
Materials needed:

1. *Fresh coconut*
2. *Honey*
3. *Salt*
4. *Gin*
5. *Plate*
6. *Shot glass*
7. *Water (for rinsing)*

Instructions:

Set Up the Plate:

- *Place 4 small pieces of fresh coconut on a plate.*
- *Drizzle some of the coconut water over the coconut pieces.*
- *Add a teaspoon of honey to the plate.*
- *Place half a teaspoon of salt alongside the coconut.*
- *Fill the shot glass with gin to the brim.*



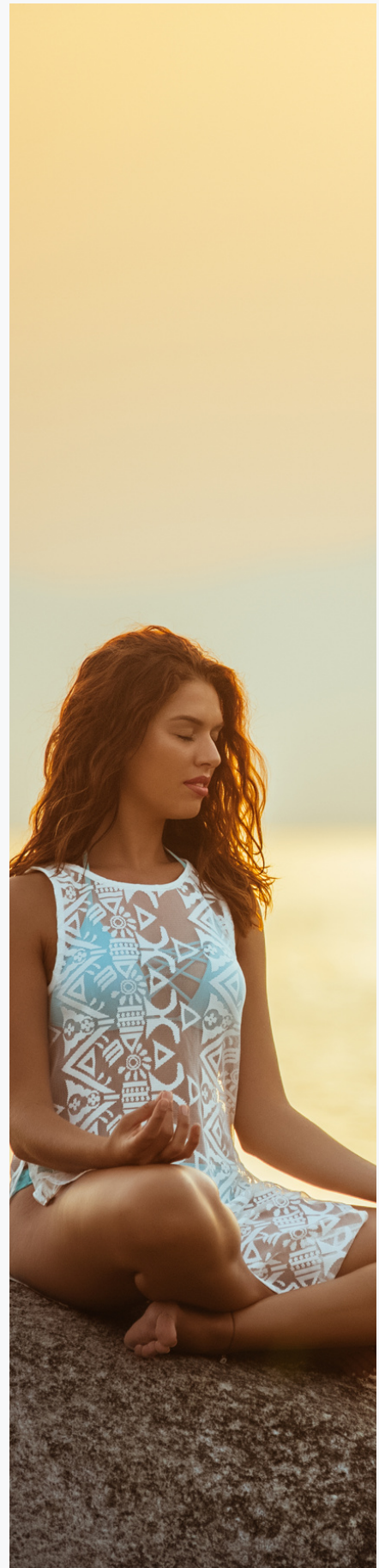
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Preparing for the Ritual:

- *Find a quiet and serene space for your ritual.*
- *Sit comfortably in a focused, meditative posture.*

Commence with a Prayer:

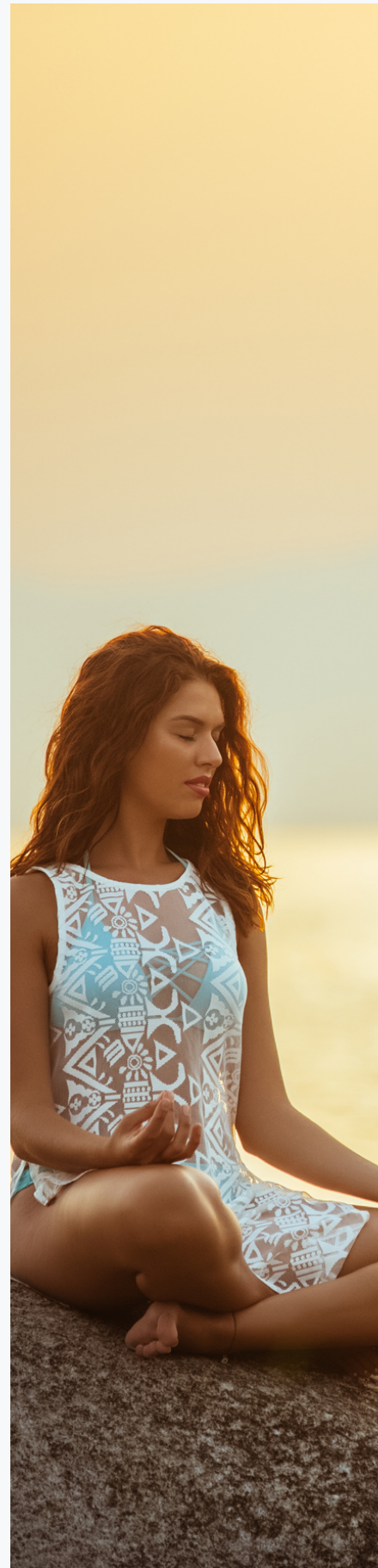
- *Take a moment to connect with your soul.*
- *Express your desires and intentions through a heartfelt prayer.*



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Casting the Coconut Pieces:

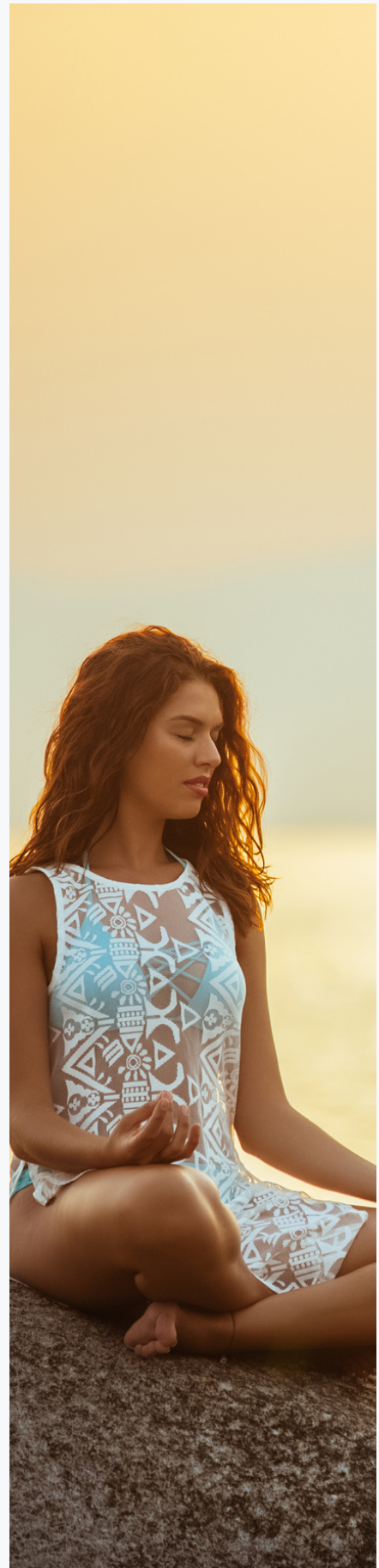
- *Hold the 4 pieces of coconut in your hands.*
- *Ask your Soul (Ori) whether your prayers have been accepted.*
- *Cast the coconut pieces onto the plate.*
- *Interpret the results:*
 - *2 pieces facing up and 2 down mean "Yes."*
 - *3 down and 1 up indicate you need to do more; cast again.*
 - *1 up and 3 down also mean you must do more.*
 - *4 down means cast again.*
 - *4 up means "Yes," especially for health-related prayers.*
- *If your result is "cast again," acknowledge your ancestors. Say a prayer for them. Afterward, repeat the cast and check if your soul accepts your prayers.*



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Making Offerings:

- *Break a few small pieces from one of the coconut pieces.*
- *Dip these pieces in the water and bless them.*
- *Say, "Bless this water," before touching the coconut to your crown.*
- *Address your Soul (Ori) and say, "Soul (Ori), this is your coconut. I offer this to you and place it on your crown. Thank you for listening to my prayers and accepting my prayers. Ashe."*
- *Eat a bite of the coconut piece on behalf of your Soul.*



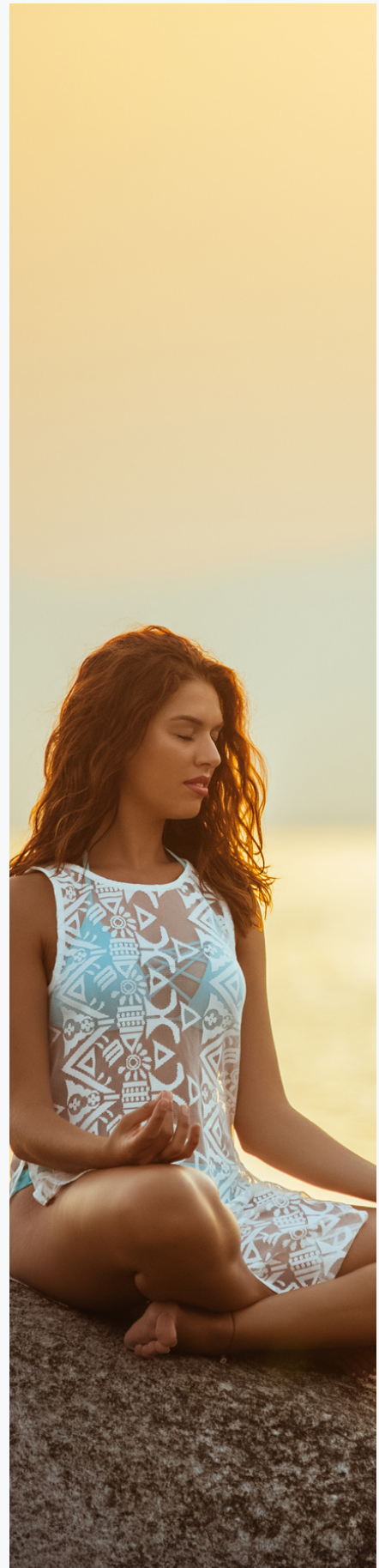
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Honey Offering:

- *Dip a coconut piece in honey.*
- *Address your Soul and say, "Soul (Ori), this is your honey. Accept this honey and bless me."*
- *Touch the honey to your head and say, "My Soul (Ori), let me be the sweetness of life. May all my affairs be in sweetness, may everything I touch turn into sweetness. Ashe."*
- *Eat on behalf of your Soul.*

Salt Offering:

- *Dip a coconut piece in salt.*
- *Touch the salt to your crown.*
- *Say, "My Soul (Ori), this is salt. Accept this salt and let me be the salt of the earth. Purify me and keep me pure. Ashe."*
- *Eat on behalf of your Soul.*



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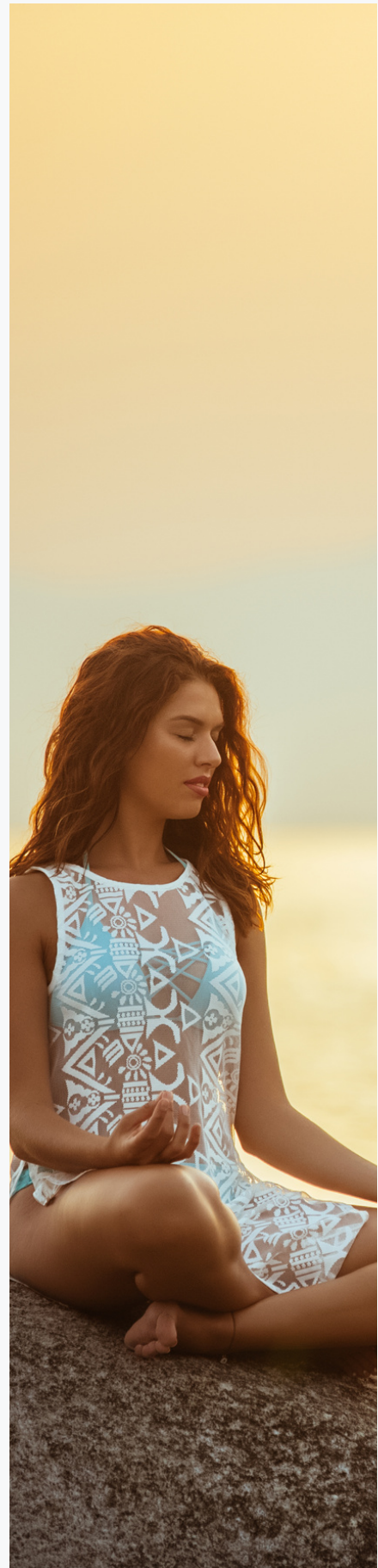
Overflowing Cup:

- *Fill the shot glass with gin so it overflows.*
- *Drip a few drops of gin on your crown.*
- *Tilt your head back to avoid getting it in your eyes.*
- *Say, "My Soul (Ori), sanctify me and keep me pure."*
- *Take a small sip or kiss the cup on behalf of your Soul.*

Sharing the Ritual:

- *If there are other members in your household, share the ritual with them.*
- *Place a piece of coconut in each person's hand, say a prayer for each one, and follow the same procedure as you did for yourself.*

Note: The practice can't be performed for your parents, as it is traditionally led by elders.



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Closing:

- *Conclude the ritual with gratitude and a sense of renewal.*
- *You can use the extra coconut water to wash your head as a symbol of purification. Remember, the origin of the water inside the coconut is a secret.*

