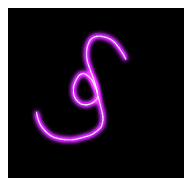


# On the Mat with Merindilogun

For yourself

Lesson 05  
of  
Lesson 16

‘Sources of Ibi/ Ire’



1) Secure two small objects, slightly larger than cowrie. These will be used as 'Igbo'.

- Igbo for Ire
- Igbo for Ibi
- Now practice casting and as in the previous module establishing Ibi/Ire including documentation.

2) On the final cast for determining Ire or Ibi, touch all **up** cowries with Igbo-Ire and set Igbo-Ire aside. Do similarly on **down** cowries for Igbo-Ibi. Conclude the Odu casting session by whispering the Odu and the sound "toe" for completion.

	Ire	Ibi
1	Aiku- long life	Iku- short life
2	Aje-abundance	Ofo-loss
3	Rin-spouse	Ija-conflict
4	Omo-children	Oran-court case
5	diy	diy

3) If your final cast from above was Ibi, then cast yes/no for Iku. If No, then cast for Ofo, if no, then go to Ija and cast, if no then Oran....

Follow the same method if your final cast was Ire- Establish the source of the Ire through yes/no castings

If yes—-STOP—-This is the source of the Ire/Ibi. Document. If no appears for all, then the source is not fixed and other sources can be explored (diy)....

4) Complete steps 1-3 above a minimum of **four** times daily **for** at least **8** consecutive days. Document and submit in the provided folder daily.

