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Counseling and Education Services

"INCREASING AWARENESS, CHANGING LIVES"

Resources for Beginners

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I. Good videos to listen and learn from as you consider becoming a practitioner of Ifa-Orisa spirituality

1) Iya Elemi from Yeyeo Botanica in Newark, NJ advises people on what to consider before becoming a practitioner in a African Traditional Religion (ATR):

<https://youtu.be/KpmOwGeRePk>

2) Monica Coleman, PhD is interviewed by a Christian minister about being an AME elder & Orisa initiate in Isele Ifa-Orisa tradition: <https://youtu.be/NOFHUeOcDrl>

3) Alex J. Moffett-Bateau, PhD shares her journey about being initiated in Lukumi Orisha Tradition: https://youtu.be/h9foOS_UxfEd

4) *Bigger Than Africa* film trailer. *This award-winning film can be viewed on Netflix*
https://youtu.be/KU2N3KIU_z4

II. Recommended books

The Handbook of Yoruba Religious Concepts by Baba Ifa Karade.

Yoruba Traditions and African American Religious Nationalism by Tracey E. Hucks

Opening to Spirit: Contacting the Healing Power of the Chakras & Honouring African Spirituality by Caroline Shola Arewa

African Religions: A Very Short Introduction by Jacob K. Olupona

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