



A Message From
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Greetings, Family.

I trust that this message will find us each well and in the best of health. Over the last few weeks, as change has become our temporary normal, I have received calls, texts and shout-outs expressing the wide range of sentiment and concern from within our community. I hear and see you, Family!

I understand how uncertain things may feel as we attempt to navigate our daily responsibilities. And, I recognize how easy it might be for us to consider succumbing to fear at the prospect of quarantine or shelter in place situations. While we are told that we need to “flatten the curve”, many of you have expressed the anxiety that’s being created as you consider how to make money, pay your bills, and ensure that you will be able to buy fresh and fairly-priced goods and services as this pandemic worsens. So, while many of you have asked for guidance through this health crisis that is affecting ALL areas of our lives, I feel compelled at this moment to share some ideas. Please know that we, too, have been working tirelessly to address the challenges that you and I are facing and are here to offer tangible solutions.

Many of you know me in a variety of ways: as a babalawo, olorisa, musician, educator, and as an artist. What I hope remains consistent, in all aspects of my life work, is that a balanced application of spiritual science, critical thinking and creative logic to address ANY challenge is efficacious. I am not dogmatic in my approach toward life, but rather, am a devout practitioner who believes in utilizing the elevated concepts of wisdom and understanding to inform my movements. Ifa guides me as I make choices and decisions for myself, for my family, for the members of my ile and for our community. In this way, Ifa is a traditional science embedded within a cultural context that when properly applied, allows us all to navigate our existence purposefully while remaining aligned to the path of our destiny.

In these unsettling times, I cannot emphasize more clearly: we cannot pray this coronavirus (COVID-19) away and think that will be enough. If any of us thought this

pandemic could be eradicated solely with prayer, we would be mistaken. I am always a promoter of prayer and of applying spiritual science as a practical solution, yet there is still more we need to do. We are in an extreme situation where multiple factors must be addressed if we are to emerge from this challenge successfully. Our efforts toward maintaining health is most effective when we incorporate an action plan that addresses mind, body and spirit.

Towards this end, I have been working with my team here at THE FADARA GROUP to assemble information and resources through our collective known as IWA (Integrated Wealth Alliance). Our team of experts is on the front lines, providing crisis management from a wholistic perspective, offering verifiable and accurate guidance regarding COVID-19. Collectively, we are constructing solution-oriented plans that will utilize our skills, talents, logical thinking and scientific practices, while tapping into our higher spiritual-selves to bring about the recovery we all need. As a result, some solutions from our meetings have emerged that I'm sure will benefit us all.

Over the next few days and weeks, you're going to be hearing from me, from THE FADARA GROUP, and from IWA. I want to share with you a plan of action that will include:

Self-Care & Healing – up-to-date, relevant information regarding COVID-19; solutions for self-care and ways to maintain overall health. IWA's experts in this area are knowledgeable in allopathic medicine, genetic research, and sound wholistic and traditional healing modalities.

Mental Health - solutions and helpful approaches for dealing with the enormous stress many of us are experiencing, focusing on activities and exercises that can help us to stay balanced. IWA's experts in this area are ready to equip you with tools and stress relieving suggestions.

Finance & Business– advice on how to handle your personal and professional affairs. IWA's experts will offer assistance in understanding the financial resources being made available to us through the recently passed CARES ACT and the federal stimulus bill. We will offer webinars, tips and workshops to help you market yourself and your business.

Food Accessibility - information on how to access fresh, organic produce through cooperative food services that are not only cost-effective for us, but that will allow our local Black farmers' networks to remain in business and flourish.

Of-course I, and Ile Oturupon Sokun, will continue to promote *Spiritual Health* maintenance options as we offer consultations and guidance via online interaction.

So please, stay with me, embrace the messages and keep in contact. If there is something you would like to see addressed, let me know that, too! Please share our contact information with a friend so they can benefit as well. And let us ALL remember to stay calm and balanced. Ifa teaches us that only when the pond is still, can we see the rippling effects of the pebble that is cast. May we be like the still pond and recognize the positive effects of our efforts.

We will get through this, Family. Let's stay together!

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Chief Ayanda