AHOSAN

Elemental Restoration

Grounding • Rooting • Sprouting • Flowering

addiction • depression • anxiety • irateness

4-Week Online Course

The **Akan** term **AHOSAN** means 'restoration', 'recovery'. It is comprised of the terms **SAN** meaning 'return' and **AHO** meaning the 'self'. In the spiritual context this references **restoration** or **recovery from spiritual discordance**. It is a return to aligning with our Divine function in Creation. When through lack of insight and ritual purification one allows internalized conditionings or external pressure from physical and non-physical individuals/entities to derail one's focus, disorder prevails in life. The natural cyclical manifestation of behavior governed by the four elements becomes corrupted. It is through elemental purification that we restore our focus and thus **Divine Order** to our lives.

The grounding nature of **Asaase** (Earth) is restoration from addiction. The rooting depths of **Nsuo** (Water) is restoration from depression. The sprouting expression of **Mframa** (Air) is restoration from anxiety. The flowering expansion of **Ogya** (Fire) is restoration from irateness. We align with the **Abosom** (Deities) animating the four elements and their expressions including the four seasons, four cardinal points, four divisions of the day-cycle and four-fold division of the **Soul/Divine-Consciousness**. This is reflected in our **cosmogram** and delineates restorative ritual.

Dwooda (Mondays) ~ March 1st ~ March 22nd at 8pm est on the Zoom platform

Registration: $20 ~ www.odwirafo.com/akonguasuapage.html

Our books for this course are free downloads.

The video archives for our NKOM course is recommended as a prerequisite for this course

Open to Afurakanu/Afuraitkaitnut (Africans~Black People) only

Instructor: **Odwirafo Kwesi Ra Nehem Ptah Akhan**, Author of 31 books, **Odumafo** ~ Traditional Diviner within the Hoodoo Religion and Founder of **Hoodoo Gyaasedan** ~ Hearth Shrine of Akan Ancestral Religion in North America ~ www.odwirafo.com/Hoodoo_Gyaasedan.html