The Akan term **NTEN** means ‘straight’ from root **TE** meaning ‘discipline, to make straight, rectify, correct’. In the context of the ritual incorporation of Divine Law and the ritual restoration of Divine Balance – the essence of Ancestral Religion – **NTEN** references the ascetic tradition in Akan Ancestral Religion. The **NTEN** tradition is a component of **AHODWIRA** or ‘self-purification’. This ascetic tradition was maintained in Hoodoo – Akan Ancestral Religion in North America.

The elements: Asaase (Earth), Nsuo (Water), Mframa (Air) and Ogya (Fire) govern the expansive and contractive poles of the ascetic discipline: Diet and Fasting • Sexual Activity and Abstinence • Ritual Movement and Meditation • Exercise and Balance. These poles align with our calendrical equinoxes, solstices and mid-points and are reflected in the Akan Cosmogram.

The ascetic tradition and its inherent discipline not only fortifies our **suban** or ‘character’ but also our physical and spiritual anatomies to function as instruments wielding **tumi** (Divine power) of the **Abosom** (Deities). Our ritual invocations, evocations and medicine and thereby made effective.

**Yawda** (Thursdays) – November 5th – November 29th at 8pm est on the Zoom platform

**Registration:** $20 – www.odwirafo.com/akonguasuapage.html

*Our books examined in the course are free downloads • Hoodoo Parts 1-4 are not prerequisites for this course.*

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