



# **O CAMINHO DO SOL - THE WAY OF THE SUN - COURSE OF STUDY**

**THE PATH OF SPIRITUAL AND MEDIUMSHIP DEVELOPMENT**

**COURSE 1**

**AN INTRODUCTION TO UMBANDA**

**THE KINGDOM OF THE HEART**

## **WHAT IS UMBANDA?**

Umbanda is a Brazilian Spiritual Tradition that combines Indigenous Beliefs, Spiritism, Catholicism and Candomblé. In Umbanda the Heavens come down to the Earth. The Caboclos and Pretos Velhos, the beings of light and healing, the beings of nature, arrive on the sacred ground of the Terreiro carrying with them the presence of the Orixás - the pure forces of nature.

It is an open tradition, accepting of everyone, from every walk of life, no matter their beliefs, culture or tradition. Umbanda is a non-dogmatic tradition based on practice and experience rather than a set of structured beliefs. The Umbandistas develop their connection to the inward spiritual dimensions through the practice of mediumship development. Through drumming, singing and dancing, the practitioners call on the illuminated beings that arrive in the spiritual works to heal, to counsel and to teach.

In Umbanda we hold the credence that before we were born the illuminated Beings, the Caboclos and Pretos Velhos were with us. According to Umbanda, these gracious beings carefully prepared us for our birth and sent us to Earth with the purest hope and prayers for our success. Like patient gardeners watching over their nursery, the Caboclos and Pretos Velhos watch over us now and many of them know us better than even we know ourselves.



According to Umbanda, each person of the Earth carries in their heart a purpose that is the very essence of their nature and the very reason they were born. Each person has a purpose to complete their life mission and to fully realize and express their purest nature, sharing with others the gifts they have brought into the world. However, because of past karmas and the darkness of the world, there are myriad obstacles that stand in the way of completing their life mission.

In Umbanda we teach that each person must battle to redeem their karma, to overcome the darkness and to give the gifts they carry within them to the world. Each person, when they are able to fully and completely be the pure nature of their unique self and overcome the obstacles, are able to create tremendous joy and great healing for themselves, for their family, for the community and for the world.

**O CAMINHO DO SOL - THE WAY OF THE SUN**  
**The Path of Spiritual and Mediumship Development**  
**Course I**  
**An Introduction to Umbanda**  
**The Kingdom of the Heart**

**Instructor - Ialorixá Mãe Morderecí**

Contact info -

Cell: 415-910-7359

Email: [caminhodosol6@gmail.com](mailto:caminhodosol6@gmail.com)

## **COURSE DESCRIPTION**

This course is an introduction to the Brazilian Spiritual Tradition of Umbanda. We will explore the diverse religious and cultural traditions that gave birth to Umbanda in Brazil, learn the cosmology of Umbanda, the ways it is practiced and the many kinds of beings that arrive in the spiritual works to heal and to teach. This course is designed to accompany the study of spiritual and mediumship development in the tradition of Umbanda. It is meant as both an experiential journey and a scholarly study. The role of Mãe Morderecí as an Ialorixá is to assist each participant with their Mediumship Development and understanding of Umbanda, as well as, their spiritual growth on the path of their own healing.

This course is OPEN TO ALL! This course, just as in the tradition of Umbanda itself, is open to all regardless of beliefs or lifestyle of any kind. It is a path that teaches communication with spiritual guides and it is also a path of healing and self-discovery. Umbanda is a school that is open to all and at the service of all who come to study regardless of whether they are a



formal adherent or not. You do not have to be a formal member to take this course or participate in the tradition of Umbanda. Many practitioners of Umbanda are also members of other traditions and practices, as it is an open tradition and all are welcome. Umbanda is designed to support the practitioners in their Journey and to assist them on their path. Participants are not required to formally initiate within the tradition to study and practice it. Adherents join and become initiates according their own spiritual calling.

This is the first course in a 6 part 2 year Course of Study in the Tradition of Umbanda. It is made up of 6 online courses and each course will be 10 weeks long. Each course will be made up of weekly live Webinars with Ialorixá Mãe Mordereci meeting once a week with additional online coursework. It will be accompanied by monthly Giras (large spiritual works), bi-weekly works of Umbanda na Mesa and optional workshops meeting at the end of each 10 week course. The course is designed to be accessible to all who have a desire to learn about the tradition of Umbanda. Only those who complete all 6 courses will receive a Certificate of Completion. If a student is unable to complete each course consecutively they can pick up where they left off with a future cohort. New courses and new cohorts will begin every 4 months. Those who complete all six courses will receive a certificate of completion, a specialized pin to wear on their lapel or Umbanda uniform and will be recognized as having a high level of expertise on the subject of Umbanda and mediumship development.

## **COURSE OBJECTIVES**

- To provide an in depth introduction to the tradition of Umbanda, its Practices, Cosmology, Structure and Beliefs
- To learn how to relate with one's own Orixas and learn how to relate with and identify one's own Spiritual Guides
- To become familiar with mission of Umbanda in the world and its importance in the lives of each participant
- To be able to discuss with discernment the History, Philosophy, and Practice of Umbanda
- To clarify misunderstandings about Umbanda and the process of Mediumship Development

## **COURSE JOURNAL**

Participants will be asked to keep a journal during the time of the course. The purpose of this journal will be to record thoughts, feelings and questions that come up in the process of exploring the tradition of Umbanda. In addition the participants may receive communications with their Spiritual Guides and Orixas in the form of dreams, visions or other kinds of communications.



During the course Mãe Mordereci will be giving the participants assignments of various kinds. The process and result of these assignments

l'alorixá Mãe Mordereci will want to know how each participant is each week on their journey with their understanding of Umbanda and relationship with their Orixas and their Guides.

## COMPLETION

Upon completion of the 2 year Course of Study students will receive -

- Letter of Completion containing hrs. and course topics
- Certificate of Completion
- A specialized Lapel Pin

### **O CAMINHO DO SOL - THE WAY OF THE SUN**

#### **The Path of Spiritual and Mediumship Development Course I**

#### **An Introduction to Umbanda - The Kingdom of the Heart**

#### **I. ORIENTATION: WHAT IS UMBANDA? WHAT IS MEDIUMSHIP?**

Week 1 (1/7/18)

In the first class we will cover an overview of the history of Umbanda, as well as, an overview of the history of Spiritism. We will go over important perspectives on the tradition and practice of Umbanda, especially as it relates to the path of mediumship development. We will explore the four pillars of spiritual and mediumship development - Love, Humility and Truth to be able to give Charity.

#### **II. INTRODUCTION TO THE COSMOLOGY OF UMBANDA**

Week 2 (1/14/18)

In the second class we will explore the cosmology of Umbanda beginning with the the Orixas, the creation of the world, and understanding the Orixas as the forces of nature. We will cover an overview of all the Guides of Umbanda, including the lines and phalanxes of the Caboclos, the importance of the Caboclos and Pretos Velhos in Umbanda, as well as, all the forms of Spiritual Guides and entities that arrive to work in Umbanda. We will also cover the unseen world,



spiritual Self Defense and the role of each person in the world. We will be studying some of the most important Pontos of Umbanda.

### **III. ANSWERING THE CALL - HERE I AM**

Week 3 (1/21/18 )

In the third class, we will cover how to understand your relationship to your Orixas. We will cover how to relate to and communicate with your guides. We will cover the definitions and differences of conscious, semiconscious and unconscious mediumship. We will have an overview of all the forms of Mediumship. A great challenge to developing mediums is working with your ego we will discuss various techniques and perspectives. An essential part of progress for many developing mediums is learning to love yourself, letting go of inhibitions and learning to trust your intuition. Lastly we will discuss how to listen to and follow the guidance of your guides.

### **IV. DISCOVERING THE UNSEEN WORLD**

Week 4 (1/28/18)

In the fourth class we will explore how to identify your Spiritual Guide. We will cover an overview of the stages of mediumship development and how to identify what stage you are in. We will discuss the challenges on the path of heart centered mediumship development. We will explore the use of plants in Umbanda for Defumação (smudging), herbal showers, spiritual cleansing, Amacy, spiritual protection, and spiritual self defense.

### **V. INTRO TO CANDOMBLE AND ITS CONNECTION TO UMBANDA**

Week 5 (2/4/18)

In our fifth class, we will explore some of the main practices of the tradition of Candomblé and perspectives on the importance of this tradition. We will cover the influence and connection of Candomblé to the tradition of Umbanda.

### **VI. OXALA AND YEMANJA**

Week 6 (2/11/17)

In our sixth class we will begin the first in a series of explorations that we will conduct over the 2 year course into the nature of each of the Orixás. In this class we will begin an in-depth consideration of the nature and significance of Oxalá and Yemanjá.

### **VII. UMBANDA AND KARDECISM**

Week 7 (2/18/18)

In our seventh class we will explore the relationship between Umbanda and Kardecist Spiritism and the vital importance that each tradition holds for the other.

### **VIII. MEDIUMSHIP - INITIATION**

Week 8 (2/25/18)



THE WAY OF THE SUN - HEART - CENTERED SPIRITUAL AND MEDIUMSHIP DEVELOPMENT  
2 YEAR COURSE OF STUDY

In the eighth week we will explore how Initiation in Umbanda Works and what it means for the practitioner. What is Amacy. What are guias de conta. What are the roles of Initiates in the tradition and practice of Umbanda.

**IX. MEDIUMSHIP - BANCO**

Week 9 (3/4/18)

In the ninth class we will drive straight into the second level of mediumship and participation in the spiritual works - the Banco (the bench) what is the role of the Banco in the Spiritual Works. Other topics will include what is a discharge medium, what is disobsession, what is a spiritual and energetic Posse and how do we understand spiritual cleansing within the works of Umbanda.

**X. THE KINGDOM OF THE HEART AND THE CALL OF SPIRITUAL DEVELOPMENT IN UMBANDA**

Week 10 (3/11/18)

The discipline of Walking with your Guides, Relating to, Respecting and Serving you Guides. The four pillars of spiritual and mediumship development Love, Humility and truth, to be able to give charity. And lastly what does it mean to Umbanda as a Spiritual Path.



## Overview of the 2 Year Program

### Year 1

#### CDS Course 1

#### Introduction to Umbanda - The Kingdom of the Heart

<b>I. Orientation: What is Umbanda? What is Mediumship?</b>	Overview of the History of Umbanda Overview of the History of Spiritism Perspectives on the tradition and practice of Umbanda Overview of the path of mediumship development Love, Humility and truth - Umbanda as a Spiritual Path
<b>II. Introduction to the Cosmology of Umbanda</b>	The Orixas - The Guides of Umbanda - The unseen world - Spiritual - Self Defense - The role of each one in the world - Consideration of Various Pontos
<b>III. Answering the Call - Here I am</b>	Relating to your Orixas - Relating to your guides -You are a unique creation - Your particular form of mediumship - Conscious, Semiconscious - And Unconscious Mediumship -Clairvoyance - Clairaudience - Automatic Writing - Intuition - Premonition - Incorporation Mediumship - Working with your ego during development - Loving yourself, letting go of inhibitions - Learning to trust your intuition - Following the guidance of your guides
<b>IV. Discovering Unseen World</b>	How to identify your guide - The stages of mediumship development Challenges on the path of heart centered mediumship development Defumação - Smudging - Use of Plants in Umbanda - Spiritual - Cleansing - Spiritual Self Defense
<b>V. Introduction to Candomble and its connection to Umbanda</b>	Further Introduction to the Orixás - Exu, Ogum, Oxossi, Xango, Oxala, Obaluae, Orunmila, Ossaim, Logun Ede, Oxumare, Oxum, Iansa, Yemanja, Nana Buruque, Oba, Iroko, Tempo, Ibeji
<b>VI. Oxalá and Yemanjá</b>	In Depth consideration of Oxala and Yemanja Stories of the Orixas, Exploring further the meaning and qualities of these Orixas
<b>VII. Umbanda and Kardecism</b>	Umbanda and Kardecism The Syncretic nature of Umbanda
<b>VIII. Mediumship - Initiation</b>	Initiation in Umbanda Amacy The role of Initiates
<b>IX. Mediumship - Banco</b>	The Banco in Umbanda Discharge Mediums Posse and Spiritual Cleansing
<b>X. The Kingdom of the Heart and the call of spiritual development in Umbanda</b>	Walking with your Guides Relating to, Respecting and Serving you Guides Love, Humility and truth - Umbanda as a Spiritual Path



**CDS Course 2**  
**The Guides of Umbanda - The Great Family (Part 1)**

<b>I. Overview of the Guides and Orixás</b>
<b>II. Caboclos in the Line of Oxossi, Ogum and Xango</b>
<b>III. Caboclas in the Line of Jurema, Oxum, Yemanja and Iansa</b>
<b>IV. Pretos Velhos</b>
<b>V. Eres</b>
<b>VI. Boiadeiros</b>
<b>VII. Exus</b>
<b>VIII. Ciganos</b>
<b>IX. Beings of Healing - Beings of the Crystals</b>
<b>X. Identifying your Guides</b>



**CDS Course 3**  
**The Orixás - The Great Family (Part 2)**

<b>I. Oxalá and Yemanjá</b>
<b>II. Xango and Iansa</b>
<b>III. Ogum and Yemanja</b>
<b>IV. Oxossi and Oxum</b>
<b>V. Obaluae</b>
<b>VI. Exu and Orunmila</b>
<b>VII. Iroco and Tempo</b>
<b>VIII. Ossaim</b>
<b>IX. Oba</b>
<b>X. Oxala and Yemanja</b>



## **Year 2**

### **CDS Course 4 The Orixás - The Terreiro**

<b>I. Understanding the Terreiro</b>
<b>II. How to Cambonar</b>
<b>III. Ogan</b>
<b>IV. Caring for the Terreiro</b>
<b>V. The Egun Epidemic</b>
<b>VI. The Banco</b>
<b>VII. Discharge Mediumship</b>
<b>VIII. Caring for the Guides</b>
<b>IX. Caring for the Orixas</b>
<b>X. Following the Path</b>



**CDS Course 5**  
**The Process of Mediumship Development - The Terreiro**

<b>I. Trusting Oneself</b>
<b>II. Healing and Mediumship Development</b>
<b>III. Giving a Posse</b>
<b>IV. Radiation and Conscious Mediumship</b>
<b>V. Learning to Let go</b>
<b>VI. Repetition</b>
<b>VII. Putting the Mind to Sleep</b>
<b>VIII. Semiconscious Mediumship</b>
<b>IX. Unconscious Mediumship</b>
<b>X. Particular Mediumship Particular Way</b>



**CDS Course 6**  
**Returning to Nature - Bringing the Community with you**

<b>I. Community Service</b>
<b>II. Spiritual Service</b>
<b>III. Praying for your Family/Friends/Enemies/World</b>
<b>IV. Disobsession, Cleansing and Healing</b>
<b>V. Personal ALTar</b>
<b>VI. Protecting and Cleansing your House</b>
<b>VII. Teaching and Counseling your Knowledge</b>
<b>VIII. Being a Bridge</b>
<b>IX. Future of Healing, Mediumship and Umbanda</b>
<b>X. Mission Destiny and Healing</b>