

# Oma fofipa (Making self clean)

This page describes one of the *Devotopai (Rituals)* of the *Poku Saeruo Degonjo*.

<b>Ritual name</b>	Oma fofipa
<b>Meaning</b>	self to cleanse ritually
<b>Pronounced:</b>	ōmă fō-fē-pă

Oma fofipa ritual of purification is one that a *Poku'vonai* performs on a regular basis. It is often used to clear the individual's mind, before making important decisions, embarking on a task, or sometimes as part of their routine to start the day.

The ritual starts by cleansing the body, then clad only in a plain Umatli (Kilt) the individual then offers incense to Siamaka. The individual sits on their ritual cloth with a pot of prepared herbal tea. The herbal teas for the ritual prepared by the *Detis Goa'ai Jael (Faith Walkers Sect)* and made available for purchase. They then recite the traditional words of cleansing. After each verse they recite, they take a sip of the tea. There are twelve verses to the ritual.

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