The Ritual of Enderi

(For the Elven Middle Days, Sept. 25-27)

Honoring Oromë, who rides his horse whilst blowing his Horn

Elven Spiritual Path Ritual Template*

Preface

Enderi: The Sacred Threshold of the Elven Year

In the eternal dance of time that the Eldar measure, there exists a sacred pause—a threshold moment when the wheel of the year halts between seasons, suspended in luminous stillness. These are the **Enderi**, the three Middle Days, when the golden harvest of **Yávië** yields to the crimson fade of **Quellë**, and the breath of Arda itself seems to catch, poised between the fullness of what was and the promise of what will be.

Here, in the heart of the **Loa**, the Children of Ilúvatar are invited to step beyond linear time, into the eternal present where the light of the Two Trees still shimmers in memory. It is a time for rest, for grateful reflection upon the year's bounty, and for the quiet turning of the soul toward the inner harvest—the seeds of intention planted in **Coirë's** stirring and **Tuilë's** blooming now bearing their unseen fruit.

Oromë, Aldaron, Tauron—Lord of Forests, Horn-blower, the great Hunter who first found the Quendi at Cuiviénen—rides through these days on **Nahar**, his horn **Valaróma** echoing across the twilight of the year. He who loves all trees and the wild places of Arda calls us to walk the middle path: not of compromise, but of wholeness. The Enderi are his days: a time for the hunter to become the gatherer, for the seeker to become the one who sees with new eyes.

A Sacred Technology of the Soul

In the wisdom of the Eldar, these Middle Days are more than calendar markers; they are a sacred technology of the soul. When every twelfth year the Enderi are doubled, even time itself bends to accommodate the mystery of growth and renewal. For the philosophical seeker, Enderi is the answer to the koan of existence: the moment when we are neither here nor there, but perfectly, completely, **Now**.

Here, in this threshold, we remember that all journeys are circular, all harvests contain their own seeds, and every ending is but a transformation wearing the mask of cessation. The Middle Days teach us that the most profound spiritual work is not in the doing, but in the being—between the notes of the Music of the Ainur, in the silence where Eru's thought first took form.

To the Seeker of the Perennial Light

To you, wayfarer between the seen and the unseen, the Enderi are a **mirror of the soul's own middle path**. Just as the Elves, awakening at Cuiviénen, first beheld the world shaped by the Music of the Valar long before they beheld the Light of the Two Trees, so too do we stand at Enderi between the outer and the inner, the hunter and the hunted, the flame that was and the flame that will be again.

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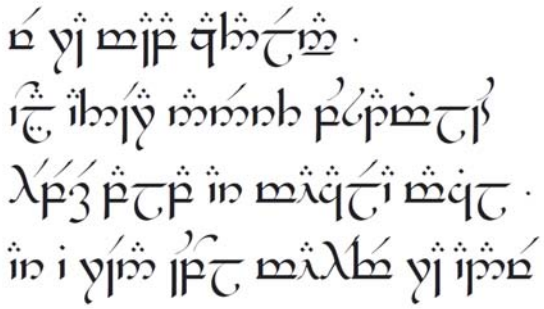
Let your celebration of Enderi be a pilgrimage to the center of your own soul, where the silver light of **Telperion** and the golden radiance of **Laurelin** still shine, and where Oromë's compassionate gaze reminds us that we are never lost, only always becoming. Here, we gather not to ask, but to **remember**: Oromë, who loved the Elves so dearly that he forsook the bliss of Valinor to dwell in Middle-earth for their sake; the abundance of the earth, which asks nothing in return for its gifts; and our own place as wayfarers—caught between the longing for the Blessed Realm and the love of this world.

So let this ritual be your **starflower in the dark**: a moment to drink deeply of the present, to honor the middle path, and to carry the light of Enderi into the fading days ahead. For in the Middle Days, as in all things, the greatest magic is this: **to be fully here, and to know it is enough.**

Laita! (Blessed be!)

As for holding to fullness,
Far better were it to stop in time!
Keep on beating and sharpening a sword,
And the edge cannot be preserved for long. (Tzu)

Ve rá mápa quantalenna,
Olya antéra naners pustamilú!
Hepessë palpa ar maicalëa macil,
Ar i réna úpol maihempë rá andavë (Ashton-Smith)



Elven Spiritual Path Ritual Template*

The Ritual

I. Establishing Directions of the Sacred Sphere, Invoking the Valar, and Creating Starflower Water

"Lindë Elenlótë" - The Song of the Starflower
[Applying the fundamental energies that dynamically establish your Elven sacred space.]

A. Stand in the center of your ritual practice area, face Eastward, (i.e. the direction of Cuiviénen/Elf Origins). Take a moment to visualize mists of swirling Gold, and Silver Light naturally establishing your ritual space. See the mists flowing from above, below, throughout the middle of the space, finally condensing into a unified strength in the center, and therefrom radiating outward in the form of a sphere.)

B. Intone the Holy Name, "Eru", (as your heart moves you to do so), whilst initially holding your hands outward, then bringing them together in the prayer mudra position, , at the heart chakra, with your thumbs against your chest. [Alternatively, you may intone "Ilúvë", (the All/Everywhere), or (as the Elves call Eru,) "Ilúvatar" (the All-Father) and/or "Ilúvamil", (the All-Mother), acknowledging the "All That Is" in a balanced way. If you identify with being Christian, or otherwise have a relationship with Yésus Hristo (Jesus Christ), then you may also call upon Him at this time, in your preferred way.]

Aligning with the Flame Imperishable/Secret Fire

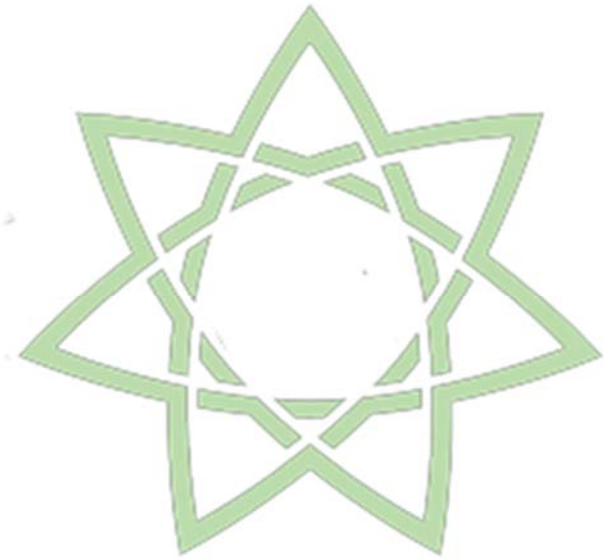
In the Beginning, when Eru created the Ainur from His Thought, (just as He did when He created the Firstborn, and Followers [Secondborn] Children of Ilúvatar), He placed within each of them a Spark of the *Flame Imperishable*, i.e. a spirit-animating piece of His Holy Spirit. [Likewise, as the *Secret Fire*, Eru placed the Flame at the heart of the world enabling the Ainur who became the Valar to draw upon Its creative Power in their formation, and maintenance of Arda.] You being a Child of Ilúvatar, It abides within every cell of your body, and dynamically resides within your heart chakra. As you begin this ritual, align with the Flame as a Being; *One Who Is Love*.

Whilst still holding your hands in the prayer mudra, deeply breathe for a moment, or two, until you feel as though you're breathing directly through your heart. Then, calmly, in order to literally set the tone of the following expression, say, "Hmmmm", (just as you would if you were pondering something). Give attention to the first tone that you express when doing so; that is the base musical tone to which your body is presently attuned. Visualize the flickering Light of the Flame withhin your heart chakra, and, into the Flame, using that tone, softly sing the word, "Aum" [with a hard "u", as in "unicorn"], e.g. "*Aaaauuuummmmmmmm*". Feel the Flame respond by radiating outward from you, and drawing Eru's Consciousness, and Presence to surround you. So intone Aum three times, once for your mental/spiritual body, once for your astral/psychic body, and once for your material/physical body; and, during final intoning; then, as well as you

may, feel Consciousness, and the Presence surrounding you, and radiating throughout the sphere, as well as within, and throughout your being—as pure Divine Love *loving you*. Acknowledge Love with a smile, and feel, and be still in the Presence. Take the next step when you're ready to do so.

Flame Imperishable/SecretFire (ideation)

C. Using your right hand, trace a Septagram [representing the Starflower, amongst other meanings] in front of you, whilst intoning the names of the Elven days, as below specified:



Elven Spiritual Path Ritual Template*

The Septagram *(*as *Elven Septaquetra)*

Hand Position:	**Day Name**	**Tones:**
4:00 (Open):	EL-EN-YA (Star Day)	*[Using the major scale tones, 1-5-3; which, in the key of C, are C-G-E]*
8:00:	A-NAR-YA (Sun Day)	*[Maj. scale tones, 1-5-3.]*
2:00:	I-SIL-YA (Moon Day)	*[Maj. scale tones, 1-5-3.]*
7:00:	AL-DU-YA (Tree's Day, i.e. Telperion and Laurelin, the *Two Trees*)	*[Maj. scale tones, 6-5-3.]*
12:00:	ME-NEL-YA (Heaven's Day)	*[Maj. scale tones, 1-5-3.]*
5:00	EÄ-REN -YA (Mariner's Day/Sea Day)	*[Maj. scale tones, (2-1)-5-3]*
10:00	VA-LAN-YA (Day of the Valar, or High-Day)	*[Maj. scale tones, 1-5-3.]*
4:00 (Close):	AR-DA (Earth)	*[Maj. scale tones, 5-1.]*

*[**Note**: The key of C is above used as an example; the tone values are presented so you may transpose the intoning into your most comfortable key, if another is better for you. You may listen to the days being intoned polyphonically and follow along. Just click that link.]*

D. Then, to complete, and seal the Septagram's energy, set your right hand at its center, in the

"Fear Not" mudra position, and visualize the interwoven lines of the Septagram glowing as white Light. Using your active imagination, expand it until its points touch the interior surface of your sacred sphere.

E. Then, whilst holding your hands in the prayer mudra at your heart chakra, **intone, "EÄ"** [E - Ä] (Be!), [just as you above intoned "Arda", using 5-1. e.g. G-C, or as you may otherwise prefer], three times, activating the septagram's Flow on the spiritual plane, the astral plane, and the physical plane. Then, intoning EÄ a fourth, and final time, *simultaneously open your hands outwardly, (doing the opposite of the hand movement you performed during the opening intoning of Eru/Ilúve/Ilúvatar/Ilúvamil).*

F. Spherically Acknowledge the Directions, Invoke the Valar, and Acknowledge Iluvatar:
[Just as you above intoned, "Arda", use the major scale tones, 5-1, to intone each of the below Tengwar (Letters). Hold your left hand on your chest, palm facing your heart, as you do so. Note: "E" is pronounced like "AY", as in "Say". You may listen to the Directions being intoned polyphonically and follow along. Just click that link to access the video, and pause it at the beginning of each Direction until you're ready to intone the respective Tengwar.]

1. Facing **East**, trace the Tengwa, Romen, in the air with your right hand. Whilst holding your hand in the "Fear Not" mudra position, intone, "RO-MEN". Leaving your hand in that position, say: *"I now call on Manwë Súlimo, High King of Arda, Lord of the Winds, and Eagles, whose mind is closest to the Mind of Eru; and his Lady, Varda Elentári, Queen of the Stars, Maker of the Sun, and Moon, and protector of Arda, and of all of Ilúvatar's Children. I welcome you into this sacred sphere.* [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"*

2. Facing **South**, trace the Tengwa, Hyarmen: in the air. Whilst holding your hand in the "Fear Not" mudra position, intone, "HYAR-MEN". Leaving your hand in that position, say: *"I now call on the youngest Warrior Vala, joyful, ruddy Tulkas the Strong, who valiantly defeated, and chain-bound the Enemy, Morgoth, using only his bare hands; and his wife, the youngest Valië, Nessa, she who dances on Valinor's ever-green grass, friend of the deer, and sister of Oromë. I welcome you into this sacred sphere.* [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"*

3. Facing **North**, trace the Tengwa, Formen: . Whilst holding your hand in the "Fear Not" mudra position, intone, "FOR-MEN". Leaving your hand in that position, say: *"I now call on Aulë, the Smith, the Vala of the mining and crafting of both metals, and gemstones, he who, dwelling in the ground, created the Dwarves as a gift to Ilúvatar; and the motherly, and Queenly Yavanna Kementári, the Valië of Arda's maturing, verdant Harvest, the Giver of Fruits, and of Life that nourishes all Eldalië. I welcome you into this sacred sphere.* [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"*

4. Go to or bring your concentration to the **Center/Within**. In the center of your work area, (or in *your* center, i.e. your Heart Chakra), trace the Tengwa Óre (Heart, Inner Mind): . Whilst holding your hand in the "Fear Not" mudra position, intone, "MI" [MEE] (Within). Leaving your hand in that position, say: *"I now call on he who loves all Elves, the Vala, Oromë, Lord of the Forests, Horn-blower, great Hunter, and horseman of the Valar, who roams all of Arda on his horse, Nahar; and his wife, the Ever-Young and Vital Valië, Vána, she whose Power is aligned*

with all flowers, and new plant growth. I welcome you into this sacred sphere. [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"*

5. Facing upward / **Above**, and trace the Tengwa, Vilya (Sky): . Whilst holding your hand in the "Fear Not" mudra position, intone, "OR" (Above). Leaving your hand in that position, say: *'I now call on the Vala, Irmo, Lord, Master, and Nurturer of Visions, Dreams, and [wise] Desires, who dwells in the peaceful Gardens of Lórien; and his wife, the Gentle Estë, Valië of Peace, Rest, Sleep and Healing. I welcome you into this sacred sphere.* [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"*

6. Facing downward / **Below**, and trace the Tengwa, Arda (Earth): . Whilst holding your hand in the "Fear Not" mudra position, intone, "UN-DO" ("Below"). Leaving your hand in that position, say: *"I now call on the Valar Who Walk Alone: the Vala, Ulmo, brother of Manwe, and powerful protector of all of the musical Waters of Arda; and Nienna Qalmë-Tári, the Valië of Transformation and Rebirth, she who teaches pity, patience, mercy, and hope, and whose tears intensely cleanse, and restore all Eldalië of, and from all prior experiences of all forms of fear, pain and hurt. I welcome you into this sacred sphere.* [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"*

7. Facing **West**, (the direction of the Blessed Realm), trace the Tengwa, Numen: . Whilst holding your hand in the "Fear Not" mudra position, intone, "NU-MEN". Leaving your hand in that position, say: *"I now call on the Doomsman of the Valar, Namo, the Vala of fair judgement of Spirits on all paths of fate, and Death, who, dwelling in the Halls of Mandos, forgets nothing, and knows all things that shall be; and his wife, Valië Vairë, the Weaver, she who entwines the black and white, ever-changing threads of Time, Past, Present and Future. I welcome you into this sacred sphere.* [Allow a few seconds for you to feel their Presence; then, hail them.] *Aiya!"* [It's also ideal to place your altar in the West of your chosen room.]
8. Finally, whilst continuing to **face West**, outwardly direct your concentration, spherically, and, in front of you, trace a flame, (like a candle's flame), and intone: I-LÚ-VË, (The All, Everywhere). Draw your hands into the prayer mudra, and say: *'I acknowledge that I Am One with Ilúvatar, [optional: as well as the Flame Imperishable as Holy Spirit Who bestows Christ Consciousness], and my felt sense of the Presence of the Flame Imperishable within me, in this, my sacred sphere, tonight/today! Laita!'*

G. Prepare Starflower Water for Meditation:

Prepare yourself for spiritual work by creating Starflower water to drink by infusing water with Starflower essence. To do so, you may either purchase the essence itself, and prepare the water according to the product's instruction, or do so magically via your focused intention. If you're using the latter method, look at the below image(s) of the Starflower, and feel the flower's energy flow into your body through your eyes, (or, focus such an image using your imagination), then, transfer the essence of the flower's energy into the water you'll drink, via your hands. It may help to simply hold a transparent glass of water before the below starflower images, so you

see both of them within the water; thereby imagining the essence of their energies is being transferred to the water until you have a remarkable sense of the transference being done.

Feel free to use any other method that you may prefer to accomplish this. Although this process is particularly focused on applying the vibrations of the essence of the genus, “Trientalis borealis”, you may choose to augment the essence of that genus with the vibration of the essence of the below genus, “Trientalis europea”.

(Trientalis borealis)

“A soothing and comforting energy of purity, refinement, and innocence; for those who feel vulnerable or unprotected, especially in group situations; helps us open a stronger vertical connection with earth and spirit; strengthens the ability to maintain our individuality in crowded situations regardless of competition for resources or lack of space; supports heart centered contact and inspired communication in groups—both the ability to speak from our hearts and the ability to welcome the individuality and preciousness of what others have to say", (Alaskan Research...; 2020).

(Trientalis europea)

"In order to raise our vibrations to a higher level, we must learn to coexist in harmony with beings of all kinds: human beings of different political and religious persuasions, animals, plants, insects, bacteria, and viruses, and even extraterrestrials. Starflower helps us to be less judgemental and more accepting... we are all connected. We are all related. We are all one. Harmony and Peace will be the result of learning to live together. Use of this essence helps us to adjust to the coming dawn of the Aquarian Age. It may aid those currently channeling information from star beings" (Lichenwood Herbals; 2020). "Assists one accepting and embracing one's shadow self/dark side. For those who fear the dark. Offers protection from negative influences as it brings the light of hope into one's life" (Woodland Essence; 2020).

When you have completed preparing the starflower water, drink a little bit of it to feel your subtle awareness expand, enabling you to better sense the presence of the Valar.

II. Acknowledging the Ritual's Vala, Valië, Valar, or Nature Focus

"LET US NOW CELEBRATE THE ELVEN MIDDLE DAYS, THE ENDERI, THIS DAY! Through the Legendarium, JRR Tolkien tells us that these three days were days of rest, recreational travel, and for being thankful for the abundance of the season. This "middle-time" is also considered the second of the three Fire Festivals, (the first being Tarnin Austa, and the third being Turuhalmë, i.e. the summer and winter solstices). These three days are dedicated to the hunter Vala, Oromë, the traveler to Middle-earth in the early times of the Elves. Though the Elves were more hunters than farmers, it is also a time of being thankful for the vegetation, whether fruit, vegetable, or grain. At this turning of the Loa, (the Elven Year Calendar), Yávië the Autumn Harvest, is leaving, and Quellë, the Fading Season, or "Lasse-lanta" (Leaf-fall) has arrived. This also foretells of Hrívë, the Winter, to come. We, however, welcome the swift coming of the darkness, as we will be able to see more of the nighttime skies, including Isil, the Moon, (steered by the Maia, Tilion), and Varda's stars, while Anar, (the Sun steered by the Maia, Arien), is directed toward the shortening hours of Arda's presence, for a time to later return. Let us now reflect on this meaning, and the spiritual application it has in our lives on this plane of Earth existence! Let us also be restful, and thankful for the seeds of our goals, planted during Coirë, the Stirring Season, and Tuilë, the Springtime, that have come forth in physical manifestation, as we turn our attentions now toward our spiritual growth anew! Laita!"[1] (Allen, Woosely)

III. Grounding With the Two Trees

[Allow 1-3 minutes, or so for this segment.] Sit comfortably, with both feet flat uncrossed on floor, and your hands open, uncrossed, and facing the sky, or the ground, as you may prefer.

Close your eyes, and visualize yourself standing on the Green Mound, Corollairë, between the Two Trees. To your left, the White Tree, Telperion, radiates a soft, silver Light. See that Light flowing into, and filling the left side of your body. As it does so, see the silver light flowing into your blood, into your muscles, and allow a silver glow to emanate from the entire left side of your body. Direct this silver energy to both your third eye (Ajna), as well as your sacral/navel (Svadhisthana) chakras. If other colors appear along with the silver light, allow them to do so. Allow yourself to be nourished by the silver, renewing Light.

To your right, the Golden Tree, Laurelin, radiates a marvelous Light, the color of golden sunlight. See Laurelin's Light flowing into, and filling the right side of your body. As with the silver Light, see the golden Light entering your right side's blood stream, and muscles, and allow a golden glow to emanate from the entire right side of your body. Then, direct this golden energy to your crown (Sahasrara), and your solar plexus (Manipura) chakras. If you see other colors along with the golden light, allow them to flow as well. Allow yourself to be nurtured by the golden, healing Light.

Next, feel roots, like those of the Trees, extending from your feet into Arda, grounding, and connecting you to Earth. Feel your roots stretch deeper, and deeper into Earth, as you allow Arda to nourish, and nourish you. Feel Arda fully supporting you, now; just as your body is made of the stardust that physically forms Earth, know that you are, and feel yourself BEING Arda. If you become aware of more colors, simply allow them to flow also. Generally, the growth of tree roots mirrors the growth of their branches; likewise, as you feel roots extending from your feet, also energetically feel your arms, hands, fingers, (and even the hair on your head) rising upward like the branches of the Two Trees. Feel your "branches" lengthening in all directions, reaching to the sky (Vilya). As above, so below—continue to extend your branches higher, accessing the far reaches of Elven ancestry, and memory, whilst you continue to extend your roots deeper, even down to the Secret Fire at the heart of Arda, centering yourself in Spirit/Source.

The Two Trees have a symbiotic relationship; likewise, so do the silver, and golden Lights within you. See both Lights intermingling, and fluctuating within you, in Nature's balanced, beautiful and ever-wise Way. Feel yourself intimately connected to Ilúvatar (Father of All that IS), and, in fact, to all of Eä (the Cosmos). At this point, you may also generally connect with the Valar, and/or any of the Maiar, and/or Elven guides with whom you communicate.

Now, you may start having visions, or intuitive messages coming to you. You may also feel the quickening of Elven resonance in DNA, perhaps even the recall of Elven ancestral memory. Before continuing, allow all of this to transpire, along their respective, Natural courses; proceed when you're ready to do so.

IV. Meditation, and Communion

"Visualize yourself with the protective, hunting Vala, Oromë of the Forest, with Valaroma, his horn, riding Nahar, his white horse who shines silver at night. He may have hounds with him. He loves the Elves the most, and asks you to join him on his continuing, and widespread travels around Arda – showing you the waters of awakening, Cuiviénen, in the East, where the Elves first awakened, all the way Westward, throughout Arda, pausing occasionally to see all the beau-ty of nature, from the woods, to the seas. Feel his love, and utter compassion, and devotion to the Quendi, the Elves, as he sacrifices his very existence by extending his help to them. He may even take you briefly all the way Westward to Valinor, the Blessed Realm. If so, see the site of the Two Trees. Other guides may arrive in your meditation. Remember any symbols, or correspondences that are presented to you. Allow all the time you need for this to occur; (5-20 minute pause)." (Allen, Woosely)

V. Closing the Ritual, Giving Thanks, and Blessing Arda With the Energies of the Sacred Sphere

When the time is right, for you, take the below steps to bring this ritual to a close. As your awareness is slowly, fully restored to the physical world, remember what has transpired!

1. *My work is done! Whilst I am in sacred space, I acknowledge Your existence, Eru Ilúvatar, and I thank You for Your Presence being here with me tonight; ([optional]: and I thank You,*

Christ Spirit, for also being here with me tonight/today). Outside of this sphere, may I perceive your Presence in all I see. Laita!

2. Thank you to all of the Valar, particularly you, Ulmo, as well as the Maiar, and all contributing Elven Guides for being with me in this sacred space, and for fulfilling, in Spirit, the Work I have done here tonight/today, and I hereby open myself to you beyond the limits of this sphere. Laita!

3. I acknowledge, and am grateful to the Directions, and to the silver, and golden Light, for creating, and blessing this sacred space in which I have expressed my spiritual Work on this night/day. Laita!

4. Bid them all farewell, then return your attention Corollairë, and the Two Trees. Bring your consciousness to the Trees themselves. Then, slowly retract your "branches" simultaneously with your "roots, understanding you will always have the deeply intimate, and resonant connection to, and relationship with Arda you have established with her tonight/today. Afterward, slow down, and condense the golden energy of Laurelin, followed by the silver energy of Telperion, allowing them to merge into a small, portable white Light. Then, visualize that Light becoming 3 silmarils, the jewels the Elf, Feanor, created from the conjoined light of the Two Trees; one to illuminate your mental/spiritual body, and awareness; one to illuminate your astral/psychic body, and awareness; and one to provide your physical body with a steady flow of regenerative energy that resonates with the Energies of Valimar. You may place these upon your altar, or, if you wish, carry them in your pocket, or purse to support you during your interactions in general society, accessing their healing energy whenever you wish to do so.

5. Finally, direct the Energies of the sphere into Arda. (As you speak the words of this step, use your imagination [and hands, if you wish] to push the sphere of gold/silver Light energy down toward Arda.) *Arda, I gift you with the energy of this sphere as pure intent of Love, Light and healing rising from the uttermost depths in my heart. May it bring all things into natural balance, and may it heal you, and all who dwell upon, and within you who may be hereby healed. My sacred space is now open—Laita!* (Calmly push the sphere all the way into Arda, allowing the ground to completely absorb its Love, Light, and healing power.)
6. Ground yourself with Music, bread, and your preferred drink, and reflect upon what you've experience in circle tonight/today.

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Elven Spiritual Path Ritual Template*

* Generally, the template for this ritual was originally created by Tië eldaliéva (Elven Path) (T-e). To deepen the practitioner's ritual experience, (ergo the resultant spiritual experience and growth), Elven Spiritual Path (Fëavanda eldaliéva) has enriched and expanded the original content, however, the vital core of the original text, i.e. sections II and IV, have been herein preserved verbatim. This is being distributed to help the general public to discern between T-e's original format and the (T-e outgrowth) ESP's enriched format. For comparison, you may see Tië eldaliéva demonstrating the original ritual process at https://www.youtube.com/live/chdCK4z9E1M.
You may follow that demonstration, and more accurately compare the two formats by using T-e's original print of this ritual, (which has been wholly entrusted to ElvenSpirit).

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