The Lightbearer Ritual

for Practitioners of the Tolkien-based Elven Spiritual Path

(Revised 10.28.2026)

Preface

This ritual is designed to enable sElf-initiation into the Tolkien-based Elven spiritual path (Path); effec-tively as it was established by Tië eldalieva (T-e). Additionally, it serves existing initiates of this Path, enabling them to "top-up" and revitalize themselves as, and their commitments to being Elven Lightbearers.

Differences and Likenesses Between the Original and Enriched Ritual Formats **(for T-e practitioners)**

The author of this ritual, (an initiate of this Path, and former co-leader of T-e), independently established "Elven Spiritual Path" (ESP), as a direct outgrowth of T-e. The primary difference between the two organizations is the latter's musicality. In ESP's variations of T-e's ritual process, music is central; the ritual intonations being polyphonic, compared to T-e's monophonic intonations. Also, in the interest of both appealing to practitioners who may wish to have a philosophically and metaphysically deeper ritual experience, both the text and portions of the ritual sequence were slightly embellished, producing the "Enriched Format", complementing T-e's "Original Format. Otherwise, the Enriched and Original ritual sequences are practically identical.

The Lightbearer Ritual should be done in a place where you may have total privacy for several hours, if that's what you need to organically experience it.

Admonishment

New-bees: Those who are choosing to step onto this Path using this ritual, you must understand that this is solidly a real life experience. In 3D, during conditions that utterly defied their demonstration, they showed me they're real; I assure you, the Valar actually do exist, and will interact with us given our willingness to let them do so. Perhaps best of all, (for some), the only substance needed to ritually connect with them is pure water. However, zero about this Path is role playing, or gaming. If you're going to step onto it and practice it, you're making a commitment similar to that which a monk, or a nun, or a priest or priestess, or a shaman, or any other cleric who truly commits to that responsibility, rather than to the idealized behavior associated with Elf-likeness in popular media. Truly being Eldalië, regardless of the specific Elven community, (Tolkien-based, or otherwise), is to bear Divine Light within you so deeply that Shadow is completely eradicated from you. (All in due time; it's a very gradual process.) To be an Elven Lightbearer is to fearlessly and self-honestly walk a Path of continually progressive, utterly deep, uncompromising inner Work—one step at a time, with the planetary source of High Elven Light, i.e. the Secret Fire and the Valar in lock-step with you for the entire Journey.

The ideal time to perform the Lightbearer Ritual is during the first week of the August waxing moon, after Yavië, (Aug. 2nd). That way, you also gain the benefits of having communed with all of the Valar during that Solar Observance. As Flame Imperishable / Secret Fire is ever-present and beyond time, so the Lightbearer ritual may be used for sElf-initiation at any time; if you truly feel inspired to walk this Path, and you're inspired to be initiated outside of that time frame. Just pay attention to when the Moon is void-of-course, and when it's within a week before, or after Mercury Retrograde cycle; do not perform this as an initiation rite during those times.

Older-bees: The same above ideal time frame for this ritual applies to everyone; with the same flexibility. If you've been walking the Path for awhile, and would simply like to bolster and revitalize your Light, performing the Lightbearer Ritual will hit the spot for you. That last sentence for newbies applies to you as well.

Whether new to this Path, or already a practitioner, may performing the Lightbearer Ritual greatly enrich your spiritual life, and all your Relationships; with the Flame Imperishable/Secret Fire, all of the Valar, and everyone you Love.

Laita

Aligning with the Valie: Nessa, (with the aid of **Tulkas, Aule and Varda)**

earthwardness: progressing in the direction of earth. Inherently, our Arda nature tends toward baseness, grossness, constriction, compacting, decline, and decay. Our consciousness may ascend above those limitations, and we may extend a quality of lightness into our microcosms [material + subtle bodies] using the Light of our consciousness; however, without Transformation, our Arda nature nonetheless tends progress in an earthward, rather than heavenward direction. This Ritual is a way to cleanse our being, including our Arda nature, of that tendency, and to thereby become Bearers of Light, and invert our inherent earthward nature to an inherent heavenward nature.

Legendarium background

The Two Trees were decimated by Ungoliant's filth. Of all the Valar, only Vana, and Nessa refused to leave the underlying source of Laurelin, the crucible "Kullulin". Vana's Lament evoked a single, final blossom from Laurelin, which became the "Fruit of Noon". In the framework of this ritual, the Fruit of Noon has been cultivated from the single bough of Laurelin generated by Vana's Lament. It's been dropped, and the rind has been fashioned into the Ship of the Heaven. The waters of the fruit of noon have been gathered into a basin called "Faskalan", i.e. "Bath of the Setting Sun", or "Bath of Fire". That Bath is the focus of this meditation; the purpose is to cleanse ourselves of the earthwardness of our Arda nature, in order to be Light-Bearers who transmit Light, Love, awakening, peace, grace, healing, and joy to, and throughout all of Arda. From the Legendarium (History of Middle-earth Volume 5…):

> "Behold now it is to be told how while that galleon was a-building, others nigh to where the Two Trees once grew, fashioned a great bason, and folk laboured mightily at it. Its floor they made of gold and its walls of polished bronze, and an arcade of golden pillars topped with fires engirdled it, save only on the East; but Yavanna set a great and nameless spell around it, so that therein was poured the most of the waters of the fruit of noon and it became a bath of fire. Indeed is it not called Tanyasalpë, the bowl offire, even **Faskalanúmen, *the Bath of the Setting Sun***…
>
> *Now the making of this place of fire is more wondrous than seems, for* ***so subtle were those radiances that set in the air they spilled not nor sank, nay rather they rose and floated away far above Vilna, being of the utmost buoyancy and lightness****; yet now did nought escape from Faskalan which burnt amid the plain, and light came to Valinor therefrom, yet by reason of the* deepness of the bason it fared not far abroad and the ring of shadows stood close in…
>
> *Urwendi… said that she was not adread, and begged leave to become the mistress of the Sun and to make herself ready for that office as Ilúvatar set it in her heart to do. Then did she bid a many of her maidens follow her, even of those who had aforetime watered the roots of Laurelin with light, and casting aside their raiment they went down into that pool Faskalan as bathers into the sea, and its golden foams went over their bodies, and the Gods saw them not and were afraid. But after a while they came again to the brazen shores and were not as before, for their bodies were grown lucent and shone as with an ardour within, and light flashed from their limbs as they moved,*

nor might any raiment endure to cover their glorious bodies any more. Like air were they, and they trod as lightly as does sunlight on the earth…"

[And, after all was set to go, Manwe spoke, and said],

"Go now, most wondrous maiden washed in fire, and steer the ship of divine light above the world, that joy may search out its narrowest crannies and all the things that sleep within its bosom may awake" (Tolkien, 1987)

I. Establishing the Ritual's Sacred Sphere

"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.)

B1. 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 Eru using a single note. If you identify with being an Esoteric Christian, or otherwise have a relationship with Yésus Hristo (Jesus Christ), then you may also establish Resonance with Him at this time, in your preferred way.]

B2. Aligning with the Flame Imperishable/Secret Fire

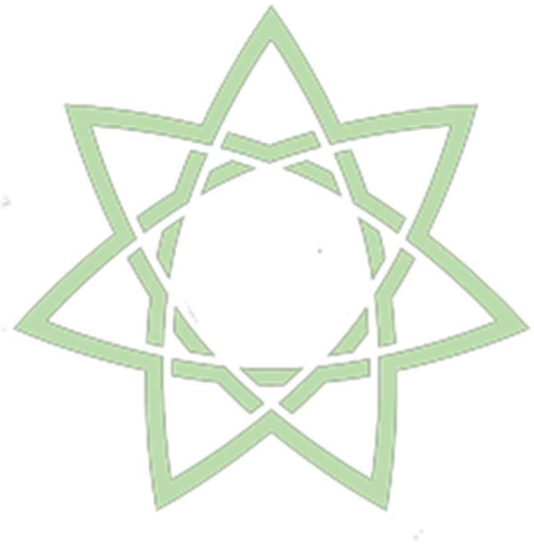
In the Beginning, when Eru created the Ainur from His Thought, (just as He did when He created the Firstborn, and Followers [Secondborn Children of Ilúvatar], He placed within each of them a Spark of the *Flame Imperishable*, i.e. a spirit-animating piece of His Holy Spirit. [Likewise, as the *Secret Fire*, Eru placed the Flame at the heart of the world enabling the Ainur who became the Valar to draw upon Her creative Power in their formation, and maintenance of Arda.] You being a Child of Ilúvatar, Secret Fire latently abides within every cell of your body, and dynamically resides within your heart chakra. As you begin this ritual, align with the Flame/Fire as a Being; i.e. the *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 within your heart chakra, and, into the Flame, using that tone, softly sing the word, "Aum" [with a hard "u", as in "tune"], e.g. "***Aaaauuuuummmmmmmm***". 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 / Secret Fire (ideation)

If this image doesn't resonate with you, close your eyes and allow Her
to help you to perceive Her Presence in the way most appropriate for your experience.

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



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, 1-5-3.]*
12:00:	ME-NEL-YA (Heaven's Day)	*[Maj. scale tones, 1-5-3.]*
5:00:	E·Ä-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. Click the names to hear the corresponding tones. If you've learned the original intonation method, or you're just not comfortable with your singing voice, use the same tone you used to intone Aum for each syllable in the above and below Names.]*

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!), three times, [just as you above intoned "Arda", using 5-1. e.g. G-C, or as you may otherwise prefer], 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 / Ilúvë / Ilúvatar / Ilúvamil).*

F. Spherically Acknowledge the Directions, Invoke the Valar, and Acknowledge Ilúvatar:
[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".]*

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, ruddy, joyful, 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 dwells in the ground, and who 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 the Vala who loves all Elves, Oromë, Lord of the Forests, creator of Arda's conifers, Horn-blower and great Hunter of the Valar, who roams all of Arda on his horse, Nahar, slaying fell creatures who strive against Light; and his wife, the Ever-Young and Vital Valië, Vána, she whose Power is aligned with all*

flowers, (the most important link of our food chain), 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 who dwells in the peaceful Gardens of Lórien, Irmo, Lord, Master, and Nurturer of Visions, Dreams, and [wise] Desires; 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 in the life tapestries of all Eldalië. 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!"*

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

Nessa is primarily known for her dancing on the green swards that her brother, Oromë, made for her. Nessa also takes great joy in movement, generally; mostly in dancing and running. Her halls are the "Halls of Dance", and when she sings, she gives voice to the Song of the World. Of all the Valar, she's the one who's found most often in Valinor's fields, dancing to her Music; the music of the dance and wilderness. The Elves learned the arts of dance and song primarily from Nessa. Most loving what is strong and swift, her husband is Tulkas (the Strong), and she may often be seen running with deer; and outpacing them.

Her dancing maintained the life pulse in Kullulin, (the basin beneath Corollairë, whence arose Laurelin, and

the Fruit of Noon after the Two Trees were decimated), thus providing Vána with the latent pulse, and vibration space for the accumulation of vital force that her Lament required to bring to life the most important flower; i.e. the blossom that bore the Fruit of Noon, which later became Anar (the Sun).

In the Elven Spiritual Harvest Cycle, Nessa also represents the Essence of the Divine Feminine; (in contrast to the energies of her spouse, Tulkas, who represents the Essence of the Divine Masculine.) Hence, as "Queen of the Dance", Nessa is central to the entire process of the transformation of Laurelin's Light into the light of the Sun. In this ritual, as Nessa's role was central to that Transformation, we may intuitively receive her assistance for our personal Transformation into becoming, dwelling, and/or going forth more radiantly into the world as High Elven Light-Bearers, wherever we may be!

III. 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 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 that of the genus, "Trientalis europea". If using both, charge the water either with one after the other; or use a tall transparent glass through which you're able to see both images in the water; or, you may imaginally gather the energies of both essences, and simultaneously direct them into the water using one hand per flower.

(Trientalis borealis)

"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).

(Trientalis europea)

"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).

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.

IV. Meditation

Grounding With the Two Trees

[Allow 1-3 minutes, or so for this segment.] Sit comfortably, in a chair with both feet flat uncrossed on the floor, and your hands open, uncrossed, and facing the sky, or likewise sit 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 deeply 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 feel the quickening of Elven resonance in your 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.

Nessa Joins and Guides You

As you sit on Corollairë, Nessa comes to meet you. She greets you, and welcomes you into the resonance of Valinor, both present, and past. She asks why you've come there. If this is your initiation, then, in your own words, inform her you would like to be initiated into this Elven spiritual path, and to become an Elven Lightbearer. (If you've come to revitalize your Light, let her know that instead.)

She smiles and nods, then directs you to observe Laurelin. You see the tree in its radiance, golden droplets brightly falling from its blossoms. As though it's watching, Telperion is brightly glowing too; its silver radiance complementing Laurelin's. But, as the golden droplets are falling, you see them fade away, even as the entire tree goes dark. Telperion is gone dark too. Now, only Nessa's Light illumines the scene.

The Forming of the Bath of Fire

With the illumination cast by her Light, you can see all of Corollairë, and in its glow, you see the stumps of the Trees as they were after Ungoliant destroyed them. Then, you see a single bough spring from Laurelin's husk. On it, a single golden blossom appears that soon grows into a giant, transparent sphere, full of golden sap, and that sap is pure Light; the blazing waters of the Fruit of Noon. As you're looking at the sphere, Aulë, and Tulkas also join you and Nessa. Then, you see Aulë, and Tulkas lifting and bearing the weight of the Fruit upon their shoulders. As they hold it, a great, circular basin, 10 feet deep, and fourteen feet in diameter appears in front of Laurelin. Its floor is pure gold, and its wall is brightly polished bronze. It's surrounded by 6 golden pillars, on top of which are flames, brilliantly flashing in every color. The positioning of the pillars is in perfect alignment with the points of the Septaquetra; however, the apex of the star points to the East, and there is no pillar there. Aulë and Tulkas shift their weight and let the Fruit of Noon fall from their shoulders. Landing beside the basin, it splits open, entirely spilling the waters of the Fruit into the basin. As they gather there, the basin becomes a representation of Faskalan, the "Bath of the Setting Sun", or "Bath of Fire".

Bathing in Faskalan

At the Western rim of the Bath, Aulë has placed a staircase that descends into it, made from a single, pure ruby. At the Eastern rim of the Bath, Aulë has placed a staircase that ascends from it, made from a single, pure diamond. Nessa asks you if you are truly ready to fully embrace the responsibility of being an Elven Lightbearer.

> [**Pause:** This is a steadfast commitment (or re-commitment) to living motivated by, and acting as Love, your Divine Nature, (instead of as and/or by your ego, or your Arda nature). It is a commitment to choosing to think with the Mind of Love, rather than your natural mind. It is a commitment

to choosing to allow the pure Light of Secret Fire to illuminate all of Arda directly through you, without exception, in ways that transmit, and further enlightenment and positive emotion everywhere you are, and everywhere you go; (even when you're not in the mood).

At this point, if you are not 100% sure that this is what you wish to fully experience, just be open with Nessa about your indecision, and sit there with her for a little while in the Light being cast from the Bath. Do so with an attitude of willingness, and, talk with her about your reservations, allowing her to gradually strengthen your resolve. You've made the choice or you wouldn't be here; and you're feeling a bit giddy about actually moving forward. That's completely okay. The Valar are ready when you're ready.]

You assent, and Nessa leads you to the grass at the western rim of the Bath. There, you remove all of your clothes, and carefully step onto the ruby staircase to descend into the Bath's liquid Light. Looking into it, the Fruits waters look like a raging fire; as a whole, and innumerable smaller flames within it.

Like the diamond staircase, the ruby staircase has 20 steps, and the liquid begins at the 4th. You begin to descend the staircase and immediately feel the Presence of the Flame Imperishable surround you, like an enveloping membrane taking your body's shape entirely. As your feet reach the 4th step, rather than boiling, you find the water is simply the perfect bath temperature just right. You feel the warmth rising as you descend knee deep; then to your mid-thighs; then to your pelvis, and bottom; up to your waist; to your solar plexus; your heart chakra; to your collarbones; to your neck; to your chin and mouth; as the liquid Flame rises above your nose, you find that it doesn't interfere with your breathing, and you relax into the waters, letting go of all resistance to Love, within every cell of your body, and within every emotion, and every thought flowing through your psyche. As you continue to descend, the Bath rises above the top of your head. Completely submerged in the Bath, you descend the final few steps to its floor.

Transformation

Within you, you can see the Light of Secret Fire shining brightly white, in contrast to the golden light of the Fruit's waters. Between the waters, and the Flame's radiance is your Arda nature. It's base, and dense, and its translucent skin-like form tries to resist the wash of the Bath. Being subject to your will, rather than you being subject to its nature, it's unable to sustain the resistance for long.

As you stand there, you begin to see your Arda nature being dissolved by the waters, holistically, one thin layer at a time; each layer being eaten away as though by acid. As each layer is stripped away, the Light of Secret Fire within expands outwardly in the same amount. You see the gross form of your body that's your Arda nature become thinner, and thinner, as your Divine nature increases from the Flame expanding from within you. Allow this process to continue until you only see the Light of Secret Fire, and "you" are indistinguishable from that pure Divine Light. [This process could take you 15-20 minutes, or longer. Don't rush; if you need to nap within your ritual sphere, and go in gradual phases until you're "there", it's okay—you're in a time outside of Time, so use as much time as you need.]

Becoming One With the Waters of Faskalan

Your physical body is almost entirely made of water, and although your Arda nature is dissolved, there is an inherent Magic that flows through the water of your body that retains its form within the Flame's envelope

around you. At this point, you experience a density transference as you feel the density of the waters of your body flowing outward into the waters of the Fruit of Noon—simultaneously as you're feeling the density of the Fruit's waters displacing the waters of your body.

As you allow this transference of Light, you slowly see the form of your body return, not translucent as before, but transparent now, with the golden light of the Bath flowing throughout it. You feel completely weightless, however, you are able to walk as you wish. In this new form, you walk around on the golden floor of Faskalan, and allow a Song of gratitude to arise within your heart. The gratitude itself will generate, and sustain the Song's melody; just allow your heart to sing it, and feel its vibration flowing throughout your being, and into Faskalan's waters.

Rising From The Bath; Becoming A Lightbearer

Responding to the Song, the diamond staircase in the East becomes brilliantly illuminated by Varda's Light, beckoning you in that direction. You weightlessly walk over to the staircase, and carefully ascend. As your head rises above the waters, you see Nessa standing there smiling, waiting for you. Reaching the top of the staircase, your transparent body shines like a pillar of golden light, with the bright white light of the Flame atop your head; akin to the 6 golden, flame-topped pillars rimming the Bath. Nessa hugs you; (pause, and just enjoy the felt sense of that hug.)

Holding you steady, Nessa turns you around to face the Bath. As you do, the Flame's Light atop your head shoots out to the 6 pillars, closing the septragram, with you as the 7th Pillar; unifying their combined Light with yours.

At that point, the Flame's expression above you begins to descends. Gradually, it passes through your chakras, from the one above your crown to your root, fusing your unified Light with all of the energies that is your mind, and your soul, and body. Allow time for this. As the process progresses, Secret Fire permanently locks the higher vibrations of this Transformation into the microcosm of the universe that is known as "you". With that fusion, your entire being becomes Light, and you fully become bearer of High Elven Light; an High Elven Lightbearer.

Allowing The Valar To Enliven You Just As They Enliven Elves

When the process is done,
Nessa moves to stand on your left side, and as she does so, the other 6 Valar Queens appear on the left sides of the other 6 pillars; to your left is Varda, to your right is Yavanna.

To Varda's left is Vairë. To Vairë's left is Estë.

To Yavanna's right is Vána. To Vána s right is Nienna.

Tulkas joins Nessa, standing on your right side. As he does so, Aule joins Yavanna, on the right side of the pillar to your right, as you see Manwë joining Varda, standing between Nessa and the pillar to your left.

To Manwë's left, Namo joins Vairë; and to Namo's left, Irmo joins Estë.

To Aulë's right, Oromë joins Vána; and to Oromë's right, Ulmo joins Nienna, making an extremely rare appearance in Valinor.

As you look at them, their Powers flow into your microcosm; focus on the felt sense(s) you may be experiencing as they go into your body and Secret Fire directs the Flow of their Powers to where they best serve you. Allow this until you're intuitively prompted that you've received the amount of their Powers that you're able to sustain at this time.

Then, put your hands into the prayer mudra, and place them against your heart chakra. Allow the Song of your heart to flow to the Valar, and thank them for coming to join and support you at your initiation/revitatlization. When you're finished just let your hands hang beside you, as normal.

Bearing the Light Body

Your body's density is now equal to that of air. It resembles Urwendi's, and her maidens, after they ascended from the original Faskalan. You linger with Nessa at the top of the staircase, fully aware of the felt sense of the Transformation you have just undergone. When you are ready, Nessa turns you to face the East, and directs you to step back onto the grass. Taking a few steps across the grass, you notice that you leave no footprints. As you move, light randomly flashes from your arms, and legs. You smile, and the brilliance of your smile puts stars to shame. Your eyes are now transceiving light; expressing light even as they are receiving it. Taking all of this in, you and Nessa stop and stand still.

Lightbearer in Motion

Slowly, Nessa begins to sway, and you begin to simply sway with her. Then, your feet begin to follow Nessa's gentle, careful footsteps. Together, soundlessly, you feel the rhythm of the Cosmic Dance constantly felt in this time outside of Time. It is not a party dance, nor is it a pall; it is merely the movement of passion borne by your heart's Union with the Heart of Secret Fire, and your pulse beating in sync with the universal Pulse of Love, as your feet and body move with Nessa. With that Dance, you set in motion, (and create and hold space for) the natural expression of this Transformation throughout your daily life experience. As you dance, the Bath and pillars fade away as their elements return to the fabric of Valimar, and the other Valar return to whatever they were doing before the Bath called to them. The vision of the Two Trees being wasted also fades, as the vitality they displayed when you arrived returns.

Dance with Nessa for a few minutes, and just enjoy being the Lightbearer you are as you groove with her. Dance until Nessa slows the rhythm and brings you back to standing still with her; also informing you that it's time to close this meditation.

Returning

The Two Trees stand as brilliantly as they were when you first sat down to receive and assimilate their Light and vitality. Thank Nessa, as well as Aule, Tulkas, and Varda, for their assistance. Say goodbye to Nessa, then turn your attention back to Corollairë, the Green Mound of the Two Trees, bringing your consciousness to the Trees themselves as Nessa dances beyond your sight into Valimar's wilderness. Sit down again, and take a moment to ponder on all that you've experienced during this ritual, and all before and after differences of which you may be aware.

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! (Speak the words of the first 3 steps):

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 Valar, all of you, particularly you* Nessa, Tulkas, Aule and Elbereth *for being with me in this sacred space, and for fulfilling, in Spirit, the Work I have done here tonight/today. I hereby open myself for you to communicate with me 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 to 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 floating in the air in front of you.

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. (Generally, 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. However, for the Lightbearer Ritual), cup your hands, one beneath the other, and allow the silmarils to drop into your open hand. Then, slowly bring your hands toward your chest until the outsides of your hands are touching your chest. Then, fold your hands onto your chest, moving the silmarils into your heart chakra. Feel their light merge with and dissolve into your Light.

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 experienced in circle tonight/today." (Allen, Woolsey, 2005; de Cygne, 2022)

The Lightbearer Ritual is done.

Bibliography

Tolkien, J. R. R. (1977). The Silmarillion (C. Tolkien, Ed.). George Allen & Unwin.
Tolkien, J. R. R. (1987). The Lost Road and Other Writings (C. Tolkien, Ed.; The History of Middle-earth, Vol. 5).
Allen, L. and Woosley, D. (2005) (Tië eldalieva) Original format ritual template.
de Cygne, M.A. (2022). (Elven Spiritual Path) Enriched format ritual template.

***** When intoning "Eru", the Original Format does so using a single tone. The Enriched Format does so using the octave; using G4 [the G above Middle C] for example, "E" on G4, "ru" on G3. You may sing each syllable distinctly, or you may do a glissando, i.e. may slide the note from upper to lower.

ElvenSpiritualPath.ElvenSpirit.org
(501(c)(3))

Visit Elven Spiritual Path for information and resources to advance your Elven spiritual growth, on the Tokien-based Elven spiritual path.

Copyright 2022. All rights reserved.

Published by

Elven Spiritual Publications
San Francisco, California USA

August 2026

This document is exclusively licensed to

Elven Spiritual Path
for general public distribution
in the service of advancing the
Tolkien-based Elven spiritual path.

It is freely available @:

ElvenSpiritualPath.ElvenSpirit.org/docs/rituals/Lightbearer/

Revisions made to this document: Label I was updated to pertain only to establishing the ritual sphere. Labels B1 and B2 were specified. The general opening of sElf in the last sentence of 5.2 was qualified as opening for communication.

Copyright by Art of Pop LLC.
All rights reserved.