



Enderi, the Middle Days

Honoring Oromë, who rides his horse while blowing his Horn

I. "Lindë Elenlótë" - The Song of the Starflower (to "set" the ritual circle energies)

- I. Begin this in the center of the area in which you will be practicing ritual, facing East (the direction of Origins/Cuivienen) while visualizing "mists" of swirling Gold and Silver Light naturally "creating" ritual area – above, below, throughout the middle, and finally strengthened in the center outward.

While toning - Hold your hands outward, and when toning, then bring the hands together at the heart chakra, in the "Namaste" hand position if that feels right (which looks like prayer):

Tone: ERU (Alternatively, you can tone Iluvë, the All/Everywhere, or Iluvatar and/or Iluvamil, the All-Father and/or All-Mother, and the idea is to acknowledge in a balanced way the "All That Is")

(If you are Christian, you may wish to call upon the Christ Consciousness at this time in your own way)

We will now trace with our right hand a Septagram in front of us, which represents the symbol of the Starflower, while toning, as specified below:



Figure of the Septagram

Hand Position: Tone:

4:00:	EL-EN-YA (Star Day)
8:00:	A-NAR-YA (Sun Day)
2:00:	I-SIL-YA (Moon Day)
7:00:	AL-DU-YA (Tree's Day, for the Two Trees, Telperion and Laurelin)
12:00:	ME-NEL-YA (Heaven's Day)
5:00	EÄR-EN -YA (Sea Day or Mariner's Day)
10:00	VA-LAR-YA (High-Day, Day of the Valar)
4:00 (Close):	AR-DA (Earth)

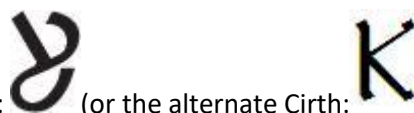
To complete and seal the energy, briefly form your right hand in the position of the "Fear Not" [mudra](#),



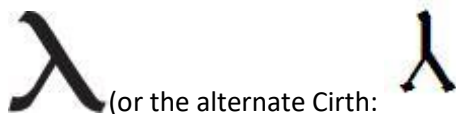
toward the center of the just-traced Septagram.

Tone: E – Ä (Behold!) while holding hands together at the heart chakra, and then going outward (the opposite of the beginning toning).

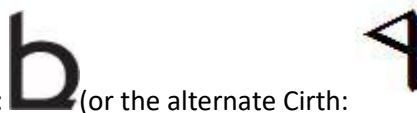
III. Acknowledge the Directions, and call in the Valar (and acknowledge Iluvatar):



1. Go to the **East**, trace the Tengwa Romen in the air:  (or the alternate Cirth: ). Open your hand into the "Fear Not" mudra while intoning: RO-MEN. Leave your hand in the mudra and say: *'We now call on Manwë Sulimo, High King of Arda, of the Eagles and Winds....and his Lady, Varda Elentári, Queen of the Stars and protector of Arda and Iluvatar's Children. We welcome you into our circle. Aiya!'*

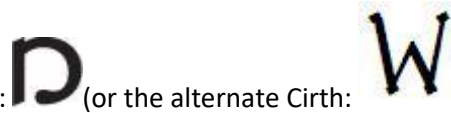


2. Go to or face **South**, draw the Tengwa Hyarmen:  (or the alternate Cirth: ). Open your hand into the "Fear Not" mudra while intoning: HYAR-MEN. Leave your hand in the mudra and say: *'We now call on Tulkas, the youngest bare-handed ruddy Warrior Vala....and Nessa, sister of Oromë and friend of the deer; she who dances on new green grass. We welcome you to our circle. Aiya!'*

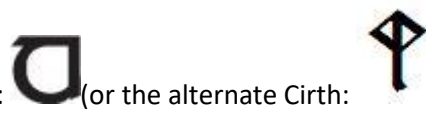


3. Go to or face **North**, draw the Tengwa Formen:  (or the alternate Cirth: ). Open your hand into the "Fear Not" mudra while intoning: FOR-MEN. Leave your hand in the mudra and say: *'We now call on Aulë, the Smith who dwells in the ground - the Vala of the mining and crafting of metals and gemstones - he who created the Dwarves as a gift to Iluvatar.....and our motherly Yavanna Kementari, the Giver of Fruits, the Queenly Valië of Arda's maturing green vegetation of Harvest - and of LIFE that nourishes all of us. We welcome you into our circle. Aiya!'*

4. Go to or bring your concentration to the **Center / Within**. In whatever way feels right for your



situation, draw the Tengwa Óre (Heart, Inner Mind):  (or the alternate Cirth: ). This could be in the center of your work area, or YOUR center, the Heart Chakra. Open your hand into the "Fear Not" mudra (facing palm appropriately) while intoning: MI (= 'Within'). Leave your hand in the mudra and say: *'We now call on the Hunter Vala, Oromë, Lord of the Forests, he who loves the Elves and wanders all of Arda on horseback with his Horn... and Vána, the Ever-Young and Vital - she who aligns with flowers and new plant growth. We welcome you into our circle. Aiya!'*



6. Next, face Upward / **Above**, and draw the Tengwa Vilya (Sky):  (or the alternate Cirth: ). Open your hand into the "Fear Not" mudra (facing palm upwards) while intoning: OR (= 'Above'). Leave your hand in the mudra and say: *'We now call on Lórien, the Vala of the high light Gardens who nurtures our goals, visions and dreams...and Estë the Gentle, the Valië of Rest, Sleep and Healing. We welcome you into our circle. Aiya!'*

7. Next, face Downward / **Below**, and draw the Tengwa Arda (Earth):  (or the alternate Cirth:



). Open your hand into the "Fear Not" mudra (facing palm downwards) while intoning: UN-DO (= 'Below'). Leave your hand in the mudra and say: *'We now call on Those of the Valar Who Walk Alone - Ulmo, brother of Manwë, the powerful and protective Vala of all of the musical Waters of Arda....and Nienna, the Valië of our transformation and rebirth - she who intensely cleanses and restores with her tears all forms of fear, pain and hurt that have come before. We welcome you to our circle. Aiya!'*

3. Go to or face **West**, the direction of the Destination of the Elves to the Blessed Realm. It is also ideal



to have your altar in the West. Draw the Tengwar Numen: (or the alternate Cirth:). Open your hand into the "Fear Not" mudra while intoning: NU-MEN. Leave your hand in the mudra and say: *'We now call on Mandos, the Vala of the balance and fair judgment of our respective paths of Death....and Vairë, The Weaver of the ever-changing black and white threads of Time - the Past, the Present and the Future. We welcome you into our circle. Aiya!'*

9. Finally, while continuing to **face West**, the direction of Endings, direct your **concentration outward** in all directions, and draw in front of you a FLAME, intoning: IL-Ú-VĚ (The All, Everywhere). Form your



hands into the Namaste mudra: Say: *'We acknowledge that we are One with Iluvatar (optional: as well as the Spirit of Christ Consciousness) and feel the Flame Imperishable within us in our circle of celebration this night! Laita!'*

IV. Ritual:

1. "LET US NOW CELEBRATE THE ELVEN MIDDLE DAYS, THE ENDERI, THIS DAY! JRR Tolkien tells us through the Legendarium 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 Turuhalme, the solstices). These days were 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 Calendar, Quellë, or Lasselanta, the Fading Season, has arrived, and also foretells Hrivë, 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 Tilion, and Varda's stars while 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! Laita!"

2. Prepare Water for Meditation:

Infuse Starflower Essence (or other appropriate essence) to prepare us for spiritual work by creating Starflower water to drink through your intention or through the actual Flower Essence itself:



STARFLOWER (*Trientalis borealis*) Click on the picture for more info

(From Alaskan Flower Essence: <http://www.alaskanessences.com/research-essences-2.htm>)

*"Starflower (*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."*

3. Meditation:

If you can, drink water (Starflower-infused or not). To infuse, either purchase the essence itself - or - Look at the picture of the Starflower and by intention receive the flower energy into your body through your eyes, then transfer it to the water you will drink via your hands. This takes focus but can be done. You may find another way to accomplish this, go with it!

Now, get really comfortable, feet flat on floor and uncrossed, hands open/uncrossed and facing up or down as you see fit.

Close your eyes and notice you are standing on Corollairë, the Green Mound of the Two Trees. See the beautiful silvery moonlight of the White Tree, Telperion, fill the left side of your body while seeing your

left side glow silver, and seeing this light in your very blood. And especially circulate this silver light to your Ajna or third eye chakra, as well as your sacral (orange) chakra, about 3 inches below your belly button. If you see other colors along with this silver light, that is fine. Allow....

Now fill the right side of your body with the gorgeous golden sunlight of the Golden Tree, Laurelin, again, seeing your right side glowing golden. You may again see other colors along with this golden light, just allow, this is fine. Circulate this golden energy around and see it in your blood. Also direct this golden energy to your crown chakra (at top of your head) and your solar plexus (the soft-spot just below the joining of your ribcage). Allow yourself to be nurtured above by this healing light.

Next, feel your tree roots pushing deeper and deeper into Arda, our Earth, and allow Arda to nurture and nourish you, feeling more grounded, and connected to Arda. You are feeling VERY supported by Arda now, and in fact, you ARE Arda. You may see more colors, these are fine. As you have extended roots with your feet, now allow your arms, hands, fingers and even your hair to become various branches of the Two Trees - and see yourself REACH to *Vilya*, the Sky, and in all directions. As you extend branches, extend your roots further - as above, so below. Remember that in order for your branches to reach to the far spaces of elven and ancestral memory, it is best to be centered in the source so you can go even further! 😊

Now, just as the trees had a symbiotic relationship, see the silver light, then the gold light, fluctuating within you in a beautifully and balanced way, in nature's ever-wise way, and the seasons Flow....and at this point you will likely feel connected to Eä and Iluvatar, or All that IS. You may also connect with the Valar and/or your Maiar or Elven guides at this point. You also may start getting some visions now, or messages of some sort. You may be more fully re-awakening your elven DNA and ancestral memory. Allow all this to take their respective courses before continuing with this meditation (1-3 minutes or so)

Then, visualize yourself with the protective, hunting Vala Oromë on his white horse with his horn, and he may have hounds with him. He asks you to join him on his continuing and widespread travels around Arda - showing you the waters of Cuivienen in the East, where the Elves first awakened, all the way Westward throughout Arda, pausing occasionally to see all the beauty 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, depending on how long all of us need).

Now, your meditation can come to a close when the time is right. Thank the Valar, especially Oromë, and your Maiar or Elven Guides for their assistance, and slowly come back to the physical world, remembering what transpired! 😊 Bid Oromë and any others farewell, and then turn your attention back to Corollairë, the Green Mound of the Two Trees, bringing your consciousness to the Trees themselves. Then slowly draw in your "branches" and as you do so, begin to "unroot" from Arda,

realizing you always have this connection. Then slow down the golden energy, then slow down the silver energy, until the energy becomes small and portable. Keep a little piece of each of these "lights" and then visualize this combined light becoming the 3 Silmarils, the jewels made with the light of the Two Trees. You can keep these with you, even in your pocket, and you can access their healing energy any time you want! Now - take a deep breath, and if you are still "buzzed" that will go away when we do bread and drink. You should be back by now, feeling very refreshed! 😊

4. Sigil Magick (optional)

V. Closing:

1. *Our work is done! We acknowledge the existence of Iluvatar, "All that Is" while we are in circle (and thank the Christ Spirit for being with us in circle). May we see your presence in all outside this circle. Laita!*

2. *Thank you to all of the Valar, and in particular to Oromë, for being with us in circle and for carrying out in Spirit our work done here (today/tonite), and hereby open ourselves to you even outside this circle. Laita!*

3. *We acknowledge and are grateful to the Elements and Directions, and the Silver and Golden Light, for creating our blessed space in which to do our spiritual work this sacred (day/night). Laita!*

4. (Next, we "push down" the gold/silver light "sphere" of energy downward toward Arda). *Arda, here is a gift of energy of pure intent of love, light and healing that comes from the deepest places in our hearts. May it heal you and all of your inhabitants and bring **all** things to natural balance. The circle is open - Laita!* (Push it all the way until Arda absorbs the circle's light into the ground)

5. (Grounding with Music, Bread and Drink - many different options here!) Here is a place where we can reflect on our experiences in circle.