

Before Vivian King died in December 2000, she promised to stay in touch with me, as a friend would before embarking on a long journey. Vivian kept her promise. The following is an account of what happened after her physical body died on December 18th, 2000.

Vivian had asked me to light an orange candle when she died, which I kept burning until she woke me up in the middle of the night and told me to extinguish it and light a white one. I kept the white candle burning for three days and three nights.

Four days after Vivian's physical death I had a dream in which she was singing. She always loved to sing and would often burst into spontaneous song. This had ended with the car crash after which she could barely whisper. In the dream she was singing from her heart and telling me telepathically that it was a song John Lennon wrote after he died. It was a beautiful song that I did not recognize and cannot now remember.

Four days after this I had another dream in which I was searching for Vivian in a watery place but the water was not wet. Esoterically this is called the Cosmic Liquid plane, which Vivian would have passed through immediately after death. It links the physical and the astral planes. The Buddhists call it the Bardo and it is where we face our fears and missed opportunities to love. Vivian did not spend long in the Bardo because she had spent the last two years of her life in it. I arrived at a house and was invited in by a young woman whom I later recognized as Vivian's mother from an early photograph. Vivian was waiting for me and we had an ecstatic reunion. Another friend arrived but he could not see us. It was as if we were hidden behind a veil. We both thought it was hilarious that we could see him but he could not see us. The friend later shared that he had a dream of travelling through water which was not wet.

Usually after death people go to a rest home where they are reunited with their guides who gently break the news that they are no longer in a physical body. Vivian had been preparing for her own death and therefore did not need a guide. Instead she was reunited with her beloved mother who had died five years earlier. So it is not surprising that I found her with her mother whom I had seen in Vivian's room the night she died.

The general assumption is that we "go" somewhere when we die. This is not so. We merely remember where we have always been. It may take a while for us to stop missing our loved ones but as everyone who has had a near death experience reports: they do not want to return to the physical plane!

A week later Vivian was doing her Life Review which she found fascinating because she could view any event in her life as if it was a movie played in slow motion. The Life Review and the funeral, which Vivian did not have, are final proof that the physical form and its life on earth have ended. We all attend our own funerals. Vivian did not have a funeral because her body was cremated and in America there are no chapels attached to crematoria, as there are in Britain. After the Life Review Vivian started to detach from her personality.

Two months later she appeared in a meditation. We had been in a Triangle Meditation with Willem, a man in Belgium, since February 17th, 1997 in which we meditated together at the same time once a week but usually in three different countries. We sent reports to each other, the point being to synchronize our inner experiences. We continued with the meditations and Frances replaced Vivian in our triangle. This became an important link and point of contact for us. We usually met in the ashram gardens. The ashrams or halls of learning are where many of us go to in our sleep and continue to attend after we die. Vivian was wearing a white robe with a pale blue sash. She looked radiant. We sat in a quiet corner amongst the fragrant flowers. She told me that she was helping to liberate people from the astral (emotional) plane and working with a small group preparing them for entry into the ashram. They were making their transition from the astral to the mental plane. She asked me to stop grieving for her. I'm ashamed to admit that I grieved for Vivian for far too long. It felt like a light had been extinguished in my life. Although we had lived in different countries, we emailed each other almost every day and knew the intimate details of each other's lives

In a later meeting, on the first anniversary of her passing, Vivian silently communicated her sense of freedom, which was in sharp contrast to my feeling of being in exile. I wanted to be where she is.

In a later meditation Vivian took me away with her to a quiet corner of the ashram gardens where we could be alone. What is interesting about this experience is that Frances saw Vivian taking me away. When two or three of us in the triangle shared the same inner experience, although we were often in different countries, it was a confirmation. All three of us saw Vivian when she started teaching inside the ashram. In the same meditation we all saw her sitting on the grass under one of the trees teaching a small group of students.

In another meditation Vivian told me that what happened to her was a test. "How it makes you feel is your test," she said "Working through your grief is your work."

My grief was so intense that in a dream she called me on a telephone and said, "Grieve for what happened to me. Don't grieve for me." It was such a vivid dream that I woke up crying.

A meditation, which began with the song "Let It Be", continued with Vivian's appearance holding a Tibetan bowl. She sounded a note on the bowl and said, "Each life is a note which the soul makes into a song." Her life and death was just a particular note that her soul needed to make. "Every life sounds a note which only makes sense when it is incorporated into the soul's song."

"Let it be" is a song Paul McCartney wrote about his mother who died when he was only thirteen. It set the tone for his life and he created beautiful music out of the tragedy of losing his mother.

It was two years since Vivian's passing when I found myself again in the ashram gardens, which I can only liken to the gardens of the Alhambra Palace

in Granada, Spain. There are flowers, trees and pools of running water. The ashram is a cluster of circular structures, which are classrooms, surrounding an inner sanctuary. They all overlook the gardens. I looked into a chamber with a golden couch, which I recognized. Vivian had spent a lot of time on the golden couch in this chamber immediately after her car crash when she was in a coma in intensive care. I would sit by her bed meditating, and this is what I saw. I knew then that she was going through some kind of group initiation because it involved so many other people: those who cared for her, family, friends and students. We were all affected by this tragic event.

A month later we were standing outside a building with soaring columns and a triangular roof, which I recognized as the Hall of Higher Learning and Service. Above the entrance it says: "Abandon hope all ye who enter here." There were many people milling around outside. Not many of them were able to "abandon hope" which is letting go of our desires and attachments. Vivian was there to greet the three of us, but only two of us entered the building. The third person could not relinquish a relationship.

At one point I asked Vivian to find a friend who had recently died. She said it was not part of her work to find people who have died but she later told me he was with another deceased friend of mine who was helping him. He had died at the age of forty two from drowning.

Vivian's work of liberating people from the astral (emotional) plane shows us how important it is to do our inner work when we are on the physical plane where it is so much easier. This is why Roberto Assagioli placed so much emphasis on it in Psychosynthesis, and it is why people reincarnate. Problems and psychological blocks do not automatically disappear after death. They can intensify when we no longer have the distraction of a physical body. Repressed emotions are more difficult to deal with after death. Addictions are even more difficult when we can no longer satisfy them on the physical plane.

Between birth and death we "internalize" the external world. After death we "externalize" what we have internalized. In other words we turn the outside world into our inner world and are therefore responsible for how we react to outer circumstances. Religions speak of heaven and hell, but these states are self-imposed, and are not inflicted upon us from the outside.

Vivian recreated her adobe house on Spirit Mountain with its lake, stream, waterfall and 1500 acres of pristine forest because it was a place she had loved and missed during the final two years of her life when she had no freedom of movement. It is very common for people to recreate a place they have loved and occupied on earth. I often visited Vivian in her adobe house and she would take me out on the lake in a boat where we could just be together, share our lives and enjoy the scenery. Yes, Vivian has a life. It is a life lived beyond time but it is in constant motion. She told me she does not need to sleep any more but she can choose to. She knows intuitively when she needs to be somewhere else. She is evolving and growing, just as we all are. Inner growth is not in time or space.

As we grow in consciousness, so does our awareness of higher realities.

When Frances saw a swan flying over me I knew the significance. It was Vivian's totem. Maybe in this meditation Vivian transformed herself into a swan knowing I would remember its significance. I once embroidered a swan onto one of her pillowcases.

In another meditation I saw a column of angels extending from the Earth to the Sun. They were in constant motion and were uplifting us. They were singing "We ARE the Light" and I realized that the Light from the Sun is alive. I was lifted up but would then fall back into the void. I heard "Do not be disheartened. You are going through the Burning Ground." Vivian appeared and reminded me that I had felt like this before. Frances felt Vivian's presence and saw that she was supporting me through this phase and will watch over me for as long as it takes.

A week later we again felt Vivian's presence. She wanted us to do something with the knowledge that we now have about Reality and Essence; on living Spirit and being in Spirit; not reading about it or writing about it. Willem heard Vivian say, "Marilyn is able to do it, to manifest this."

On 15th December 2003 I heard: "Do not wait until you die to experience the cool clear light. Stand in it now. Transcend the illusion of the finite physical world and know that you are infinite. You judge your experiences as good or bad but they are merely lessons in this school of drastic discipline. Wake up!" In the same meditation Willem saw me stepping into a fire and reaching out my hands behind me, so that he and Frances could hold them. It felt like a Baptism of Fire burning away the dross. Frances heard "Be Whole-hearted."

On the 5th January 2004 we attended a meeting in the Inner Sanctuary of the Ashram. Vivian was there and smiled at us with her eyes. Huge double doors were closed and a gong sounded. Willem heard an invisible choir chanting and could follow the Speaker's thoughts. The state of the world was being discussed as gardeners would discuss the plants in a garden. He saw angels dancing and communicating in a different way to the Speaker. They told us "We are outside of your world yet intricately linked to it." Frances felt Maitreya's love and heard "Be outposts in the world - outposts of the Great Mother. Let her compassion flow from you to all beings." In this meditation I sensed that Christ would return as a great Islamic teacher to unite all religions and nations.

On the 5th April 2004 Frances heard "Develop the clarity of the Diamond Mind. Are you prepared for the shattering of concepts about yourselves? Start by stepping into the void. Your only compass is the Light of the Soul." In this meditation Willem saw me receiving a text in golden letters. He heard "It is the language of the heart." I also experienced receiving a text about containing the suffering of the world within the heart. We all experienced Vivian's presence in this meditation.

On the 26th April 2004 Vivian told us to start building a bridge through creative visualization. The building of the bridge continued for several years

with all of us building it in our meditations. It now connects us to the Far Distant Shore where the Golden City is located.

In a later meditation I asked Vivian why she had the car crash. She told me she had incarnated with a “sharp edge”, which needed to be made smooth. She asked me to look at my “sharp edge” and then to reflect on the time after the car crash when I flew to Texas to be with her in intensive care. What did I learn? I knew the answer: patience and self-discipline.

Our meetings with Vivian in the ashram gardens continued. The gardens are always fragrant and in flower. We are reminded that this is where we really are. Frances asked, “What is needed to create such beauty?” She was shown a dark place under the ground where hard work is going on. “Work is needed in dark and difficult situations to create beauty.”

On another occasion Vivian took my hand and led me to a healing pool, which was hidden away in a corner of the ashram gardens. It was surrounded by roses and had lotus blossoms floating on the turquoise water. I walked down some steps into it and could breathe under the water, which was not wet. Vivian told me to visualize this healing experience at night before falling asleep.

“I always look forward to connecting with you in the Monday Triangle,” Vivian told Frances. “Open and align your consciousness to the immensity of your multidimensional being!”

Vivian showed us many egg-shaped auric fields of different colours, one within the other, like Russian dolls, but each aura is in a different dimension, which made it look like an inter-dimensional vortex or doorway. She told us: “Broaden your perspective still further and learn to live lightly on the beautiful Earth plane you inhabit. You see the evil that men do, and you despair, but do you not see the beauty and the wonder; the many deeds of sacrifice and courage? Remember to stand at the midway point and let the light and joy of the soul permeate the personality. In the ashram we live in joy. This is the reality of being. All else is illusion. I feel such joy that we can communicate through the veils. Tell Marilyn to let go of her sadness. It is misplaced. I am still with her, though I cannot reach her if she does not lift her consciousness to where I now am. Where I am there is only peace even though there is also an intensification of focus on precipitating the Plan of our Master Teacher. I wish you could experience the unity of purpose that there is in the ashram!”

On the 18th October 2004 Vivian took me back to the healing pool. I tried to climb out but she insisted that I remain there. She reminded me of the time in Intensive Care when I guided her into the healing pool and how much it helped her. She also reminded me of the tree outside Rehab in Dallas which I took her to at sunset to hear the birds singing.

On the 15th November Vivian appeared and said, “The Ashram is not a comfort zone. The level of soul tension is intense and there is ongoing rigorous training. Create your own ashram where you are and help us build a bridge from the mundane to the subtle world.”

A week later I had a profound meditation in which I met Vivian and she talked to me about being “born again” which is letting go of our belief systems and opinions. I felt free and light as I experienced what this would be like on a daily basis. Vivian said we perceive life through filters. She told me to be like a newborn baby without preconceived ideas of how life should be. Life is a process, full of changes, which we cannot understand with our personalities. We cannot feel Europe and Africa moving towards each other, but they are, and will one day collide. World events and our lives are long processes, taking aeons to complete. In this meditation Frances saw Vivian taking me away. She and Willem remained in the ashram gardens and were told: “Do not give way to despondency and discouragement. In the Mantram of Unification it says: “Let the soul control the outer form, and life, and all events, and bring to light the Love that underlies the happenings of the time.

“Let these words speak for themselves, and embrace their truth in your life. Through Vivian as an intermediary your triangle is invited in to the ashram. But your work is bridge building: within yourselves and between the kingdom of souls and the human kingdom. You have to do the work, but many are there to aid and support you.”

Frances saw Vivian bringing me back and noted that I was wearing a white robe with a light blue sash and a golden circlet around my head. She said I looked happy.

Willem looked up the meaning of “born again” and discovered it is an important Masonic term linked to the Bible. When initiates are accepted into the temple, they are referred to as “twice-born” or “born again.”

At the beginning of 2005 I told Vivian I could not understand why she was “called home” when she was doing such useful work in the world. She said it was part of the “polishing” process, and added that I am also being polished.

In another meditation we were standing on a bridge and people were walking in both directions. I heard “If you perceive the spiritual world it is your duty and joy to bring that perception into the physical world. Humanity’s next evolutionary step is to access and integrate knowledge of the fifth kingdom and bring it to the fourth. If you have any doubts about this, look around you. How many people have knowledge of the spiritual world? You have that knowledge. Use it. Share it. You are like the early explorers who travelled to far off exotic lands and returned to tell others about them – and how to travel there.”

I found myself climbing a mountain in a later meditation. At the top of the mountain was an enormous monastery like the ones in Tibet. There are many departments within the monastery where people are serving the planet. For example in one department people are praying. That is their field of service. In another department people are receiving instructions for more active service in the world. We were asked to choose our field of service. As I passed through the various departments I saw that people are totally committed to what they are doing. They are not caught up in emotional reaction nor are they disheartened

by the enormity of their tasks. They see the suffering in the world but are totally focused on serving the planet and the evolution of humanity. This monastery appeared often in our triangle meditations.

In another meditation I saw two mountains, each with a citadel on its peak. There are two paths leading to the two mountains. One is smooth and easy and is called “the path of least resistance”. The other path is difficult and rocky with many obstacles. Between the two paths humanity is struggling with its many problems. These people are either too poor or too immersed in matter to choose a path. The people on the rocky path reach out to them but the people on the smooth path are in too much of a hurry to stop and help. They are heading towards the citadel where all of their needs will be met and where they will be able to survey the world from a superior position. Those on the rocky path take long diversions in an effort to help the struggling masses. They are not in a hurry even though the citadel they are headed towards radiates light and compels them to return to the rocky path with its many boulders and obstacles. They often meet others who have given up on this path and are retracing their footsteps in order to find an easier path. Some of these people are angry and bitter, feeling that their efforts have not been rewarded or recognized. They are going to take the “path of least resistance” which glitters with fool’s gold, glamour and grandiosity. I saw Jesus in the wilderness where he wandered for forty days and nights, and where he was tempted to take the easy path, which would have elevated him to a position of power. He chose the rocky path because it took him closer to humanity and ended in crucifixion. I saw that each one of us has to choose between the two paths and the two citadels, which symbolize the two Lodges.

In March Vivian appeared and spoke directly to me. She said: “Remember how we worked together and shared our innermost feelings and thoughts. The intimacy of the soul is never lost. Fiery hearts yearn for union. Heart connections need to be shared. The Greater Heart in Whom I have my being wants to extend. It wants to encompass and vibrate in unison with your hearts. Reach out. Let us create a bridge of glory.”

In a meditation in April I found myself in a hot air balloon with Vivian who was pointing out how beautiful the Earth is and how lucky I am to be here. I had a feeling of absolute joy and optimism as she pointed to the future. As I type these words five years later in my house in Southern Spain from where I can see the curve of the Earth in the ocean, I know this was prophetic. Vivian can see into the future!

In a meditation just before Easter we were transported to the ashram gardens where we met Vivian. There was an atmosphere of unusual stillness and everyone was walking in a state of silent contemplation. They were preparing for Wesak, which starts with the Easter festival. There was so much lightness of being, peace and joy in the ashram. Frances heard: “ Step into the joyous light of your own soul and let it clear negative thought forms, old patterns of thinking

and living. There is no need for inner conflict. Just open yourself to the light of the soul and follow where it leads. Past karma has been cleared. Do not cling to redundant thought forms. You are free, believe it, and move on. Take care not to create any more karmic situations, for you will find the result is instantaneous, but the opportunity for clearing karmic debt is also instantaneous.”

In May Willem saw Vivian standing behind me. He saw that our deep connection has created a bridge facilitating our contact with the ashram. We are a Living Bridge. Our link is fiery and will help me to write. Vivian will be looking over my shoulder.

In a meditation in June Vivian appeared and spoke to each of us. She told me to raise my awareness from my 4th Ray personality to my 7th Ray soul. I must stop seeing the glass half full but most important of all I must stop missing her and start working with her. “We have much work to do together,” she told me. In the same meditation Frances was told to raise her awareness and hold a higher frequency: “Energy and manifestation follow thought. What is the nature of your thoughts?” asked Vivian. “To enter the ashram you must be in the realm of inspiration or intuition. The soul has a causal body and the Triad is its personality, i.e. mental, intuition and will. The Monad is its soul. Observe your thoughts, raise them to the Triad and help bring Heaven to Earth. Be an oasis of soul light where you are now. There is no “ideal” place to be. Create it now. Then you will not be wishing your life away. Now is the only time you have. The past is past and the future is the result of what you are creating now.”

In the same meditation Willem saw me sitting on a rock trying to decode a sign. It looked like the three sphere symbol Roerich saw on his trip to Tibet, which inspired him to create the Banner of Peace. Vivian appeared and said, “It is the language of the heart.” Willem saw her link to each of us in a different and specific way. He felt completely refreshed. In this meditation we all saw that Vivian has gone through a shift. She now has more authority and is obviously a respected teacher within the ashram.

In another meditation Vivian encouraged us to hold our awareness as high as possible. We now form a chalice holding a finer frequency, which can be poured forth into the world. “When you are radiant you positively influence the environment around you.”

Later in June we all experienced meeting Vivian in the ashram gardens. She told me to “step out of the drama and do the work.” When Frances thanked her for the privilege of taking her place in the triangle and still being here, Vivian thanked her for coming into the triangle and said, “Incarnate the purpose your soul is holding.” To Willem she said, “Do not wait for things to happen. Make them happen. Use your focused thought.” To all of us she said, “You will recognize when you are under the influence of your soul when you feel joy. Where there is joy, there is the soul.”

Vivian confirmed that she is now a teacher within the ashram.

Frances asked Vivian if she could ask a question about her niece’s son who is

an Indigo child. This was her response: “Indigo children have great difficulty fitting into the present world reality and its low vibrational frequency. They are often exceptionally gifted and specialized in one area, and can therefore display what appears to be obsessive behaviour. They are coming in to build a new world. They need a single-minded focus in what they have come to manifest. Their very strong will power is a challenge for their parents. The Indigo child’s strong will and focus must be tempered but not suppressed. They can appear to be almost autistic but that is because we do not understand their reality. Some of these so-called Indigo children incarnating now already carry the frequency to which the planet and humanity is ascending, and they have difficulty coping with the lower and slower frequency. They can react to this with frustration and even rage. Many of these children have tantrums and express their extreme frustration at our slowness and lack of etheric sensitivity. Their sensitivity is acute. There is a definite ‘generation gap’ and a sense of dislocation between their reality and the ‘old dispensation’ or energy we are still conditioned by.”

In a meditation at the beginning of July I experienced the three of us in a wide valley surrounded by mountains. We were attending a Ceremony of Dedication. Masters and teachers were presenting disks attached to ribbons. Bronze, silver and golden discs on different coloured ribbons were being presented. Bronze disks were placed on the heart chakra, silver on the throat, and gold on the ajna centre in the middle of the forehead. We were each given a disk, which hung on a ribbon around our necks. We all repeated: “I dedicate my life to the unfolding of the Plan.” Frances and I, whose silver disks covered our throat chakras, promised to be “true of voice” and to practice “right speech and harmlessness.” Willem’s disk was on his heart and he was in a different group. We were taken inside a large monastery where a group of Tibetan monks were chanting in deep resonant voices, which “vibrated” our disks. I could feel it in my throat even after the meditation.

In another meditation Vivian was guiding us through the Halls of Time. She showed us how we can walk through the thin veils that separate our present lives from our past lives, and how we can also cross the veils that separate the dimensions. Thus, we become Time Travellers. We have always been Time Travellers but the heaviness of the old world’s frequency kept us imprisoned within the illusion of separation. She said, with the veils getting thinner and our expanding consciousness, we can detach ourselves from the physical-emotional-mental sucking force of the old world. The New World is ready to ascend with us. Only the outer shell needs to crack open. This helped us to understand why we often climb mountains in our meditations and find ourselves on top of a mountain where heaven and earth touch – where the highest and the lowest meet. Vivian explained that the vivid memories in our meditations, often from ancient Egypt, remind us of who we really are. It shows us our power, transcending the Egyptian reality and leading us back to our connection with home. “Open yourselves to what is coming,” she said “Be ready!”

Vivian advised us to maintain the triangle link outside of the Monday meditation time. We were told to “seek out and destroy” all that hinders our ascension into the higher realm of the soul.

On the 18th July we met Vivian in the ashram gardens. She invited us, as our sponsor, to enter Maitreya’s council chamber. Frances caught a glimpse of Maitreya sitting on his golden lotus throne radiating golden light in all directions and into the world. We were standing in front of the huge golden doors, Willem on the right wearing a white robe with the insignia of a book with crossed quill pens on his chest (a symbol of the scribe), around his neck a ribbon with a disc, and next to him the symbol of a red living heart. Frances and I were wearing priestess robes in a light blue/green colour with golden belts, discs on ribbons around our necks. Frances had the symbol of a lyre; mine was an open book. We were standing at the door of initiation and Vivian was one of our sponsors. The guardian of the door told us we would not be permitted to pass through the door until we had worked at expressing and mastering the areas our symbols represent. Frances was told to sing her song and “Speak forth the Word”. She must use her voice to sing and transmit divine wisdom. Willem’s symbol and mine were obvious. He is a scribe and I am a writer.

On the 25th July I saw Vivian teaching in the ashram gardens, looking radiant and animated. We sat down on the grass to listen to her. “There is so much more to learn and explore,” she said. “You are on a path leading to planes even more fragrant and exquisite than this one. You are fortunate to have reached this far. Reach back to those who follow and forward to those who wait for your arrival.” I started to weep and Vivian said, “You can always meet me in the ashram gardens. We are not separate.”

In the same meditation Willem felt the incredible unlimited unconditional support coming from Vivian, the Elders, the Masters and Beings so vast, they are almost Principles. This kind of love and solid Brotherhood is beyond mundane thought and feeling. It is real Heart Energy.

At the beginning of August I experienced sailing in a small boat across a vast expanse of totally still water. It looked like Benares and we were on the Ganges. An Indian dressed in a white robe and turban was waiting for us on the shore. He handed each of us an urn containing the ashes of the glammers we have burnt away in the “burning ground”. We scattered the ashes on the Ganges and they floated away. Then we sailed away in the boat. I felt elevated – as if an enormous burden had been taken away and disposed of.

In the same meditation Willem experienced us being brought before an Elder, a very old teacher, older than the Masters, and a Transmitter of divine energy. Willem wondered if it was the Ancient of Days. There was no communication. We were being uplifted. All of our irritations, frustrations and unconsciousness vanished. We became as solid as rocks.

At the end of August Willem saw Vivian present us with a crystal chalice in the form of a lotus flower. “You are the chalice receiving dew-drops from

heaven,” she said. “You should be overflowing with joy but what is happening? Can earthly preoccupations and worries be so strong that they throw huge shadows and blot out the Sun?”

In the same meditation I saw the bridge we have built in previous meditations. I saw many bridges connecting stars, planets and star systems throughout the universe.

At the beginning of September Vivian invited us to connect with her heart. It connected us to a higher frequency. She said she appreciates our connection with her. “It’s a joy,” she said. “You forget how important your work is for the ashram. You are the pillars we need. We are co-workers. If you could but know how important it is to be fully integrated within the One Work. It will make the connection more fluent and it will help you to overcome the difficulties on Earth.” Vivian is the heart of our fusion, which is Love.

On the 19th September I saw Vivian sitting on the grass and teaching in the ashram gardens, as she did in the garden in Pasadena, under a great old tree. I heard her say “As in Heaven, so on Earth.” I felt nostalgic about our time together in Pasadena, and she gave me one of her smiles, which told me to let go of the past and live in the present.

In the same meditation Willem heard Vivian explaining how to extend our auric fields. They are much wider than we imagine. We need to extend the field through the power of the heart. The aura is impersonal, yet powerful. Maybe this is what Vivian was teaching when I saw her.

At the end of September we were given a new colour. It was placed in our auras and is a beautiful salmon pink colour. Vivian was watching as the colour was added.

In the same meditation Willem saw a beautiful thick book with a golden cover and gilded pages. It looked like the Book of Doves painted by Roerich, which only a spiritual person can read. In a meditation at the beginning of October I saw the book bound with gold leaf. I opened it and saw that the pages are beautifully illustrated. It is called “The Book of Deeds” and contains the daily random acts of kindness we can so easily miss. We were told: “Pay attention to the little things and the big things will take care of themselves.”

In another meditation I saw a sturdy door with engravings but no knob or handle with which to open it. Vivian was standing nearby smiling. The door was at the end of a corridor but there was an abyss between it and me. It was too wide to cross. It was a problem I had to solve. Vivian knew the answer but she could not tell me.

A week later the problem was solved when I realized that the power of a group working together reaches higher and achieves more than an individual. I saw the door beyond the abyss and how a group can reach across by helping and supporting each other. They can “bridge” the abyss and easily reach the door. Beyond the door was a large circular chamber with groups of people joining together in meditation in order to create a global group of dedicated people. I

knew that we had been admitted into an Inner Circle.

In a meditation in November Frances saw Vivian waiting for us in a beautiful building in a valley beneath high snow-covered mountain peaks. She took us to meet three beings wearing white robes and waiting on a terrace. They took us to a room and gave us teachings. In the same meditation I saw a swirling unfolding matrix of light emanating from our higher bodies. I was told that meditation causes the connection between our brains and our higher bodies to expand and grow, enabling us to achieve higher states of consciousness. I also heard the song “The windmills of your mind.” In this same meditation Vivian showed Willem how, through our unit of hearts, we touch electric fire. This touch is like the touch of a wand. It creates what earth people call “magic” but it is the opening of the fifth dimension. He heard “Widen the path of magic and remember that you are White Magicians.” It often happens in our meditations that each of us has a piece of the experience but not all of it.

On the 28th November Willem saw Assagioli addressing me. He said, “Draw the fire from within yourself instead of hoping for warmth and heat from outside. You know what kind of fire it is. You are the fire!”

Just before Christmas Vivian told me the world needs my fire.

At the end of December Frances saw Vivian with other beings in deep unity and communion. We were reminded to keep our etheric bodies clear and vitalized, so that the physical bodies can absorb, contain and radiate the greater intensity of pure light being transmitted to all light workers over the Christmas period. “Remain connected to the intensity of light. You are light beings. You are filled with light. The light volume control is in your hands. There is no need to be affected by the winter climate and lack of light. Truly the light is within you.”

At the beginning of 2006 in our triangle meditation I was standing before the Great Mother but I was also inside her. I experienced a vast compassionate unconditional love and heard “The Great Mother is being unveiled.” Vivian and many others were there.

In this same meditation Frances saw us in the ashram with Vivian who said “You may have noticed that the mundane world has become more remote to you and that you dwell more often in the frequency of our ashram. Try to remain connected as you go about your daily routine. Find a routine that helps train you as a discipline. Discipline equals discipleship. You are almost part of the New Reality.” Frances saw the Pythagorean Mystery School where we were students in a previous life. She heard, “Past and present are converging but in a different way. The consciousness is new but the training you received in the past is being activated now.”

A week later in our meditation Vivian gave me a glorious smile, obviously delighted that I have finally stopped grieving for her. We were in the ashram gardens and she took me into the buildings arranged like the petals of a flower surrounding the Inner Sanctuary. All of the ashrams look out into the gardens

surrounding them. There were many people and a feeling of joy and celebration. Frances and I were given beautiful blue robes and told we are priestesses of the Great Mother. Others were given blue belts or scarves in the same scintillating shade of blue. William was given a blue belt. We were waiting for the Mother in great anticipation but were told that we are already inside her. We are her hands and feet. We live in her aura. We walk in her body. We are expressions of her love.

In our meditation at the beginning of February I saw a mountain with a jagged peak. I heard “All must climb the jagged mountain” but it appeared to be too steep and dangerous. I saw Vivian at the top looking down at us. Then I realised that we can only climb the mountain when we have dropped our baggage, burdens and limitations. We have to become light. When my mind was empty I found myself soaring but quickly descended when thoughts returned. Only by becoming empty and light can we ascend the jagged mountain.

Two days after what would have been Vivian’s 60th birthday we had a long conversation about her papers. I was in California clearing the four-drawer filing cabinet, which had stood in her office in Pasadena. It had been the first job she gave me to do – and now it was the last. I had to decide which papers to throw away and which to keep. As we spoke, I saw how the various non-physical planes connect with the physical. The mountains around the ashrams are the Himalayas. The closer we get to the Sun, the lighter and more ethereal.

In May I found myself in a vast circular library with a transparent domed roof. There were millions of books and manuscripts on shelves extending up to the domed ceiling. There were corridors off the central area with small circular spaces for study. I suspected I was inside one of the Halls of Learning. Vivian was in one of the study areas and said she was studying. She showed me an ancient manuscript bound in leather with a lock. She said it was called “The Saving Celestial Constellation” and indicated that I would enjoy reading it.

Two weeks later I was attempting to read the book. “The Saving Celestial Constellation” refers to a sisterhood of which the Pleiades and our planet are members. Our planet is called Sandolphon and is part of a sisterhood concerned with cosmic salvaging beyond our comprehension. Isis and the Hathors belong to this sisterhood - also known as the Seraphim Sisters.

In June we were inside a chapel with stained glass windows. We were each receiving guidance. Vivian showed me the areas of my personality that need to be transformed. It was painful to see the areas where I am stuck, solidified and unyielding. We were shown the rugged edges of our diamonds that need to be polished and made “transparent”. It was very revealing. Frances also experienced receiving inner guidance in this meditation.

A week later we were with Vivian and a teacher on the veranda of the building with the columns overlooking the mountains. “Spiritual practice is about embodying and radiating every minute of your life and includes within your sphere of activity the people you meet in your daily life,” I heard. “It includes

the cashier in the supermarket, the bus driver, and all of the Little Ones you meet in your daily life. You have NO idea how you may be influencing these people. Do not exclude anyone. This is true spiritual practice. You are IN the world. Bring Heaven to Earth.”

In the same meditation Frances experienced being welcomed by Vivian and a dignified man in a white robe. She heard “Your Path is the Path of the Mother. It is the mysterious path about which little is known. Veiled in secrecy is the power of the divine feminine. There is much unconscious misogyny even from the most enlightened of your brothers on the Path. It wounds you deeply as you pick it up with your sensitive equipment. Do not make yourself vulnerable but clothe yourself in the raiment of the Mother, and stand in radiant being. In this triangle and in your daily life it is not through what you do that you serve but by the radiance of being that you transmit. This should not be undervalued.”

At the beginning of July Frances saw Vivian waiting for us. She was wearing a white robe and looked serious. She took us to the Halls of Learning where we wore white robes and silver symbols on our foreheads. Willem’s was a double triangle. Frances and I had Vesica Pisces on our foreheads and were dressed as priestesses of Hathor. We were then taken to a classroom with a flat screen along one wall through which we could see parts of the world and beyond.

At the end of July Willem felt very close to Vivian and heard: “Develop synthesis even more and continue your search for simplicity and truth. Marilyn creates magic with her words. May words reveal the light – may they BE the light.” It entered the pores of his being like a summer breeze.

At the beginning of August Frances met Vivian and was taken to the Temple of Dance. She heard, “The masters of dance in their dancing have transcended the form and come into pure essence. Many of them mastered their craft in the East, in the temples of Jakarta, Tibet, Japan and China. They use dance to express the divine. What is experienced in the Temple of Dance in the ashram is beyond anything you can imagine in the physical world. It can only exist on the higher planes, from the Buddhic onwards, where humans and angels weave, mingle and merge freely together to dance the flowing forms of creation, the motion of the planets, the fiery pulse of the Sun, the geometry of the stars. The Hathors have reached the highest perfection of this art. Some of them teach in the Temple of Dance. They also perform rituals here and on Sirius.”

A week later Vivian advised us to establish a permanent link with her and confirmed that we are on the same ashramic frequency. In the same meditation Frances saw her leading us through the darkness holding a lantern. “Learn to see what’s in the moment,” she said. We walked through the darkness with the lantern lighting the way and showing us where we are. We came into an underground cavern where the Great Mother was enthroned. She was veiled and her power filled the space. We knelt before her, our arms crossed in the ancient Egyptian way. A great angel holding a fiery sword was guarding the entrance to the cavern. “The raiment of the Mother is the sweep of all created forms. Her

in-breath is becoming and her out-breath is death and pralaya.” The Mother gave Frances a chalice of fire, Willem a chalice of water and me a chalice of earth. Frances assumed these are the elements we each need the most.

I found a photograph of Vivian in a book called “Passage to Power”. I had no memory of putting the photo there. In our meditation I found myself in front of a fluted column. It was part of a doorway with a fluted column either side of it. Vivian appeared and said, “It is time to hold the Rod of Power. It is a time of decision. You can only hold the Rod of Power when you are clear about the decisions you have to make and the nature of those decisions.” I was too indecisive to hold the Rod of Power - and I wasn’t the only one!

In the same meditation Willem heard Vivian say, “Discover the limitless array of our connections.” He did not understand what she meant, so she helped him to see it as spiritual radar, an inner knowing – maybe the diamond mind. It functions when mind, heart and spirit are aligned.

At the end of August Vivian took me to the home she has created which resembles her adobe house on Spirit Mountain. It was the place where she experienced the most peace and where she had time to be creative. It was something she had longed for when she ran a busy Psychosynthesis Centre in Pasadena, and I was her secretary. Spirit Mountain is now the place where she relaxes and refreshes herself. She explained that she does not need to sleep but can go into a deep “witnessing” state where she accesses higher levels of being. She took me in a small boat out on the lake in front of her home where we relaxed and enjoyed each other’s company.

At the beginning of September Vivian took us into an octagonal building with a particular function. Around a central circular chamber, where the masters meet, there are eight smaller chambers where the various teachers meet with their pupils from the different ashrams. When the masters meet in the central chamber it is a special time for us to gather in order to link in with them in the smaller chambers. The radiation from the masters speeds up the process of opening our lotus petals. I felt my crown chakra vibrating. The eight outer chambers form the petals of a lotus with the ninth chamber as the inner bud of the lotus. With most aspirants this inner bud is closed but the masters have opened their inner lotus buds and are therefore beneficial in helping us to open ours. In the same meditation Frances also entered the ashram. She heard a bell ringing, calling people to a particular eight-sided building.

On the 11th September I found myself in a vibrant blue room. As I looked into the now familiar flat blue screen, I heard “A useful server is a detached server. If it is not eternal, it is not real. You are involved in a process. Even 9.11 was a process – a collective process which appeared as a tragedy. Do not be polarized by global events. They occur to help you grow in consciousness. Tragedy is a process helping you to awaken. Nobody died but many were awakened.” It was the five-year anniversary of 9.11.

In the same meditation Vivian asked Willem if he could encompass all the

people he has met and known in his life. Could he embrace all of them, take them into his heart, setting aside his likes and dislikes?

Frances experienced going to a Temple of Healing on a grass-covered hilltop. It was like coming into the Devic kingdom with etheric energies of all colours swirling around and a fine sound just out of reach. We formed a square and then a triangle with Vivian in the middle. Frances felt a shaft of light emanating from the Sun and was taken on a healing journey of colour and music. Suddenly she was back in the ashram with other students. She noticed the windows all around the room, except where the door is, and around the edges of the windows beautiful patterns in gold filigree.

At the beginning of October I saw an octagonal open-sided building with columns and steps leading up to it. It reached up to the Sun and was a solar transmitter. Dancers appeared and danced inside the building transmitting the dance of the solar angels. It was like a dancing rainbow with heavenly music. Then we entered the building and were able to transmit prana from the Sun to our physical bodies on Earth. Vivian reminded us that we are part of the ashram, building both ends of the bridge. Through our bodies we are rooted in humanity, through our spiritual heritage we are rooted in Hierarchy. She said, "Leave your worries behind and join the stream of Love Divine."

A week later in our meditation Vivian took us to her inner sanctuary and told us how important it is to create an inner sanctuary. Spirit Mountain was her sanctuary for eight years and it is still her inner sanctuary. She asked where ours are. I realized that my inner sanctuary was still my room in her house in Pasadena with the golden Californian sunlight streaming in through the window. Vivian suggested I create a new inner sanctuary. She attempted to tell us what it is like to live in eternity. It is an inner experience of timelessness. She knows intuitively when to be in the ashram, and took us to where others were gathering. I heard, "Create Heaven on Earth within yourselves in order to create it externally on Earth."

In another meditation I saw monks meditating on a natural stone platform in front of a Tibetan monastery. Dancers in colourful costumes were dancing on the platform to an accompaniment of trumpets and cymbals. They were dancing around the Mother of the World who was veiled, but the veils were falling away as the Sun rose in the east. She was bathed in light and her eyes were luminous. She said "I have come for my children" and there was fierceness in her voice, the way a mother is fierce if her children are being hurt. Maitreya knelt in front of her. She lifted him to his feet and turned him to face the world. I heard: "Maitreya proclaims the Age of the Mother."

A week later I heard "Elevate! Radiate!" and saw a huge golden statue of the Buddha with many beings surrounding it. Maitreya was at its feet. We were on the outer rim, each of us holding a candle. I heard "Put aside your personal issues and turn the tide." If a billion people lit candles and stood outside at night, the light would be visible from outer space. This is a small example of

our collective power.

At the beginning of November I experienced whirling in the ashram. It felt glorious. As we spun, we created vortexes of colour. We were told to build the Temple of Solomon and were given complex geometric instructions. We were also told to change our thinking. We say it is going dark when in fact we are spinning away from the Sun and are entering the Indigo area where we can see the infinity of space. During the day we are blinded by the Sun but we say this is when we are awake. What we call sleep is when we are most awake! I wondered why it is always light in the ashram. Maybe it is because it is beyond space-time. I glimpsed another dimension opalescent like a pearl and another one like a nebular.

A week later I heard “The hills are alive with the sound of music” and found myself in a lush green meadow, full of wild flowers, high up in the mountains. This meadow is one of Vivian’s favourite places. I heard “Everything is alive and has its own song.” We were told to enter the silence and hear the songs our souls are seeking to sing. When we allow the soul to sing its song, our lives become joyous and we feel fulfilled. The soul’s song causes the cells in our bodies to form beautiful harmonious patterns. In the same meditation Willem heard Vivian remind us that we are not alone in our triangle. Our connection with the ashram brings us within the Heart of Christ. Separation is an illusion. Willem felt the ashramic glow in his heart. Vivian told him not to feel guilty when in doubt or not well aligned. She also missed a lot when on earth. “When the gates open, the Eye also opens, and we can SEE.”

On the 18th December 2006, we were sitting with Vivian outside her adobe house when she told us she would be moving on. She pointed across the water to the golden spires, domes and shimmering light of the Golden City. I remembered a recent dream in which she was going to be “executed” and I was searching through her papers in an attempt to prevent it from happening. I had a similar dream about my mother after she died. It signifies the death of the personality. She said we could still tune in but it would be with Viva, her soul, not Vivian. Then I noticed a beautiful boat, shaped like a swan with wings, sailing across the water to the Golden City. It was being watched by a multitude on both shores and was the passage of a great soul. It was Eileen Caddy who died last week. We watched and knew it would soon be Vivian’s turn to sail to the Golden City. It was exactly six years since she had left her physical body.

When an old person dies, their transition is much quicker than when a younger person dies, mainly because they have had a long life and are ready to move on. When we die young, we still have strong bonds with people on the physical plane and want to remain connected to them. Therefore, it takes longer to detach from the personality.

At the end of 2006 Frances received this message:

“The clamour and conflicts of the mundane world do not exist in the Ashram. Tibetans and Chinese are one. Israelis and Palestinians unite. Muslims and

Christians are brothers. There is no division or warring conflict in the Ashram. A keynote of life in the higher realms is brotherly love.

“Try to reflect this in your daily life in the mundane world. Love the differences as well as the similarities, the dissonance as well as the harmonies. Love those who feel enmity towards you and those you dislike, for they are your best teachers! See the ‘evil that men do’ and love them nevertheless. For you are part of the same human family. Remember our brother Sai Baba’s words: “Love all, serve all.”

In 2007 I continued copy-typing Roberto Assagioli’s book “Transpersonal Development” into my laptop in order for it to be re-translated and reprinted. It was a healing process and an absolute joy. I had inherited it from Vivian.

Our Triangle started to change and we were not able to meditate in the old way. We were being asked to bring what we were learning into our daily lives. Although Viva felt more distant, she still spoke to us, “You know we will always be connected through the heart. You do not need my help or my intervention to make the connection with the inner ashram and beyond.”

Willem saw the image of an arrow shot from the arc of our fiery determination. After he blew out the candles at the end of the meditation he heard, “You may blow out the candles but our inner contact and vibration will prevail.”

On the 1st January 2007 Willem was shown how our Triangle has a specific mission with regard to the Reappearance of the Mother. In March Frances saw a female Bodhisattva over-lighting, enclosing and embracing our Triangle. She heard, “Don’t give energy to the thought-forms of your imagined faults and flaws. Energize the more empowering thought-forms.” In the same meditation I saw a cascading waterfall but it was light cascading to Earth with rainbows in it. “It is always here for you to bathe in, but you do everything to avoid bathing in it,” I heard. “It flows from the source of your being.”

At the beginning of April Frances received this message in our meditation: “On waking up draw light into your body and ignite the joy in your heart – Joy supernal and the joy of being alive! Before you go out wear your cloak of light and let the flame of joy burn in your heart. Thus do you bring Light into the world, and delight and joy to all the people you meet. Infect others with joy.”

At the end of April I heard: “Life is not what it appears. The trials, tribulations and problems you face are about developing qualities. What qualities are you developing?” Mine are trust and focussed intention. “If you merely trust but do not focus it is not enough. If you focus but do not trust, you may create something but it may not be right for you. Trust and focussed intention is a perfect combination.”

In May I was shown how over many lifetimes we sculpt a unique being out of the raw materials we are given. I was shown the Earth as an example and how it takes aeons to change its form. We may feel we are not changing but we are. We come into each life with what we have already become and in each life we

work on what we are destined to be. Growth is not measured by achievements but by how we deal with problems and setbacks. The most profound growth occurs through “overcoming” and seeing through the illusions.

On the 21st May I found myself in a beautiful green meadow full of bright red poppies high in the mountains. We were there for a specific purpose. Viva appeared with a group of beings. She wore a white robe with a silver belt, and looked radiant. We were told to recline in the grass and take in the colours. The sky was a beautiful shade of blue and I heard heavenly music. I felt joy and peace. Viva reminded me that we can always meet in this beautiful place. All it requires is an act of will and imagination.

At the end of May, when I recited The Affirmation of the Disciple at the beginning of our meditation, I became aware of a fragrance. I was told that fragrance is a direct manifestation of divinity. It can elevate us and it is our destiny to be fragrant. I realized that I can smell any fragrance I am able to imagine. The fragrance of roses filled by being.

We were told to make the ashram our home. Everything else is fleeting, illusionary and impermanent. “Act as if you are living within the ashram and act accordingly.” Within the energy field of the ashram we bathe in its atmosphere of joy and brotherhood. Frances heard: “We know only Joy. We live in Joy. With the quality of Joy we nourish our own and our brothers’ hearts. Joy is a quality of the Soul. You can seek earthly happiness and yet not find Joy. The happiness experienced by the personality is transient. You can be unhappy and yet be full of Joy. Happiness is of the personality. Joy is of the Soul. Bliss is experienced by the Monad. Be blessed and live in Joy!

“The harmony and peace of the ashram is the result of an ordered rhythm. Everyone plays a part and the Law of Love prevails. Everything has its consequences and is what right action teaches us, but what is right action? It means living within the flow of the natural rhythms of nature regulated by Mother Earth and the cycles of the constellations as they move in stately rhythm in the heavens. “Live in harmony with the Self, with nature and with the cosmic cycles, and you live in right action, as we in the ashram live. Listen with the voice of intuition and develop the ability to discriminate. Living in harmony with yourself and the environment is the best service you can render to the One Life and the One Soul.”

At the end of May Willem was shown how we are prisoners of thought. Our thoughts create ideas, structures and systems in order to control our lives and for us to feel safe. Our thoughts are like partitions, which prevent us from advancing and flowing freely. The partitions create numerous barriers, enclosing subjects, like our ideas on Hierarchy and the Masters, but the ashram is free of such ideas. Only when there are no preconceptions, nothing to hold onto, can we enter cosmic dimensions. We were told to look at our thoughts with compassion, without harshness or judgement, and once we have detected the partitions, we will be able to penetrate the veils with our inner eye. On the

other side pure freedom of spirit awaits us.

At the beginning of July I was engulfed in a beautiful blue colour/ light. It was almost a substance. We were in the ashram invoking this blue “substance” coming from Sirius and bathing the Earth to heal and elevate it. It was both an invocation and a distribution. In the same meditation Frances also perceived a blue light radiating from a chamber with a partially open door. She knew it was the door to a Masonic Lodge and saw three Sirians dressed in white robes standing in front of the door and closing it. We are not ready but one day we will truly stand outside that door, knock, and ask for admission. We both saw Viva in this meditation.

In another meditation Viva appeared in the ashram gardens when we were being taught how to inhale and exhale fragrance. I heard: “Each soul has its own fragrance with subtle differences. The Masters have their own particular fragrance. It is possible to recognize each person or being by their own unique fragrance.” I was overwhelmed and intoxicated by fragrance!

A week later Viva told us: “It is not the outer circumstances of life that are important but the inner process. Pay attention to the inner process and do not think that outer circumstances are making you happy or unhappy. Develop inner peace so that the events of your life do not affect you. This is the secret of life and enlightenment. The last two years of my life were more profound than you realize.”

At the end of July I found myself in a round boat, like a coracle, on a beautiful lake. It was still and translucent, like a mirror, and was surrounded by mountains. There was a circular temple on the shore, which I have seen before in other meditations. It looks as if it is made of alabaster with columns and steps leading up to it. Viva was standing on the steps with some beings. Frances, Willem and I each had our own little boat anchored in the lake, like the water lilies around us. I felt that we were being anchored in our hearts and that it was a pictorial representation of an inner process – a symbolic activation and/or opening of the heart chakra. Frances also experienced peace, calm water, mountains and stillness in this meditation.

A week later we were being taught about Pure Being, which is beyond feeling, thought and imagery. Everything we perceive, feel and think is an illusion. Imagery is also an illusion. It is a “scene” to help us understand abstract concepts. Even the world is a form of imagery, which we all perceive differently, but which provides the equipment for integration and growth. Pure Being is where we truly exist. I experience it rarely and mostly through the music of J.S. Bach. Immediately after Vivian died, I played Bach’s Goldberg Variations in order to experience the cool clear light and not to burden her with my grief as she made her transition.

On the 13th August I experienced a gathering in the circular chamber in the centre of the ashram with Maitreya who was sitting on his golden lotus throne. We were in the outer circle but Viva was closer to the centre with her group.

We were reaching up to Shamballa in a meditation ending with the words “Thy Will Be Done”. It was as if the Will energy from Shamballa was being utilized to bring peace into the world. I felt a strong soul connection with Viva and did not want to return to the room where Frances and I were meditating together. She also experienced being in the Inner Sanctuary with Maitreya seated on his golden lotus throne and members of the ashram sitting within their Ray groups. It appeared to be a continuous meditation to bring peace and equilibrium to those areas of unrest. We were asked to meditate every day and see ourselves standing within the New Group of World Servers and the hierarchy to radiate peace into the world as a group.

On the 20th August I saw the large building with the columns and veranda overlooking the mountains. I recognized it as the Hall of Higher Learning and Service. Inside I saw Viva with Roberto Assagioli and John Cullen, a friend who has also passed to the other side. We had been invited into this class for more advanced students and were shown how to watch world events with loving detachment, and to radiate love and goodwill to the world in order to help and heal.

A week later I found myself in the coracle floating on the still lake with the water lilies. I was being shown a way to centre myself. I saw a thread going from my heart up into the Sun and another thread down into the Earth. I felt peaceful and centred. Frances also experienced deep peace in this mediation as if held in the arms of the Cosmic Mother.

At the beginning of September we were in the light and freshness of the ashram with Viva. Energies were streaming in from Sirius and there was a constant transmission of energies from the ashram to the Earth. We walked in the gardens and saw the Temple of Healing in the distance where the healing angels appear.

In another meditation I heard Viva say she would continue to keep the Triangle appointment with us. I heard “It’s time to build another bridge – a bridge to the Far Distant Shore.” We were told to climb the Mountain of Aspiration, which is high and steep. We climbed and reached a high place where we could see the Far Distant Shore - the Golden City – the Kingdom of Souls. Having made the ascent, we were faced with the descent where we are always tested before we can proceed. Viva was very present in this meditation.

At the end of October we were again in the Hall of Higher Learning and Service. Assagioli was talking about the cultivation of joy, and many people were listening. “It lifts the spirit and is contagious,” he said. We all need to cultivate inner joy especially when life is difficult. Frances also experienced being inside this building with the open terrace and views of the surrounding snow-capped mountains. It is a place where meetings, meditations and rituals occur.

In November I went to Southern Spain and rented a house in an urbanization called Alhambra with beautiful gardens and stunning views of the sea and the

mountains. “Transpersonal Development” was ready to go to the printer and I needed a holiday. However, the house I rented was then sold and I had to find another rental. A stranger knocked on my door and offered me a house called Casa Angel in the same urbanization. It belonged to a Swedish movie star and was full to the rafters with angels. They were above the bed, in the kitchen and even in the bathroom. I was totally surrounded by angels and I couldn't help but feel that I had been given this lovely house as a gift.

On the 12th November I experienced being in the ashram and being told why we build bridges. Everyone in the ashram is involved in bridge-building because it helps us to grow in consciousness. A bridge does not just go up and over, it also goes down. For every upward spiral, we have to make a corresponding downward spiral in order to avoid inflation and grandiosity.

On 19th November Viva told us, through Frances, not to feel guilty if we miss an appointment. “Meditation is a state of being,” she said. “Nourish each other with the Love of the Heart. This is most needed. Fan the Fire of the Heart.” My meditation was also about a love that embraces everyone and everything.

A week later we all experienced being in the ashram and Frances received this message: “The Ashram and those who dwell therein is always busy. Yet a serene calm pervades all. Try in your daily life to cultivate serenity within all circumstances: serenity in action, thought, and repose. Observe what brings you out of that balanced state, trace its origin and cause. On dark grey days visualize golden light flooding the inside of your head. This will stimulate the light receptors in the brain and counteract so called SAD symptoms.”

In the same meditation Willem saw that we were being invited to a meeting of the High Council with one of the Masters who told us to drop our inferiority complexes and accept who we are. We too often identify ourselves with our weaknesses and shortcomings as human beings instead of acknowledging the fact that we are being invested with ashramic responsibility. This investiture enables us to “hold” a position in the “externalization” process. While the Master was transferring his thoughts, Willem could feel the three of us being well aligned and embodying the responsibility of our job. It is not a job as human society sees it but rather a deep knowing of essence – the Purpose that can be realised through the Plan.

My meditation was full of joy – the joy of angels – soaring – ecstatic joy with wings of fire!

On the 10th December I really experienced the love the Masters and Higher Beings have for us. It is profound and caused tears to roll down my cheeks. This love is totally unconditional, patient and ever present. It pervaded my being and I felt it as a living vibrating substance in which I am suspended. All we have to do is let go and surrender to it. In the same meditation Frances saw us with Viva on a lush green lawn under some flowering rhododendron bushes in the radiant light. We were watching a festive celebration, someone making intricate patterns with two long brightly coloured streamers of a brocade-like material,

whirling them up and around with skill. Willem saw us walking the Path with clear focus. Becoming and Being the Path filled him with joy and responsibility. He saw that if we get rid of the programs and the mundane stuff whirling around and pervading us every day, silence and space can enter, and we can feel who we are instead of thinking of what we should be doing.

A week later I saw that we were in a procession and all the various ashram members were wearing stunning robes. Usually they wear white robes but these were salmon pink, turquoise, sapphire blue and colours I did not recognize. We were in a procession to attend a ceremony involving the Christ. In the same meditation Frances saw Maitreya in deep meditation being given power from a source deep in space. She heard “Nothing is what it appears. When you think you understand, then expand your consciousness. More forces are flowing into the Earth than ever before. Rest in the heart of Christ, love, and lift your consciousness to the Divine.”

On Christmas Eve we were watching an outpouring of energy from the Sun, looking like the Northern Lights, but in exquisite pastel shades of pink, yellow, blue, green and other colours I did not recognize. These lights were bathing the Earth.

On New Year’s Eve we were concentrating on Gratitude; not just for food, shelter, warmth and friendship, but planetary gratitude in particular for Jupiter and the Moon, for without them life on Earth could not have evolved. Jupiter is Earth’s guardian protecting it from being hit by asteroids. Without the Moon we would have no regulated climate. The Earth would alternate between being frozen and fried. The Moon stabilizes the Earth and prevents it from wobbling.

On the 1st January 2008 the proof copy of the newly reprinted Transpersonal Development arrived at Casa Angel. I was thrilled with the cover: the Coronet constellation on the front and a photo of Roberto Assagioli on the back. I danced joyfully around the house. It had taken three years to complete and had helped me to work through my grief. I had inherited it from Vivian and had worked on it in three countries: California, Scotland and Spain.

On the 7th January Frances saw three beings dressed in white robes waiting for us in the ashram. They were full of joy and were transmitting their purity of being to us in the clearest of white light. They want us to carry this sacredness within us in our daily lives. In my meditation I experienced being taught how to soar. We were full of joy as we were lifted up into the light. Willem experienced leaving our incarnated state and floating in an opalescent white light. There were no sounds or words – only the harmonious movement of soaring in the light. We were meditating in three different countries but had very similar experiences.

A week later we were walking across a bridge with huge arches spanning an abyss so deep, I could see only clouds when I looked down. We crossed the bridge and entered the Golden City with its opalescent buildings, golden spires and crystal windows deflecting the golden light into dancing rainbows. It is a

heavenly place full of peace and fragrance. Following a winding path to the top of a hill, upon which the Golden City stands, I felt we had a mission to fulfil.

Our meditations were now taking place within the ashram with Viva who told us “In the dimension where I am we are in a state of Being.” This is difficult for us to imagine because we are conditioned by time and space. We often ask ourselves what the Masters, Initiates and Disciples are “doing” but there is no such thing as “doing” in the ashram. There are gatherings and rituals but they are “appearances”. Telepathy is their way of communicating and “impulses” are given. Life is subtle and harmonious. It can only be compared to music. Viva was smiling and Willem received a glow in his heart when he registered the thoughts she was transmitting. Through our contact with Viva we are able to see the beauty and refinement of the ashram, its radiant colours, glorious manifestations of the Nature Kingdom, and the exquisite sound of the angels. We were asked to bring the perfume of the ashram back with us into the world.

On the 21st January 2008 we were again with Viva in the ashram. Frances heard “Attune to your own finest subtlest vibration and observe what you find there. Take the perfume of the ashram back with you into the world. Be Blessed.” Viva dissolved into a petal soft light, flowing and dancing with a subtle perfume, an interplay of constantly moving colours and light.

A week later Viva took us to the ashram where she is with Roberto Assagioli in the Golden City. He looks much younger and radiates joy. This meeting may have been arranged because I reprinted his book regardless of the many obstacles in my way. He was working on this book when he died and I had felt a subtle collaboration with him when I was typing it. He was working with us on a process I can only call “uplifting” because we were “elevating” other souls incarnated on Earth. This may be why Willem heard “Start gathering the flock.” We were in a place bordering on bliss causing me to weep throughout the meditation. I was not sad. It was my body’s reaction to the high vibration. I stayed in the meditation for an hour with tears streaming down my cheeks.

On the 5th February Frances and I had very similar meditations although we were meditating in different countries. Frances experienced being in the light of the ashram with Viva. She was advised to dwell within the light of the ashram. All we need to do is lift our consciousness to that level. We know how to do it. We just have to remember to align ourselves during the day, before we go to sleep at night, and when we wake up. Frances asked if Pan was there. “Yes, Pan is of the Angelic Kingdom and is an expression of the sentience of nature.” She asked if animals were there. “As this is the Kingdom of Souls, only an animal group soul can find expression at this level within the law governing the Nature Kingdom. Exceptions are those whose vibrational frequency is high enough, usually through their unconditional love for humans, which has allowed them to individualize to a degree which includes having developed the beginnings of mental activity.”

I also experienced being in the ashram with Viva. It was light and fragrant,

and I wanted to stay there. I was told I could. I just have to remember to carry it within me. I was shown that we have a similar relationship with animals as the one the Masters have with us. We elevate the Animal Kingdom just as the Masters elevate the Human Kingdom. By bringing animals into our homes as pets, we help them to individualize. Animals belong to a group soul but can achieve an individual soul life through being in loving relationships with humans. Masters bring humans into the ashram in order to elevate us into the Fifth Kingdom of Souls of which Pan is a member. The Masters are in a similar relationship with the Lords who elevate them to a level we cannot imagine. Pan is the Lord of the Nature Kingdom, which has reached a high level of perfection. We only have to look at nature to see that it brings through divinity in the form of beauty and fragrance.

I remained in this meditative state for a week and observed my distractions, mostly of an emotional nature and about the future. I was going to have to move out of Casa Angel at the beginning of March, having experienced three months of absolute joy. In this meditative state I realized that I am always in the right place at the right time.

On the 25th February I found myself in front of a large building with high double doors. It looked like a temple. We had been invited to a ceremony, taking place in the higher ashram where Assagioli and Viva are. It was by invitation only and we were privileged to be there. In the centre was an arena with a wheel but it was composed of members of the ashram. The one in the middle was turning slowly. Those forming the outer circle were whirling but they were greatly affected by the one turning slowly on the central hub of the wheel. We were being shown how the soul spins slowly on the central hub, just as the Sun spins in our solar system, but its influence is great. Each of us, with our different lives, is whirling so quickly on the outer rim of the wheel, we do not notice when the soul faces us and gives us its attention. This is a great moment in our evolution – a moment to be celebrated and cherished. Everything in the universe is dancing on this Wheel of Life.

On the 17th March Willem heard “Heaviness increases, violence grows, materialism appears to hold humanity in its grip. Lightness of Being is the antidote.” Willem would not have known that “Lightness of Being” was one of Vivian’s favourite phrases. In my meditation we were taught how to “hold” the world. It was a bit like holding a safety net for someone who is jumping off a tall building. Everyone is needed to hold a piece of the net in order for the person to land safely. The world is in crisis and we are asked to hold a safety net. It is like holding the tension and it is hard work.

A week later the safety net had grown and was spread around the planet. Many people are holding it but only those in a physical body can do the work. It requires holding the tension on the physical plane.

On the 14th April Willem saw us standing on a mountain with some Brothers who were backing and protecting us. We held one arm outstretched, our hands

touching above a flame. We were swearing an oath for inner action, swearing that nothing can stop us. We are Warriors of the Spirit and, at the same time, Magicians, knowing our strength and our ability to bring the death of false systems, treason, lies and corrupted forms. "Let Life prevail on Earth." The Brothers of Light protected our short ritual. Our hearts became one in the Greater Heart. I also experienced a fiery meditation in which we took more responsibility. We were shown that, compared to the majority of people in the world, we have our heads above the clouds. We see what is invisible to others. We have direct experience of the spiritual world and are aware of our work in the ashram. Now we are asked to take more responsibility, to teach by example, and to lead others whose heads are still in the clouds. We also have our feet on the Earth, giving us more responsibility towards our human family.

At the end of April we were sailing in a boat to the Far Distant Shore where Viva and Assagioli were waiting for us. Viva is now studying in his ashram, and because of our connection, we are invited to where the higher ashrams are located. This is where our teachers study. We are being prepared to bring new souls into our ashram. The keynote in this meditation was "Preparation".

On the 19th May Willem had a very close contact with Viva. He felt that he could almost touch her. She told him about her life in the Greater Life and asked him to "hold on" and not think about leaving the planet. We all have a specific task and our triangle is a vehicle of light - it is our chariot of fire.

A week later I was walking through the quiet corridors of the ashram and feeling the tranquillity of the place. Viva appeared and we went to a quiet room where we talked about our lives and work. Viva is still teaching in the ashram but now studies in Assagioli's ashram in the Golden City. She also enjoys music and the extensive library.

At the beginning of June I saw hundreds of prayer flags billowing in the wind. I found myself in a beautiful place where prayers are gathered. Many beings were meditating in deep silence and with strong focus. I was shown how prayers are gathered. This is not the same as answering prayers but more a matter of being totally present for the people saying the prayers. This showed me that prayers are received by beings devoted to being present for those in desperate need of help and support. When we pray, someone hears us. It was a profound experience.

Two weeks later Willem saw Viva coming out of the inner sanctuary of the ashram. She advised us to create cocoons of light and remain in them for as long as we are in our physical bodies. In this way we can remain in the ashram in our hearts and minds. In the same meditation I saw that we were involved in a ritual, wearing ceremonial robes, and making a figure of eight in constant motion. Maybe we were spinning the cocoons!

A week later we were in a monastery high in the mountains. Master Morya was there and called it the Ceiling of the World. He was showing us how to send blessings to the world through complicated hand gestures. He may have

appeared in my meditation because I had recently met a woman who showed me the house where she believes Morya lived 300 years ago. It is in Maro, which is a mile from where I stay in Spain. The woman said Morya's father was a merchant from Morocco. The house has an ancient Moorish gatehouse overlooking the sea. I can see the trees in the garden from my bedroom. She said she knew him in that life. I later took Frances to see the house, which is opposite a church dedicated to Mary, and we took photographs of each other standing in front of the gatehouse. I spent the first eight years of my life a stone's throw from where Madam Blavatsky met Morya in Hyde Park, and I like to think that I am following in his footsteps.

Morya appeared again in a meditation at the end of June in which he was talking about dedication. He invited us to be dedicated. I saw beings sending blessings to the world just as there are beings listening to prayers.

At the beginning of July I saw that the spaces between the Sun and the planets are not devoid of life. Between the Earth and the Sun the ashrams are stretched like pearls strung out on streams of light. I saw how the other planets are also schools of learning. The sacred planets are guardians of the solar system. All of the planets looked like lotus flowers on a lake of translucent light. This is why it is always light in the ashrams.

A week later we were striving to contact our souls through study and meditation in the ashram and in our lives. Our souls appeared to be in deep meditation waiting for us to contact them.

On the 21st July Frances saw four shafts of radiant golden light moving from four corners upwards, forming a pyramid with a square base and meeting at the apex. With Viva, we form the four shafts of light. The apex of the pyramid opens like a flower and a shower of light flows out to the planet and into space. She heard "The higher you go, the further your light radiates." A great angel watches over our triangle of blue light shot through with soft green and white.

At the end of July we were taken by Viva to a special meditation in her ashram, which we would not be able to attend as individuals, but we have formed a strong triangle. The meditation was to enable us to contact our souls, and it was profound. I visited my dear friend May who had died recently. She was pleased to see me and showed me her legs, which are now the same length. One of her legs had been shortened in a disastrous hip replacement operation. I could visit her and still be in the meditation with Viva, Frances and Willem.

At the beginning of August we were sitting in a huge round auditorium open to the sky, which was dark and thick with stars. We were listening to the music of the spheres.

A week later we were given a technique for meditation which each one of us received but experienced in a slightly different way. In my meditation we were standing on top of a mountain looking across a chasm to another mountain where Viva was waiting for us. To cross the chasm we had to walk across a thread as fine as spun silk. As we followed each other across the chasm, I

realized that if I lifted my entire being upwards, I could soar across the chasm without touching the silk thread with my feet. In this state of Perfect Poise there was no fear of falling into the chasm beneath me. I spent the entire meditation in this uplifted state and did not want to stop. I was lifted out of my personality with all of its petty concerns. Later Willem found a quote from Morya describing my experience: “They will ask thee how to traverse life. Answer: like crossing an abyss upon a taut string - Beautifully, carefully and fleetly.” (Leaves From Morya’s Garden I.)

In Willem’s meditation we were riding in a golden chariot with Viva hovering above our heads and encouraging us to increase our speed. He could feel the fiery energy running through his heart, sweeping like a wave. Later he found a quote by Morya: “The attraction to Our Heart can increase so greatly that it would be impossible to restrain it. This is called ‘The Fiery Chariot’.” (Super Mundane 1.60.)

Frances was also lifted above the personality. She saw Viva with a star above her head connected to Sirius through the Sun.

A week later Frances felt a strain in her head when meditating. Viva showed her what to do to avoid strain. Frances saw an eye forming at the ajna centre with a lighter energy field around it. Images appeared in the lighted centre of the eye, which became a window through which she could see vivid and precise images. Viva asked her not to think but just to observe the images without trying to identify them.

At the end of August Willem saw us in our light bodies with thousands of Earth disciples advancing with a huge battering ram to break through the wall imprisoning humanity and the world. In my meditation I heard the word “Focus”. We were being asked to focus on what we can contribute towards planetary change. We are ALL being asked to focus on what we can do. One person alone cannot break down the wall imprisoning humanity but many can. In the same meditation Frances saw us with a group of disciples and initiates standing between humanity and the Hierarchy. She felt the solidarity of the group, our place and our work. She remembered the Maitreya Sangha Meditation: “We stand with calmness, forever unperturbed, linking the heavens and the earth, the inner world of meaning and the outer world of form.”

In September I scattered the ashes of May, my 93-year-old friend, in the sea along with dried rose petals and fragrant flowers. Later that day in my meditation I saw the rose petals and the flowers being washed up on another shore for my friend’s enjoyment. As flowers exist in the physical and ethereal planes, they can be sent and received.

In the middle of September we were in a meadow full of poppies. There was a stream running through it and mountains in the distance. I realized that we were sitting inside the cover of Vivian’s book “Being Here When I Need Me”. She said she had brought it alive through “imagery” and that everything is “imagined” into existence. Nothing exists that has not been imagined first. Then

we were walking through the ashram, which appears to be constructed of stone and marble. It feels solid, ancient and eternal but Viva told us it has been “imagined” into existence. Then we were in the Golden City, which appears to be constructed of alabaster, mother of pearl and gold. From a distance it is not unlike the Kremlin in Russia. It is much more ethereal and appears to float on the Far Distant Shore. Finally, we were in a place composed of light, colour and fragrance. In this place there is no separation. There appears to be nobody there but we are not alone. It is an experience of total unity. I wondered if I am now inside the mind of the One who imagines. Viva gave us a powerful experience of existence and how the physical world is only a denser creation of Divine imagination.

At the end of September I bought a house in Alhambra where I had been living since the previous November. In the first meditation in my new home I heard the word “Illumination”. In another meditation I saw curtains of light all over the planet. It was like the Northern Lights. I heard “A crisis unites people. It makes change inevitable.” There was a financial crisis in the world but joy in the ashram. There continued to be an atmosphere of gladness, good humour and expansive joy in the ashram. Frances heard “Do not take yourselves and life so seriously. Bring humour, joy and playfulness into your lives. Dance along skilfully with the irresistible forces of change, living as you do in the stream of abundance. Fear is not relevant.”

A week later we met in the ashram gardens where Frances saw a bird fluttering above us. It was a bluebird. It led us along a steep path through dense green shrubbery. Suddenly we were high up on a mountainside with a panoramic view of the valley below with a river, woods, lakes, meadows and foothills rising up into the mountains. She sensed that we find the elusive bluebird of happiness through the daily practice of appreciation.

On the 27th October I met Viva in a beautiful place, like a cave. It was dark and mysterious with soft lighting. Viva was enjoying the space and conveying a sense of the importance of dark places for meditation and reflection. After the meditation I called Frances, who was staying in my house in Spain, and she told me she had been down into the caves at Maro that day. I had taken Vivian into these caves in 1996 and she loved them so much, she was reluctant to leave, and we were almost locked in. Somehow Viva knew that Frances was visiting the caves and in our meditation conveyed it to me by showing me a cave. I had no idea Frances was in the caves that day. In the photographs she took inside the caves there are huge globes of light.

In a later meditation Frances linked into the caves where the energy is deeply sacred and like being inside the womb of the Great Mother. Viva was with us in this meditation. Willem found a quote in ‘From Bethlehem to Calvary’: “We are now on the point of entering the cave wherein the new birth can take place. And therefore the stage of life’s journey is nearly completed.”

In the pre-American elections in November Frances saw an image of Barack

Obama's head and shoulders with the American eagle above his head. There was a meditation in the ashram for the 'right outcome' and the Hierarchy was engaged in holding back the dark forces, so there would be no unlawful interference in the elections.

On the 17th November Frances was asked to be more aware of the angels, who are all around us, and to consciously work with them. She saw an image of Mary dressed in white with a diadem of seven stars around her head. She was aware of the statue of Mary in the little church in Maro, opposite Morya's old house, and close to the caves where the energy of the Great Mother permeates the entire area. In the same meditation Viva took me to an octagonal room with stained glass windows depicting angels. Light was streaming in through the stained glass windows and I sensed it was a healing room. I was not feeling well, so I let the colours enter and heal me.

At the end of November Frances saw a sheer rock face with a person laboriously climbing with much effort and hardship. Then she saw a mountain goat leaping lightly from one foothold to the next. There are two ways to approach the climb to the spiritual heights. We can see it as a heavy task or as a joyous one. "Deal with life's karmic lessons with optimism and lightness of heart, knowing the obstacles are there to be cleared. Attitude is the key. Learn to become lighter."

At the end of 2008 Viva proclaimed: "Love the skin you are in" accompanied with fireworks and party streamers. We are embodied on the physical plane and must love the bodies we are in. This is definitely something Vivian would have enjoyed doing. I can see the glint in her eye!

At the beginning of 2009 we were told, "You are in the world but not of it. You have reached the point where you are aware of the spiritual realms. Not many people have reached this point. It is important to embody what you know, so that others will want to follow. Most people live beneath the clouds but you can see above them to where the Sun is always shining."

At the beginning of our meditation on the 12th January I said the Affirmation of the Disciple, which I love. The final verse caught my attention: "And standing thus, revolve, and tread this way the ways of men, and know the ways of God. And thus I stand." I saw a spinning wheel with the Soul standing on the central hub. From this central position, it can view any of its many lives, which it sustains, but this particular life is catching its attention. We have become aware of each other. This is a pivotal life for all three of us.

Afterwards I looked in *A Treatise on White Magic* and found this quote on pages 108-9:

1. The Solar Angel begins the work of initiating the personality.
2. It withdraws its forces from soul enterprise to the spiritual kingdom, and centres its attention on the work to be done.
3. It enters into deep meditation.

4. Magnetic rapport with the instrument in the three worlds is instituted.
5. The instrument, man, responds, and also enters into meditation.
6. The work proceeds in ordered stages and with cyclic activity.
7. The light of the soul is thrown downwards.
8. The light of the vital body and the physical form is synchronized with that of the head.
9. The centres swing into activity.
10. The light of the soul and the two other aspects of light are so intense that now all life in the three worlds is illumined.
11. Alignment is produced, the work of discipleship and of initiation becomes possible and proceeds according to the Law of Being.

A week later Viva was again very present. Frances heard that the need to “visualize” a place after death has caused us to create the astral planes. On the highest of these the Ashram of the Christ is “imprinted” in the malleable ethers of the etheric. When we raise our consciousness, it’s this “imprint” that we experience. After leaving the earth plane, we go to the astral plane onto which is reflected the Kingdom of Souls. We remain there until we are no longer attached to dwelling within form and can move into the greater reality of pure consciousness. This is where Viva is now.

In my meditation Viva was also very present and told me our connection is now on the Higher Mental and the Lower Buddhic planes. She encouraged me to write and begin a report on what happened to her after she died. It would take me two years to compile this report.

At the end of January I saw Viva in a meadow full of bright red poppies. She said she had created it for us, adding that it is important for us to “visualize” and how “visualization” is used in the higher realms. This is probably why Assagioli placed so much importance on it in Psychosynthesis. Viva said it is the soul that creates the form when spirit and matter meet on the physical plane. It is easier to create on the spiritual plane because it’s instant. She loves to create beautiful images and caused some mountains to appear behind us. It reminded me of a quote from the Bhagavad Gita: “I become manifest through the magical power of the soul.”

At the beginning of February Willem found himself sitting with Viva within the cosmic vault. She said two things to him: “Marilyn’s action with regard to the common endeavour of the past years is an excellent initiative. It will enable you to better understand certain aspects of the ashramic way of working.” She was referring to the Report I had started to compile. Secondly Viva said we should focus our attention on the information on the subject of meditation, which Willem received and transmitted in the Triangle on the 14th June 2004. It will help us to grow, to advance, and go beyond accepted thought-forms on meditation. This is what Vivian said to Willem in that meditation: “Through your endeavour to create a relay for us, an ashramic platform, please consider

meditation in that perspective: through meditating you are open and in contact. The link is permanent, yes, while the short moment of contact enables us to transmit impulses. Now and then, if it needs to be, we help you to balance, to find equilibrium. I know of course how precarious the situation is for the three of you. Hold on and be lucid!”

When Willem made this contact with Viva, I experienced her presence the entire evening.

A week later Viva appeared and I asked her about her life. She told me she contemplates, studies, teaches and listens to music. Her intuition guides her. She talked about sound and music, which makes beautiful geometric patterns she can now see when she listens to music. Vivian loved listening to music and often joked with her friends that she forced me to listen to Mozart all day, which I loved. She said more about sound but it was too complicated for my comprehension. It is related to creation and the higher planes.

In the middle of February Willem heard that when we are in our spiritual centre we have limitless possibilities around us. We are the point in the circle. We break through thought-forms and barriers (illusions) and reach spacious and timeless universes of creation. In my meditation Viva talked about discrimination and gave me some feedback. I had stopped writing because a friend was staying. She said I need to put my work before the needs of other people. Vivian always put her work first. She is now studying music and sound because it unites and sustains creation. I am feeling her presence on a daily basis.

A week later I asked Viva where the spiritual planes are located. She told me they stretch from the Earth to the Sun. After death we find ourselves on a plane similar to the Earth with houses and gardens. As we ascend the light increases because we are nearer to the Sun and our solar angels who are with us every day in sunlight. Not many people realize that sunlight is a living substance. When we are reunited with our solar angels a crisis occurs because we have to make a choice. We have to turn away from the Sun and take one of the paths out of the solar system. I wondered if this is the taut spring above the abyss. In Willem’s meditation he heard “the taut spring above the abyss.” Maybe he was hearing the answer to my question.

At the beginning of March Willem was assaulted by doubts. Would he be able to hear, see or make contact? Would he be able to formulate what he experienced? Viva appeared and said, “You ARE in the ashram right where you are sitting now, Willem. You are being lured by your physical senses, emotions and thoughts. Reality is beyond form – and you know it.” He started to breathe freely, realizing that no effort was needed. He can just BE.

I started to meditate before our arranged time, feeling "called" and I immediately became aware of a warm golden glow surrounding me. I was in what appeared to be a cathedral full of golden light. I looked up and saw that it had no roof. There was a shaft extending upwards for what appeared to be

forever. The golden light was coming down through the shaft and filling the cathedral-like building. Then I saw Viva. She was in a choir who were singing up through the shaft of light. It was an invocation, a “calling forth” to Christ, which was beautiful and melodious.

A week later I was back in the Golden Cathedral where Viva is now studying the chakras in her music studies. She explained how the chakras can be played like musical instruments – like harps. Maybe this is why angels are visualized playing harps.

The following week I was accusing myself of inventing what happens in my meditations. So in this meditation absolutely nothing happened. Viva gave a message to Willem for me to “Regain confidence.”

A week later we were told to “integrate” and not to separate our meditations from our daily lives. We need to make our lives into a “walking meditation” and to know there is NO separation. We are always in the ashram. We need to carry this knowledge with us wherever we go. It is a constant practice; not just when we sit down to meditate.

At the end of March Willem saw a City of Light in the distance. He came closer and was in a timeless dimension of permanent meditation. This is not like the meditation that we do. It is a state of alignment and permanent enlightened consciousness. He heard the word “Glory” – a bliss that he could almost touch.

At the end of March Willem tried to contact Viva but she did not appear. A few hours later she told him, “Do not linger on images of the past or ask where I am now and what I am doing. The person I was has left its outer robe. Our soul contact is what really matters. It is deep and needs no comment. Our soul contact is part of a vaster Reality. We are united in the One Work.” In the same meditation I found myself sitting alone in the ashram gardens. I wanted Viva to appear but was told that we are meant to be in a state of permanent alignment and enlightened consciousness. We all felt that Viva was closer to us but not in a personal way. It was happening at an impersonal level.

At the beginning of April I was in a boat on a wide expanse of water. It looked like Kashmir. The water was like glass. It was quiet and peaceful. I had the insight that the physical world is a negative - like a photographic negative – of the spiritual world. The Universe, 96% of which is invisible to us in our physical bodies, supports the 4% that we can see.

A week later I had a meditation about water, which is a substance as magical as light. Water is a living substance. Without it there is no life. Viva showed me the pools, fountains and waterfalls in the ashram gardens. I remembered the pool in Maitreya’s garden with the lotus growing in it and how the stem is rooted in the earth. It occurred to me that water connects. After death we travel through cosmic liquid to the astral plane. Viva travelled across a wide river to the far distant shore when she moved to the Buddhic plane. The various planes are connected by water but it is not wet like the water we drink and wash in. There is water everywhere on the

spiritual planes and maybe the water we have on Earth is a mere reflection of it. The pool in Maitreya's garden connects him to the world. He sits by the pool and keeps watch over his people. There is a great secret about water and fire. There can be no life without either of them. They are as opposite as night and day, but when they combine an alchemical process occurs.

A week later Frances had a meditation about fearlessness. She was lifted up to a higher level to where Viva is. She felt an inflow of the energy of the Ashram of Christ. Reflecting on fearlessness on the mental and emotional levels, she realized that the best way to overcome fear is to draw in and become infused with the Love-Wisdom of the Christ. As we draw on that reservoir of Christ love, fear is no more and negativity evaporates. We can draw from this reservoir at all times.

In another meditation we were with Viva in a no-man's land between her reality and ours. Frances saw a radiant sun and was reminded of the disciples in the Ashram of Christ who see our radiance and not our personalities. The amount of light we radiate reveals how useful we are in service.

At the beginning of June Frances felt Viva's presence and heard "Take refuge in the ashram. Thought can be powerful. Plant only good seed thoughts and the abundance of their flowering will be available to the collective."

In the middle of June I saw a beautiful ceremony involving music, bells, flowers and fragrance. Imagine my surprise when I attended the Summer Solstice ceremony at the Lodge of The Holy Grail the following Sunday and saw the same ceremony. It was one of the most beautiful and inspiring experiences of my life. I've seen similar ceremonies in the ashram but to see it taking place on the physical plane was a huge privilege. Frances was taking part in it, as she is a member of the Lodge.

In a later meditation I heard "You do not see the whole picture. It is as if you are looking at the back of a tapestry. You see only the knots. Open your eyes and see the whole picture from its true perspective."

At the end of June Viva appeared and reminded me of the boat imagery she had given me. I sat in my boat on the beautiful lake, dropped anchor, and soaked in the silence and the stillness. I aligned myself with the Sun and felt steady: anchored in the waters of life and held steady by the Sun.

At the beginning of July Viva sat with me in the boat on the wide lake surrounded by meadows and mountains. She said she had created the scenery for me and that it is a place to meet and share with each other. I asked her where she lives now and she replied that she no longer needs to live anywhere. Her home is within. We need homes when we have physical bodies. After the car crash she had longed for her adobe house on Spirit Mountain. So she created it and lived in it until she no longer needed it. She said it was an emotional need, and if we die with a strong emotional need, we manifest it on the astral plane. This is why it's important to deal with our emotions when we are in a physical body because they are much

stronger after death. On the physical plane we can distract ourselves with addictions to food or alcohol, but we cannot do this after the body has died. Our emotions create the climate and the scenery we find ourselves in after death. I wanted to stay with her and she said I could be there with her as well as here!

In the same meditation Frances also experienced being in a boat with Viva. She had spent the day gardening and received this message: “Weeds and humans are only harmful if they are in the wrong place. Every plant, every being has its season and its place. If planted in the right place, it benefits all of creation. Then we can grow and radiate, come into flower, and not take nourishment from another. Planted in the right place, they will feel a sense of peace and rightness. Then they become a blessing for their environment. Radiate the perfume of the ashram in your daily living, so that all around may receive its uplifting fragrance. May you be blessed.”

A week later we were again with Viva who urged us to notice the qualities of the ashram and to carry those qualities into our daily lives. “The Ashram is a place of abiding joy, profound peace, deep calm and love eternal.” Frances experienced fresh energy like water gushing from a spring. Her lungs expanded, her heart opened, breathing the purifying air of the ashram. Swirling colours of radiant indigo to purple filled her head.

On my 64th birthday I had a meditation about detachment. One day we will have to leave everything behind and we do not know when that day will be. Instead of waiting for that day, we need to start practicing detachment now. In the same meditation Frances felt the energy of gratitude and the following dropped into her mind: “Gratitude is an aspect of love. All beings in the ashram remain in an open state of joyous gratitude for the divine blessings flowing in from still higher realms. Love is like a diamond with many facets, all of which are an expression of it. Gratitude is one facet. Joy, beauty, truth are other facets. Peace is the essence of its emanation, as is fire.” We both felt Viva’s presence.

A week later Frances had a meditation about the Deva evolution. It was filled with spaciousness, clarity and a clear light. Soft pink and rose: the colours and quality of rose petals. She felt an expansion into a lightness of being and awareness on several levels at the same time. She saw the four of us journeying together as a group and heard, “As you raise your consciousness into lighter finer dimensions from the fifth dimension onwards your connection with the deva evolution becomes closer and more conscious. Those who dwell in the ashram are from both evolutionary streams and thus Maitreya is ‘the Master alike of angels and men’. Pay more conscious attention to the devas around you. The physical world is the result of their activity under the guidance of the Mother. This includes your own physical vehicle. Aspire to a level where there is no more separation.” We all experienced Viva’s presence in this meditation.

At the beginning of August Frances heard Viva say, “The connection is well established. We journey together a small group of four travellers.” Frances asked, “Where do we meet?” Viva replied, “Try to release the need for an image

of a place, rather attune to a plane. What is the plane in consciousness on which we meet? Think of a plane of pure consciousness, a place of mental clarity. You may perceive light and sense a particular quality, but it is not a place which you can see; only touch with other senses. This is the plane of pure consciousness where we can learn to communicate mind to mind. You are learning true telepathy.”

In the same meditation Willem heard a call to stand in our power. He saw an image of “She Who Leads” by the Russian artist Nicholas Roerich in which a woman is leading the way. He felt the power of womanhood, the restoration of the balance within and without.

A week later Willem again felt Viva’s presence. He took the opportunity to thank her. “Thank you Willem, but there is no time for thanksgiving or congratulations. There are Sirius matters at hand. We all need to focus with accuracy and react promptly when needed.” This pun on serious/Sirius is something Vivian often did although Willem could not have known this. He only met her once.

In the same meditation Frances heard “Time is relative. On the Buddhic plane all becomes one, time as you know it is no more. Past, present and future are one. However, in all the realms there is a principle of timing. There is a ‘right time’, a window of opportunity for everything. Learn the skill of recognition, of knowing when the moment is there, and act on it. Then you will find that all things will flow with much more ease – even on the third dimensional plane.”

On the 24th August Willem saw a fountain of gold. A thick liquid ready to solidify came out of the skies and splashed in our midst. In my meditation we were being bathed in golden light. It filled my being and invigorated me.

On the 7th September all three of us received a similar message from Viva. In my meditation I saw Viva on the veranda of the building with the columns. She told us to detach from the personality and connect with the soul. In Willem’s meditation he saw Viva and heard her say that we need to detach ourselves from the past, from all the things that are so dear to us, which we cling to, from all the heady stuff, from all the clever knowledge. Everything we need for our journey is within. “Just go!” said Viva. We went joyfully and courageously. Frances saw Viva and heard “The faculties of imagination and visualization are powerful tools. By acting ‘as if’ something were true, it eventually becomes a reality. Ask yourself how different your life would be if the soul, not the personality, was in control? All conflict would end because the personality will have aligned itself with the will of the soul. Can you imagine the inner peace this would bring? You are truly of the kingdom of souls, yet dwelling as you do in a three-dimensional world, it is difficult to maintain that high ground in the daily round. When the tyranny of the separated personality takes hold, try to act ‘as if’ the soul were taking over, and before you know it, it will be so.”

On the 14th September Willem and I both experienced time as an illusion. It only exists because we live on a planet rotating on its axis and revolving around the Sun. It gives us the illusion of moving through time. Plato said “All is remembrance” and this would explain how I am able to dream the future. During this time I was packing up the house I had lived in for 23 years and I found a diary from 1976 in which I described a dream of buying a house by the sea with a lovely view. Exactly ten years later in 1986 I bought the beach house with a stunning view that I was now packing up and moving out of.

In October Willem’s mother died at the age of 100. Several images of his mother were sweeping through his mind when Viva said, “Break the image.” It helped him to connect at a soul level. Viva added, “Let our meditations be heart contacts. It helps to solidify the heart bridge between the worlds.”

On the 19th October Frances reviewed all of the places we have visited in our meditations: the Halls of Learning, the large terrace outside the Greek temple-like building, the high snow-covered mountains beyond, the ashram gardens and the valley beneath. All fell away as we came to a place where there is only energy and consciousness; a place beyond the known. All four of us were in a place of light and peace near a source of radiant golden light. Could we have moved beyond the astral plane to the first of the Buddhic planes? This is now where Viva is. In the same meditation I found myself in a place beyond form or image. I asked Viva how we recognize each other after death and she said that it is through the essence, which is developed over many lifetimes, and through our heart connections with each other. This essence makes each soul unique and easily recognized.

At the beginning of November I had an experience of unity in which there was no separation; not even from the flies that were everywhere because of unseasonable hot weather in Spain. It was beautiful to be free of the usual sense of separation. After this meditation I found a fly drowning in my glass of water and I decided to save its life after such a profound experience of unity. That night I dreamt I had an audience with the Dalai Lama who taught me how to communicate with a dog, which spells god backwards. The Dalai Lama was laughing all the way through the dream and I woke up feeling light-hearted.

A week later Willem experienced strong presence radiating from Frances and I in the triangle. When he thinks of us on a soul level he activates a positive, nourishing and uplifting energy current. In the same meditation Frances and I felt Viva’s strong presence, which is now always with us. Frances felt a sense of the Ashram of Christ from where we were sent into the world and to which we shall return. We were asked to express our spiritual will – the will to good. In the previous dispensation it was to anchor Christ love. Now we are asked to engage the dynamic will. “The Ashram of the Christ is your true home. In your daily activities in the world endeavour to act as if you are expressing the quality of life within the ashram.”

In a later meditation I saw how much there is yet to know. It is as vast as the

universe and would fill a billion libraries. I was in awe and felt Viva's excitement at embarking upon this voyage of discovery. One could never be bored or run out of things to learn.

At the end of November Willem saw Viva with Master Morya but when he tried to call to them, no sound came out. Viva asked telepathically, "Why do you want to call us, Willem? Why do you want to reach us? We are already in your heart. So close!" Willem's heart was bursting with joy.

In the middle of December I heard the word "elevate" and was shown how to expand my consciousness to include other realities and dimensions. I felt my energy field expand. The further I extended my awareness, the more abstract it became. It was both ethereal and crystal clear. I can only compare it to Bach's music, which is so abstract there are no images when listening to it – just an ethereal clarity. Certain music elevates.

On the 21st December I witnessed a celebration of the Christ Mass but not the way Christmas is celebrated. In the Ashram of the Christ it is a celebration of Christ consciousness entering the world, not just through the birth of Jesus, but through the heart of humanity. It is a beautiful powerful time. Viva was very present in this meditation. Frances felt us lifted into the energy field of the Ashram and a great outpouring of Light flowed from there through the unified hearts of all of us.

A week later Viva told me she is continuing with her musical studies and that everything is vibrating according to its own particular note. Even the atoms are vibrating, forming patterns of creation according to a particular notation, like a musical score. This is difficult to explain and understand but I remember seeing patterns in sand formed by different sounds. Patterns can also be seen in water crystals when music is played. Beautiful music forms the most exquisite patterns just as discordant music forms chaotic patterns. Apparently, Hebrew is the only language that forms the pattern of its sound when vibrated.

In the same meditation Frances was trying to see the ashram as it looks on the astral plane. Viva said, "You are still trying to see a physical vision of the ashram. It is true that there is a visual counterpart imprinted on the higher astral plane but this too is an illusion. The true ashram is non-physical and non-astral."

At the beginning of 2010 Viva suggested that we practice discrimination and detach from the people who drain us and distract us from our work. She said we have "crossed a line" and are moving towards discipleship where the work of the ashram is more important than the pursuits of the personality. I felt a big shift and a turning away from personal issues in 2010. There was a new power within me I have not experienced before – like Shiva!

A week later Frances sensed Viva's presence and the energy field of the ashram. She was reminded that on the higher planes the devas and humans work closely together. "Try from where you are in your daily life to develop a closer connection and relationship with the devic kingdom. Cultivate the link, for as

you raise your awareness that connection will become closer. When healing, writing or being engaged in artistic activity ask for the aid of the devas and you may find that the work you do is enhanced and inspired.”

In my meditation Viva was also very present and gave me a glimpse into her life in the higher realms. Her home is now the ashram and, as she does not need to sleep or eat, she studies, contemplates and sings. All is done with great joy and delight. I felt blissful in her presence. She still aspires to raise her consciousness just as we do. Willem also felt a heart contact with Viva in this meditation.

In a later meditation Frances experienced a falling away of old systems and patterns. In our consciousness we are now part of the New Earth, which has a totally different frequency. Our task is to continue releasing old outmoded patterns and habits, which prevent us from moving into the new, much lighter, frequencies. The New Earth is light, joyful and full of energy. The old is heavy and drags us down. We were advised to visualize breathing in light, take flower essences to help transform and release the old, and to have fresh flowers in our homes. “Just be in Joy! Look at everything you have learned up to now, and with new eyes, discard or transcend what seems too limited and dogmatic. We are all in free fall – enjoy the ride!” Frances felt buoyant, light and full of joy and dancing lightness of being.

In my meditation Viva appeared and took my hand. She led me to a huge library bigger than the Hermitage in Leningrad. It was even more beautiful and contained everything that has ever been written – even the books that have been destroyed. There were corridors, staircases and more books than I have ever seen. The Askashic Records are on the top floor but Viva said we would need permission to go up there. She took me to a place where the hand-written illuminated manuscripts are kept. They were hand-written and illustrated by monks before the printing press was invented. She showed me some and with great delight said I had created them in another life. I have always felt that I was involved with these beautiful hand-written illuminated manuscripts. I saw myself as a monk in a monastery where I worked through the daylight hours carefully writing and illustrating. It was exacting work. If I made a mistake, the manuscript was ruined. I was content with my simple life and loved the work. Even now nothing gives me more pleasure than writing and illustrating. This may have been why Viva showed me this past life. She was delighted to have found the manuscripts.

A week later I was told I could no longer waste my time and energy. In my own life there was a purge going on. People who took my time and energy were dropping away. I was feeling totally alone. There appeared to be nothing to hang onto. My old way of being in the world no longer worked. I felt like Arjuna!

At the beginning of February we were told to hold the Earth steady as it goes through a major transformation. We could see this in the earthquake in

Haiti. Although it is considered a major disaster, it is pushing us towards the “critical mass” that will change the world forever. It is another “mass movement of the heart” in which many are sacrificing their lives.

In the same meditation Frances was given this message: “The road to heaven is through the heart. The mind can be the ‘slayer of the real’, examine where motivation is coming from; is it the warmth and tolerance of the heart or the analytical mind? The heart knows, the mind thinks it knows. Rest in spaciousness.”

A week later Viva told me that all of our lives leave an impression on the aura, which is how we recognized each other when we met in Pasadena. This explains how people are attracted or repelled depending upon past-life experience. She said she is not Vivian any more and does not need a name where she is now, but we can continue to call her Vivian or Viva.

In my meditation a week later Viva was leading us across a high bridge. It was like a Roman aqueduct with huge arches. It was so high we could not see the ground beneath it. I had vertigo and did not want to go across it. “Do not fear the heights,” said Viva. We followed her across the bridge in single-file. It reminded me of a Roerich painting.

At the beginning of March I saw Viva singing in a choir in a great soaring cathedral-like building. It had enormous arched windows through which light was streaming in. We were part of a huge congregation listening to this heavenly choir, which sounded like angels singing. Viva looked so radiant and joyous. They were all wearing white robes with different coloured sashes. It was a glorious sight and sound. We had been invited to hear the singing, which was part of a ceremony.

In the same meditation Frances saw the goddess Quan Yin with her robes billowing out towards the light. Then a stream of deliciously scented golden yellow flower petals moved around her and our triangle. It was uplifting and purifying. Frances realized that we could use this visualization to purify our homes and raise the vibration in order to dispel negativity and heaviness. Quan Yin emanated an energy field of great refinement, purity, delicacy and spaciousness. The delicate scent remained. I suspect that we were attending the same ceremony but brought back different parts of it.

In the middle of March I experienced everything as being alive: the furniture and the buildings as well as the trees and the flowers. We are all alive, a part of the Earth, and at various stages of evolution. It was a profound experience in which I knew I was not alone. It was an experience of Unity.

In the same meditation Frances heard “You may see yourselves as small specks but you are part of a much larger movement and all are needed. More and more are rallying to the “Call”, multitudes are being mobilized now to help build the New Earth. Do not give a backward glance to the old or the sufferings of those who are tied to it. Remain firmly focussed in the New and root yourselves there. Be with us, builders of a new and radiant Earth! Ally

yourselves with all the groups – and there are many – who are building a new and radiant future. You will recognize your brothers and sisters when you encounter them from all races, cultures and points of the planet. You will recognize them by their willingness to work for the greater whole. Together you are a huge unstoppable force. Each of you has chosen to die to the old and live for the new. This has given you renewed life force. Use it well!”

In a later meditation Viva led us to a place of white gold light and told us not to try and interpret with our minds. It was difficult to switch off the mind.

At the end of March Frances was aware of a multitude of light workers standing in serried ranks within the fiery energy pouring through the Sun via Shamballa. We were sitting cross-legged with Viva in a triangular formation around a fiery vortex. We each had a flame above our heads. Then we were enveloped each in our own column of fire which kept expanding and growing into a vortex of fire in the centre of our triangle until all was fire!

At the beginning of April Viva was present and said she is now without form. She is pure consciousness. Frances saw only golden light within her ajna centre but it had depths to it, like a veil, which could lift at any time and reveal what is beyond. She could almost see beyond it. She received assurance that this is the Christ light, He is still here, and we are serving Him. In the same meditation Willem had an impression of gentleness, soft colours, pure sounds – silence touched by a subtle wing in the realm of angels. He heard that we deserve to be gentle with ourselves. Our subtle bodies need to be nurtured with love!

A week later Willem experienced an overdose of fire in his heart and had difficulty breathing. He heard “Radiate it!” and was bombarded with the fire of Spirit. In the same meditation I was shown that being in heaven is not the same as having heaven within us. Being in heaven is beautiful and profound but it is not the same as having heaven within. This is true Nirvana when heaven is not a projection but a living reality. The masters

have achieved Nirvana. I wondered if Viva has, as I felt this information was coming from her. I can only liken it to having the Sun inside us, so that even on a cloudy day, the Sun still shines.

I sat down to meditate a week later feeling physically ill. Immediately I experienced absolute bliss. It consumed me and I was told it is always available. It is the backdrop to our lives but we rarely take advantage of it. I promised to experience more bliss despite being bent double with back pain made worse by coughing.

At the end of April I experienced the relationship the trees have with the Earth and the Sun. It is profound and I realized that life is much sweeter when we are in relationship with our environment. This intimacy with one’s surroundings can spread to include everything from the birds in the trees to the bricks in the walls. It can be extended to embrace everyone and everything.

In the same meditation Frances was aware of Viva and a spiralling energy

in her heart centre almost too intense to bear. It spiralled back into peace and serenity. Whenever our energies are scattered, we must stop and spiral back to the centre.

At the beginning of May I experienced bliss and realized that it is Viva's bliss. She is now in bliss and wants us to know that it is where we all belong. Bliss is a place!

In June I found myself in a beautiful temple with columns and golden light. There was great peace, presence and a sense of purpose. "Emblazon!" I heard. "Emblazon the world. Do not hide your light. Carry the golden banners through the streets." We were being asked to bring something into the world that it desperately needs. "Banish the gloom! Blow the trumpets and beat the drums. Sound the Note!"

In the same meditation Frances was in a higher place observing the turmoil, change and upheaval in the world. We were standing in a circle, a small group within a greater group, within a still greater group. We were reminded not to allow ourselves to get sucked in by the many things happening, but were advised to "stay in your centre, form a 'ring-pass-not' around you. Remember you are disciples, concentrate on your priority of service. Use your time well."

In my meditation in mid-June I saw golden trumpets with red and purple banners attached to them. The trumpets were being blown. It was a wake up call to humanity. Are we ready? I heard: "Yes, come forth O mighty One!" In the same meditation Willem was led to the Great Invocation from the 1940's:

"Let the Lords of Liberation issue forth.
Let them bring succour to the sons of men.
Let the Rider from the Secret Place come forth
And coming, save.
Come forth, O Mighty One!"

It's interesting that we both heard "Come forth O Mighty One!"

In a later meditation Willem heard "Let ardour be written on your banner!"

On the 21st June I heard the word "Contact" and saw two triangles: one pointing up and one pointing down, their points touching. I also saw the painting of God reaching out to Adam. I was reminded that we are fortunate to have made "contact".

At the beginning of July I meditated on "I am a point of sacrificial fire focused within the fiery will of God" from the Affirmation of the Disciple. It was a powerful experience. I experienced a shaft of light coming from a single point within the mind of God, from which we all emanate. Some are closer to this point of singularity. Others are further away. Most are unaware of where they really are. To sacrifice my personal will to the Will of God is to regain that Unity and to see separation as the ultimate illusion.

A week later I found myself in the ashram where there is peace and harmony. I saw it as my true home and soaked up the healing energy and high vibration. It rejuvenated me! This meditation helped me to return to my busy

life and see it as a temporary experience, which is helping me to grow and develop as a soul.

At the end of July I found myself inside a red membrane. The colour red was shining into this new and mysterious space. There were others and I sensed a golden light shining around us. After the meditation I read an email from Frances in which she wrote about a new room being created that day. So, maybe this is it – the golden red room into which we can now enter and create a new reality. In the same meditation Frances found herself on a plane she had never experienced before. It was a very high fine energy combining light, love and power, but above all great peace. She realized that when one lives in a purified energy field everything becomes transparent. Pure consciousness leads to unified consciousness. This is how the masters communicate. They simply know each other's thoughts when tuning in. There is no more personality and therefore no separate self.

At the beginning of August I found myself in a large impressive chamber with a golden throne in the centre. We were waiting for Maitreya to appear. When he did he walked around the golden throne but did not sit on it. Instead he said, "Do not elevate me!" Viva was also there.

In the middle of August Willem meditated on "I am a source of strength enabling them to stand" from the Affirmation of the Disciple. He felt how we, as a triangle, are holding – or trying to hold - this strength in the same way that the light beings on the inner planes are a source of strength for us here on the frontline. In my meditation we were asked to be like a chalice in order to contain the energies. We are to distribute these finer energies out here in the world. The light beings on the inner planes need emissaries out in the world to hold and distribute. This work cannot be under-estimated.

A week later Willem experienced a lot of activity in the ashram. Viva took us to one side and led us through an open gallery. She could not tell us what was going on but the effervescence in the ashram could be compared to the preparation for D-day in the headquarters of the allied troops in England. Frances also experienced being in the energy field of the ashram with Viva nearby. She heard "Only when the personality kneels on the mountain top in humility and surrender does the disciple become useful. Such a one can be trusted not to let the personality get in the way. Humility is unselfish, it gives of itself without thought of gain."

At the end of August Frances saw us standing outside a huge and very solid iron door waiting to be admitted. We were asked to honestly examine our own hearts to ascertain what is required to pass to the next level and to see if we are ready to be admitted. She heard "You are transmitting agents for divine forces. This triangle is a receiving and transmitting unit as well as being nourished by the One Life as it is at its purest in the Ashram of the One Who is the heart of this planet."

At the beginning of September I saw a walled citadel in the Gobi desert

protected by a high wall and huge double gates. Many people were entering the citadel, including the three of us. Then the gates were closed and locked.

Willem had a similar meditation in which he sensed that an ultimatum has been heard by those who have ears to hear. They have made the choice and are entering the City of Light. The gates will soon be closed and locked.

On the 20th September Willem saw us in a vessel of light cruising at high speed. At regular intervals we returned to the Mother Ship. We were being sent out to fish – like the disciples of Jesus - listening to calls – intuitively – saving. It is busy work and we do not rest as before. We have been preparing for this job. In my meditation I also saw a vessel of opalescent light. It was an energy field of dazzling beauty. I sent some of its healing energy to a close friend I was visiting in a hospice at the time. Frances experienced being in a place of deep peace. Viva was there and we were watching scenes through huge windows into the world of terrible human suffering and destruction. In one place there was drought with starving multitudes. In other places floods, storms, earthquakes and tsunamis – the convulsions of the planet in the throes of change and rebirth. We were non-attached spectators, watching with immense compassion from a place of peace and serenity. We were shown that we are no longer a part of that reality, but that we are builders of the New Earth. To cope with living in the world at such a difficult time of increasing upheaval, we were advised to live “as if” we are in the ashram. This will help to raise those around us.

A week later Willem saw a golden shield to protect against all possible attacks which we were given on condition that we ‘hold’ this golden shield link within the ashram of our hearts. Frances heard “Expect the impossible. Things are happening which defy explanation. Reality as you have been taught to believe it and think you know it, is breaking down. Keep an open

mind and rely on higher intuition to guide you.” She saw an image of the shape-shifting Cheshire cat from Alice in Wonderland and heard “Beware of the false light. It is easier to be bamboozled as you journey into new realities, new dimensions. Look at ‘old ideas’ and concepts with new eyes, expand your horizons but venture not into the astral realms.”

On the 4th October in my meditation I saw huge red dragon doors through which we entered into an enormous space full of light and hundreds of monks meditating and chanting. I saw an immense golden Buddha as tall as a house and I had a feeling of immanence, which I had also felt in last week’s meditation.

In the same meditation Frances heard “The pace of change is speeding up. All disciples are asked to gather their forces. Ask yourself, what is asked of me at this time? Then focus the will to hearken to the soul’s call. All work carried out on behalf of the Hierarchy is energised and blessed. Do the best you can in the place where you are.”

A week later I saw an ethereal, almost abstract, landscape composed of soft blues and pinks. Looking at this abstract landscape, I was aware of my friend’s

growing awareness after dying a week ago. She had started to develop as an abstract artist before she became terminally ill. I heard “Balance compassion with detachment. Be in the world but not of it. You may be asked to leave without notice or a second glance.”

On the 1st November Frances saw images of Tibetan monks dancing in coloured costumes wearing fearsome masks with much clashing of symbols and blowing of Tibetan horns. All the dancers represented some facet of the human condition. A huge golden sun disk appeared in front of the dancers and Viva said, “Step back and see: all the many facets of the personality are but shadow puppets dancing in the Sun.”

A week later I experienced going up in a hot air balloon with Viva. As the landscape became smaller and more distant beneath us, I realized how much we magnify the trivia in our lives and are deluded by appearances. As we moved into space and saw the planet in all its glory as a single unit, I felt exalted. I was physically interrupted at this point and descended back to earth with a bump.

In the same meditation Frances heard “Cultivate My garden. Like a gardener preparing the soil for new seeds, prepare the earth for My seeds. Nourish and encourage small beginnings so that they may be enabled to grow and flourish into large wisdoms. Let the flowers of My beauty open within you and let the fragrance and colour radiate out to all.”

At the end of November I had a beautiful meditation in which I was able to ascend above the Maya and illusion surrounding us. I experienced a profound connection with higher beings and I saw how easily we distract ourselves from why we are here. I saw the need to ground this awareness. In the same meditation Willem experienced cosmic consciousness and asked if it was an exercise in detachment from the Maya and illusion surrounding and blinding us. He was told to develop the right perspective and remember who we really are. The triangle boosts us.

In our meditation at the beginning of December I heard “Be in the world. The world needs you more than ever. Do not flee from it or lock yourself away in a safe refuge. Be in the world.” It was a forceful message at a time when I was being very reclusive!

In the same meditation Frances felt waves of joy and upliftment. She heard “New energy is now pouring into the world. Make way for the new! Release the old and be open to new energies, ideas and structures coming in. There is infinite hope for the world but all who are so motivated must play their part. Keep above the turmoil and remain uplifted as you are now.”

A week later Frances was late for the meditation and sensed that Viva and I were already linked at the ashramic level. There was much activity in the ashram and she heard, “Wake up! Mobilise your forces. All are needed.” Frances asked how we could help within our present circumstances. “Do not let personality concerns deflect you from the Purpose. Keep awareness high, listen and obey that inner prompting. Listen within!”

In the same meditation I experienced being in a vast place like an arena where millions of souls were assembled. There were discarnate souls like Viva and incarnated souls like us. We, the incarnated souls, were each given an amber disk the size of an apple. They were bright and reflective. We were shown that if we all held them up together, we would be seen from outer space! We are to gather our forces and join together in unity to make a difference in the world. I thought of the Internet uniting people in order to bring about change, like the petitions I am always signing on line. The amber disks are similar. When placed together they light up the sky. The following morning I watched the sun rise up out of the sea like an amber disk, the speed of its ascent showing me the speed at which the Earth is spinning. The amber disks carry the power of the Sun and we are the custodians trusted to use this power wisely.

On the 20th December Frances experienced a very powerful Christ energy flowing softly in waves of deep peace and stillness. She felt as if she was sunbathing in the Christ light and wanted to turn up her face to receive its warmth. There was a sense of a massive wave of new energy flowing into the planet, bringing change relentlessly on its wings, dragging us along with it. There are a multitude of light workers standing by ready for the work of implementing this new energy for the new dispensation. All is very well but we are called to step up our commitment and our work. There is a sense of urgency as the forces of change sweep in relentlessly.

I spent the meditation with Viva who was very present and told me she is always with us in our triangle. I feel privileged to have this ongoing connection with her and that any separation I may experience is an illusion. When Willem, Vivian and I began the triangle in 1997, we did not know what an important link we were making with each other and the ashram. Viva said it was planned.

I was going to finish this report at the end of 2010 but decided to include this meditation from the 19th January 2011. We were in the Hall of Higher Learning and Service with Roberto Assagioli and we were looking at our readiness to become disciples. Since our first meeting with Assagioli in 2007 this is what it has been leading up to. We are training to be disciples! A hint of what this involves is in The Affirmation of the Disciple:

"I am a point of light within a greater Light.
I am a strand of loving energy within the stream of Love divine.
I am a point of sacrificial Fire, focussed within the fiery Will of God,
And thus I stand.
I am a way by which men may achieve.
I am a source of strength enabling them to stand.
I am a beam of light, shining upon their way.
And thus I stand.
And standing thus, revolve
And tread this way the ways of men,

And know the ways of God.
And thus I stand."

I have been asked if Assagioli has reincarnated and my answer is it does not matter. We are meeting him on a soul level way beyond the personality. This also applies to Vivian.

I finished this report on April 29th, 2011, the day of the Royal Wedding in London with much rejoicing and gratitude in my heart.

Compiled by Marilyn Barry

P.S.

"Infinite Mind" by Valerie V. Hunt was one of the books I inherited from Vivian and in the margin on page 292 she had written: 'Marilyn, please note' with an arrow pointing to this paragraph:

"If you can co-experience mystical reality and material reality - if you know the difference, yet can integrate and use the force of this awareness - then you are not merely sane, you are super-sane. I don't really think that there is a soul that exists in the world today that does not know at its deepest level about divine things. These feelings seem to be 'built into' humans. When you touch such knowing, it is as emotional as going home to a place that has always been yours, a place that you know fully but only glimpse occasionally."

