



Life Without Elgar: A Tale of a Journeying Soul

Ann Merivale

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During a regression to find out the reason for the unusual emotional attachment that she'd had since the age of sixteen to Sir Edward Elgar - both his music and the man himself - Ann Merivale was knocked for six at finding herself in the life of Helen Weaver, his first fiancée. One year on, following a meeting held at Plas Gwyn, in the very room that had been Elgar's study from 1904-11, a series of letters between Edward Elgar and Helen Weaver started writing themselves in her head. Gradually, and on the advice of colleagues, she decided that this 'imaginary correspondence' should form the middle section of a book devoted to her personal experiences. The first part is autobiographical, showing how she came to her present beliefs and the third part (also somewhat autobiographical) draws conclusions re healing. It has the dual aim of introducing spiritual subjects to musical people who are unfamiliar with them, and introducing Elgar to spiritually minded people who know little or nothing about him.

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