

Mieke's Voice - Week 15 - Expressing my authentic nature

One of my favorite things to do is to authentically connect with children. I look them in the eye and recognize who they truly are, divine souls in young bodies. Many of them are still aware of their divine nature and are able to express themselves freely and authentically. Interacting with children invites me to activate that open, free, innocent, spontaneous, fearless, adventurous part of myself. It gives me permission to express myself from that inner knowing that all is well; that life is fun and always an adventure. It puts me in the only true time there is, THE NOW.

Every time I see a child it feels like an invitation. My inner child hears the call! Their inner freedom is calling my inner child to come out and play.

Hmmm, so what happened to me I wondered when I moved beyond my teenage years? Why I am holding myself back and why seems everything so serious now? What is missing here?

At age 26 I decided to send my inner detective on a private investigation. I asked him to go find out what invisible prison was holding my "joie de vivre" from expressing itself fully, fearlessly and

joyfully? There must be a cause for this and I was going to figure it out! I was certain there is a reason for everything!

Two decades later my private detective came running towards me, almost out of breath! "I found it, I found it! I apologize that it took me so long' he said. I had to dig very deep to get to the root cause of it all. I saw all the pieces of the prison, some were fresh, others were old and stagnant and totally not relevant anymore. I made a list and wrote them all down. Let me read them to you", my private investigator enthusiastically shouted out to me. "Are you ready", he asked? "Yes, go for it", I said!

Without pausing, he listed the following: Your inner prison is built with negative believes, jealous thoughts, comparing thoughts and controlling thoughts. You are born in a world where you are influenced by opinions of others, rejections of others, fears of others and you compared yourself with others. A world where history, culture, organized religion and politics created rules and judgments. Negative emotions of others combined with your own negative experiences, trauma's and fears caused guilt ,resentment, anger, rage, and self judgment.

All those things led you to believe things about yourself that were lies

and distracted you from the truth of who you truly are. Your divine loving nature, your “joie de vivre” got covered with lies. You started to believe the biggest lie of all, “that you are not good enough, not worthy enough”. Not good enough for others and not good enough for yourself. Those deep seeded negative beliefs started to effect all aspects of your life.

I was truly impressed. I felt the truth of what was being said! Gosh you are good! I told my private detective! You are amazing! Thank you so much for digging deep enough and not giving up till you got to the bottom of it all!

Alright! That was exactly what I wanted to know! If I don't know the real core problem, how can I find a real solution? At least I got to the bottom of it all!

Now I was interested and ready to create a REAL solution! I knew every part of me had to be involved, included and integrated in the solution. Time for a meeting I decided, a meeting with all parts of myself. Every age needed to be present; the baby in me, the child, the teenager and and the adult parts. I decided that my adult self would lead the meeting. I would let each age talk about their experiences, their fears and their desires. I would give each of them a

voice.

My 48 year old adult self is taking responsibility and is letting all the other parts know that they are safe and that I am taking care of them. By honoring and acknowledging each part of myself I am breaking down the walls of my self made prison. By uniting my parts and bringing them back into the light, they no longer can hold me hostage by their unmet needs. I now understand and acknowledge their confusion, their trauma's and their fears.

By forming my own inner counsel and meeting at regular intervals I can continue this healing process into wholeness. I am thankful for my inner investigator to have found the core problem. It is painful sometimes to discover and face the disconnected hidden parts in myself but it is a process while worth taking. Discovering the lies and replacing them with the truth of who I really am is a path to true inner freedom.

That is what my life journey is all about. I recognize the Divine essence in myself and also in everybody and everything else in this world! Expressing that Divine essence is what true freedom is.

Mieke's Voice - Part 1

Week 1 - Introduction

Week 2 - A Rough Start

Week 3 - Vision

Week 4 - History Lesson

Week 5 - Bookstore Caecilia

Week 6 - Invisible Hand

Week 7 - My family, a circle of 5. Part 1 - My parents Anny & Hugo

Week 8 - My family, a circle of 5. Part 2 - My brother Jeroen

Week 9 - My family, a circle of 5. Part 3 - My sister Kathleen

Week 10 - My family, a circle of 5. Part 4 - Something about myself,
Mieke

Week 11 - Encounters with extraterrestrials

Week 12 - The Movie E.T. - The Extra -Terrestrial

Week 13 - What happens after the body dies?

Mieke's Voice - Part 2

Week 14 - Introduction to part 2

Week 15 – Expressing my authentic nature