

Intimate Relationships

Before I met Paul at age 28 I had several other relationships, some of them lasting for many years.

I notice when I am in a relationship, a dynamic is being formed between my partner and me. We create our own comfort zones. We form our unique bond and habits and choose to do certain things a certain way. Energetically we connect on several different levels, emotionally, physically, mentally and spiritually. Our energies blend together and intertwine. Sometimes we even start experiencing telepathic communication with each other. We respect, love and even judge each other in our own unique ways. We choose to do things together and learn to deal with our challenges.

I always liked being in a relationship. I liked it more than being single. And because of that there was never much time between relationships.

I loved and respected the men I was with, for who they were, for their own essence. Everyone of them was unique and great in his own way! I am still friends and connected with most of them.

Stepping out of a relationship has been for me the most difficult thing to do in life. Sometimes it was not my choice. My partner

made that choice. Which was for me a very painful experience. The belief of not being good enough was activated and confirmed and affected my self-esteem. Many times it was I who made the choice to separate. The reason for this was because I felt that we were moving away from each other instead of towards each other. I became aware that we were not moving along in alignment anymore. When I realized that our interests and goals were not going in the same direction, I knew I had to leave the relationship. I also realized that by doing so I would cause my partner pain and he would feel rejected and maybe angry or sad, which was not what I wanted either. I knew it was unavoidable. Speaking my truth towards him and then acting on that decision made a messy and sometimes long process. It didn't happen overnight!

It was painful and uncomfortable to separate our energetic fields and physically remove ourselves and our belongings away from each other. We had to let go of what we had built up. We were used to be together and the empty space felt so different and unfamiliar. It was dramatic and traumatic on a physical, emotional and mental level, but at the same time freeing on a spiritual and soul level.

Several times I held on too long. I couldn't do it. I was afraid to do it. I didn't want to hurt, disappoint or depress my partner. I kept making up excuses to myself why maybe it could work out. I didn't want to go through the struggle of it all and kept resisting it and

putting it off. It was a very painful and confusing process for me.

In my heart I knew that speaking my truth was an act of self respect and respect for the other person. I was aware that staying longer, holding on would only create more drama and pain and cause a lot more damage in the long run.

At age 26 I experienced again such a painful time where I had to speak my truth. I knew it was of utmost importance for me to be single for awhile and experience who I was without a relationship. That was not easy for me!

I needed to become conscious of the relationship with myself. Being alone, was not comfortable for me at all. Being in silence with myself, with the inner dynamics and inner dialog going on was very confronting and hard.

But because I made that decision I created space in my life. I consciously chose to pay attention to the relationship with myself. This was an act of self-love and because of this choice a major shift in my life was about to present itself. I was not aware that pretty soon my life would go in a totally different direction!

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Mieke's Voice - Part 1

Week 1 - Introduction part 1

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 part 2

Week 15 - Expressing my authentic nature

Week 16 - Sexuality - part 1 - Unity

Week 17 - Sexuality - part 2 - Separation

Week 18 - Sexuality - part 3 - Menstruation

Week 19 - Intimate Relationships