



Second wake-up call

It was 1995. Being almost 25, I was learning to listen to my intuition. I was figuring out that when it speaks, I better listen and act accordingly. The intuitive messages, the advice from my higher self came strong, suggesting to make more supportive choices for myself. Acting on that knowing and following through..., I wasn't that great at it.

After many push and pulls, created by my own fears and insecurities, my intimate relationship with Bart B. had come to its end. My intuition had spoken and made it clear to me that it was important to learn to be by myself, to not have a relationship for a little while. I needed to learn to be comfortable in my own space and learn to connect internally. I could see many reasons why that was important. But I wasn't used to that. It felt more comforting and natural to be in a relationship than to be without. I also liked the attention, love and presence of a boyfriend and being by myself was not providing that. The option of giving MYSELF the attention and love was something I had never heard of or learned before.

While in relationship with Bart B. I met Alain through Bart's work. Alain became Bart's friend and so also mine. We hang out together many times. There was no intimate interest between

Alain and me while I was in relationship with Bart. Bart and I were together in a committed relationship and I was not interested in any other guys. Several friends we hang out with visited our home on occasion, so did Alain. He was a fun, social, open and sensitive friend.

My relationship with Bart ended. I was learning to let go of that relationship and live on my own. But the letting go was very uncomfortable and not without emotional upsets. Being confronted with my own inner turmoil and inner battles was not easy. Reaching out to others was often the option I chose. I had my Golden Retriever Rayca by my side who was always there to console me. But the restlessness I felt inside made me reach out to friends. Alain was one of them.

He was of great support and fun to be with. There was a lightness I felt being with him. The attention I received made me feel good, loved and appreciated. Soon there was more. Without really deciding to be in a relationship together, we became involved. I enjoyed his positive attention. It was fun and exciting hanging out with him. Several aspects were new to me, Alain was 2 years older than me, he had his own car and his own apartment in Gent. It was refreshing to be able to get out of Deinze and be with him in Gent.

Alain is a very talented, passionate and creative cook, he was working in some really good restaurants and kept learning more and more excellent cooking techniques, which he loved to share with anyone who was interested. He was always serving me the most fabulous meals. He loved cooking so much, his heart was in it. Someone who loves doing what they are doing and are making a living from it are geniuses I think. I admired that. I was fascinated by how he created those high end dishes. I learned many cooking skills because of him. Especially the presentation was done so eloquently which touched my aesthetic and creative

bone. Every part of the dish was carefully placed on the plate, color-coordinated and beautiful presented. When he was cooking it was like a dance, swirling around in the kitchen, totally focused and absorbed by the art. Final touches were being applied with herbs or pieces of food placed on top to finish his piece of art. He was completely immersed in the activity. He was proud of it and I admired his creations.

There was a side effect! Daily I was focusing on food. Indulging in rich dishes and desserts was fun and very appealing to my senses! I began to eat more than I needed and started gaining weight. I was not able to control myself and I wasn't even trying, I didn't see that it was important. A challenge I am still experiencing to this day.

At the same time I was dealing with my internal battles. I was distracting myself from myself with Alain. I was not listening to my inner intuition that it was time to learn to love myself instead of looking for love in the outside world. I saw the inner beauty of others but didn't see my own. Because of my fears I could also be very judgmental. Negative thoughts and judgments towards others and towards myself were part of my inner dialog.

I didn't want to be alone but I also did not want to be moving into another relationship. It became a daily inner confrontation. I knew it wasn't in my own best interest to be in another relationship that fast. I needed to learn some inner lessons on my own and I was avoiding it.

Alain had been working as a cook in a very busy well known restaurant for several months, without a break. On top of that, on the weekends he was helping out as a catering cook for weddings and parties. He was overworked and hadn't had time off for a long time. He was overdue for a break. A well deserved vacation was on the horizon.

While I was feeling the inner call not to get deeper involved in this relationship, I decided to go on vacation together anyway. A trip by car through France and maybe reaching into Spain sounded like fun.

I felt an inner push and pull feeling between what I felt I should be doing and what I decided to do. After all he REALLY deserved time off and going by himself on vacation didn't sound as much fun as going together. So we packed up and took off.

I loved being in France. I loved the sun, the beaches, the French Language and of course the culinary excellence of the French cuisine. Trying out the best foods was of course part of the exploration. The feeling of being an explorer in France has always made my heart sing.

The more days we were on the road, the more I felt an inner resistance. A feeling of guilt was growing inside of me. I was not allowing myself to be open and honest about what I felt. I did give him here and there some subtle hints, trying to communicate about how I felt. I didn't dare to really speak up. Instead of communicating immediately and with clarity I kept silent and decided to wait another day. Also convincing myself that my feelings might disappear or change and things might get better. I was giving myself excuses not to speak up. This wasn't fair towards Alain and it wasn't fair towards myself.

Instead of opening up, I shut myself off and started to create a wall around myself. Alain didn't seem to notice much that I was struggling with myself and the situation. He stayed happy and enthusiastic about his trip and enjoyed all of it. I was thankful for that. I didn't want to ruin his vacation, but I also wasn't able to honestly participate to the fullest. I found myself in a big dilemma.

Towards the end of the vacation I decided to walk through my

fears and open up. I wanted to explain what I felt and ask if we could just be friends. I would explain that being in an intimate relationship is not what I needed or wanted at this time.

Driving high in the mountains, we found ourselves in the middle of giant rock formations, aware of the steep cliffs all around us. We knew we needed to get through these mountains before the night fell. The sun was disappearing fast. Alain was driving fast and had to concentrate on the twists and turns in the road. Bringing up the subject of our relationship then would not have been smart. I decided to wait till we were safe and not driving.

We didn't get all the way out of the mountains before the sun was down, but finally we reached the little town on the foot of the mountain. All of a sudden we came around a corner and were taking the turn, the car started spinning around and around. I had no idea what happened. I pushed my hands towards the dashboard in front of me, not knowing if the car would flip over or crash. I was prepared for anything. I knew there were cliffs as the street was winding down the hill. I surrendered to the moment, knowing this could be the end. All of a sudden the car stopped in its tracks. I opened my eyes and looked out of my window. The car had stopped just at the edge of a cliff. I looked down the cliff and could see where the car would have crashed down.

There was silence. We both had no idea what just happened. I did realize that our lives were saved. An invisible hand had again intervened, this wasn't the first time that happened in my life. We both realized we have very good guardian angels.

I was shocked. The adrenaline came rushing through my veins. Then I sensed silence inside. This was my second wake up call. I needed to be honest and open, with myself and with others. Life is too short to waste it on drama and conflict.

Once we found our balance back, we knew it was time to drive home. This had deeply affected us. Alain wanted to drive all the way home that night. I realized we needed our focus to get home. This was NOT the time for bringing up this relationship subject. Alain needed to have the space and focus on the road. Emotional conflict would only be more dangerous while driving. I decided to wait till we got home.

It was very intense to carry this conflict inside of me for so long without being able to dare to speak my truth. After many long and tiring hours driving we crashed into bed. Once home, I could not keep it inside one more minute longer. I had to speak it out, right then in the middle of the night. And I did.

What I didn't want to happen, happened. Alain was deeply hurt. He was mad, sad and confused, which was to be expected. His vacation was ruined after all at the end.

I learned right there that it is important to speak my truth from the moment it comes up. To not push it out in time and give myself excuses out of fear of being rejected and not loved. Or because I am afraid that speaking my truth will hurt the other.

Fearlessly voicing my truth has been an ongoing life lesson. Every time I do express my truth it has set me and everyone else free. It is a powerful practice, an act of self-respect and respect for the other!

Mieke's Voice 2019©Mieke Benton
Starshowerusa@startmail.com

(Sharing permitted with my name and email included)
(With a simple email let me know if you like
to be added or removed from this list).

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
Week 20 - America - part 1 - Newspaper Article
Week 21 - America - part 2 - Stepping into a movie
Week 22 - Another taste of freedom as a college student
Week 23 - Riding the waves, both high and low
Week 24 - A Holistic approach to healing
Week 25 - Overnight resident counselor in a high school
Week 26 - Mieke the younger in action - Part 1
Week 27 - Mieke the younger in action - Part 2
Week 28 - Totem Initiation
Week 29 - Extra Freedom and Independence
Week 30 - First Wake-up call
Week 31 - Second Wake-up call