



### Mieke's Voice - Part 3 - Introduction : Learning to Love myself

It was clear. I had been in several relationships and did not want to be by myself. But that was exactly what I needed. The importance of focusing on others and supporting others was what I had been shown in my family. Taking care of others and making others feel good was very normal to me. My self worth was build from the positive feedback I received from my outside world. The more I did for others and made them feel good, the more positive response I received. With as result the better I felt about myself. Except I didn't prioritize my own hearts desires.

At age 26 my intuition had spoken clearly. It was time to learn to love myself first. Without self love I would always be searching for my answers, for love, attention and respect in the outside world. It would be a never ending chase. I knew that I needed to find love inside and for myself first.

How do I do that? I had no idea. Easier said than done! But I knew it was important and I would figure it out somehow. After my two wake-up calls I knew it was time to listen and make some changes in my life. This was not a mental decision, my mind was not comfortable with that idea at all but my heart knew it was important and it was time. Time to open my heart towards myself.

In part three I disclose the first conscious steps I made towards self love. Choosing for myself was not something I was modeled at home. Surprisingly, every time I did give myself permission to choose something for myself, I noticed that I was empowered and more powerful synchronicities happened in my life. More empowering opportunities appeared that were supportive for my well-being. I met others who were examples of those who learned to love themselves. The more I chose for me, the better I felt and the more interesting and fulfilling my life became.

Follow your bliss! A powerful truth I still use as a guideline for maneuvering my daily life towards a balanced happy life. A life long path worth walking.

Note: Episode 33 will be published next week on October 19. Followed every two weeks by a new episode. Thank you so much for being my audience and support team.

Mieke Benton

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).

#### Mieke's Voice - Part 1

Week 1 - Introduction - My early life  
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 - Relationships  
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  
Week 32 - Home Ter Linde

#### Mieke's Voice - Part 3

Week 33 - Introduction - Learning to Love myself

