



Centrum Gea

I heard the mailman coming to the door on his bike. He drops the mail through the slot in the door and I hear a bunch of papers falling onto the floor.

From my couch, I had been pondering where my life was going. I was moving forward in life as society was modeling to me. Getting a job, a house, a car. Going to work and accumulating some material wealth was an obvious societal goal. My life was going pretty well in those standards.

But for me there was more to life than that, much much more. I was interested in the energetic world, the unseen world, the dynamics and phenomena I was experiencing but obviously nobody seemed to be talking about. Was I the only one in my personal environment interested or even aware of those things? It seemed like it.

On my own I had signed up for some classes without sharing much about it with others around me because it didn't seem that those things were even accepted. Those subjects seemed to be taboo and bringing them up was making people feel more uncomfortable I noticed. So far I had done a training in Bach Flower remedy consulting in Gent, a two year training on Gaialogy in the Netherlands and I helped my friend Lieve van

Leemput organize a Yoga camp for children and a meditation class in her elementary school. Those things gave me much more inner satisfaction than the idea of accumulating material things.

Hearing the mail was delivered, I forced myself to get up from the couch. I grabbed the pile of papers and dropped them on the coffee table. With a heavy feeling I plopped myself back onto the couch.

From the corner of my eye, I glanced at the mail and noticed a brochure from Centrum Gea. I did not recall what Centrum Gea was. For sure I didn't remember signing up for a newsletter. I was curious and opened the brochure. I learned that Centrum Gea was founded by Joost Van Hove and his life partner, Els Van Hoogenbemt in 1990. It was located in Sint-Martens-Latem, about a ten minute drive by car from my home in Belgium. I also learned that Joost was an instructor in NLP, energy work, personal development and psychotherapy. He was also a personal coach and mentor. I read that Els was an M.D. and a Doctor of Homeopathy. She was a coach in energy work and a trainer in intuitive development.

I glanced at the list of offered classes. When I read "The Power of Sound" I became immediately intrigued. It triggered something in me. I would love to do that class! I wanted to do something inspiring and motivating and I knew that there was truth and power to be found in the Power of Sound.

There was no time to waste. That class was starting soon. I was ready for some activity where my heart and soul were completely involved. I felt that this class, The Power of Sound, would be very supportive for me.

I picked up my phone and called Centrum Gea. I wanted to know more about the class and if there was still room for me to attend. Joost answered the phone. I told him that I was interested in attending the Power of Sound class. Joost was very friendly and informed me that those

five series of classes were in sequence and part of the Psychodynamics training they were offering. In order to do the Power of Sound I first needed to attend the first series, The Power of Color. I felt disappointed. Really? I can't just sign up for the Power of Sound? Color is another powerful subject, but I was much more interested in Sound than in Color. I realized that if I really wanted to get into that class I had to start with the Power of Color. I signed up.

Those classes opened up a whole new reality for me. They provided much clarity about my personal experiences that nobody else was talking about. I became more aware of my own energy field, the field of others and how they relate and interact with each other. I learned how the power of color and sound can be used in energy work. I used guided imagery, meditation and interactive exercises. I learned how to center myself and restore my personal boundaries. Using my own voice and other instruments I loosened old limiting beliefs and emotions and replaced them with more supportive feelings and beliefs. By doing so I recreated my life more powerfully.

I started the first in the series of the Psychodynamics classes, "the Power of Color" on September 17, 1997. I had just turned 27. The choice to take this class was a powerful step on my journey of self-empowerment. A supportive step in own personal awakening process and evolution of consciousness. I discovered the truth of myself and reality. I started to connect some dots and became aware of the massive amount of untruths we humans have been led to believe about who we are in this vast reality of the cosmos. More and more I was becoming aware that there is a lot more to me than what I see in the mirror! On December 12 our group finished the first series "The Power of Color".

Now I was ready to embark on the second class in the series The Power of Sound which started in January 1998. This series enhanced my emotional and spiritual healing. The initial intuitive sense I felt when picking

up the brochure happened for a reason. I was guided and listened to my inner call. In that class I was invited to use my own voice. A process I am still using today. My project, "Mieke's Voice" is part of this journey. I speak my truth and use my voice to express myself in my own unique way.

Of course I would not stop after the second series The Power of Sound. I was hooked now and realized I had found my soul family who was speaking my language. It was a safe, loving and conscious group of people that provided just what I needed and wanted, to expand my consciousness and awareness of myself and the reality of life.

The third series was called "The Disks", referring to the chakras, the energy centers in our energy field. With using our inner senses we learned to purify these energy centers. Color and sound was used to heal and empower ourselves, to bring ourselves to balance and transform limiting patterns in all facets of our life. Followed by a fourth series where we were learning to read our own inner field and that of other people.

Centrum Gea provided what I was looking for. A safe place to learn about myself. A place where we talked about the things nobody else in my environment was talking about. Natural forms of healing, the unseen energetic world, relationship dynamics, human challenges, unexplained phenomena, other dimensions, just to name a few. A place where I could express all my deep inner questions and concerns. I was invited to totally be myself. Many tools were provided on how to support myself. Els en Joost didn't pretend to have all the answers or solutions to all my problems. They were growing and expanding themselves and learned as much from us as we were learning from them. This is what I call co-creation at it's best!

Paul and I are still in contact with Els and Joost and appreciate the life long relationship we have. For those living in Belgium I will include here the link to Centrum Gea. In researching their current website I was pleasantly surprised that the course Psychodynamica that they offered in

1997 is being offered again this coming January 2020. Who knows, someone reading this might decide to embark on that journey themselves!

I want to express my deep gratitude towards Els and Joost and all the students in our classes. I am re-reading my journals and notes I was writing while going through those classes. I am thankful for the information I recorded then. By reading it now, I am motivated to reapply all of the insights and knowledge. Actually it is of even more value now in my current life circumstances than it was for my younger 27 year old.



Link Centrum Gea

<https://www.centrumgea.be/agenda/2020-01-18/module-1-de-kracht-van-kleur-en-klank-het-werken-met-de-energetische-anatomie>

Mieke's Voice 2019©Mieke Benton
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(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
Week 34 - My last cigarette!
Week 35 - I know there is somebody out there!
Week 36 - Center Gea - The Power of Sound