



## Special Announcement in Centrum Gea

My heart's whisper had lead me to Centrum Gea. The two classes, The Power of Color and The Power of Sound had helped me expand in many ways. Eager, I signed up for the third class "The Discs". In that series of classes we learned about our chakra system, the energy centers in our body. Through attending those classes, a new circle of friends was born. I felt a deep and authentic connection with the others in the class and many more new relationships grew from it. Many of them still strong to this day!

Sitting in a circle, we were finishing up class for the evening. Els had a big announcement to make. Centrum Gea was organizing a week long joint retreat in America with Frank Coppieters and his co-teacher Marilyn Powers. Frank was a Belgian friend of theirs who's also a teacher who has his own Living Light Center (1) in Portland, Oregon. They were offering a retreat in the USA where students from Centrum Gea would be able to join in with Frank's American students from the Living Light Center. The retreat would be in Breitenbush, a place with natural hot springs in the ancient forest on the Western flank off Mount Jefferson.

Hearing this announcement, I immediately felt ecstatic! I jumped to the front of my chair. Without giving it a thought I put my hand in the air and said "I am interested!". My heart spoke without waiting for my mind to kick in, which usually does not happen! This was a no brainer for me! Two of my favorite things in life coming together!!! Doing an energy and healing workshop AND in America! (2)

My mind quickly jumped in. How am I going to make this possible? How much will this cost? How am I am going to pay for this? I was in the process of getting a loan from the bank to buy my first new car in Belgium. I decided in that moment to get a

bigger loan that would pay for the trip as well. I had a good paying job, working as a counselor, so I would pay it all off together. Problem solved!

Els confided to me much later that she had no idea if there would be enough people interested for this Belgian-American retreat to really make it come to fruition. Els, Joost, Frank and Marilyn, decided to offer the Belgian-American retreat in the USA to their students and see what happened.

I was clearly listening to and following my heart. I had no clue that by doing so, my path was preparing me for meeting Paul and his children. I had made the conscious choice to work on my relationship with myself and not to engage in another intimate relationship. The reason I felt so enthusiastic to do this retreat was because I wanted to act on things that made me feel good. Energy and healing work was inspiring and powerful to me and my trip to America as an exchange student at age 19 had brought me so much joy and inner fulfillment. Realizing that I had a chance to bring those two favorites of mine together in one experience was for me THE opportunity of my life!

My heart had clearly spoken. I chose to do this workshop in the USA. I quickly came up with a plan. I would talk to the bank first. Then request my vacation time at work. "Put me on the list Els", I said after she had announced the news. I left class that night with a whole new uplifted feeling. It was clear, I was going to America again.



PAUL: At this time, in 1997, I was a single parent of three young children, Christopher two and a half years old, Angela five and Andrew seven. I was working three jobs. One as a pre-surgical massage therapist at Mid-Columbia Medical Center in The Dalles. I had a private massage therapy practice in Hood River and was teaching Tai-Chi classes in the Dalles and Hood River. I was existing moment to moment while

at the same time trying to make some sense out of this existence. This was the most challenging time I had ever experienced. Caring for three small children full time, transporting them to daycare and school and providing all their other needs.



Flashback to 1995. I had attended the East West College of the Healing Arts and completed a course in massage therapy. I wanted to get as much experience as I could to start my new career. I asked around to find the best massage therapist in Portland. I got the name Bob White from several sources, so I called him up to introduce myself. I asked Bob what is the best way to become proficient in massage therapy. He said, put your hands on a thousand bodies. That great advice let me to become a pre-surgical massage therapist at the Mid-Columbia Medical Center in the Dalles. I also took Bob's Onsen Massage Course and kept expanding my knowledge and experience.



Sometime in 1996 after Bob and I had become friends, he mentioned that I should meet Frank Coppieters, who was putting together a school at his living Light Center in Portland. I could not see how I could add any more activities to my already hectic schedule at that time. Finally I agreed to go to the introductory meeting for the new school. Which was to be called The Practical School of Wisdom and Compassion. At

this meeting I met Frank and Marilyn and quickly realized that this was the next faze in my journey of alternative healing. I recognized that these two teachers embodied the highest essence of the Divine Masculine and the Divine Feminine. I wanted to take part in their creation. The Practical School of Wisdom and Compassion began early 1997.



In order to take advantage of this unique opportunity I would need to find a reliable and loving person to stay with the three kids while I attended Frank and Marilyn's school, one evening a week in Portland. Fortunately, I found the perfect solution in my niece Mandy Benton. The kids already knew Mandy and really loved to be with her. It is amazing how the perfect solutions appear as I was following my heart on my lives journey.



(1) <http://www.livinglightcenter.com>

(2) For more on my first time in America see episodes 20 and 21

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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
- Week 37 - Moroccan Flavors
- Week 38 - Nightly Procedure

#### Mieke's Voice - Part 4

- Week 39 - Introduction - Our paths coming together
- Week 40 - Special Announcement in Center Gea