



Portland Bridges and Dinner

For the second time in my life I set foot on the American ground. The smells, the sounds and all those details I so enjoyed as an exchange student at age 19 were again part of my experience. My soul was dancing and singing. My senses were soaking it all in to the best of my ability. America, it's good to be back again I thought!

Frank Coppeters had made reservations in a restaurant that first evening for those that were interested. Of course I was! I didn't want to miss a thing!

When driving into Portland, I felt a palpable pleasant and alive energy. I observed the essence of the city and it felt refreshing and positive. There was a vibrational sensation about this city that felt open, creative, inviting and expansive. I have always been able to sense the energies of people and relationships and sometimes from buildings or rooms. To consciously feel so explicit the energy of a city was something new to me.



And those bridges! I love bridges! Portland has 14 of them. Some twist and turn and bring you so gracefully to the other side of rivers and sometimes parts of a city. They always bring me immediately in the moment, in the same way a roller coaster can do. Portland truly got my attention now, and became in that moment my favorite big city in the world! Gent, in Belgium which had been my number one city so far, had to temporarily move to the second place.



Like Alice in Wonderland, I was joyfully exploring in the present moment. I felt open, curious, excited, thankful and as happy as I could be. I was truly loving my life!

Enthusiastically, I entered the restaurant and found a spot on the far end of the very long table that was filling up with our group. We sat down and ordered our meal. I took a moment to just be, to silently integrate everything and feel good about this creation in my life.

Spontaneously I entered into an internal dialog with myself. I thought about the two cultures coming together from different parts of the world. The languages I had learned so far in my life were very convenient now. English is my fourth language of the eleven I had studied including sign language and braille. I was easily able to handle conversations and situations in English. I

thought about the many synchronicities that brought me to that moment. As an eleven year old, I flew by myself to Mallorca for two weeks to stay with an elderly couple I had never seen before. I thought about the newspaper article my brother gave me about becoming a councilor in America when I was 19. I was amazed about how my high school teachers allowed me to pass my German exams so I could make the trip, which was truly a miracle! The love and support of my parents, who were on board and allowed me to venture on my own to America at age 19 and who were paying for it all. The brochure from Centrum Gea that arrived in the mail who led me to take the The Power of Sound class. Frank's Living Light Center that organized this joint retreat with Els Joost from Centrum Gea. I was able to extend my car loan to add this trip. All those synchronicities made it possible for me to be sitting right there in that restaurant in Portland. I could feel there was a larger power in place than my own little personality self could have ever planned on her own! A larger source that allowed all of this to occur, that was orchestrating those alignments and synchronicities, and I was part of that source.

My thoughts kept going. How did Frank end up here in Portland? What happened in his life that made him live here? He had lived in Belgium in the same area I was from. What is his story? I was curious to find out what inspired him to move to the other side of the world? I really wanted to know. Frank was sitting all the way at the other end of the table and I was not able to talk to him from where I was sitting.

We were all waiting for our food so I decided to get up and go ask Frank. I could even pose my question in Dutch. Frank, I said, I am really curious, what brought you to America? What inspired you and can you just move here or how did you do this? Well, he said with a smile, that's a long story, and no, I wasn't able to just move here. Are you planning on moving here he asked? I laughed out loud. No, I am not planning on moving here, I am just curious how you did it. There are only a few ways you can enter in this country. You have to be asked by a company to move here because they need your skills. They then have to sponsor you to get your visa. Or you can marry an American. There is also a lottery you can enter, but those chances are slim, but not impossible. I met Cathy here and we got married. I laughed and said. Well, I don't see myself working here for a company and I am not planning on getting married. We both laughed!

At that moment the food was brought to the table. We enjoyed a great meal and engaged in wonderful conversations which was a perfect way to bond. A great start for our exciting adventure!





Mieke's Voice 2020©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
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

Week 41 - Meeting Frank Coppieters

Week 42 - Portland Bridges and Dinner