



To Eat or Not to Eat

Our incredible time in Breitenbush was about to end. One part of me didn't want to ever leave this magical off the grid place hidden deep in the woods. The other part of me knew there was much more adventure waiting for me. I was eager to get back on the road again and explore more of this beautiful and intriguing America.

We had finished our last morning gathering and I was STARVING! That happens often when I do energy work. My body and energy field was processing so many things at once, I had worked up a huge appetite. It was hard to imagine that this would be my last Breitenbush lunch. Three times a day I had savored their delectable buffet style meals which included vegan, vegetarian and gluten free options. There was always a beautiful salad bar, delicious entrees and a variety of tasty herbal teas. Every meal was a deeply

nurturing moment for me and an opportunity to connect with my new friends.

My stomach was growling loud! I was impatiently waiting for the dining hall to open. I wondered what would be served for our last lunch. I peeked through the glass door to get a glimpse of the menu that was written on the board. Great! The second bell rang and the door opened.



Full of expectation, I walked up to the by now very familiar and loved buffet. I grabbed a plate and a bowl for the soup. It all looked SO delicious. Carefully I started filling up my plate with the intent to fit as much as possible on to it. I piled up one delicacy after the other. I decided to get a second bowl for the delightful salad with home made dressing. I wanted to relish it all. My plan was to eat slowly and savor every little bite and capture this experience forever in my memory!

With a growling stomach, my plate filled to the rim, and the two bowls within hand reach, I looked around for a

place to sit. Most tables inside were filling up fast. In front of the room I saw Paul and his children sitting at a large table. I walked up and asked if it was OK to join them.



“Sure” Paul said, “please join us”. I noticed he was patiently helping the children with their lunch. He was cutting their food and making sure they had water and napkins and all their utensils before he started eating his own food.

Hungry as a ravenous bear, I placed my plate and two bowls on the table. I served myself a cup of delicious tea, collected utensils and a napkin and sat down.

I looked at the mountain of food in front of me, the delicious bowl of hot soup and the colorful salad. I was delightfully considering what to eat first.



Then something very strange occurred.

I picked up my fork to delve into my steamed vegetables. I looked at the bright green broccoli as I brought it to my mouth. As I was about to eat it, something strange happened. I felt that my hunger had vanished. When I walked towards the table, I had felt this all consuming hunger. After I sat down and was about to eat my first bite, the hunger was gone. I did not understand. Of course I am going to eat, I thought, resisting this feeling. I bit into the broccoli. My body emphatically resisted. This was very strange. My voracious appetite had completely vanished. And not only that, I knew I wasn't going to have a second bite!

I was mystified at what just happened. I felt confused and frustrated and very disappointed that I wasn't able to eat this anticipated last Breitenbush meal.

Completely stymied, I had to throw away the huge plate of delicious food, the soup and the salad. I couldn't believe what just happened. I could only feel the reality of it.

After lunch the group exchanged addresses, emails (those that had one in 1998) and phone numbers to keep contact. Paul and I exchanged our information just as I did with everyone else.

There was no clear indication at that time that Paul and I would connect later on.

We all said our goodbyes. The Americans were going back to their homes and lives. We Belgians were staying for another week with our guest families and were eager to explore more.

Frank invited the whole group to gather one more time at his house for a drumming circle. After that we Belgians would return to our lives in Belgium.

We hugged each other and said our goodbyes. We knew we would see each other one more time at Frank's home.

I had such a powerful time in Breitenbush. With lots of gratitude in my heart, I said my last goodbye to the Breitenbush river.



As promised, Tommy and Leslie arrived to pick Eliane and myself up and took us back to Jane's home at the Willamette River in Portland.



So what happened during my last lunch?

At the moment it happened it really didn't make any sense! It truly confused my rational mind. Now in 2020, looking back, I know exactly what happened! By sitting down with Paul and the kids, I experienced my first oneness experience. On an energetic level I felt satisfied and complete in that moment when our souls were reunited as one. My sense of separation was lifted. There was no need for anything, I felt complete. I wasn't hungry anymore, I felt energetically at peace on all levels of my being. Only my mind wasn't able to reach that level of knowing.

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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
or like to receive an email will all
previous episodes on PDF

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
Week 43 - Belgians and Americans meet
Week 44 - From Luxury into the Forest
Week 45 - Hot Springs and Sweat Lodge
Week 46 - Divine Inspired Rendezvous
Week 47 - Dancing around the Galaxy
Week 48 - To Eat or Not to Eat