



Mieke's Voice - Episode 50

Tamanawas Falls

We found all the waterfalls Paul had mentioned and saw many more! Exhilarated and exhausted we arrived back at Jane's house. After a tasty meal, I enjoyed a long hot shower.

I was still in the bathroom when the phone rang. Jane knocked at the bathroom door and handed me the phone. "It's Paul.", she said, "He wants to know how your journey went". Paul and I talked on the phone for about two hours. I'm not sure what all we talked about. What I do remember is that it was effortless, a lot of fun and very satisfying.

Paul: I wanted to know if they had found all the

waterfalls I had pointed out on the map. I was curious what their experience was. After all, Multnomah Falls is the second highest waterfall in the Continental US, with a 620 feet (200 meters) free fall.

The phone conversation with Mieke that started as an enquiry into their experience, ended up lasting over two hours! Since they had such a great time appreciating the waterfalls and the beautiful nature, I suggested that the four of us should go to Tamanawas Falls together. Tamanawas Falls on Mount Hood is the sacred location where the native American Elders did ceremony to open the heart of the mountain in 1990.



Mieke, Eliane, Jane and I, met at the Tamanawas trailhead at the appointed time. I was accompanied by my dog Beaugard.

It takes about an hour to hike to the falls. The trail ambles upstream, always within sight of the rushing stream, which tumbles over a series of tiny waterfalls. This provides wonderful sounds and views along the way. Engelmann spruce, Western Red-Cedar, and Douglas Fir form the forest canopy. On our journey we reached the canyon through which the Cold Spring Creek cascades.



Mieke: On the trail I could feel a certain energy between Paul and I. There was something there. I wasn't sure what it was or what to do with it.



Paul: As we were admiring nature in all it's glory, for a brief moment I thought I saw a native American couple walking up a trail on the other side of the canyon. (There was no trail there at that time). By the time I mentioned it to Mieke, they had disappeared. Was this a sign or an illusion? I am still not sure.

Mieke: At the moment I felt this energy between Paul and I, Paul mentioned to me that he saw 2 native Americans, a man and a women walking on the trail on the other side of the river. He asked me if I could see this. I

looked, I didn't see it with my physical eyes, but I could see them in my minds eye. This was a very interesting and unusual experience. Not understanding this, we just kept walking further in silence.



After we had been walking for a while we decided to take a break on a very large log that was laying in front of the river. Paul and I were sitting very close next to each other. That was the first time we both felt the energy between us and decide to act on it by gently holding each other for the first time. Nothing made any sense but we both felt this unusual pull of energy between us.

Walking through the forest we arrived at a fine and impressive view of the Tamanawas Falls. We enjoyed the falls from the trail but we decided to follow one of the paths

down for a closer look. We noticed some people were sitting in a shallow cave behind the falls and decided to attempt the climb. To reach the grotto behind the falls, we had to climb the talus to the right of the falls. Paul, Eliane, Beauregard the dog and I climbed the large rock slide consisting of many large boulders.

What was truly an eye opener for me was how Paul trusted his dog to go with us! I was so scared seeing the dog with his four legs climbing those rocks! I had always over protected my dogs and that would not be something I would think they could do. For me, this climb was a combination of focusing on my own safety and letting go of the fear I was projecting on the dog. A big huge lessons of letting go of control and trusting! Beauregard did a fabulous job arriving with us behind the waterfall.



Nurtured by the energy of the falls, Paul and I enjoyed another very gentle romantic embrace! It was powerful and at the same time very confusing! I had no idea what all this meant. Nothing made logical sense!



We had a very powerful experience that afternoon and again, we said our goodbyes. We knew we would see each other one more time at the drumming circle at Frank and Kathy Coppieter's house.

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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

Week 49 - Mount Hood is calling

Week 50 - Tamanawas Falls