

Mieke's Voice - Part 5 - Introduction -
Week 55 - Return to my life in Belgium



As I leaned back into my seat, the speed of the plane rapidly increased. I was about to leave the American ground for the second time in my life. Bye Bye beloved America, my experiences had again been incredibly powerful and fun.



We flew into Chicago where we had to wait a few hours for our next plane to Brussels. I was totally in my

power. I felt so good about the powerful experiences I encountered, the majestic nature I connected with and the new connections I had made. I sensed an inner peace, contentment and openness.

Passing a telephone booth in the Chicago airport and now knowing how to operate one, I decided to call Paul and let him know we made it to Chicago. I had some Amercian coins left which I couldn't return in the Belgian banks anyway. It felt so easy to connect with Paul and I truly appreciated his friendship and the ease in which we were able to communicate. Again, we said goodbye and that was it. No intent for more then a great friendship. Back in Belgium we would keep in contact by phone.



I was about to return to my birth country, Belgium, to my little home, my family and friends, the classes I was following in Centrum Gea, and my work as a counselor

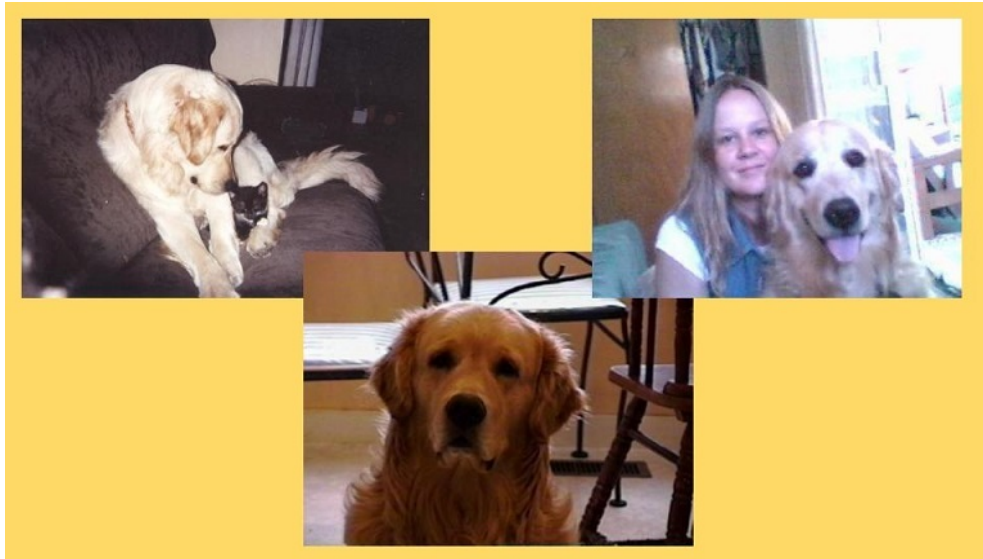
working with disable adults.



No boyfriend to return to this time. Even if being on my own didn't always feel comfortable, I was thankful for the space I had created in my life without an intimate relationship. But now I was left with some confusion. Those powerful occurrences between Paul and I had caught my attention, I had felt a love and connection I had never experienced before, but none of our circumstances had made any logical sense.

The biggest joy in returning back home was to reunite with my beautiful Golden Retriever Rayca. If there was one thing that had pulled my thoughts towards Belgium, it was my beloved dog. I knew he was in the best hands of my mom and dad in Deinze. He was the only

thing I missed and I wondered if he missed me as well. I knew our reunion would make us both very happy.



Rayca was over the top excited and so was I. He jumped up and down and his tail kept wagging for a very long time. We hugged and kissed each other with our hearts wide open. Feeling his soft long golden fur touching my skin gave me warm fuzzy feelings.

My mom was sitting at the table as I walked into the kitchen and she asked how my trip was. I wanted to share openly and honestly what had happened, but wasn't sure how to start this conversation. In our family we were not used to express our emotions and share our personal inner experiences. I never had open conversations with my mom on how I felt and what was going on inside of me. Emotions were mostly repressed and not openly

shared. If I ever felt overly emotional and didn't know where to turn or what to do, I went to my dad. He had the gift to hold the space and let me express fully before responding with his own feelings or thoughts.

I really didn't know exactly how to respond to my mom's question about how my trip was. It had been extremely powerful and fun. But how do I share about those synchronicities that had happened between Paul and me. I had no idea how to give them meaning in my own life, let alone trying to express what had happened to my mom. I quickly considered how to respond or what parts of the trip I would bring to the table.

When I heard her question, I felt a certain sadness and confusion. A sadness to have left America and the powerful times I had there and confusion knowing I have to let it all go and move on with my life in Belgium. I didn't know how to integrate it all into the context of my life.

I decided to be open and share my feelings with my mom. Feeling vulnerable I said: "I met someone there, his name is Paul and he has 3 children. We had a great connection, but I do not know what to do with it."

My mom smiled and responded, "Well, you know, you cannot always get what you want in life." I know she

meant it well, and I know there is truth to what she said. But it didn't really solve my confusion.

It felt good that I was able to speak out my truth to her, and I think my mom felt good that I trusted her to express my feelings with her. She didn't ask for any further information.

For the second time in my life, my return to Belgium created a strong contrast. Again it felt strange to be back in Belgium. In America I was able to openly express myself, be my true self and connect on a heart level with almost everyone I encountered. I experienced a deep inner freedom I so longed for.



It was time to let go and move on with my life. I knew time would tell and bring me more answers. Trust the unfolding, I whispered to myself.

Mieke's Voice 2020©Mieke Benton
starshowerusa@startmail.com

Sharing permitted with my name and email included

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 Cecilia

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
Week 51 - Paul's Dilemma - confiding with Jane
Week 52 - Drumming Circle
Week 53 - Quest for Understanding!
Week 54 - Oneness Experience

Mieke's Voice - Part 5

Week 55 - Introduction - Return to my life in Belgium