



Mieke's Voice - Episode 57 - Quitting my Job

I did miss America, but I realized why I was living in Belgium and what I could learn from my experiences. I decided to bring my focus back into the present moment and integrate all the experiences and lessons learned.

For several years now, I was working as a counselor in Home "Ter Linde", a residential facility for adults with a mental and or physical disability. I loved my work, especially the connections with everyone involved. The disabled residents, co-counselors, social workers, parents, family members and the interactions with the community. I love to help people and enjoy the human interactions. I believe I learn from everyone I encounter.

Seeing people for who they really are, powerful divine souls in a body having a human experience, no matter what physical, mental or emotional disability they experienced in this lifetime is what I truly liked about my job!

Unfortunately, my return to work was not a pleasant experience. Something in me had changed. I wasn't the same as I had left before my trip to the USA.

And there was something else that I had noticed since I started working there that really bothered me.

The extensive use of pharmaceuticals being given to the residents didn't sit well with me. Most residents were given large doses of medications four times a day; at breakfast, lunch, dinner and bed time. They were carefully prepared in a weekly pill container. Before each meal the residents were well trained to first take their pills with a glass of water.

Regularly we had a group meeting with the counselors, the psychologist, and others who worked with the residents. I noticed a pattern after a while. Four times a day we gave every person their daily medication. Some of them a few pills, some of them a lot of pills. In the meetings we discussed the behavior patterns of the residents over the past week and the psychologists decided then based on the stories being told to adjust the medication.

In my opinion, many of the challenging behaviors of the residents are the result of the medications being given. The medication is the real source of the undesired behavior, which is not recognized. The conclusion is then made to adjust the medication. Until another undesired behavior pattern shows itself. And there we go again. Adjusting medication, change in behavior, etc. A never ending cycle and a really profitable income for the gigantic pharmaceutical corporations.

I saw through that game very early on and didn't like it. I noticed that the big pharma's intent was to guarantee an expanding source of money and also control the population. It is neither healing nor supportive for the human being or respectful of who they really are. Giving every meal a handful of medication to every single inhabitant of the facility felt sickening and very disrespectful. I noticed when I questioned my colleagues about this, they seemed to be ok with it. They just obeyed because they were getting paid for it, it was their job.

I had several family members that were disabled. Some people are born with disabilities. All of us have our unique and colorful pallet of emotions. These can be triggered many times a day by life situations and interactions with others. Human emotions and conflicts are normal, we learn from them. Eliminating and suppressing our emotions with drugs is not the best or only approach.

A fortune is being made by big pharma at the cost of the health and consciousness of the people. A travesty in my opinion that I wasn't willing to support any longer.

The first three months after my return from America were very challenging. Inner changes were taking place, my inner landscape was shifting. Fears and insecurities were popping up. I had so many questions. Who am I, what is my purpose, what is my true calling, what is going on with me. I was also longing for a soul partner by my side and a job in which I could fulfill my higher purpose.

I felt more and more disempowered in my work situation. Instead of spontaneously just being myself, I was trying to fulfill the expectations of my colleagues more and more. But inside, my fears and limiting beliefs were preventing me to be who I wanted to be. Focusing on my fears only strengthened them.

I felt totally overwhelmed. Everyday I was losing my alignment with myself and my integrity more and more. I lost my motivation and inspiration, I was burned out as they call it in the field. I needed to respect myself and make a change.

"What change do I make?", I asked myself. "And how do I go about this?" I just had taken on a loan in the bank to buy my first new car and added a little onto that loan to be able to go to the retreat in America with Centrum Gea. "I can't quit my job, I need the money to pay my bills", I reasoned with myself. "What to do? If I stay at the job, I will attract more and more negative situations until I listen and act on my intuition and inner knowing that staying there is not in alignment with my integrity. If I quit, I will not have the money to pay my bills".

I decided to be open and honest and tell the truth. Without saying anything to my immediate colleagues, I called the head of the department in the institution, Tine De Vlieger. She would be the person who can make the decisions. I told her I would like to talk to her and asked for a personal meeting. She was known for not being the easiest person to work with. Calling her for a personal meeting was not the usual approach.

"What do I have to lose? If I don't say anything, nobody can support me in finding a solution", I thought to myself. I decided to put all my cards on the table and tell Tine what was going on with me.

At the appointed day and time I knocked at Tine's door. Even this was not a normal way of going about things, I felt calm and secure in myself. I felt good about my decision. She opened the door and guided me to a chair.

As I sat down at the table, she said, "tell me, what is going on?" "Why did you want to talk to me?"

In a calm voice I explained that I felt burned out and needed to take care of myself. Removing myself from the job, seemed to me the best solution. I shared, that I wanted to get back into alignment with myself and figure out what I needed to do next. I also told her that if I quit my job I would not be able to pay my bills, so quitting was not an option for me.

"So, what can I do for you", she asked? I asked if it was possible for her to give me the paperwork (C4 papers) that would allow me to get unemployment. (Normally you cannot go on unemployment if you quit your job on your own. If the company has a reason let you go, they can give you the papers to go on unemployment.)

I did it. I was done talking. I had spoken my truth and asked for what I wanted. A solution that would solve my challenge and would give me the space and time to figure out what to do next.

A silence filled up the room now. In a calm manner I had spoke my truth. Tine had listened intently and had not interrupt me. She looked at me and we both sat there together in silence.

It was in her hands now. If she said no, then I would stay at the job till I found another job. If she said yes, that would solve my problem. I knew it would be a yes or no.

I totally surrendered in that moment of silence. I had done my part. It was up to the universe now what was in front of me. Either way, I would be ok with her decision.

Then she broke the silence. Ok, she said, I will do that for you. I will give you the C4 papers so you can request unemployment. I appreciate your honesty. But do not spread this story out for the whole world. Keep it for yourself. Ok, I smiled and I felt a deep gratitude in my heart. Gratitude for her, because she listened to her heart and intuition and gratitude for

myself, that I had the guts to be open and honest. I felt a deep relief! She gave me the paperwork for unemployment and had me fill out the form for putting in my two weeks notice.

I had no idea when I knocked at that door that I would leave that room with unemployment papers in my hand and a two week notice approval to quit my job.

My life had just taken on a whole new direction and I liked it! What a relieve! I could also see that Tine felt good about her decision as well.

I walked away with a feeling of freedom and joy! My steps were light and bouncy!

I learned a huge lesson! If I am clearly expressing what I want, it can be given to me. Only when I am confused or not sure of what I want, it is harder to achieve.

“Wonder what’s next?” I thought to myself.

My next step was informing my boss who had hired me in Ter Linde, Veerle N. and my immediate colleagues Hubert, Jo, Barbara, Ilse and Tonia from our unit, “De Hulst”.

In a private meeting with Veerle I let her know about my decision to leave my job and assured her I would stay until they had found a replacement. I informed her that I had met Tine first and she was on board with my decision. What a great feeling to be able to speak my truth from my point of power. First I made the decision, then the solution showed up. Life was teaching me to act on my passion and to trust the unfolding.

I wrote a letter and gave one to each of my colleagues. I delivered them all at once. It was my personal way to honestly and openly put in words all the things I wanted to say. My intent was to prevent rumors and disinformation going around. I am glad I kept all my diaries to this day which included the following letter.



December 14, 1998

To...

I am considering new possibilities and feel an inner desire to experience and pursue many of my other interests in life.

I don't have any alternatives yet, but I feel great joy to allow myself this step while I still can. I have to do it now while I'm still single.

With 100% commitment, love and respect, I will stay working until a suitable replacement is found to fill my position. Which could possibly be another 2 months.

In the interest of the residents, I think it is better to only communicate this to the staff now and only to the residents at the end before I leave. In order to allow unnecessary stories and guesses to arise, I thought it was better to personally communicate my decision to you.

I would ask you to handle this situation with respect.

I am grateful and have enjoyed working with you and everyone in Ter Linde.

Mieke

I had no idea what was to come next. I felt a huge relief that I had acted on my truth and was trusting the unfolding. I felt free and joyful and was open for what was to unfold next.

My last day at work was January 15, 1999. I am still to this day in contact with several colleagues from Ter Linde. From my life in America, I kept calling the disabled residents in Belgium once in while for at least the first ten years I was living in the US. This brought lots of joy to the

residents and myself. And still, every time I visit my family and friends in Belgium, I make sure to visit Ter Linde. Many residents are still there and we both feel such a joy being reunited again. Those relationships last forever. Time and space does not exist where my relationships are concerned.

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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 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
Week 56 - September 3rd 1999 - My 28th Birthday
Week 57 - Quitting my job