



Turning Point

Quitting my job had given me a needed and welcomed break from the rat race. My inner compass had let me know it was time to move away from that which was not serving me anymore. What was next? I wasn't thinking about next. I was listening to the signals of the moment and took steps towards what felt better.



Three of those major steps all collided in that same month of January 1999. It wasn't consciously planned that way. A Darshan visit to Mother Meera in Germany. My first Reiki initiation with Bernadette Van de Maele and my last day at work. Those three major events all stirred me deep into my core. It happened very fast. They brought with them deep feelings and inner shifts. I can easily say that since the Breitenbush retreat in America and my return to Belgium, my life had been an intense roller-coaster ride with unexpected ups and downs. My mind, emotions and body were tested. Many times in those last five months I had felt ill and experienced a lot of discomfort. My body was responding to the many inner and outer shifts I was making. It was hard to keep up with it all.

I thought I should be very happy now because I was free from the rat race. I was able to pay my bills and I had the space to creatively think what I would like to do next. Instead

I found myself more and more on the couch. My body not able to do anything. My mind felt dull and uninspired. Even walking my dog or making food for myself and eating felt like a very hard task.

“What is going on with me? This doesn’t make sense!”, I thought to myself. Everyday that passed I felt myself less and less able to move. At a certain point it felt like I was dying. A feeling that I have a very hard time describing, even to this day. Something major was going on and I did not know what it was. The feeling of dying only intensified as the days moved on. I needed some help!

Going to a mainstream doctor was out. I knew what their approach would be, I have watched this happen many times. They would give me a general prognosis, a prescription for a popular pill and some time off. I didn’t need the time off. And I was not interested in any pills. That would not address or cure the real cause of my symptoms. It would only serve as a band-aid on top of the wound. I wanted to consult with someone who was willing and knowledgeable to look deeper into the real energetic causes of what was going on with me. I had studied and practiced many of these techniques myself in Centrum Gea. Unfortunately I was not able to do a diagnosis on myself.



An idea popped up in my head. I decided to call Els Van Hogenbemt, my teacher in Centrum Gea. She is a general physician, homeopath, energetic healer and in my opinion also a visionary. She was so good that anyone who wanted a session had to book many months in advance. I knew I could not wait that long. I needed help right now! I decided to call her and leave a message on her answer machine. I would explain how I felt and if she could refer me to one of her best students that could help me out.



I picked up the phone and called Els’s practice. I was ready for the answer machine but

to my surprise she picked up her phone. Actually, I was shocked. “Els, you are picking up your phone!”, I spoke out loud, completely surprised. Then I continued still startled, “Hi Els, this is Mieke De Clercq.” “Yes Mieke, I pick up my phone when my intuition tells me I need to,” she answered laughing. Still surprised I said: “Els”, I have no idea what is going on with me. Something does not feel right. I actually feel like I am dying. A very weird feeling. I do need help and I do not want to go to a regular doctor. I don’t want pills and I do not need time off. I know you are booked way out in time. Do you have a student that you could refer me to that could help me?”

Els listened and was quite for a few seconds. I surrendered waiting for her response. Then she spoke. “Come tomorrow in my lunch break Mieke, I must take care of this.” Then we hung up.

What just happened? Was I dreaming?

And this was not the end of this miracle! My best friend Veerle, who had booked a session with Els several months prior, had her session right after Els’s lunch break. This meant that Veerle was able to drive me to our appointments. More Divine intervention at play.

At the day of the appointment, we parked at Centrum Gea, where Els lived and practiced. While Veerle waited in my car, I walked into Els’s office. I felt totally out of it. I thanked Els for making this possible at such a short notice.

“Please sit down Mieke,” Els said while pointing at a chair. Els sat down in a chair right in front of me. “Let’s see what is going on with you.” She closed her eyes and went inside herself. As she did, I also closed my eyes and took a deep breath, trying to relax, knowing now that I was in good hands. I totally surrendered in that moment.

After about 30 seconds Els opened her eyes. “Mieke, what was the best thing that ever happened to you?” I was surprised at the question but I immediately knew the answer.

“Els, the best thing that ever happened to me was the oneness experience I encountered while riding for an hour with Paul from Hood River along the majestic Columbia River towards the Peruvian Elders presentation in Portland. I felt such an inner and outer peace, a total sensory connection with all that is. I was at one with Paul, the river, the music and the nature that surrounded us.

Els continued with asking questions about Paul. I was confused and irritated. I didn’t want to talk about Paul. I wanted her to focus on me. I felt like I was dying.

Els continued. “Mieke, what I see is, the reason you feel that you are dying, is because your life in Belgium is at it’s end. You are supposed to be with Paul and the kids in America.

I looked at Els. Her words penetrated deep into my core. She spoke the truth. In a

matter of moments, my body was responding. The tightness and pressure was releasing itself till all tension was gone. The truth spoken had literally set me free. I knew now what I needed to do.



My heart acknowledged what Els had just revealed. I sat there, feeling the truth working it's way into my consciousness.

I nodded to Els while all the synchronistic events flashed back into my memory. The galaxy that Paul had seen in my eyes. The loving way I had seen Paul nurturing his kids on the trail. My hunger vanishing the moment I joined Paul and the kids at the table. The vision of the native American young couple. Our glances meeting as I walked out of the restaurant when Paul drove by. We were the only ones meeting up for the canceled drumming circle. The profound oneness experience. Our identical "386" phone prefix.

Where nothing had made sense prior to this moment, the significance of all these synchronicities fell into place. "That's why all those things happened between us" I thought to myself. "I get it now".

"So", Els continued, "where is Paul now?". I looked at my watch. "It is now almost six o'clock in the morning where he lives, his alarm clock will go off any moment". Paul knew that I felt like I was dying and he was supporting me with Reiki and checking in by phone. He also was aware of my appointment with Els.

Els continued, "Well Mieke, call him". "Right now?" I responded in confusion. "Yes, right now", Els responded as she handed me her home phone. "Well, I do have a calling card" I said, as I reached into my purse to grab it. Every cell in my body was vibrating with clarity and certainty. I knew I had to make this call and I also knew I had to be succinct and to the point.



I dialed Paul's number. He picked up his phone and with a sleepy but very loving voice he said, "Good Morning, this is Paul".

“Hi Paul, this is Mieke”, I responded. “Hi Mieke, how are you feeling? How did the session with Els go?”, he answered back. “Well Paul”, I responded calm and to the point, “I am in the session right now in her office. Els got the message that the reason I felt like I was dying is because my life in Belgium is done. I am meant to be with you and the children in America. And when she said that, I immediately felt my body responding and returning to balance”. “Oh that is great”, Paul responded. “So what are we going to do now”, I asked?

Paul paused for a few seconds and then replied. “Well, Spring Break is coming up. What if you come over and be with us here in Hood River and we will see how it goes. I will check with the children to see what they think about this. It is extremely important that they are included in the process.” “Ok, that is a great idea”, I replied. Then we concluded the call.

At the same time as I was hanging up the phone, Joost, Els’s loving and supportive husband, came in the room with a plate of sandwiches for her lunch.



“Tell him”, Els admonished. I looked at Els with a questioning look. “Really?” “Tell Joost what just happened and what you are going to do”. Els knew that speaking it out loud to a third person and sharing it with the world was my next step. Now I had to act on it. Joost looked at me with inquiring eyes. I wasn’t sure I would be able to get the words out. “Joost, it looks like I might be moving to America.” It felt like I just dropped a bomb. By speaking it out, I initiated the creation process. As it is said....”in the beginning there was the word”.

Speaking it out to Joost was the best thing I could have done in that moment. It was preparing me for declaring my new found truth to my family and my friends.

Joost responded very positive and happy about it, which was also of great support. I thanked Els again for being so generous with her time and helping me getting to the core of the dis-ease I had felt. I had walked into the office like I was dying and walked out in a completely transformed reality. I knew now my direction and my purpose.

As I walked very slowly towards my car, Veerle came out of the car and asked how my session had been. I felt very quiet inside. My whole reality was in the process of changing. I looked at her and said “Veerle, it was very powerful. I do need time to digest it all, so while you are in your session I am going for a walk in nature. After your

session, we can both share.” I didn’t want my information to distract Veerle from getting the most out of her long awaited session.

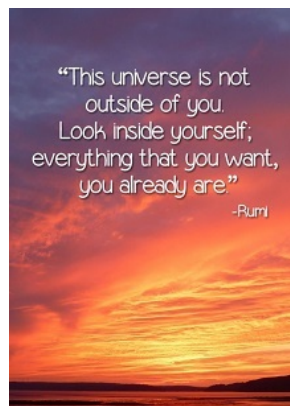


I walked very slowly and in inner silence. My mind had seldom felt so quiet and at peace before. The large trees were witnessing my first steps into my new reality. Into my new life. Into a new beginning.

When Veerle returned I suggested we would go for a walk together so we could walk and share. I knew this was not going to be a quick share. I was also not sure how to share it because I was still assimilating and adjusting to the news myself. She agreed and I asked her to share about her session first. I wanted to give her my full attention.

The fact that I had to share this again in less than an hour, first to Joost and now to my best friend Veerle, was a sacred gift. A practice in creation. I was able to safely share my truth with two people which I knew I could trust and be completely open and myself with. This was crucial for me at this turning point in my life.

I asked Veerle not to share this information with anyone. I needed time to embrace my new reality first before sharing it with family and friends. I had no idea how long that would take. I needed time to incorporate it and allow my inner guidance to lead the way. Everything was about to change and I didn’t need anyone’s input, questions, emotions and thoughts. I needed all the space I could get to be with myself.



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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 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
Week 58 - Mother Meera
Week 59 - Reiki Initiation
Week 60 - Turning Point