

Sexuality - Part 2 – Separation

If I knew at any moment that I am connected to all of creation I wouldn't do certain things to other people because I would know what I do unto others I actually do unto myself. I would not force my will onto others, I would be able to let others be who they are without judgment. But I am not remembering that all of the time. I do feel often separated and cause harm without even realizing how my actions really affect others.

We all make mistakes. It is part of life. I can learn from my mistakes. Decide to move on with my life and try not to make those same mistakes again. Then I take a step forward towards more awareness, inner freedom and peace.

Why do I talk about those moments where others infringed on my free will?

I do because we all have our own traumatic and painful experiences, where we felt harmed on an emotional, mental or physical level. I can't change the past, but I can choose how I now respond to those experiences. I can choose to blame and see myself as a victim or I can learn from my experiences and move on without holding on to the trauma, judgment and blame. It's a personal choice I can make. It's where I do have control about the situation in this moment.

I can also learn to discern if those actions were to intentionally cause harm or if it was an unconscious behavior.

At a young age I was invited into sexual activities with peers older than me, already of sexual age. I was told to do things with their bodies in a sexual manner. I had never experienced anything like that before and just did what they told me to do. I had no idea what it meant. When they told me not to talk about it with others I just did what I was told. After several years of contemplating I decided to share about what happened to me with a person I considered to be trustworthy but was immediately laughed at and told this could not be true. Another trauma on top of it!

There was an adult male that once in a while came to our home. One day he must have followed me upstairs and I started noticing an unusual behavior. I was about 8 years old. He was pretending to play with me which made me feel very uncomfortable and when he tried to pull down my pants, I knew this was not OK. I quickly and nervously ran downstairs looking for another adult around. Since that moment I was always on guard when this adult was around. I would make sure I was never alone with him anymore. Into my teenage years he still once in a while quickly and sneakingly put his hands on my body or pulled my

skirt up. And always made known he enjoyed his actions. It made me feel angry and sick to my stomach. Because of this experience I have always stayed on guard as a way to keep myself safe.

Around age 14 I went to a Catholic boarding school for girls. Of my own choice, can you believe this? Several of my close friends in my class shared about the sexual abuse they encountered at home. Their stories were much more invasive than what I experienced. Some friends were sexually abused by one parent while the other parent kept silent, which probably is even more damaging, painful and confusing than the abuse itself! No parents to feel safe with and count on. I was very thankful that I felt safe and loved by my parents.

Boarding school wasn't as much fun as I thought it would be, but I learned many valuable lessons. At age 16 I changed schools and went home daily by train. Being much more exposed to peers of my age, boys and girls, it didn't take long until I started noticing a disrespect in the way some boys were approaching girls. I also sensed a form of macho behavior and tough guy attitude among themselves. Which I thought was silly, stupid and totally not necessary. Of course not all boys I knew acted this way. There were boys who interacted with others respectfully and authentically and allowed their sensitive side to be seen. Those boys were attractive to me!

Many boys challenged themselves to see how many girls they could get involved with sexually. It didn't matter how they got to it. For some it was just a game. For others they did it because they didn't want to be seen or labeled as weak to their friends.

I wasn't always prepared for this disrespect and able to set healthy boundaries. One day at age 15 I had finals. My grandmother offered me her apartment to study at while she was out of town for the weekend. I shared the exciting news with a girl friend and invited her to study with me, then I wouldn't be alone by myself. In no time a group of boys our age knew about it and invited themselves over. They went about it in a disrespectful and macho way. My attempt to say no was discounted. I felt in the core of my being that this was not a good idea. It only smelled like trouble.

They kept wringing the bell of the apartment and making their presence known by shouting on the street till we responded. I didn't want them in but when the neighbors were noticing the noise, I started worrying and pushed the button to open the door, with the intent to tell them they had to leave. They didn't listen to me and started to search the apartment. They found bottles of alcohol in the fridge and immediately helped themselves to some drinks and wanted us to join

them. Feeling violated and totally discounted, I didn't know how to respond. I started worrying about the neighbors who were friends of my grandmother. For sure they heard the noise. How I could I get out of this mess, I wondered. Nobody in the party seemed to care. They were making themselves comfortable and ready to party. The time came they counted on to get me and my girlfriend into bed. I didn't agree to go to bed with the first one who approached me. At age 12 I had felt a very strong sexual attraction to one of those boys, but the interest or attraction was never returned. I thought if I am going to be in bed with one of them it will be the one I was attracted to and felt love for. Which happened. They probably never had been naked with a girl before and saw this as THE opportunity to change their status so they could brag about it to others afterwards.

This was not an expression of unity as I described in the previous episode. It was an act of separation. An act of unconscious behavior. Not a fun experience for me. I was totally disappointed in the behavior of those I called my friends. That is not what friendship meant to me. Besides the emotional and physical violation, I was also left with the aftermath. Angry neighbors, the clean up, replacing the alcohol and food eaten with my savings money and the explanation to my grandmother, parents and family members.

Because of some challenging experiences and because of my sensitive nature, I stayed always on guard and could sense abusive and manipulating energies around me. On the positive side I also sensed authentic respect and love in relationships and people.

Not only in relationships but as well in institutions I sense when there was abuse.

In my early teens I was a counselor in a kids camp at the coast in Belgium. There I noticed the camp directors manipulating very small kids. I wasn't witnessing any sexual abuse in front of me, but I could sense that something was up and not right.

I have also felt sexual abusive energies in religious and political environments. I assume there must be a very deep control mechanism in place that keeps this abuse hidden from the public. I am thankful that more and more of that is being exposed as we speak. And I see much more will come to light in the near future.

What do I personally do with all this information?

I start with remembering that I do make mistakes myself. I choose to learn from

them and move on. I recognize the actions of separation in this world and know the pain and discomfort it brings to humanity. I also know that I, as a human being, have a free will to stop my personal blame game and create a more loving and respectful relationship with myself and with others. I can make the choice to move beyond my victim hood identification.

I choose not to look at those who violated me, who are violating others or myself with anger or blame. We are all learning to love more and to move beyond our believe in separation.

Mieke's Voice

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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).

Mieke's Voice - Part 1

Week 1 - Introduction part 1

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 part 2

Week 15 - Expressing my authentic nature

Week 16 - Sexuality - part 1 - Unity

Week 17 - Sexuality - part 2 - Separation