



A Holistic approach to healing

At the same time I was letting go of the experimentations with drugs I was determined to create a happier and healthier lifestyle. The solutions were to be found inside myself I concluded full heartedly.

How do I shift the very nature of my being, out of the feelings of heaviness, negativity and fears into a much lighter, more flexible and joyful consciousness? How can I become more open towards new possibilities and find creative solutions in my life?

I had been accustomed to look outside of myself for guidance, reassurance, acceptance, approval, love, ultimately for authorization and authority. I felt called to the challenge to receive my guidance from within.

In my heart I felt that a holistic approach to my life was much more supportive and in alignment with the truth of who I am as a human. This approach considers the whole person, body, mind, spirit, and emotions. Here it is believed that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected. In this way, if I have imbalances (physical, emotional, or spiritual) in my life, it can negatively affect my overall health.

As a child, the adults around me were already pointing in that direction, in taking on a holistic approach! My grandfather grew a fabulous garden,

fresh vegetables and herbs, the true medicine if you ask me. He was also studying astronomy and was always observing the sky, nature and the animals. If he wasn't outside he was to be found in his chair next to our hip high and 13 feet long (4 meters) living room window facing out into our large garden and the farm fields behind our home. Smoking one of his unique self made pipes in his hand. A very intuitive and sensitive person who was also aware of things not visible to our physical eyes. I see a shaman in him who was aware of the interdependence of all aspects of nature.

My parents as well delved into alternative healing methods. As a family we used homeopathy when we got sick. I am so thankful to have experienced the healing powers of this as a child. I am still using it to this day to bring myself back into balance and harmony. Paul and I find it to be a powerful healing tool.

Our personal physician in Belgium, who would do house calls, came to our home to teach our family self-hypnosis as a way to relax our bodies and mind and by doing so create more inner peace. We three kids and my parents were laying on the ground in the living room, listening to his relaxed tone and suggestions. He was inviting us to relax all parts of our body. Many times my sister, my brother and I were giggling and were asked to be quiet and participate or leave the room. I remember I chose to participate the best I could. Self hypnosis is a helpful tool to bring ourselves into deeper states of relaxation. It also helps when I have challenges falling asleep at night. My mom still uses this every night because it really works for her. I frequently use it to center and ground myself and move from being stuck in my mind to reconnect and realign with my body.

My dad shared with me the medicinal powers of plants and flowers. He taught me how to use them as medicine and how to incorporate them into our meals.

Our bookstore had books on many healing modalities, herbs, hypnosis and all kinds of paranormal phenomena. I was never bored! I always found something to explore. It was like having the Internet at home but the eighties version! We also had a copy machine to duplicate any information I wanted to keep on hand, which I found to be very practice.

One day, Roos Coppens, my class mate in college who offered a room for me to stay in, informed me she had been consulting a Tarot card reader in Gent. Her parents had both passed away and she had many questions for which she received some great guidance. I was intrigued and wanted to experience this for myself. I too had many questions. Roos introduced me to Talou Deweerdt. I made an appointment and was truly surprised that Talou was only seven years older than me. I always assumed those who were reading cards were old people, not a young person close to my age. She started reading cards when she was 15 and is still doing it to this day, now 40 years later! It also intrigued me that she hardly asked for any information about me or my past. She pulled the cards and spoke out what she saw.

And was she GOOD! She mentioned several events that would possibly be experienced in my future. At the time I could not place or did not have any reference points for those experiences. Those things she mentioned happened and transpired as she had predicted. All except for the last thing that we are in the process of experiencing right now in 2019. What she envisioned in the early 1990's is still of tremendous support for me now while going through this challenge. She didn't know it at the time, but she described very important details up to 25 years into my future. Talou has an amazing authentic gift! I was intrigued and inspired and wanted to know more! How can I tap into this energy field, this energetic data base and learn to receive my own answers, I wondered?

Completely motivated, I decided to study in my spare time in the field of alternative healing. I learned about healing herbs and remedies, those known and used for centuries. Besides my parents, I had a few more friends who already used plants and remedies in their daily lives as a way to heal and promote health in a more holistic way.

In my early twenties I enrolled in a Holistic Medicine evening school for adults in Gent. I enrolled in a year long Bach Flower Therapist training course. I learned the healing qualities of the Bach Flower essences and learned how to consult with people. I learned to determine the emotional, physical and mental imbalances and correlate them with the most supportive Bach Flower essences. I learned to make a bottle with those remedies to support the healing and re-balancing process. Paul and I still work with the essences and use them when appropriate to support our well-being.

I followed this with another energy healing course in my mid 20's. The teacher of this course enrolled herself as a student in the Institute for Gaialogy in the Netherlands and asked if I was interested joining her. We could drive together to our neighboring country and study together. I was totally in! Once a month we drove to Giessenburg for a weekend class Gaialogy (*). That was a two hour drive from my home in Belgium, which seemed very far in European terms. Now living in America, a two hour drive is no big deal. We stayed there for the weekend at the teacher's home and then drove back home to Belgium.

Gaialogy is the art of connecting nature and culture with each other. It's a science based on knowledge of the cosmos and the complex (energy) structures that affect humans and the earth through all forms in nature. It is an ancient earth and experiential science that is adapted to Western mankind and his way of life. This study involved more than theoretical knowledge. The earth is not a "thing", but a conscious living body, an organism. The sources from the earth, nature, cosmos and man themselves influence our world of experience. Examining our own experience was central in this course. We studied the wisdom of the earth, which gave us more awareness and insight. We learned to experience, re-know and manage the different energetic forces in and around ourselves, in our environment and world.

I learned so much in this course. I became more aware about myself and my relationship with others, the earth and the cosmos. We learned to use a pendulum and a dowsing rod and learned to work with our own "measuring systems". We visited many power places in the area and covered various disciplines such as Western European geomancy and explored multiple other disciplines (**) that deal with energy in it's various forms within our bodies and in our environment and how they interact and impact us.

I was so intrigued by this knowledge and glad to have found amazing teachers to study with. It was a little strange to me that I wasn't able to share what I learned with the people around me. My family didn't show any interest in what I was studying. They didn't ask any questions about it and most of my friends were not into this at all.

Little by little I started creating a new direction for myself. I first started removing myself from the experiences with mind altering drugs. I gave up smoking marijuana in my mid 20's and at the same time didn't drink much

alcohol either. I had also decided to no longer experiment with hard drugs. Because of that I didn't see the point anymore of spending much time with the friends that did choose to use substances on a daily basis.

My interest had shifted and I was going towards figuring out who we are as human beings, what our true potentials are and how we can heal and move beyond our limitations and use our innate inner powers. I still smoked regular cigarettes. I tried several times to quit smoking but restarted every time shortly after. I knew smoking was what I wanted to let go of next.

Everything happens when I am ready for it, I thought, and not one minute earlier or later! I told myself, there is no right or wrong in this. I was learning from every experience I encountered and I am glad I went through it all.

I was also learning not to judge the choices other people were making. Which is not an easy thing for me to do! To this day it is probably still my biggest lesson. I am learning that everyone has their own past, their own path, their own beliefs, their own experiences and their own free will. Everyone has the right to learn something when they are ready for it. It is not my business to decide who needs to learn what and when.

I wasn't always conscious in the moment why I experienced certain things. Looking back now, it all had its purpose. I have no regrets at all.

I was aware that everything is changing and evolving and my consciousness needed to change and evolve too. I wondered why it was so hard to change? Why did I feel so much resistance to change?

The deeper inner song I heard in my earlier life is still nudging and calling me to this day and sounds something like this "How can I shake off my old heavy boots and step into my light and agile dancing shoes?"

(*) <https://www.gaialogie.nl/activiteiten/leergang/>

(**) We studied natural healing with the four elements; earth, water, fire and air. We explored geobiology, energies in our home and living environment, radiesthesia, auguria, sacred places, environmental adaptations, human science and especially self-initiation.

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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
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