



Mother Meera

My life was changing. Unexpected twists and turns were steering me in a direction and I had no idea where it would be leading me. I was not focusing on the future. I was enjoying the journey and the unfolding as it was presenting itself.

In our retreat in Breitenbush in Oregon, I had heard Frank Coppieters mention the name Mother Meera. He had visited her several times in her home in Germany. Other people in the group seems to have also visited her or knew about her. For me, it was the first time I encountered her name.

From the conversations, I picked up that Mother Meera was an Avatar. She was from India and lived in Germany. She was giving Darshan in her home in Germany and people from all over the world came to see her. I did not know what Darshan was. Those Darshans seemed to be very powerful and supporting people in their spiritual growth.

My spiritual growth was very important to me. I knew how I felt inside, a mixture of glimpses into my powerful inner landscape intertwined with insecurities and fears, fueled by an endless thirst for knowledge, awareness and freedom. My whole life I had felt a deep longing to expand myself and feel more at peace and in love with life.

When it came to my ears that Frank Coppieters was going to visit Mother Meera in Germany in January, the next time he was traveling to teach classes in Belgium, I was looking for possible ways to make it happen to join Frank.

What I didn't know is that Paul had already made arrangements to join Frank to Mother Meera as well. He had never been to Europe and what a better way than to join Frank who knows his way. Maybe there was a possibility that he also would see me again.

In my next conversation with Paul on the phone I shared with him about my decision to go to Mother Meera when Frank was in Europe. Paul who had in mind to make it a surprise, didn't keep it a secret and let me know that he had decided to go to Mother Meera as well.

After our phone call, reality sank in! Paul is coming to Europe with Frank. My mind totally

freaked out! I got scared. I had felt very comfortable in the US and stepping into Paul's life there. I felt in my element and at peace. The idea of Paul merging with my life in Belgium felt shockingly unsettling to me. Bringing Paul into my life and meeting my friends and family. I had no idea how that would work. I also was not intending to step into a relationship again. On top of that Paul is a generation older than me. How would he react to my life in Belgium and family. What would my family and friends think about him and us? I didn't even know what was between us or what was not between us. I just freaked out! Nothing made sense and I got scared.

Frantically I was sorting out how I felt and what I needed to do about this. First of all I needed to be honest with myself. What is going on here, why do I feel like this and what does it mean. I came to the conclusion that the idea of bringing Paul into my life here in Belgium did not feel comfortable to me. I felt like I would not be able to handle it. Second, I needed to be honest and open to Paul about this and let him know.

The next day I gathered my strength to call him. This was not an easy step for me, but I felt I needed to respect myself and be honest with him. I did. I called him up and spoke my truth. He heard me out. Because of my response and out of respect for me he decided to cancel his trip. What I did not know was that he felt crushed and rejected and on top of that he already had payed his non-refundable plane ticket, which I didn't know till many years later. I still feel a little guilty knowing about the challenges and pain I caused him because of my fears.

Eliane and I were able to catch a ride to Balduinstein in Germany where Mother Meera lives and gives Darshan. After the weekend, we would take the train back home to Belgium. At the time I was booking my motel in Balduinstein I was still working and had requested time off to go to Germany. I had no idea that by then, I would have quit my job and would not be working anymore. My last day at work was January 15th 1999 and our trip to Germany was on January 31 1999.



When living outside of Europe and traveling a long distance to see Mother Meera you are able to visit her for Darshan four nights in a row; Friday, Saturday, Sunday and Monday night. When you live in Europe and are able to travel more easily to Germany you are only able to go two nights in a row of those four days. That's to make more space available to people visiting from farther abroad.

I had no idea what to expect. I was curious and asked several questions to Frank and others who

already had experienced a Darshan with Mother Meera. I also felt nervous, not knowing what was to come. Because of some of my less pleasant life experiences I tend to be on guard first and do not immediately trust what is being presented to me. I have learned to first use my own discernment, internal guidance system and intuition. Going to Mother Meera was no different. I trusted Frank and knew that there was something powerful to his experiences with Mother Meera, but I needed to experience it for myself, have my own experiences and make my own conclusions.

At the day of our arrival Eliane and I checked into our motel. It was a sunny day and about twelve people in our group with Frank adventured on a walk through the bright green grassed landscapes of the beautiful rolling hills of Germany. Some people spoke French, some Dutch, some English and some German. It's a rich feeling to be able to practice different languages and connect with people speaking a tongue different than the one I was born in.

I knew Frank since our Belgian-American retreat in Breitenbush and it was wonderful to get to know him a little bit better now on our European stomping grounds, where we both were born. Since I had felt a stream of energy flowing through Frank's arm into mine while shaking his hand the first time we met, I knew there was a reason for our lives merging together, I just didn't know yet what it all meant and that there was much more to come to the story.

After an enjoyable dinner with the group we drove to Mother Meera's home. Signing up in advance was required. Only a certain amount of people fit in the Darshan room provided in her home. On arrival, they checked the list, which had our names on.



Mother Meera had been giving Darshan for many years. Years ago, she did this seven days a week, each two hours in the evening. By the time I went she was doing it four days a week, Friday, Saturday, Sunday and Monday nights from 7 pm till 9 pm. I was living in Belgium at the time, so I was only able to go for two nights. Frank and some other people not living in Europe were staying for four nights. Darshan is given free of any charge.

Those coming for the first time were offered to sit up front if desired. To make things go smooth and in silence, there was a sheet on every seat explaining the procedure of Darshan. Up front and in the middle of the room was a little podium with a chair where Mother Meera was going to sit. One chair next to her chair was for the person waiting to get Darshan next.

When everyone sat in their chair and the room went completely silent, I looked around. My mind wanted to understand what it was all about. I felt a little nervous and had no idea what was to come next.

The following explanation about Darshan, I copied from Mother Meera's Website. In reality, sitting there, I had no idea what she was doing and how.

Pranam: The first phase of darshan is called pranam. Here one sits or kneels in front of Mother, and lowers one's head. Then Mother places her hands upon it. Here she works on nadis, lines in the subtle body, which contain knots, and she unknots these.

Darshan: Then, Mother looks into the eyes of each person and fills them with light, and helps the soul of the person. Mother says, that she gives different lights to different persons, corresponding to their personality. This happens without a word being spoken.

After the individual Darshan is complete, the person returns to their seat and continues to meditate, pray, and go deep inside to absorb the effect of the Darshan. Although Darshan usually takes place in a group, it remains a deeply individual and personal process. Everybody's Darshan experience will be different, and Mother gives to everyone what that person individually needs. Even a single Darshan can transform the whole of a lifetime.

I am looking at everything within you to see where I can help, where I can give healing and power. At the same time, I am giving Light to every part of your being, I am opening every part of yourself to Light. ~ Mother Meera



Then it was my turn. I felt nervous. I had never done this before and did not know what it was all about. I kneeled in front of the Mother and put my head down. I felt her gentle small hands touch my temples lightly. I was told that when Mother Meera let her hands go from my head, to sit up and look into her eyes. So I did. I sat up and looked into her eyes.

What happened next was totally unexpected. Immediately, I experienced the depths of my inner fears, the depths of my inner terrors. This was not one of the options I had considered. My body and mind were paralyzed in fear. My heart was shaking. My whole body felt locked, tight, my breathing had stopped. I was shaken to my core. The trembling of terror was felt deep inside of me. I recognized that fear. I had felt this before. As a deer on the road, paralyzed in the bright shining headlights, I sat there. Then she lowered her eyes. I was told, that is the time to get up and go back to my chair.

I was literally shocked to the bone. Trembling I found my way back to my chair and sat. Not knowing what to do with this. I just sat and felt what I felt. I looked around. Most people had already received Darshan. Luckily I knew the two hours would be over soon. Most people were sitting there in peace, eyes closed, in deep meditation. I was shivering, not knowing what to do with myself. I closed my eyes and tried to pull myself back together.

After everyone had received Darshan, which was all done in complete silence, Mother Meera got up and walked out of the room. The only sound in the room was the sound of her long Indian dress shuffling as she made her way out. Then everyone else got up in silence and left the room and the building.

The fresh air helped me balance a little bit. I noticed Frank and a few people from our group standing there. Still shaking and completely confused, I walked up to them. With a big smile and totally at peace Frank said to me, "That was wonderful! How was your experience Mieke?" I didn't really know what to say or how to respond. Then I said, Frank, my experience was very intense. I experienced the depths of my fears and terror. Frank listened while I spoke. Then more people of the group came and shared their experiences. I stayed silent. Integrating this unexpected deep and intense occurrence. Not really knowing how to hold myself.

Everyone was hungry and eager to get some dinner somewhere. I was not hungry and not in the mood to join a group in a restaurant. I was longing for one thing. To go back to my motel and go to bed. Which I did.

This was my first night with Mother Meera. And there was a second night in front of me. My first response was. I do not want to go back. I do not want to face this again. But as the day progressed and I balanced myself more, I decided differently. I wasn't making this trip all the way to Germany to chicken out on day one. Of course I would go to the second night. Now I was a little bit more prepared knowing that anything could happen. I was now also more familiar with the procedure and how it all would go about.

As I sat on my chair that second evening in Darshan, I worked on my breathing and relaxing while observing others receive Darshan. I wondered what people were feeling and if anyone would have a similar shocking experience as mine.

Then it was my turn to receive Darshan for the second time. Again, I was not prepared for what was to come next. I kneeled in front of her while she gently held my head for about seven seconds. I was getting myself ready for anything now, braving up so to speak. As I felt her hands moving away from my head I sat up and carefully gazed into her eyes. Wondering what would happen next.



I felt her eyes opening up and asking me to open as well. In stead of reflecting back the depths of my fears, now she was inviting me to open up to the depths of my inner power. I felt the invitation. It felt like my eyes were opening up more and more while I was catching up with my breath. My breathing went deeper and deeper. This happened all without spoken words. It felt as if she was saying, open up, breath it all in, take in as much of your own power as you are able to breath in right now in this moment. Open up! It literary took my breath away. The available power presented was immense. I could only breath in a small amount of what was available to me in that moment. She was showing me the opposite of the depths of my fears, she showed me the door to the depths of my powers within. As I gazed into her eyes, I did my best to open up and breath in as deep as possible. Knowing that I was just scratching the surface. A similar feeling as when I walk into an ice cold ocean. I take short little breaths while I am adjusting to the different temperature. Here I was adjusting to being connected with my own inner powers.

When she lowered her eyes, I knew it was time to walk back to my chair. Again, I was astounded by my experience. Except, this time, she surprised me with the opposite of my experience the night before. I felt a relief that this evening was not frightening. I felt curious about what all of this meant. For sure it was a very personal experience, not to be compared with anyone elses experience. The message was for me to work with and integrate in my own being and life. A very intimate message spoken directly to my soul.

Now 21 years later I am still integrating Mother Meera's Darshan's gift. I am tremendously grateful. I am using it's guidance daily. I know now that what I was shown was my live's path. The biggest task I have set up for myself in this lifetime is to overcome my fears. To acknowledge them, see them for what they are and learn to choose differently. I am invited to make choices made from love and joy instead of from fear. It showed me that my fears are deep and that my inner power is more powerful then the depths of my fears.

Since then Mother Meera has been traveling the world to give Darshan. She has been coming to Oregon which was another gift in itself. Paul and I have been going to Darshan several times together. A few times in Oregon and also in her home in Germany. Every time since that initial "initiation", Mother Meera has helped me refine myself to learn to choose love instead of fear. A fear shedding process that is still ongoing. Now I am aware of this path away from fear and towards love. I am very thankful that I have an incredible partner by my side who is also conscious of this process. Paul and I are supporting each other on this journey towards freedom and joy.



After Note and conclusion:

Mother Meera is available to everyone and free of charge. One does not have to go see her to receive her help. Including is a link to here website. She also has appeared in my dreams and works in many ways to help humanity.

Frank recently shared with me the following experience he had with Mother Meera even before he had ever met her. He said: *“While I was going through a very rough patch in Egypt (after visiting the Temple of Karnak - which is all about knowledge and truth). I was having an excruciating out-of-body experience. I had a perception of Mother Meera helping me. I had not met her yet then, but had read her book “Questions and Answers”.*

Mieke’s final conclusion. Help is available in so many different ways. Never give up hope. Help can show up from the most unexpected places and in the most unexpected times. Keep on living your life the best you can. Give yourself the permission to ask for help. As a reminder to self, I have a key chain with a picture of Mother Meera with the words “Make it a habit to ask the Divine for everything.”



Mother Meera’s Website in english. <https://www.mothermeera.com/>

The website is as well in Dutch, German, French, Italian, Spanish, Polish, Czech and Russian.

You do not have to travel to Mother Meera to receive Darshan. Because of the covid-situation Mother Meera is also giving Darshan online

https://www.youtube.com/channel/UCE_HuzrCyNM0wanx5ywL8Og/live

Website of Frank Coppieters. <https://livinglightcenter.com/>



Mieke's Voice 2021©Mieke Benton
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Sharing permitted
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

Week 58 - Mother Meera