

The logo features a green and blue gradient background. On the left, there is a stylized window icon with a white frame and a blue pane. To the right of the icon, the text "Window to the World" is written in a large, elegant, black cursive font. Below "World", the word "review" is written in a smaller, bold, black sans-serif font.

# Window to the World review

Volume 1, session 20 Blog: Eckhart Tolle Made Simple Class

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## When Trust is Lost

The soul or the ego: you can only be one or the other at any given time. When I was being the ego-personality: I agree with everyone, I was an imitator. I was the imitator of whomever I was with. My soul was imprisoned, upstaged by my ego-personality: I agree with everyone; everyone is so nice; no one is capable of doing wrong.

You cannot trust ego-personalities. They lie.

My husband is constantly reminding me when I meet new people and I say to him, "She is so nice."

"How do you know that Renee?" he will say to me. "You can't trust everyone."

You see I am like the ancient American Indians who trusted until they found out by someone's actions that they could not trust him or her; and then you see—you will never be trusted again. That is how the soul lives. I would rather live as the trusting soul than mistrusting everyone.

Having the attention to know whether you are speaking to a soul or an ego takes practice. I am still practicing. Sometimes I am hurt and other times I am happy to have found a new friend. Some people like me, and others dislike me. Not everyone has to like you; I know that and I move on. Don't bother those people who do not like you. It makes their egos dislike you even more.

When people are jealous, angry or gossip about others—imagining and embellishing their stories: people get hurt.

That person could be you.

Or are you that person leaving bodies in your wake, as my neighbor said about his wife. “She leaves bodies in her wake.”

She had no mercy when it came to putting people down, criticizing and ridiculing them because she knew she was right and everyone else was wrong. I overheard her, one-day, saying to another cruel neighbor, “I love a good fight.” To which the other neighbor lady said, “I do too.”

I have left out a few ego-personalities but you get the picture.

The victim of these ego-personalities is the soul—the innocent one, the one preyed upon because that is what ego-personalities do—they prey upon souls. When the carnage is over the man or woman with the ego-personality goes on like nothing happened, wondering what is wrong with you—the soul—the victim of abuse.

So what happens to the soul: The soul becomes afraid of the ego-personality and stays away from him or her.

“What’s the matter with him?” the ego-personality says months to years later. “I’ve forgotten all about that incident, why can’t he forget it. Forgiveness is the Christian thing to do. Can’t he forgive?”

I am a practicing Catholic; I pray for people’s souls all the time; so whenever someone’s ego goes after me to discredit my soul I hear “Can’t you forgive? Isn’t that the Christian thing to do?”

Forgiveness can be given but the memory of the abuse causes the soul to lose respect and lose trust for the person who is the ego-personality. Trust does not come back once lost.

The soul, still afraid, has not forgotten about it.

- If you, the soul, are hit in the face you feel the pain and remember it. If you, the soul, are put down by comments you remember it.
- If you, the ego, hit someone in the face you go on and forget about it. If you, the ego, put someone down by criticism or ridicule you go on and forget about it.
- And then there are the two egos who duel with each other. They put each other down and the fight is on: “I will get you back for this.” And usually they do get each other back. Hurt feelings are vanquished and they go on in a mutual duel; satisfied that they have each gotten their pound of flesh.

Are you an ego dueling with someone else’s ego?

The soul will not get you back. The soul is different. This is why abused souls have stories. They want to know why someone would abuse them.

It is the nature of the ego-personality to deceive, to lie, to abuse the soul.

The soul cannot understand it and the memory of the unfair treatment stays with her until she either talks to or sends a letter to the ego-person.

The soul wants the truth and tells the truth.

Let me tell you what I have done in the past where the ego-person blames me for:

1. Not forgiving and
2. Not going on as if nothing bad happened.

Remember the famous story of how Pavlov trained the dogs to ring the bell to get food. It is called a Pavlov Response. Souls are trained this same way by ego-personalities. The soul has a response of fear and mistrust of the ego-person who has abused his soul. It is a Pavlov response.

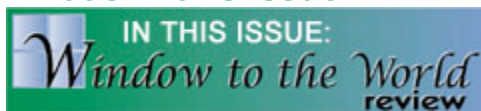
This is what I say: *“Just like Pavlov trained the dogs I have been trained by you to not trust you. Get over the past. Take what you can get now and forget about it. We can be polite to each other but we cannot go back to how it was in the past ever again.”*

Reference #9 in the comparison table: *A New Earth*, chapter: The Core of the Ego, p. 66, 44, being right making wrong p.69 I am right; you are wrong

Reference #9 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 20 The I am right and everyone else is wrong personality

**Thank you for taking my class sessions. Paulette Renee Broqueville**

### What's in this issue?



- Forgiveness does not mean forgetting
- Pavlov response
- The Election
- I am right and everyone else is wrong personality

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