

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 24 Blog: Eckhart Tolle Made Simple Class

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## “I Feel like I am Going to Say Something Bad to You!”

The first time someone said this to me I brushed it off. I was too young to realize the meaning of his statement. He was taking care of me, protecting me from himself—his ego-personalities and their mean talk. It took effort but he did it.

And then another time a man said to me “That’s it, I can only be good for so many hours. I can’t spend too many hours with you.” I was not swift enough to get it. What did he mean?

I was, at this time, realizing the existence of ego-personalities and formulating the ego-personalities names in my head. I was just beginning to write them down. I was trying to figure them out.

After I had printed and published *Unraveling Your Past to Get Into the Present* ©1998 a young woman I knew said to me, “I feel like I am going to say something bad to you so I am not talking.” By then I was a little sharper and I got what she meant. Her head talking was so strong that when the ego talked it took over her mouth and her mind. It took effort I am sure to be quiet verbally; *the real task is to keep quiet mentally.*

As a young woman I attended a—well—a cult—is how it must be described now although I thought it was an eclectic catholic church at the time. I am the kind of woman who minds her own business and so I stuck to myself for the most part. I pray and that is the purpose of a church to me; so that is what I spent my time doing at the services on Sunday. There came a time when that church was no longer what I thought it was and so I ceased attending.

When this separation happened the church leader and members did not take this well. The feeling that I got was of doom; and being a happy girl 99.9% of the time

even under the most dire circumstances, I was observant of this which I felt, instead of thinking that this *depression* was me.

A voice thought came in words in my head “Why don’t you kill yourself.”

Ooooooh now you are talking weird. My mind is a quiet listening mind. This was not my thought but the thought of someone else and I knew it. You can feel the thoughts and feelings of other people. I began to pray immediately and I asked Archangel Michael to take his sword and remove this spirit being or projection or thought form or whatever it was that was obviously from someone else and immediately my soul was free again.

We really need help when we are attacked by these ego-personalities. That is also why I wrote in my book that you should always ask when a mood comes over you or a thought comes to mind “Is this my feeling or the feelings of someone else?” “Are these my thoughts or the thoughts of someone else?”

I tell people to pray. Even if they have to go to the men’s room or the ladies room at work. Pray. Do not allow the ego-personalities of someone else to govern your mind and your feelings.

Since my mind is so quiet I am very much aware of when someone else’s thought or feeling tries to influence me. In order to have that quiet mind, say to yourself: Stop talking. Tell your mind to stop talking.

- Can you stop your mouth from talking?
- Tell your mind to stop talking; your mind should be quiet

Depending on which of the ego-personalities you have, you will have to do the opposite to correct and kick it out of your mind:

1. Arrogant ego: Think of a compliment
2. Drunk or drugged ego: Pray for Archangel Michael’s sword to protect you and drink juice.
3. Angry ego: Usually hangs out with another ego-personality, for example:
  - The ego I am better than you: Think of something you can say that is good about the person.
  - The dictator: Give up, drop the reins, turn away let the person have his or her way.
  - I am right and everyone else is wrong: Say “that’s a different way of looking at the situation” and leave it there.
  - I only believe what I want to believe ego-personality: Desire to know the truth no matter whose side it is on, make a decision to look at the facts and accept them no matter what—and without excuses.

- Remember to speak calmly, this will help you stay in your soul-personality so that you can resolve the issue without the anger ego-personality.
4. Jealous ego: Look at what you have and be grateful.
  5. Sexual/lust ego: Pray, ask for Archangel Michael's sword to remove this ego; decide to have sex for love and keep trying until you achieve it, not an easy thing to do but you can do it eventually. Sex is an addiction; it is a habit. Keep trying to change your habit. When the urge comes and you do not want sex to rule you, ask Archangel Michael to use his sword to remove the feeling.
  6. Embellisher ego: Try very hard to tell the truth about little things, "Did you just go to the bathroom? yes or no"—tell the truth and then keep on trying with everything, stop the stories in your head—live in the here and now. You are okay just the way you are. Start living and accomplishing something here and now: go to school.
  7. Depressed ego: Ask Archangel Michael to use his sword to cut you free. If there is a reason for the soul to feel sad that is another topic. Be grateful for what you have or can do and smile about it. Compare yourself to no one but you.
  8. Vegetable/I don't talk ego: Are you talking in your head? Stop it. Talk to people. Be nice. Get rid of the ego-personalities that are living in your head. Evict them and start talking to people and be nice. Refer to the list for ideas of how to correct and evict them.
  9. The bad girl, bad boy ego: Stop it. Be nice. Get attention by friendly gestures and your smile. Your smile is enough to get you attention—I bet.
  10. Joker/ridiculer: Think of compliments and say them to people. Stop the jokes about people. There is plenty of ways to express the humor of your own soul without abusing people by making fun of them.
  11. Workaholic/ hiding: Make time to be in social situations. Develop relationships with people. The soul must be able to interact and solve problems with people in order to grow up and gain experience.
  12. Criticizer: Find something nice to say. Your opinion is only valid if someone works for you—give instruction not criticism—compliment what is done correctly at the same time.
  13. I agree with everyone: Pray for your soul to awaken. Say "What do I want to do?" Say it many times a day so that when someone says to you "Do you want to go to the game?" you can say what you want to do because you will already know—or if you do not know then say to yourself, "What do I want to do?" Feel what you feel in your soul and then do what your soul wants to do.

14. Sadistic/Masochistic/I deserve punishment: Stop it! Pray and then keep praying. Ask Archangel Michael to come with his sword and cut you free from this ego-personality.
15. Tyrannical/ beyond anger: Stop it! Pray. Ask Archangel Michael to take his sword and cut this ego-personality away from your soul. Let others plan their lives and you stick to your own business.

*All souls are unique; we do not fit into a box; we are not standardized; enjoy the differences.*

Whatever you do, when you are learning to have a *quiet listening mind*, be at peace when you fail: be kind to yourself; your soul is just learning to take charge so encourage it and keep trying.

Reference #75 in the comparison table: *A New Earth*, chapter: Finding Who You Truly Are, p. 186 First ask the most fundamental question of your life: Who am I? .....Others may appear to be more evolved because they think of themselves as an immortal soul or divine spirit. But do they really know themselves, or have they just added some spiritual-sounding concepts to the content of their mind?

Reference #75 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 24 "If I am not me then who am I?" The real you is your soul/sole personality who has been hidden away, staying quiet for fear of reprisal.

Reference #30 in the comparison table:: The Current State of Humanity, The Voice in the Head, p. 30 Most people are still completely identified with...compulsive thinking...repetitive and pointless...when told that there is a voice in their head that never stops speaking...p.34 I didn't realize yet that thinking...nor did I know anything about the ego, let alone being able to detect it within myself.

Reference #30 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 47 Who is talking in your head? The mind that is full of chatter is a mind that is heavily laden with ego-personalities.

Reference #41: *A New Earth*, chapter: Core of Ego p.59 The voice in the head. This is the egoic mind.

Reference #41: *Unraveling Your Past to Get Into the Present*, chapter: Talking in Your Head is not Thinking p. 147 So, what is talking in your head: ego-personalities.

Thank you for taking my class sessions. Paulette Renee Broqueville

### What's in this issue?



- I am going to say something bad to you
- Stop talking! Tell your mind to Stop Talking!
- What to do instead of being the ego-personality: pray: ask Archangel Michael to remove the ego-personality
- Learn to have a quiet mind

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