

The logo features a stylized window icon on the left, composed of a blue square with a white cross. To its right, 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. The background is a gradient from green on the left to blue on the right.

Window to the World review

Volume 1, session 26 Blog: Eckhart Tolle Made Simple Class

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What is the Soul? What does it Look Like?

The soul is you without a physical body; take off your body and there you are—the soul. The soul is not marred; it is not old; it is youthful; it is not overweight; it is not under weight; it is not dressed in rags or in expensive clothes. It is the perfectly shaped you.

My friend said to me when I was describing the soul: “I don’t want to look like I did when I was 18; I was fat and it was an awful time.” I learned from that to use more words to describe the soul.

Black and white photos seem to help me see the soul in people. Color takes my eyes away to notice other things.

My husband often says what do you mean soul? People are not going to understand what you mean; they will think it is something religious. He is, as I have told you, a scientist; he understands numbers; I understand words. The soul exists whether you practice a religion or you do not.

The soul is the one inside of you who is afraid or sad; the soul is the one who is happy. Feeling the thoughts and feelings of your soul happens when you are alone. Everything that the soul wants or is sad about comes out when you are alone. Write it all down on paper until there is no more to say. Do this everyday until you have nothing more to say. The soul must be heard; the soul must be able to speak and if no one else will listen then between you and the paper you are the writer and the listener of your own soul. Who could be friendlier to you than your own soul.

In your effort to get rid of your ego, writing your thoughts down is the way to strengthen the voice of your soul. What happens next is that you will begin speaking from your soul—out-loud to people. Yes, you will gain courage from

writing all of your present problems, your past hurts, your dreams and plans on paper until you can speak them quietly, calmly out-loud. And what a relief you will feel—you the soul—who is finally speaking and making decisions for your life.

If your ego speaks when you are writing, recognize it. Begin to recognize anger, jealousy, criticizer, joker/ridicule, depression, martyr, gossip, arrogance, embellisher, I only believe what I want to believe, or I am right and everyone else is wrong and call it by name. It is surely not you—not your soul.

Start to separate you the soul from the ego.

A note to readers: if you have any questions for me I will answer the questions in my class sessions. If you have questions contact me through the contact section of the website. Please tell me what language is your first language.

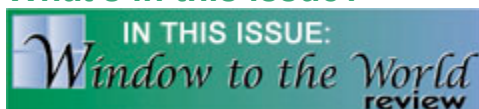
I would like to say to all of my readers: hello Americans, Russians, Slovaks, Japanese, Austrians, and readers from Belgium, Brazil, Germany, Seychelles, Canada and Mexico. Thank you for reading *Window to the World review*.

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.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- What does the soul look like?
- Write: let your soul speak
- Write: expose your ego-personalities
- Readers write me your questions

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