

The logo features a stylized window icon on the left, composed of several panes in shades of blue and green. 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. The entire logo is set against a background that transitions from a dark green on the left to a light blue on the right.

Window to the World review

Volume 1, session 39 Blog: Eckhart Tolle Made Simple Class

Written by Paulette Renée Broqueville

<http://www.broqueville.com>

March 8, 2010

Heads Up! Befriend soul people.

The other day I over heard a woman who suffers a lot from depression say:

“I am jealous of beautiful women who are talented. Why do they have all the talent and I don’t have any?”

This statement was an eye opener for me. All the while, when I spent time with this woman, I thought;

- She needed encouragement so I encouraged her.
- She needed recognition so I recognized her expertise.
- She needed praise so I praised her.
- She needed knowledge so I gave her of my knowledge.
- She needed a friend so I befriended her.

Heads up readers! Befriend people:

- Who befriend themselves—for they are the only ones who will be your friend.
- Who encourage themselves—for they are the only ones who will encourage you.
- Who praise themselves—for they are the only ones who will praise you.
- Who seek knowledge to better themselves—for they are the only ones who will appreciate your knowledge.

If people are ever to complete their mission in life they must follow what others do to complete their missions:

1. Praise yourself and others
2. Seek knowledge and give knowledge. Appreciate knowledge, as it is a gift.
3. Enjoy the differences in the people you meet, for all have something to teach you.
4. Pretend to be no one but yourself.
5. Say only in your head what you will say out loud to the person.
6. Best is to say nothing in your head for inspiration will not be able to get a word in edgewise; it is by inspiration that the talented live, that is what makes talent grow. Be quiet and listen.
7. Become aware when you are being used, abused, put down, demeaned or otherwise not appreciated; these are the people to avoid.
8. Seek and recognize the soul people; they are your friends.

I say:

I only want what I can have and I don't want what I cannot have.

I will be so happy if I get this, and I will be so happy if I do not get this.

Happiness is being happy with what you have; it is appreciating every little thing.

Happiness is doing what your soul wants to do over the objections of egos: your own and others.

Your steps are simple if you want inspiration: stop your talking mind!

1. Decide to be quiet in your mind.
2. Take step one everyday. Decide and it will happen.

That is all for now.

Reference #68 in the comparison table: *A New Earth*, chapter: The Pathological Ego, p. 110 Unhappiness is an ego—created mental emotional disease... Negative states such as anger... jealousy... recognized as negative but as totally justified ..."I am holding you responsible for my pain."

Reference #68 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 19-22 The depressed ego-personality...The jealous ego-personality...The angry ego-personality

Reference #69 in the comparison table: *A New Earth*, chapter: Role Playing: the Many Faces of the Ego p. 114, The secret of Happiness...Being at peace and being who you are, that is, being yourself,...are one

Reference #69 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What is my Talent? What was I Born to Do? p. 135 Happiness is found when you do what your soul wants to do.

Reference #42 in the comparison table: *A New Earth*, chapter: Ego—the Current State of Humanity, p. 57 ...You realize your essential identity as formless...Presence...Being

Reference #42 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What Are you a Body or a Soul? p. 85 Now that we have discussed...the body, let us look at the permanent part: the soul.

Reference #28 in the comparison table: *A New Earth*, chapter: The Flowering of Human Consciousness, p. 22 What a liberation to realize that the “voice in my head” is not who I am. Who am I then?

Reference #28 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 24 Remember none of the ego-personalities are the ‘Real You’ “If I am not me then who am I?” p. 147 So, what is talking in your head: ego-personalities.

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 #121 in the comparison table: *A New Earth*, chapter: A New Earth, p. 301 Suddenly one day they know what their outer purpose is. They have a great vision, a goal.

Reference #121 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 34 ...say, I know instead of I don't know...The answer comes to

each one...as a thought, an idea, ...in a dream or in a flash as if a picture appeared in your mind.

Reference #112 in the comparison table: *A New Earth*, chapter: The Discovery of Inner Space, p. 243 Discover inner space by creating gaps in the stream of thinking. Without those gaps your thinking becomes repetitive, uninspired, devoid of any creative spark...uninterrupted succession of one thought after another

Reference #112 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego- Personalities p. 47 The mind that is always talking cannot think, because an inspiring thought cannot get a word in ...let the mind be a listening mind.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- First step is to decide to be quiet in your mind
- Second step is to decide everyday to be quiet in your mind

©copyright 2010 by Paulette Renée Broqueville **Please contact us through the website.**