

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 4: Blog: Eckhart Tolle Made Simple

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Is it your ego or your soul who is haunted by your past?

Test yourself: Are you a giver or a taker?

When you love someone and he/she stops loving you, do you

1. Get angry and hold a grudge? You are a taker.
2. Allow the one you love to go and to be loved and to love someone else, because you want only happiness for this person you love? You are a giver.

Who is the soul and who is the ego in the example above? The giver is the soul.

To illustrate this I will tell you a story from my life. I had a loving family in my mother's family: aunts, uncles, grand-parents. From this loving family I was thrust at age five into a new house with an unloving stepmother and her four-year-old daughter. My father was like my mother's family: loving and kind. We especially bonded after I lost my mother when I was two.

One morning in the first few months of my father's marriage I awoke to hear them arguing about which daughter had made more noise in church. Then I heard my step-mother say, "You pay more attention to your daughter than you do mine." With that she burst into my room and spanked me and my sleeping step-sister.

My father never touched me again but always gave my step-sister attention when he came home.

I knew the reason why; he was trying to protect his children from being harmed.

When I grew up I would cry whenever I was alone: in the car, at home, walking. If you asked me why I could not tell you. I was suffering in my heart. This went on for many years.

Then one day I was in the restaurant where most, if not all, of *Unraveling Your Past to Get into the Present* was hand written when I burst into tears in public. I was sitting at the counter when the tears began to fall. I could not stop them. I prayed, "God, I cannot live like this, I must know why I am crying."

The answer came immediately in a flash with a memory of my Dad's marriage to my step-mother. I was Daddy's little girl until he married. It was like I was his girlfriend and then he dumped me for another girl.

Then I understood how to heal. I had to let him go to be with the girl of his choice if I truly loved him.

I did this and I have been healed of the tears ever since.

Many people have unknown tears. Sometimes these sorrow's are from babyhood—you the baby could not talk and could not understand the adults. In order to find out what is causing your sorrow you can do what I did: pray. Or you may do this: say "I know why I am crying, why I am sad." You will soon have a dream or you will awaken with the answer, the memory. Then knowing the reason why you must be a giver in order to heal. Read *Unraveling Your Past to Get into the Present* for more information on this.

Now Eckhart Tolle and I disagree about unraveling your past and what these sorrows really mean. I say they are from the soul itself and he says in reference to what he calls the pain body:

Page 142 in *A New Earth*

This energy field of old but still very-much-alive emotion that lives in almost every human being is the pain-body.

Page 145 in *A New Earth*

The pain body awakens from its dormancy when it gets hungry, when it is time to replenish itself. ...It may be shocking when you realize for the first time that there is something within you that periodically seeks emotional negativity, seeks unhappiness.

Page 147 in *A New Earth*

It is not so much that you cannot stop your train of negative thoughts, but that you don't want to.

Page 151 in *A New Earth*

Some people carry dense pain-bodies that are never completely dormant. They may be smiling and making polite conversation, but you do not need to be a psychic to sense that seething ball of unhappy emotion in them just underneath the surface, waiting for the next event to react to, the next person to blame or confront, the next thing to be unhappy about. Their pain-bodies can never get enough, are always hungry. They magnify the ego's need for enemies.

What Tolle does not understand is that the soul carries the sorrow and the fear until it can be healed it is not the ego looking for a fight to get what it wants.

It is very easy to see the soul in abused people. The eyes tell you everything. They don't speak but they cry out to let you know how injured they are inside. They are interacting eyes—they show emotion—they move as the person thinks.

The eyes of the ego-bound person are glassy, staring. They cannot hear what you are saying and do not respond to your words. The ego is looking for its next fix: could be alcohol, or food or a fight or someone to compare themselves to so jealousy can raise its ugly head. When it is satiated it calms down but then it raises its ugly head again when it needs to act out. All the while the soul is suffering in silence inside the heart. The ego needs to be recognized and removed.

The soul needs to be recognized and helped to heal. Your story, your past needs to be understood and then healed. In my case I knew why I was put aside: my father wanted to protect me from the step-mother but my soul was injured by the loss and it needed to give him up and so I did and I healed from a sorrow that had been in my heart for many years.

Reference #65 in the comparison table: *A New Earth*, chapter: Recognizing Your Child p.105 ...the longing to be recognized not on the level of form but on the level of being.

Reference #65 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What is my talent? What was I born to do? p. 139 ...look into their starved eyes and see the soul inside

What's in this issue?



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- Past sorrow: The Soul versus the Ego
- Giving up the one you love
- The pain body

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