

The logo features a stylized window icon on the left, followed by the text 'Window to the World' in a large, elegant script font, and 'review' in a smaller, bold, sans-serif font below it. The background is a gradient from green to blue.

Window to the World review

Volume 1, session 47 Blog: Eckhart Tolle Made Simple Class
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Ego-personality: Masochists and Sadists

If you were unjustly punished as a child; if you were given excess pain or longer punishment than was necessary for you to know you did something wrong; if you were regularly put down, made fun of, criticized, then you were raised by a sadist ego-personality. They are mean people, cruel people and they take every opportunity to punish you: the child, the employee, the spouse, the neighbor, the friend. They use many ways of verbal and physical abuse. Any method to make you feel punished.

Anyone who abuses

- A dog
- A horse
- A cat
- A child
- A woman
- A man
- A worker
- A stranger
- Anyone human or animal has the ego-personality sadist.

Anyone who gets into fights—looks for fights, beats people up—uses violence instead of reasoning has the ego-personality sadist.

He or she likes to inflict punishment in the form of any method that causes a victim pain.

This ego-personality draws you in—they use kindness to fool you—it is a trap—then they attack you.

These ego-personalities create guilt in their victims: they make you feel you deserved this treatment—you caused it—you made a mistake—you are guilty of wrong-doing.

This creates the ego-personality masochism: “I deserved the punishment. I caused him/her to do this to me. It was my fault.”

In order to know that you are not guilty of the crime for which you have been blamed you must be innocent:

1. You know you did not do it.
2. You know that you did not think of doing it: You did not wish it to happen.
3. You are silent in your mind.

Remember my stepmother? Remember as a child she had me in the kitchen chair interrogating me. She was an abuser. I know now that she was a sadist. She would try to make me confess to things that I would not do, did not do, and did not think of doing. She tried to make me feel guilty. She tried to make me confess so that she could have a reason to punish me.

- My protection against this ego-personality was my silent mind.
- My protection against this ego-personality was my innocence.
- My protection against this ego-personality was being my soul.

I was not guilty; I did not feel guilty.

Her plan failed time after time. I was not punished except to continue to feel her hatred of me; and to feel unwelcome in her house. As a result I never got the ego-personality masochist.

Your protection is always a silent mind. This is the most important thing you can strive for. If you have this ego-personality masochist, pray for a silent mind. Pray for the will to find people who are healthy souls.

If you have the ego-personality sadist the only thing you can do is pray. Every time that you feel the need to beat or verbally abuse *pray* “Please help me God.” You will receive help; you can change. Do it today. Pray.

Eckhart Tolle did not take this ego-personality sadist/masochist from *Unraveling Your Past to Get Into the Present* when he wrote *Stillness Speaks* and *A New Earth*.

Reference #30 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p.33, 34 “Wasn’t my mind as incessantly active as hers?” ...She thought out loud. I thought mostly in my head. 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 in the comparison table: *A New Earth*, chapter: Core of the Ego, p.59 The voice in the head. This is the egoic mind.

Reference #41 in your comparison table: *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.

Note: *Unraveling Your Past to Get Into the Present* was copyrighted 1998

Stillness Speaks was copyrighted 2003,
A New Earth was copyrighted 2005,

The Power of Now was copyrighted in 1999 the year after *Unraveling Your Past to Get Into the Present* ©1998, 2002

Thank you for taking my class sessions. Paulette Renee Broqueville

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