

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 7 Blog: Eckhart Tolle Made Simple

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How I learned to be the soul without the ego

When I started to write *Unraveling Your Past to Get Into the Present* I had to write and rewrite the first chapter: The Soul/Sole Personality versus the Ego-Personalities. My own ego was confusing me. I did not understand clearly how to tell my reader what is the ego and what is the soul. I had to be the soul and separate myself from the ego in order to write this chapter.

I began writing about the soul and the ego in 1985. By 1990 I was still writing and rewriting the first chapter: The Soul/Sole Personality versus the Ego-Personalities. By 1998 I had figured it out and made it as clear as I could. *Unraveling Your Past to Get Into the Present* was copyrighted in 1998 and went to Amazon.com for sale in 1999.

Then again in 2002 *Unraveling Your Past to Get Into the Present* was re-typeset by a professional, a new chapter written, a new cover was designed and the revised edition was copyrighted, published and began selling on Amazon.com.

The ego is not that easy to describe. I had to get free of it to be able to tell you about it.

Being the soul is not that easy to describe. I had to be it to tell you about it.

The list of ego-personalities came to me by my life experience. Being the soul came easy. I was raised until I was five years old by soul-personalities: My mother's family: my grandmother, and three aunts as well as my father. When you know the soul in others it is easy to know the soul within yourself. You do not need to develop an ego when you are treated with respect, interacted with, talked to, given affection and your needs are met: there is no fear.

The ego-personalities were introduced to me when my father married my stepmother. I learned most of them from her.

- Arrogant was easy: she was better than anyone and certainly better than I and she let me know it on a daily basis as she looked down her nose at me, putting me down at every opportunity.
- Joker was also easy to spot as she made fun of me, imitating my actions.
- Workaholic I would say was my father's contribution. He was just trying very hard to make a living in his own business.
- Angry. I spent 13 years waking up to her angry face and voice directed at me while at the same time she smiled and cooed over my brothers and sister.
- Jealous. If anyone complimented me she huffed and spit words under her breath and turned away.
- Embellisher. She told my father untruths about me and what I did even to say I was pregnant, and a homosexual as well as a drinker of alcohol. By this time I was only 17-18 years old and a very lanky, bony and shy girl certainly not having sex with my boyfriend and all of my girlfriends had boyfriends whom they married.
- Dictator. Oh she was a dictator. Rules of when you leave and when you return to the house were in stone. She would say, "I will tell you something once, and then I will tell you again in case you did not hear me, but if I have to tell you the third time you will be punished." I was a very, very good listener. I never had to be told more than once.
- Sexual. I saw this with friends who thought that the way to get a boy was to have sex with him. A surface relationship.
- Bad girl/ bad boy. I saw this in friends who thought it was cute to be bad. In other words they got attention that way.
- I am right and everyone else is wrong. That was my stepmother.
- Depressed. I never saw this one in childhood. But as a Doctor of Chiropractic I did. Since sadness is a valid feeling of being mistreated by someone or missing someone I did not understand it at first and tried to solve the problem for the patient. It could not be solved: it was synthetic, it was ego.
- Tyrannical. My stepmother was just that, she ran every aspect of my life leaving no room for my own opinion or my own choices.
- Martyr. She showed me this one too. She was unhappy that my father did not give her enough money. She let my sister and I know how she slaved: cooking and cleaning all week long. Then after we cleaned the house on Saturday she let us know that she was giving us her last money to go to the movies.
- Sadistic or masochistic. I did not learn this personally but by knowing about it I determined it was not natural to the soul: therefore it is ego and an abuser to the soul within.
- Vegetable. I had a friend who never talked. We spent time together but he was like a bump on a log. I was writing *Unraveling Your Past to Get Into the Present* at the time. He would get unnerved at my talking at times. Then I realized: he was talking in his head; he was imagining all kinds of things happening in his head. He was a vegetable. I called him on it and

- he admitted it. He talked constantly in his head. He was living a life all by himself, a virtual reality not a soul reality. I could not get a word in edgewise because he was always talking!
- Gossiper. I learned this outside of the family. Easy to spot and then understand that the people doing it do not have the facts, they are not presenting the facts they are giving opinion and that is not fact. Gossiping and making fun of people is not a soul quality; it is ego.
 - Criticizer. That was my stepmother. Find fault and talk about it.
 - I am better than—superior to you. Stepmother again, she let me know on a regular basis that she was smarter and better at everything.
 - I agree with everyone. Now that was my ego-personality. Since I had not expressed an opinion of my own in my childhood I took everyone else's opinion and agreed with him or her. I was a chameleon. I was afraid to disagree. I was afraid to tell the truth and without that the soul could not live my life: it speaks truth, it decides what it wants to do and where it wants to go. The soul is not a follower it is a leader. The soul is not an imitator it is a progenitor a creator.
 - I only believe what I want to believe—does not listen—refuses to face reality. I learned this one from my brothers and sister who eventually went in league against me and joined forces with my stepmother. Reality was not a part of their opinion of me, but by this time I was safely out of the house and on my own. (My imprisonment was over: At Christmas, just after I had turned 19 she told me to leave and never return.)

Eckhart Tolle differs with me on some of the ego parts, as he calls them, and does not mention others that I have written about. We will discuss the differences in other blog sessions.

Reference #1 - 17 in the comparison table: *A New Earth*, p.61,62, 246, 247, 39, 214, 110, 83, 260, 47, 88, 87, 66, 44, 69, 109, 110, 283, 87, 229, 82, 288, 42, 232, 121, 82

Reference #1 -21 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego- Personalities p. 19, 20, 21, 22, 23

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The soul personality, what is it?
- How I learned about the ego-personalities
- Difficulty in writing the first chapter
- My ego-personality

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