

The logo features a stylized window icon on the left, composed of a blue square with a white grid pattern. 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 green on the left to blue on the right.

# Window to the World review

**Volume 1, session 8 Blog: Eckhart Tolle Made Simple**

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## You can catch an ego like you catch the common cold

I have said that there are only two emotions that the soul has: happy and sad.

So what is the difference between the ego-personality, depression, and the soul's sad feelings?

The soul's sadness is based upon choice. Choose what your soul wants to do and you are happy; choose what your soul does not want to do and you are sad, disappointed, uncomfortable or you get sick just so you do not have to do it. The soul can be sad due to a loss of a person, loneliness, or unfair or abusive treatment but then the soul must give: give up the people, give up the people you love and the people who abused you and go on in a new life with plans for your future happiness.

The ego-personality depression is based upon:

1. Comparison: comparison of you to someone else in looks, talent, possessions, work, time off, style. Comparing what you have or can do to what someone else has that is better, or can do better. This will always make you depressed and until you look at what you have or are and feel grateful, you will be depressed.
2. Getting into someone else's business: Telling a person how to live and then being depressed that he does not do it. Or concentrating on someone else's life and lusting after it instead of appreciating your own life and living it. You will remain depressed until you concentrate on your own business and leave others to make their own decisions.
3. Thinking about things or people you cannot change: your job, money, love, friendship or love affair failures. Change the things you can change and give the things you cannot change up to God.

I am usually a very happy woman but one day when I was walking my dog I thought about all the people who were then buying new houses and my husband

and I are still supporting our own businesses and renting. I became very depressed. I was comparing myself to someone else, something I never do. I say, "Only compare yourself to yourself, never to anyone else." I realized that I had fallen into an ego-personality. I immediately changed my tune and started to thank God for what I have. And what I have is a lovely apartment that a guest just told me was beautiful and like a fairy tale house.

So I got rid of that ego-personality by giving: giving thanks.

The soul gives. The ego wants only to take or have someone give to him. That is the difference between the soul and the ego. And just as fast as you catch an ego it can be dispelled with a prayer or giving thanks for who you are and all you have.

Reference #10 in the comparison table: *A New Earth*, chapter: Pathological Ego, p.109, 110 Unhappiness is an ego-created mental emotional disease...p.283 ...ego reacts... with...depression

Reference #10 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 20 The depressed ego-personality

**Thank you for taking my class sessions. Paulette Renee Broqueville**  
**What's in this issue?**



- Catching an ego
- Ego depression vs. soul sadness
- Giving and taking: the soul and the ego
- Getting rid of an ego

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