

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 2, Session 2 Soul and Ego Class: Accomplish Your Purpose in Life

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to *Get Into the Present*

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Chapter two: Fear—What is it—Why do we have it? Baby Fears—what are they?

Baby fears are simple:

1. I am afraid that I will not be fed food or liquids.
2. I am afraid that I will not be protected from pain, from mean people or animals who could cause me pain
3. I am afraid that my needs will not be met: that I will be left in the cold or in the heat; that I will be left alone: abandoned
4. I am afraid that I will be unloved, uncared for

These fears cause the baby to find a way to force the adults to give it what it needs. The result of forcing the parents to give to the baby is the birth of babyhood ego-personalities:

1. Angry
2. Jealous
3. Dictator
4. Tyrannical
5. Sadistic
6. Martyr
7. Depressed
8. Vegetable

Let's take them one by one.

Angry Ego-Personality:

When the baby cries, it is the only way it knows how to ask for what it needs. When the mother or father ignore the baby, the baby becomes afraid and anger is the result. *If you will not listen to me when I ask nicely then I need to become angry.*

Sadistic Ego-Personality:

When the baby is ignored and when anger is not enough to warrant attention to his needs he thrashes and hits, pulls hair and bites.

Dictator Ego-Personality:

Now that the baby has learned that asking nicely is never answered and anger is always necessary the baby turns into a dictator. He never asks nicely anymore—he dictates his needs.

Tyrannical Ego-Personality:

If parents do not answer his needs then they will be punished and dictated to with severe anger. The behavior necessary to getting his needs met is escalating.

Martyr Ego-Personality:

Now with all the effort to getting his needs met he has turned into a Martyr. No one loves me, cares for me, helps me, gives me what I need. Here is the cause of the anger, which has now escalated.

Jealous Ego-Personality:

With all the effort that has been made necessary to getting his needs met—the violence the baby now feels for the parents for neglecting to care for him spills over to anyone else who is treated well—the birth of jealousy. Why do you give to him or her when I need so much and you refuse to listen to me—refuse to give me what I need.

Vegetable Ego-Personality:

This one is complicated. This one does not talk—or rarely mutters a word. Within the silent one can be silence—peace—she is minding her own business and takes care of herself as she has learned that no one else will help her—I am hiding so that no one harms me. Or within the silent one can lurk the most dangerous anger—violence and all of the aforementioned Ego-Personalities waiting to erupt in an outburst.

Now you yourself may have been raised in such a home where your needs were not met and you had to fight for everything. Well your fears are unfounded now in the present when you are big—yes BIG. You can take care of yourself now. You do not need to be:

Angry
Jealous
Dictator
Tyrannical
Sadistic
Martyr
Depressed
Vegetable

These ego-personalities are now ruining your life rather than helping you get what you want and need.

You can learn to ask nicely now and people will answer you.

You can be the soul that you were born to be with two emotions: happy and sad.

Begin by thinking about your behavior before you go off on automatic pilot. The ego is on automatic pilot—it lives in the past. Your soul is in the present and acts according to the present not the past or the imagined future.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The ego-personalities and babyhood
- *Be the soul—the soul has only two emotions*