

The logo features a stylized window with a grid pattern on the left, set against a green background. To the right, the text "Window to the World" is written in a large, elegant, black cursive font, and "review" is written in a smaller, bold, black sans-serif font below it, all on a light blue background.

Window to the World review

Volume 1, session 1 Blog: Eckhart Tolle Made Simple Class
Written by Paulette Renée Broqueville authoress of *Unraveling Your Past to Get Into the Present* <http://www.broqueville.com>
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The Ego-Personality: Anger

If one believes that anger is a natural part of one's personality and then Broqueville or Tolle say that it is ego and it must be removed we have two opposing viewpoints, two opposing beliefs. You may say:

1. I don't believe that anger is unnatural to man's personality or
2. If anger is not a part of the natural man's personality then what replaces it?

The first comment stops learning, stops the discussion and if that person is you read no further. If you are the second person truth means more than beliefs to you, read on.

To illustrate this and answer your question I will tell you a few stories.

For those of you who were abused as children you will know that what I am telling you is true. For those of you who were not mistreated it may be harder for you to feel the truth and that is that there may be another way to act that replaces anger.

I lost my mother when I was two to a mental illness called Pellagra, a niacin deficiency. It looks like Schizophrenia. She was put into an institution for the mentally ill to protect herself and to protect me. Schizophrenics are angry.

Now you do not have to be around a Schizophrenic to know an angry person. My father jumped from the frying pan into the fire when he married my stepmother who was an angry person. She did not go to an institution. I was five years old. I suffered from her hatred, jealousy and anger for 13 years until I was released to go away to college. In the latter case I was the one who was put into an

institution where children suffer greatly at the hands of adults namely my stepmother.

Anger was not allowed in my stepmother's home: that is, I was not allowed to speak up for myself. I did not express anger in my childhood. Sadness yes, but no anger.

I remember one day when I was in my college apartment and I thought to myself I wonder what anger feels like. So I began acting angry because I could not find something in my closet. I made a mistake that day. Anger then possessed part of my personality.

In arguing about politics I would get so heated that my voice rose and anger took over. I told my friend when that happens to me just say, "Renee you need to say a prayer." My friend did say this to me and when I said my prayer, the anger went away and reason returned to the argument.

So in my two stories I told you:

1. that I first began "acting angry" and
2. second that anger "possessed part of my personality."
3. Then in my second story I told you that I said a prayer and "anger went away and reason returned."

I know from experience that anger is not a part of the natural personality; I know from experience that anger is a habit, a way of acting, and that anger can be removed from the personality with a decision to speak, think and act truthfully in a calm manner.

Anger I learned later was in fact an ego-personality and not a part of the soul personality. What replaces anger is telling the truth about how you feel, what you think and what you want in a calm voice.

The mother of anger is sadness. Show your hurt feelings or tell someone how you really feel about what they have done, what they have said or what they want to do or what they want you to do. Telling the truth removes anger.

The soul only has two emotions: happy and sad.

I began writing *Unraveling Your Past to Get Into the Present* in 1985 after learning from my own experiences about the ego and the soul. There are more stories to follow as we learn how to get rid of the ego and be the soul in this class.

Reference #3 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p.39 Her anger...were signs that the ego was...speaking...One of the...ego-repair mechanisms anger...huge ego inflation P. 214

Reference #3 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p.19 + 21 the angry ego-personality

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

Also *The Power of Now* was copyrighted in 1999 a 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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