

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 12 Blog: Eckhart Tolle Made Simple

Written by Paulette Renée Broqueville

<http://www.broqueville.com>

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## I had no personality! Now What?

My cousin, Jerry, and I were talking on the phone about how to be healthy. I told him that in order to be healthy we must get rid of our ego-personalities. So to get my point across I told him to scroll down the page in my blog to the list of ego-personalities. "I'm here," he said. "There," I said, "get rid of those!"

"I do that and I'll be a zombie!" he said laughing.

The ego makes wrong choices for us. The soul makes right choices, healthy choices. If we want to gain control over our lives we must get rid of the ego-personalities or we will be making soul choices on paper and the ego-personalities will take over and run our lives in the opposite direction.

When I discovered that I had the ego-personality, I agree with everyone, I decided to get rid of it and be myself. The only problem was I did not know how to be myself. I went into nature and felt myself—my soul. I talked to strangers and found that I could be myself with them—my soul personality. I still had difficulty with people I knew. I was no longer interested in certain friends whom I had mimicked. That was not me—my soul. I realized I was without a personality I felt empty in my silence, all I could do was listen. My cousin was right. Without the ego-personality talking I had no personal personality. My soul, having been silent for so long, had nothing to say. It does not know what it wants to do or say because it was not given the chance to voice an opinion or make a choice.

I was a baby soul!

How long did this last? My soul was growing up during the late 1980's -1990's and—I was an adult on my own with a business to run!

I realized that my soul had not gotten the experience of growing up. In certain circles I reverted to mimicking the people—imitating their actions—that was the

ego-personality, I agree with everyone. I started reading the newspaper opinion section to learn what people think so I could discuss the topic of the day. I began to express opinions. In the mid 1980's people with ego-personalities around me thought that at parties I was too serious.

"Don't invite her. You never know what she will say." So I was left out, home—alone.

It was difficult being the soul. I was serious—no personality—I was a child listening to people—adults. I was writing down my observations in books and spent most of my time alone. I was educating my soul by being myself and by looking at current events from my soul's viewpoint: non-biased eyes: looking for truth in every situation.

I was a Doctor of Chiropractic and that helped because I had interaction with people on a professional level every day. No ego necessary, just straight talk about health and healing. I was studying all the time. My soul was growing up.

I finished *Unraveling Your Past to Get Into the Present* by 1998 and placed it on Amazon.com for sale in 1999, just a few months later. During and after that time I read and re-read *Unraveling Your Past to Get Into the Present* 5 or 6 times. Each time I read it I felt more of my soul living my life: speaking, thinking, acting and writing. What the book was doing for me was giving me courage to be my soul.

Courage—that is what people need to be the soul.

You see that is what is lost in allowing an ego-personality to speak, think and act for us. Courage. Not an easy thing to get. You need courage to stand up to adults: ego-personalities with opinions. You need courage to speak your opinion, to say yes or no to other people and their demands on you.

You could be any age when you decide to get rid of your ego-personalities. I was lucky I began earlier in my life so now my soul has the opportunity to live the majority of my life. Imagine your soul right now being a baby, a toddler, a 5 year-old, or a 10 year-old inside and you get rid of your ego-personalities. Well, it takes some time to grow-up as the soul but it is well worth the journey. Begin it now, for looking back on your life at the end of your life is not pleasant when you realize that you did not live your life as your soul but as an ego-personality. It is as if you never lived at all.

You—the one inside of you, your soul, don't you want to live?

Reference #22 in the comparison table: *A New Earth*, chapter: Finding Who You Truly Are, p. 195 In the forest, there is an incomprehensible order...you

become a conscious participant in it. In this way, nature can help you become realigned with the wholeness of life.

Reference #22 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 29, remove any unwanted ego-personalities by going into nature and spending time by one's self in the silence

Reference #26 in the comparison table: *A New Earth*, chapter: The Flowering of Human Consciousness, The Purpose of this book p. 6 This book is about you...An essential part of the awakening is the recognition of the unawakened you, the ego as it thinks, speaks and acts

Reference #26 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 28 This is what this book is all about—finding out who is 'me'... p52 People who allow the ego-personalities to speak and act for them will never be able to listen

Reference #50 in the comparison table: *A New Earth*, chapter: Beyond Ego: Your True Identity, p. 78 You will grow in Presence power, and the ego will lose its grip on you. P79 That is Being, that is the deeper, true I.

Reference #50 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 27 now that you know what your soul-personality is not; let us begin to uncover your soul. Discover your true self.

Reference #83 in the comparison table: *A New Earth*, chapter: The Discovery of Inner Space, p. 239 Some people feel more alive when they travel and visit unfamiliar foreign countries...they become more present.

Reference #83 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities, Take Time to be you. Practice being yourself p. 29 Go places alone and interact with strangers who won't expect you to be anyone but who they see right now. P 47 Another good way to starve out the ego-personalities is by learning a foreign language and living in that country for a few months

Reference #100 in the comparison table: *A New Earth*, chapter: A New Earth: Awakening and the Return Movement, p. 284, death...most people are totally unprepared for the dissolution of form...Nothing makes sense anymore...It

was associated with...ego p288 The natural expansion of one's life...has...been usurped by the ego...

Reference #100 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego- Personalities p. 24 -25 Ego-personalities: Your soul can be a baby, a toddler or an adolescent in your 20, 30, 40, 50 or 80 year old body...You could be two years old, five years old, twelve years old, according to your soul's experience level and yet have the body of a 35, 55 or 85 year old...

**Thank you for taking my class sessions. Paulette Renee Broqueville**

### What's in this issue?



- The soul personality: what your soul needs
- How old is your soul?
- Get rid of your ego-personalities—then what?
- Who is living your life? Your soul or your ego?

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