

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 13 Blog: Eckhart Tolle Made Simple class

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The Individual's Personal Soul-Personality

For those of you who want to know what happened to my mother after she was institutionalized, for what they thought was schizophrenia, she was well after five years but had no place to go. My father had remarried and other family members were ill equipped to deal with the “what if it happened again.” They did not trust her personality.

She remained in the institution working and helping other patients for another five years until her father died. My grandmother was alone and wanted her to come home to live. She did.

From that time on she worked in a retirement home for 23 years as a nurses aid. She took no medication. In those days they did not have psychiatric drugs: they had shock treatment; which destroys some of the memory. She died at age 85—no Alzheimer's, no senility—no memory loss—no forgetfulness.

As a child I did not know of my mother's mental illness until I meet her again when I was 12 years old. She told me later that she thought there was something wrong with me—I was so quiet—so withdrawn. “There was” I told her, “I was being abused at home and I was afraid.”

You can see abuse in the eyes of children and adults. The eyes plead with you for help: That is the soul. Many who have been abused have difficulty in looking people in the eyes. The eyes are the souls; and the soul believes if “I don't look into the eyes he or she will not abuse me—I will be so small, so quiet, so non threatening that he or she will leave me alone in peace.”

You can understand now why I became interested in the study of personality—but first I had to heal myself of the abuse I had endured, get rid of my ego and develop my own soul-personality.

I did not learn about Pellagra, the mental illness caused from niacin deficiency, until I was in Chiropractic College. I wondered if my mother had had that. I got an opportunity to find out when my Grandmother needed more care and went to the home in which my mother worked. My mother fell apart and got sick again—mentally ill. I took her to my apartment to live and at once brought her to the Doctors I knew who treated Pellagra with niacin shots. She was put into the hospital on tranquillizers and given niacin shots. In a week she was well.

She got her own apartment near my school, Northwestern College of Chiropractic. When it came time for my graduation she decided to move to California and so did I. She saw a California Psychiatrist and told him her whole story. He put her on the drug: Haldol.

We lost her personality then for many years until a nutrition book I was reading gave me more information.

I learned that unfortified white bread came on the market when I was a baby. My mother ate it—it was like cake. My father said he ate the whole wheat. Niacin had been removed from the wheat when they made white flour causing a nationwide outbreak of Pellagra. Many people throughout the United States became mentally ill with Pellagra and were put into institutions; and then, just like my mother, were healed and released—when bread became fortified with niacin.

That is why bread is fortified with niacin.

By this time my mother was living in a retirement home. I told the nurse in charge the story of my mother's illness and she took her off Haldol and gave her daily Niacin. Immediately my mother's personality came back. I was so happy to have her soul back. On Haldol she was in a daze, walking around but not conversant. On Niacin (a B vitamin) she was bright, had ideas, could converse in conversations: her soul was able to live again: talking, thinking and acting and deciding.

Drugs as well as alcohol are like a death to the soul as are the ego-personalities by other names. I learned this first hand when I saw my mother's soul come back. Her soul was not able to function when taking Haldol.

Reference #2 in the comparison table: *A New Earth*, chapter: The Discovery of Inner Space, p. 246 an addiction lives inside you as a...subpersonality...

Reference #2 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 21 drugged personality is avoiding living, forgetting about everyday life..

Reference #84 in the comparison table: *A New Earth*, chapter: The Discovery of Inner Space, p.248 Ask yourself, Who is talking here? And you will realize the addiction is talking.

Reference #84 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: Talking in Your Head is not Thinking, p. 154 “Are these my thoughts or the thoughts of someone else?”

Reference #65 in the comparison table: *A New Earth*, chapter: Role Playing: The Many Faces of the Ego, p.105...The longing for love that is in every child is the longing to be recognized not on the level of form but on the level of Being.

Reference #65 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What is my talent? What was I born to do?, p. 139 ..listen to your family member, look into their starved eyes and see the soul inside

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- Pellagra and white bread
- Drugs prevent the soul from living
- A child's eyes show abuse without words
- How my mother got well

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