

The logo features a stylized window icon on the left, composed of several blue and white rectangular panes. 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 17 Blog: Eckhart Tolle Made Simple Class

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The Martyr Ego-personality versus Being the Victim of Abuse

Can the soul be a martyr? Oh yes. Death—martyred in the classic sense—sacrificing one's life for a cause.

The classic sense does not apply here when I am talking about the martyr ego-personality. Thinking of oneself as a martyr or a victim as Eckhart Tolle calls it is different than actually being martyred or victimized.

The ego-personality is thinking itself a martyr by doing for others and then complaining about it as if he or she was the victim of others.

“Oh, poor me look at all that I have to do and no one helps me!” This ego-personality is a taker; the soul is a giver.

The martyr ego-personality says, “I give so much and no one gives to me.”

The soul gives and is happy to give. The ego only gives in order to take.

In order to get rid of this ego-personality:

1. One must realize that *giving is joy itself*.
2. One must concentrate on what you have and be grateful for it.
3. One must not compare one's standing to another's. Be grateful.

Just like what I told you about my stepmother who did not get enough money from my father and let my sister and I know it when she gave us her last dollars for the movies (after we cleaned the whole house and washed the floors). “I do all this for you and I get little for myself.”

- If you are in this predicament where you feel that you are doing everything for others who give you little in return—then stop doing it.
- Realize the ignorance of others: maybe they are your children whom you did not train when they were children: to help you, to give thanks, to send thank you notes.
- Ask for help. Tell people what you want from them.
- Give people duties. Delegate authority.
- Be the soul: tell the truth.

There is a big difference between being a true martyr or victim and the ego-personality who feels like one.

If you were or are being abused, you are a victim of abuse. Your story is valid and must be taken seriously by anyone with whom you share it. The soul cannot understand how someone could have treated it with:

- cruel behavior
- unkind words
- unfair treatment
- punishment when innocent

The soul wonders about the past and the sorrow it holds. This is valid. In order to recover do what I did.

- Write all of it down on paper. This may take months to write. Leave the paper out until you find you have nothing else to say and then throw it away.
- Write it again more succinctly this time and then throw it away.
- Write it out again with just the facts, no emotion and give it to the people who abused you or were co-dependents of the abuser. (those who stood by and did nothing)

Realize who likes you, loves you and continue to have a friendship with that person. Leave the ones who do not like you alone. They do not want to be bothered anyway. Just make sure they have the facts written down before you separate yourself from their lives.

People are going to like you and people are going to dislike you for:

1. The turn of your nose
2. The glint in your eye
3. The shine of your hair
4. The sound of your voice
5. For being your soul
6. For whom you remind them
7. For nothing you can change, for being who you are and that is the truth.

If people do not like you, realize it would take a soul transplant to change their minds; it would take a new body to change their attitude towards you; it would take memory loss on both of your parts in order to change.

Do you get it? Those of you who were abused or are disliked by someone: it is not your fault. Go on alone and be with people who like you and whom you like.

Why do people abuse others: it is ego, ego is abusive.

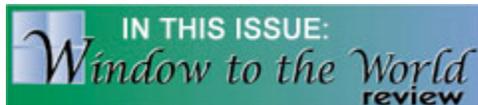
Thinking of oneself as a martyr or a victim as Eckhart Tolle calls it is different than actually being martyred or victimized. Realize that and separate out your ego from your soul injuries.

Reference #11 in the comparison table: *A New Earth*, chapter: Role Playing: The Many Faces of the Ego, p. 87 victim

Reference #11 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 20 +22 The “I am a martyr” ego-personality. (Roget’s Thesaurus list of synonyms martyr, victim)

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- Martyr ego-personality
- Being the victim of an abuser
- Victim as ego vs victim of an abuser
- Why people abuse others: it is ego, ego is abusive

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