

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 18 Blog: Eckhart Tolle Made Simple Class

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The Criticizer Ego-Personality: The Compliment versus the Criticism

I am not into exercising at a gym. I really like to do something in nature: walking or swimming. Actually I like to imagine myself in perfect shape and then just do what I need to be it. I find that I naturally stay in shape by wanting to. When I was in Minnesota I could dance, walk, hike, ski, skate, swim or canoe: all natural activities.

When I moved to California I had a boyfriend who criticized me for—well—flab. So I bought a gym membership for \$250.00; which for me was a lot of money. I had just given a chiropractic adjustment to a Green Beret after which we walked out to our cars together. “Where are you going?” he asked me. “Oh, I need to go to the gym and get into shape.” I answered.

“I think you are perfect—just the way you are.” He said as he got into his car and drove away.

I was shocked. It changed my life instantly. I wanted to stay in shape suddenly and instead of reacting to my boyfriend’s criticism it was because someone—anyone had given me a compliment.

It was the difference between the power of the comments of the ego-personality criticism and the soul’s comment: the compliment. Which one had more power? The compliment had more power.

That compliment affected me instantly and has yet to wear off. That one compliment has warded off more criticism than you can imagine.

My husband rarely criticizes me, but once he did and I immediately told him he would get better results if he complimented me. Instantly I remembered the

Green Beret and his compliment. It gave me power to stay in shape even under the duress of criticism.

Criticism tears down while compliments build a person up. When someone tears you down by criticism immediately say something to yourself to compliment what you are doing. We cannot always get rid of a critical person like a boyfriend or a girlfriend. The person may be a co-worker or a boss and the job is necessary to pay the bills. In this case buy a recording of positive statements to build up your self-esteem.

You know the critical stepmother I lived through. Well, I had to play subliminal tapes of positive and complimentary statements for many months to counter the criticism under which I had lived. I was entirely too sensitive to criticism and could lose my whole momentum for a year just on one comment.

It happened to me. A Ph.D. Psychologist, my husband and I met at a coffee shop, purchased *Unraveling Your Past to Get Into the Present*. He gave me a great compliment—my work was important. Wow!

I worked very hard from then on to complete the revised edition, copyrighted in 2002. The first edition, from which he was reading, was copyrighted in 1998.

On that compliment from a Ph.D. alone, I wrote and wrote until the revised edition was finished and published and on Amazon.com for sale in 2002.

I emailed an actress' website, as she was interested in the soul and getting over her past. She interviewed me by phone after reading my book. She is a contentious interviewer! At the end of the interview she said, "Well, the Buddhist's say that the ego is not real and that only the soul is real."

"That is what I am saying." I said. And then she hung up on me.

I was so proud of myself. I had remained calm under fire. She was a bit like being interrogated by my stepmother so this was a very good test for me for future interviews.

I proudly told this story to our psychologist friend at the coffee shop. In the middle of relating my victory and at the height of my joy he interrupted me at the point of saying that this actress was contentious in the interview to the point of being mean....

"But you're not without an ego. You have an ego too!" I was stunned at this comment intended to put me in my place, and said, "*Of course, I work on it every day.*"

I did not continue with my story. He had no clue what was wrong. The shock of the criticism was enough to stop my productivity for a very long time possibly the

better part of a year. The very man who had given me a great compliment and had given me the confidence to go further with my work had criticized me for what? He was giving me equal blame for this woman's mean speech?

Was this relevant to my experience? Was he listening to me or just imagining what he thought happened between me and the well-known actress? He obviously was not listening.

I had just encountered the ego-personality criticism and: The ego-personality I only believe what I want to believe—does not listen—refuses to face reality.

He asked for no more information in spite of the fact that I was in mid sentence when he interrupted me, my story half over. If I had had more soul experience I would have taken the interruption as an aside and understood it as it was meant and then gone on to finish. At the time the level of soul maturity I had was not advanced enough to do this, so the point was never clarified with him and he was left believing that I was upset when told that I have an ego instead of being egoless. Fear stopped me. I became a child again in that instant and did not know what to say except to close down and say no more.

What I was trying to tell him was that I was calm and continued talking nicely to the actress even under fire. I was proud of myself for handling this kind of woman who reminded me of my stepmother. To overcome that fear was huge for me. During my stepmother's interrogations of the child me I was unable to utter any other words except—no I did not.

The soul cannot speak when there is fear, that is why children are so quiet and do not answer questions easily. Fear goes away with the experience of being the soul—it is called self-confidence which comes as the soul grows up.

I often say that you can catch an ego as you catch the common cold—so be aware. I am aware and work on being my soul and getting rid of any ego as it shows itself, as you should, for that is the life we were all born to live—the soul's life.

Criticism is death to your soul. Why? Because it causes fear and fear prevents the soul from speaking.

Stay away from people who criticize you; they have the ego-personality criticizer.

Reference #17 in the comparison table: *A New Earth*, chapter: The Egos Need to Feel Superior, p. 82 ...malicious criticism...it strengthens the ego..

Reference #17 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 20 List of ego-personalities: criticizer

Reference #19 in the comparison table: *A New Earth, He makes no mention of this ego*

Reference #19 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 23 List of ego-personalities the “I only believe what I want to believe” the personality that does not listen to what you say, and imagines life as if in a dream, refusing to face reality.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



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- The Soul compliments
- The ego's criticism is death to your soul

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