

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 19 Blog: Eckhart Tolle Made Simple Class

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January 29, 2010

The Ego-personality Jealousy

The abused soul must learn to be strong in the face of criticism or jealousy. The damage done to the soul makes it over-sensitive. I had been trained to be over-sensitive.

I was fortunate that I had such strong female souls in my family: my mother and three aunts. My Auntie Arlene was a strong example for me as was my mother because I saw them most often.

I heard my Auntie Arlene say to my mother one day: "Why Mildred are you trying to be mean to me?" My mother was jealous of her and had shown it.

I have used that example ever since. "Are you trying to be mean to me?"

I was walking with my mother and my Auntie Arlene one day; we passed a woman who, unprovoked, sneered at us—to me it was obvious. I said something about it to my mother and she and my auntie both said "Oh don't pay any attention!" It was unnoticed by them and it did not bother them. They did not sense it as I had. Normally, it would have bothered me for quite some time: *Thinking about how I was innocent and this woman had gone out of her way to show me that she did not like me.* I thought then how different were our feelings: my mother and my auntie's and mine.

How could I learn to brush off criticism and jealousy like they did? They walked through it, brushed by it—and did not even feel it! That was my goal and I intended to reach it.

My husband, who is also a Chiropractic Doctor, and I practiced in the same office together when we were first married. He had massage therapists working for him.

I should tell you that my husband is a first generation American—a Russian/Polish boy who is—movie star handsome. The massage therapists were young girls and—I was the obstacle preventing them from getting to him. They were jealous of me and I could feel it. It made it very uncomfortable for me to work there. I wanted to hide.

A letter arrived at the office from a psychologist; it described a new technique called EMDR that could be used for pain control: psychosomatic pain. My husband told me to check it out. I made the appointment for a free demo with the psychologist. In order to determine what issue in the past she would use for the demonstration, she had me describe my childhood. After almost one grueling hour of hearing me talk she said, “Just pick one, the main one—what bothered you the most in your past? “Jealousy from women,” I said, “I can’t even go into my husband’s office without feeling like I want to find a corner and face it.”

“Okay “ she said. “Let’s do it on that.” (You can read more about this technique in *Unraveling Your Past to Get Into the Present*, which is really a book of exercises on how to be the soul and get rid of the ego.)

When she had finished the demonstration for me, I thanked her and left her office. I went directly to my husband’s office and to my surprise felt quite comfortable even around the sneering and fake smiles of the beautiful blonde girls.

I have never felt jealousy from a woman or a man since then. The EMDR took the sensitivity away and just like my mother (a very beautiful Norwegian American woman) and my auntie: I walk through it, brush by it—and do not even feel it! I completed my goal.

What is jealousy? “I want what you have or—are or—can do.”

- It is concentrating on someone else’s life, looks, talents or possessions.
 - Stop! Concentrate on your own and be satisfied with what you have.
 - Grow your own talent and make yourself into the best that you can be.
1. The soul pays no attention to what others have or what they can do except to give compliments to them.
 2. The ego wants to take what the other person has.

Be a giver in order to get over jealousy.

Give up what you are jealous of.

Put both of your hands out in front of you palm up. On one hand say this, “I will be so happy if I have what _____ has.” And then look at your other hand and say. “I will be so happy if I do not have what _____ has.”

The soul is happy with what it has and can do.

The ego wants to take and take more.

Be satisfied—be the soul.

Reference #4 in the comparison table: *A New Earth*, chapter: Pathological Ego, p. 110 Jealousy

Reference #4 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p.19 The jealous personality

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- Jealousy: what is it? Being nose!
- Jealousy: how can I get rid of it? Be happy with what you have.
- My mother and my auntie
- EMDR

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