

The logo features a stylized window icon on the left, composed of a blue square with a white cross. To its right, 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 22 Blog: Eckhart Tolle Made Simple Class

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The Soul Needs life Experience

It is true that by going to the forest, the ocean or somewhere in nature even to the park or to your garden you may feel your soul's contentment. In other words you feel yourself. Being by yourself is often aligned with being without your ego. The ego needs another person, an audience, a substance or a reason to act up. You need to be the soul in all situations: that is how the soul gets life experience and grows up to think, speak, act as the soul living your life.

I told you that I caught the anger ego-personality and that I had the I agree with everyone—everyone is so nice—I am afraid to say what I feel ego-personality. These are the ones I know best so I can teach you how I have grappled with them in my fight to be the soul in all circumstances.

My husband sometimes calls me the Mayor of our little condo complex. I am from Minnesota and we are friendly people, who meet and get to know our neighbors. In California your neighbor could move in a year and then there is a new neighbor to meet and get to know. Since I am not a mover I want to know my neighbor. Since my neighbor is more often than not a mover she is too busy to get to know anyone. I still meet and talk to my neighbors even if it is just a hello and how are you today.

Condo units are owned by individuals; the land is owned by the association. There is a board of directors who, at their whim, make rules to govern the rest of us. Sometimes these people are benevolent and other times they are dictatorial. We happened to have a dictatorial board at one time and I assisted a very brave woman in collecting signatures to oust a board member. One day a group of homeowners gathered to confront her in person. Up the stairs they went to meet her before she could get into her car. I was frozen in place. I was afraid. I agree with everyone—everyone is so nice—I am afraid to stand up for what I think ego-personality took over.

People were surprised. “Why didn’t you come to confront her?” I was asked. People could not believe that I was a *scaredy-cat*. Apparently I look brave.

Now, if you cannot be the soul in situations with people, then who are you being but the ego. In order to get over this ego I had to learn to have courage. I could not be the soul one minute and then the ego the next when it was so important to be the soul.

By the way that is why the abusers whether they are verbal or physical can get their husband or wife to take them back. They are the soul one minute and then they are the abusive ego and then back to the soul. She or he loves the soul so she goes back to the abuser.

I told you about how I got over being controlled by jealous people when I did EMDR. Well now I had something else to get over: my fear of angry, mean, uncontrollable women.

The condo community has helped me a great deal. There are always situations that come up to cause me to defend the rights of animals or children; and by doing that it helped me learn to defend myself. It took practice.

1. Instead of hiding I spoke up.
2. In speaking up I got courage.
3. In getting courage I was able to think of what I actually felt about the situation.

It caused me to have clarity of mind. When you are afraid you cannot think.

Practice is what everyone needs in order to get rid of ego-personalities. Recognizing which ego-personality you have is essential.

I learned from the writings of Carl Jung about the anima and the animus. The two faces of the soul: one side male (Animus) and one side female (Anima). He talked about how the female would talk from her male side (dictator: you should, you should have) whenever she was in an argument and the male would talk from his female side (name calling) whenever he was arguing with her.

He said women need to practice speaking from their Anima (female soul) and men from their Animus (male soul). This is the only way that reason can be heard and understood.

The difference between the anger ego-personality and speaking your soul’s mind forthrightly is this:

- The ego cannot be understood and is out of control.
- The soul, speaking forthrightly, is lucid and clearly makes the points easy to hear and to understand.

I am rarely angered; however, during our marriage, I have been brought to anger with my husband who has had and since worked very hard to get rid of a very volatile anger ego-personality.

During those times of argument (when I had the presence of mind to remember) I practiced being female (Anima) as Jung had said.

1. I listen to the diatribe.
 2. I then try to understand the problem.
 3. I speak calmly to my husband or forthrightly without anger.
- This has helped me greatly and it seemed to help my husband calm down faster. At least it helped me to remain speaking as my female soul and not as the anger ego-personality.

Now mind you I am not perfect. The other day this did not work. But I am still trying my best, which is what I am asking you to do as well.

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 part of 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 #3 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p. 39 Her anger...were signs that her ego was speaking.

Reference #3 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 19 The angry personality

Reference #18 in the comparison table: *A New Earth*, Not found, did not use this personality in A New Earth

Reference #18 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 23 the I agree with everyone—everyone is so nice—I am afraid to say what I feel ego-personality

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- Being yourself is being without your ego
- Carl Jung and the Anima and Animus
- The I agree with everyone personality
- The angry ego-personality vs. speaking forthrightly

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