

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 28 Blog: Eckhart Tolle Made Simple Class

Written by Paulette Renée Broqueville

<http://www.broqueville.com>

February 15, 2010

A A's Twelve-Step-Program can be copied for Ego-personality Recoverees

I propose you find a partner and do as people who are drug and alcohol addicted do—support each other. When you have determined which ego-personality you have—admit it. That is the first and second step to getting rid of it.

1. Determine which ego-personality you have.
2. Admit that you have it.

A woman told me recently that her husband had admitted that he was an alcoholic. She really did not realize how much he drank. His personality was the alcoholic ego-personality for the past ten years of marriage. Now that he was sober, had admitted that he was an alcoholic, and began to go to AA meetings she met her husband for the first time: *she met his soul*.

“I didn’t know I had such a good man.” She told me.

This is what it is like to get rid of an ego-personality of any kind. Your real personality, your soul-personality, becomes known to people.

He did have a problem beyond the alcoholism and that was that all of his friends had the same alcohol/drug ego-personality. Without the alcohol ego-personality he had nothing in common with them. He had no friends.

Lucky him, he has his wife and more soul friends will come.

Now in the scenario above just replace the ego-personality alcohol/drug with any of the ego-personalities: arrogant, joker/ridiculer, workaholic/avoider, angry, jealous, embellisher, dictator, sexual/lust, bad girl/bad boy, I am right and

everyone else is wrong, depressed/negative, tyrannical, martyr, sadistic/masochistic, vegetable/head-talker, gossip, criticizer, I am better than—superior to you, I agree with everyone, I only believe what I want to believe/pays no attention to facts/biased.

To remove any of these ego-personalities, admit that you have had this ego-personality and make an agreement with a partner whom you can call on for support; someone who will listen to you and give you encouragement in being your soul without that ego-personality.

Let's use the gossip ego-personality for example.

First Step: Realize that you have the gossip ego-personality.

Second Step: Admit to yourself and to someone else that you have the gossip ego-personality.

Third Step: Find someone who will support you in becoming a gossip free personality.

Pick a person who is also gossip free.

The AA members do not pick a drinker to support them; they pick someone who is sober just like they are. They pick an alcohol free/drug free person.

Perhaps your entire group of friends are willing to go gossip free, joker/ridicule free, anger free, jealousy free, embellisher free, criticizer free, sexual/lust free, I agree with everyone free, I only believe what I want to believe free/bias free.

You get the picture. Form a group or make a partnership but by all means do make the effort to be an ego free person.

Then there is the fourth step: Learn how to be yourself—your soul. The only thing you need to know is to:

- Tell yourself the truth.
- Tell others the truth.

This takes time and courage; courage will come eventually and you will be able to be the soul you were born to be.

When you lie. Let yourself know that you lied. Lying is the ego. Be calm and correct yourself: you do not want the ego correcting you with anger or criticism; you want the kind soul correcting you. Practice calmly. Tell the truth, for example:

“How are you?” (You are hurting all over, you did not sleep...) and you say what?

- a. “Oh, I am fine.”
- b. “Oh, I will be better tomorrow, I didn’t sleep well.”
- c. “Oh, tomorrow will be better—it’s just one of those days.”

No one has to know your personal life; but to lie, as in response a, is being the ego.

Tell the truth: be the soul.

Tell the truth unless the abusers are after you then do what you need to save yourself.

Reference #60 in the comparison table: *A New Earth*, chapter: Happiness as a Role vs. True Happiness, p. 95 In many cases happiness is a role people play behind the smiling façade...there is a great deal of pain. Depression...”Just fine” is a role the ego plays...

Reference #60 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 47 Happiness comes when we act and think and speak what our souls want, rather than to act on automatic pilot, just to please other people. p. 20 depressed ego-personality

Reference #75 in the comparison table: *A New Earth*, chapter: Finding Who You Truly Are, p. 186 First ask the most fundamental question of your life: Who am I?Others may appear to be more evolved because they think of themselves as an immortal soul or divine spirit.

Reference #75 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 24 “If I am not me then who am I?” The real you is your soul/sole personality who has been hidden away, staying quiet for fear of reprisal.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The Soul versus the ego
- A A’s Twelve-step program for ego-personalities of all kinds

©copyright 2010 by Paulette Renée Broqueville [Please contact us through the website.](#)