

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 29 Blog: Eckhart Tolle Made Simple Class

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Be Kind to Yourself: that is how your soul treats you.

Let's take a break in this class for a few minutes. We have been studying the ego and its personality— its abusive personality. Let's talk about your mind.

Remember the class when we discussed “Where is your mind? Is it in the past, present or the future?”

Well, where is your mind?

PRESENT: Having your quiet mind in the present means that you can listen; you can think inspired thoughts; you can be creative. Keeping your mind quiet allows you to listen, to learn, to receive inspiration.

PAST: Having your mind in the past means that you cannot listen; you can reflect on what happened that you may make better choices now; you can figure out what happened to you and why; you can understand the ego-personality who messed up your life. All sorts of things can be learned by reflecting on the past but to do that when the present is passing you by, when the present is soon to be your vacant past because all of your time is spent on reflecting on the past—well that would be a mistake. Soon you will have no memories because you were not there to make them. Be careful of how much time you take in a day to reflect.

FUTURE: Having your mind in the future means that you cannot listen; you can plan what your future will bring—that is, if you are planning positive things for yourself. The ego plans negative happenings and that is how you can catch the ego in action. Be careful how much time you devote to daydreaming: planning for your future or imagining relationships with people—**relationships with people!** Be careful here. Relationships with people are their choice not yours. Stick to

thinking positive thoughts about being successful in your endeavors in school, work or activities.

Just having your mind in the present does not mean

- that you are ego-free or
- that your mind is silent—no mind-talking.

You can be in the present mind-chatting to yourself about the red shoes someone is wearing or whatever else you see.

You can be in the present without mind talk. You can reflect on your past or your future without words: without mind-talk. (Recalling conversations would require words but when words are not necessary keep them out of your mind.)

So we have two areas we need to control with the mind:

1. Keep the mind where it should be: be present when you need to be present; reflect on the past when alone for lessons to learn; imagine your future success thinking only positive results at the appropriate times in the day.
2. Stop your mind from talking.

As you begin to recognize the ego-personalities that you have, recognize when you hear them talk whether it is out-loud or in your head.

Tell them to stop talking.

Keep saying stop talking until they do. Go back to the lesson where I am telling you how to do the exact opposite of what the ego-personality is expressing. Negative talk: say something positive until the ego-personality is no more.

Ask Archangel Michael to cut you free from the ego-personalities: their head talk and their out-loud talk.

Pray for peace. Peace is in your mind—peace is also come by, by controlling your mouth. Mouth and mind talk need to be controlled.

Let your soul talk.

How?

1. Be quiet in your mind; an idea without words comes and when you hear your voice speaking out-loud—listen, it is the voice of your soul and the ideas of your soul.
2. When you feel an idea it does not come in words it comes in a flash of a moment, inspiration—in that moment you could have the entire contents of

- a book or a plan for a project. It could be your future: your talent unfurled and loosed ready to express itself—your reason for living.
3. Notice the kindness you feel towards yourself. That is your soul. Be kind to yourself when you express an ego-personality's words or thoughts. Dust yourself off and make another try at being the soul: a mind without words, expressing your soul-personality—a life without ego-personalities.

Remember: talking in your head is not thinking it is talking!

Reference #32 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity p. 39 When an answer comes; it may not necessarily come in the form of words.

Reference #32 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What are you? A Body or a Soul? p. 86 the answer comes as an idea—not in words—but in a moment of inspiration. Chapter: Talking in Your Head is not Thinking p. 147 Thinking is quietly waiting for an answer to pop into your mind: an idea. Thinking is imagination without words; it is wondering why or how and waiting for an answer: inspiration p.155 Let your mind be free to be inspired by your soul. Enjoy your mind, your silent, listening mind: ready to receive ideas, inventions, inspiration, and creative ideas.

Reference #30 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p. 30 The voice in the head Most people are still completely identified with...compulsive thinking...repetitive and pointless...when told that there is a voice in their head that never stops speaking...p.34 I didn't realize yet that thinking ...nor did I know anything about the ego, let alone being able to detect it within myself.

Reference #30 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 47 Who is talking in your head? The mind that is full of chatter is a mind that is heavily laden with ego-personalities.

Reference #28 in the comparison table: *A New Earth*, chapter: Flowering of Human Consciousness, p. 22 What a liberation to realize that the “voice in my head” is not who I am. Who am I then.

Reference #28 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: The Soul/Sole Personality versus the Ego-Personalities p. 24 Remember: None of the ego-personalities are the ‘Real You’ “If I am not me then who am I?” chapter: Talking in Your Head is not Thinking p.147 So, what is talking in your head: ego-personalities.

Reference #41 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p. 54 ...a voice in your head that never stops speaking is the stream of incessant and compulsive thinking. Ego is a

conglomeration of recurring thought forms.. chapter: The Core of Ego, p.64 See if you catch...the voice in the head...what it is: the voice of the ego.

Reference #41 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What are you a Body or a Soul? p. 88 What is talking in your brain but ego-personalities. P.47 Who is talking in your head?...The mind that is full of chatter is...heavily laden with ego-personalities...chapter: Talking in Your Head is not Thinking p. 147 So, what is talking in your head: ego-personalities.

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. But do they really know themselves, or have they just added some spiritual-sounding concepts to the content of their mind?

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.

Reference #71 in the comparison table: *A New Earth*, chapter: The Pain Body p. 129,130,131 The voice in the head has a life of its own...They are not present in any situation, their attention being in the past or the future...or they relate to you through some kind of role they play and so are not themselves.

Reference #71 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: What are You? A body or a Soul? p. 86 remember the mind that is always talking is never listening...it was in the past or the future or somewhere else, but not here, and not in the present. p. 89 The mind which cannot be controlled to remain in the present will not remember the past, because he or she was not there—the mind was in the past or in the future—missing the present.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The quiet mind
- The mind in the past, present, or future
- Is being in the present being ego free? No.

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