

The logo features a stylized window icon on the left, followed by the text "Window to the World" in a large, elegant script font, and "review" in a smaller, bold, sans-serif font below it. The background is a gradient from green to blue.

# Window to the World review

Volume 1, session 41 Blog: Eckhart Tolle Made Simple Class

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## The Silent Mind—the Thinking mind chapter 1

The very first book I wrote was a how-to-book, this was before how-to-books were popular. It was called *How to Think*. It was in the early 1970's. I was a schoolteacher then, as you know, and during the summer I worked at a savings and loan bank. There were very few customers so I decided to make use of my time and write a book on how I think; therefore I called it *How to Think*.

I sent *How to Think* out to some publishers and they sent it back to me saying sorry we are not interested. I have had many refusals from publishers who said no to my books in the late 1980's and early 1990's: *Gentle Breeze*, *The Answer to Sun Tzu* and *Unraveling Your Past to Get Into the Present* have a stack of refusals and that is the reason why I started Broqueville Publishing. I began to publish my own books in 1999 and sell them on Amazon.com.

So how do I think?

My mind is silent.

1. I live in silence as much as possible. I am a writer. I spend time alone.
2. Unless I am dancing I do not turn on music.
3. Unless my best friend's daughter age 13, whom I call my niece, is riding with me in my car there is no music on.
4. If you are talking to me—I am silent in my mind. How can you listen when both of you are talking?

A lady recently asked me how I learned to do this. I said, "I thought my stepmother could read minds."

"Read minds!" she said stunned.

I have always been quiet in my mind—during my entire childhood I was quiet. I proved that my stepmother could not read minds when she accused me of things that not only did I not do, but I did not even think of doing either—nor would I want to. That's proof.

So what is going on in your mind? You need to evaluate that before I can tell you what to do to correct it and train your mind to be a silent listening mind as mine is.

- A man's son told me one day, "I need noise in order to study. I can't study without music."
- A lady told me "I need the TV on in order to sleep."
- Another lady told me that she counts—continuously, so that she does not talk or hear talking in her mind.

With these few clues into what is possibly going on in your mind I am writing this blog about The Silent Mind—the Thinking Mind.

If you need noise in order to go to sleep or to study does that drown out the sound of the talking in your mind? What chatter is going on? Let's look at the possibilities.

The ego-personalities chatter:

1. Arrogant "I am so great. I do things perfectly."
2. Joker "Ha, what's wrong with her I'll make a face and imitate her."
3. Workaholic "If I just stay at work I will not have to face anyone at home."
4. Drunk/drugged "Just give me something to drown out my life. I need more in order to escape."
5. Angry "\*#@#\*#@# WHAT! That @###%\*\*\*"
6. Jealous "Why does she have all the looks, the money..."
7. Embellisher "I made \$40.. no \$100,000 last year. I really am talented."
8. Dictator "I will tell them just what to do and they will do it—it's my law..."
9. Sexual "Look at that @...that looks good to me, I wonder if I could get her."
10. Bad girl/boy "I steal, it makes me look good to the girls. I sleep around, all the girls want me."
11. I am right and everyone else is wrong "I did it right. He's wrong again."

12. Depressed “Nobody loves me. I am unloveable. No one wants to be my friend. I am lonely. I have no one.”
13. Tyrannical “You will do what I say or you will sleep in the yard and go hungry.”
14. Martyr “No one helps me. I have to do this all by myself. I always have to do all the work.”
15. Sadistic or masochistic “I would like to tie him up and do whatever to him. I am so guilty of wrongdoings I need to be punished.”
16. Vegetable “I don’t like to talk to these people. They are always talking. I wish they would be quiet so that I can get back to imagining my life and the great guy that I am in that life.”
17. Gossiper “Oh I can’t wait to tell what just happened to Sarah—who is here that I can tell this too.”
18. Criticizer “What kind of hair cut is that, she looks so weird—where did she get those jeans anyway—they are too tight and look at those shoes...hug”
19. I am better than—superior to you “I can’t be around these people they are beneath me.”
20. “I agree with everyone”/afraid to stand up for yourself “I should have said \*\*\*when he asked me.....now why didn’t I say how I really feel.”
21. “I only believe what I want to believe”/blame the victim/biased “There is a reason why that man ran over that bike and rider and killed him. He got in his way and that is the guy on the bike’s fault for being there in the first place –he should not have gotten in the way of the car...”

The 21 Ego-personalities discovered and named by Paulette Renee Broqueville, copyrighted in 1998 and published in *Unraveling Your Past to Get Into the Present*. Available on Amazon and Broqueville.com.

Well, you get the picture. Which ego-personalities are chatting in your head. Diagnose yourself and then keep an eye out for the culprit when he shows up in your mental-chat-room.

We will discuss more in chapter 2 The Silent Mind—the Thinking Mind: *Are you Married to Your Ego-Personalities?*

I am teaching you in this blog and in my book *Unraveling Your Past to Get Into the Present* how to be—how to be your soul now, today and everyday. But first you must be aware of and get rid of the ego-personalities.

Reference #30 in the comparison table: *A New Earth*, chapter: Ego: The Current State of Humanity, p.33, 34 “Wasn’t my mind as incessantly active as hers?” ...She thought out loud. I thought mostly in my head. 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 #41 in the comparison table: *A New Earth*, chapter: Core of the Ego, p.59 The voice in the head. This is the egoic mind.

Reference #41 in your comparison table: *Unraveling Your Past to Get Into the Present*, chapter: Talking in Your Head is not Thinking p. 147 So, what is talking in your head: ego-personalities.

Note: *Unraveling Your Past to Get Into the Present* was copyrighted 1998

*Stillness Speaks* was copyrighted 2003,  
*A New Earth* was copyrighted 2005,

*The Power of Now* was copyrighted in 1999 a year after *Unraveling Your Past to Get Into the Present* ©1998, 2002

**Thank you for taking my class sessions. Paulette Renee Broqueville**

### What's in this issue?



- The ego-personalities chatter
- *How to Think*—my first book

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