

Window to the World review

Volume 1, session 42 Blog: Eckhart Tolle Made Simple Class

Written by Paulette Renée Broqueville

<http://www.broqueville.com>

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The Silent Mind—the Thinking mind chapter 2 Are You Married to Your Ego-Personalities?

To be free of the ego you must want to run your own life. Who is running your life now?

When you can answer that question you will be on the way to discovering which ego-personality you are married to—in your head that is.

Which ego-personality is ruining your relationships with people? The ego-personality that is stronger than your soul is the one who is ruining your life.

Review the chatter below

The 21 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.

Now go to the mirror and watch your face. Yes. Watch your face as the thoughts come racing in to comment on this blog. Who's talking? Which ego-personality is contorting your face, causing wrinkles, bags and sags. Watch your face in mirrors as you pass by or check out your expression as you are driving your car. You will catch the spouse you are married to. The one you cannot get away from. The one you have yet to divorce yourself from. Each ego-personality has its own face: discover which face you are wearing.

Say "Stop talking" When your ego-spouse begins to chatter in your mental chat-room and ask Archangel Michael to silence the voice or voices of your ego-personalities and remove them.

Here Eckhart Tolle and I differ. This is what he says about talking in the head in class one with Oprah.

"So it's—the only way you can gradually go beyond the conditioned thought processes is simply to be there as the witness. You don't need to act on it or say, 'Go away, I don't want to be thinking this.' That doesn't work."

Oprah: Right

Eckhart Tolle: "It would only give it more energy."

Oprah: "That's right."

Right? That's right!

Evicting voices from your mind is your right; asking God or Archangel Michael to evict them—silence them, is your right; this has been taught from the Bible regarding casting out demons, how simple is it to caste out ego-personalities then.

So what does Eckhart Tolle do about the voice in the head?

Eckhart Tolle goes on to say "There's a more essential part of who you are, and that is the awareness that knows that there's a (thought)"

Oprah: "The awareness of the thought."

First of all, they are talking about talking in your head. Talking is talking—not thinking; listening in silence is thinking, wondering about something and waiting patiently for an answer is thinking.

That mental chatter is not "thought".

To imagine that I would stand by and observe the chatter in my mind would be like getting caught in a corner with everyone talking at me without moving away from the crowd, separating myself from it and freeing myself to be in a silent environment. You must take action, if you do not— who will?

As a child I lived with a silent listening mind. I did not have to learn to have a silent mind. There was no chatter to tell to stop. I was silent if I was not talking out loud. I have lived like this all of my life.

In the first edition of *Unraveling Your Past® to Get Into the Present©1998*, I included an exercise:

Stepping Stone Twelve: Who is talking in your heads? Is your mind silent or is someone else talking?

Quote: “If we want to be thinkers—original thought thinkers; and if we want to be good listeners, then we must command our minds to STOP TALKING. The mind that is full of chatter is a mind that is heavily laden with ego-personalities...Kick the ego-personalities out, and let the mind be a listening mind.”

When I wrote the revised edition of *Unraveling Your Past to Get Into the Present* copyrighted in 2002 I had to write an entire chapter on talking in the mind called *Talking in Your Head is not Thinking*; which included 13 more exercises on how to stop talking in your head. I interviewed people to find out what was going on inside of their heads.

I ask you:

Who is in charge—you or the ego-personalities?

Make a decision that you want to be ego free and it will happen. Write it on a paper: I am ego free. Tell it to others in your group whom you have agreed to help and who have agreed to help you. Say to each other, “I am ego free.”

Your decision will allow all of your actions to fulfill it. That is step two.

Do it today.

We will discuss more in chapter 3 *The Silent Mind—the Thinking Mind: Uses of the Mind: Good and Bad*

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 US copyrighted 1998 and 2002; the writing began in 1985, we have manuscripts sealed by the U.S Postal Service and mailed, dated 1990 and 1993.

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

The Power of Now was begun in 1995 and copyrighted in 1999 the year after *Unraveling Your Past to Get Into the Present U.S.* ©1998 and then again in 2002.

Thank you for taking my class sessions. Paulette Renee Broqueville

What's in this issue?



- The ego-personalities chatter
- *Which ego-personality are you married to in your mind*
- *Make your decision to be ego free*

